

For your kind attention Respected Doctors!

- **Tests** : EEG, NCS, EMG, BAER, VEP, SSEP
- **EEG** : Electro Encephalo Graphy – EEG is a measure of cerebral activity. It helps to assess functions of brain.
- **NCS & EMG** : Nerve Conduction Study and Electro Myography. To assess the functions of nerves and muscles including motor and sensory conduction of nerves.
Tests have diagnostic value in evaluating neuropathies, facial palsy, GBS, Tunnel Syndrome, Radian Palsy, Foot drop etc.
- **BAER (BERA/BAEP)** : Brainstem Auditory Evoked Response : To test function of nerves in auditory pathways.
Test has the diagnostic value in evaluation of deafness, Learning difficulty, Speech delay, Multiple sclerosis, Cerebellopontine angle tumour etc.
- **VEP** : Visual Evoked Potential – to assess function of optic nerves. Evaluation importance : In optic neuritis, Cortical blindness, Multiple Sclerosis.
- **SSEP** : Somato Sensory Evoked Potentials : To screen central pathways and also evaluate proximal parts of peripheral sensory Nervous System. For patients with Multiple Sclerosis, Trauma (for documenting the extent and severity of injury in patients with spinal; cord trauma, root avulsion and plexopathies) and vascular lesions.



ABHIRAM'S

NEURO DIAGNOSTIC RESEARCH AND MEDICAL CARE SERVICES

D-2108, J.N. INTERNATIONAL STADIUM, KALOOR, KOCHI – 17
PH : 0484-3042717, 9847271559

DEPARTMENT OF LAPAROSCOPIC SURGERY

INDIRAGANDHI CO-OPERATIVE HOSPITAL

KADAVANTHRA COCHIN- 20
PHONE: 2206734, 9447230370



DR.R.PADMAKUMAR

DNB, MNAMS, DipALS, FAIS

Formerly at: All India Institute of Medical Sciences - New Delhi
Apollo Cancer Hospital - Chennai, Caritas Hospital - Kottayam

All sorts of laparoscopic surgeries
(appendicectomy, cholecystectomy, hernia repair, adhesiolysis, diagnostic lap, bowel resection,
gynaec surgeries, thoracoscopy) done with excellence at a very affordable cost.

**Also performs various cancer surgeries and stapler
haemorrhoidectomy meticulously**



IMA COCHIN Newsletter

No. 36 JUNE 2006

PRESIDENT'S NOTE



Dear Colleagues,
Warm greetings to you from IMA Cochin. Last month was quite busy. We had a scientific meeting on Obstructive Jaundice which was well attended. We celebrated World No Tobacco Day in association with AIMS and Rotary Club of Cochin with good coverage by the media. Thank you all for your support.

We are going to celebrate Doctor's Day on July 1st at IMA Hall. We will be honouring our senior member Dr. George Mampilly on that day. Let us make this function colourful and memorable.

With warm regards,
Dr. V. Benny Thomas

JULY 1ST DOCTORS DAY

SATURDAY 8.00 P.M. IMA HALL

Chief Guest : DR. BEENA VIJAYAN IAS
(Regional Director, Institute of Management in Govt., Kakknad)

DR. GEORGE MAMPILLY
to be honoured.

Doctors Day Message by
Dr. JOHN VETTATH

followed by Dinner

REPORT ON WORLD NO TOBACCO DAY



On May 31st we celebrated the World No Tobacco Day in association with Anti Tobacco Movement of Amrita, Rotary Clubs of Cochin and Cochin Harbour. A whole day CME programme was conducted at IMA Hall Ernakulam with eminent speakers from all over Kerala. 150 people attended the CME which was inaugurated by Dr. V. Benny Thomas, President, IMA Cochin. An exhibition for Anti Tobacco Movement was conducted for the public. 1000 people visited. A public meeting was conducted at TDM Hall. Dr. Justice Narayana Kurup was the chief guest. Dr. V. Benny Thomas, (President, IMA Cochin) Dr. D.M. Vasudevan (Principal, Amrita Medical College), Dr. K.K. Haridas (Chairman, Cardiology, AIMS), Rotarian Venugopal C. Govind (President, Cochin Rotary Club) and Rotarian Capt. P.S. Sivankutty were felicitated. A large crowd was present. Dr. P. Gangadharan proposed the vote of thanks.

JUNE MONTHLY MEETING

Date : 28.6.2006 (Wed.)
Time : 8.00 p.m.
Venue : Hotel Presidency
Paramara Road
Ekm North

SCIENTIFIC SESSION

RECENT ADVANCES IN MANAGEMENT OF ASTHMA

PREVENTORS IN ASTHMA

Dr. T.U. Sukumaran MD, DCH
MNAMS, FIAP, M.Phil
Prof. of Pediatrics
Govt. Medical College, Kottayam

NEWER DRUGS IN ASTHMA

Dr. K.M. Ramesh Nair MD, DM
Consultant Pulmonologist
Lakeshore Hospital

Meeting Sponsored by :
Indian Academy of Pediatrics
Cochin Branch

CIPLA Ltd. - Cyclohoale,
Tiova, Duova, Levolin

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SECRETARY'S COLUMN

Dear friends,
A bridge is a sign of progress for both sides. There is no one-way traffic in it. Gosree bridge is most fabulous in Kerala meant for the development for the Islands on the Western sides of Cochin as well as for the development of Cochin City. It is a symbiosis. IMA is also making a new bridge in the proposed building area for progress to all members. It is under construction and it needs lot of support mainly physical, moral and financial from the members to make our dream come true in near future. It is a marathon effort. Our project committee is not leaving any stone unturned for this. Please come forward to make this dream a reality.



HIV & AIDS has become a very serious problem among the population. Along with Clinton Foundation IMA is planning to impart special educations to all the doctors in and around Cochin. Best wishes to the programme facilitators Dr. E. Varghese Mathew, Dr. Abraham Varghese, and Dr. Benny Paul.

Dr. Augustine Thomas Mampilly

BRIDGES OF PROGRESS

Gosree Bridge



For development of Kochi & Islands

IMA Bridge (Under construction)



For the welfare of Ima Kochi

MANAGEMENT OF OBSTRUCTIVE JAUNDICE

Dr. Ajith Nair, Dr. Benoy Sebastian, Dr. Sunil K. Mathai
Dept. of Gastroenterology, Medical Trust Hospital

Interpretation of LFT and causes in obstructive jaundice

The single most parameter denoting obstruction of the biliary tract is Alkaline phosphatase. This is synthesized by the biliary epithelial cells in response to increased pressure in the tract. Various manifestation of obstruction include, progressive jaundice, intense pruritus, acholic stools, and in long standing cases Xanthelasma and Fat soluble vitamin deficiencies. The causes of obstruction occurring at various levels are :

1. **Intrahepatic** - like metastatic deposits, HCC, Granulomatous liver disease
2. **Extrahepatic** - hilar level lesions like cholangiocarcinoma, perihilar lymph nodes
3. **Extrahepatic** - bile duct lesions like stones, strictures neoplastic and inflammatory.
4. Periampullary and head of pancreas lesions

Imaging in obstructive jaundice

The simplest and basic imaging modality is USG abdomen. It



confirms the presence of obstruction and level of obstruction with an insight into the etiology. Further workup is done depending on the cause. Further imaging done to analyse the biliary tract include CT scan, MRCP (magnetic resonance cholangiopancreatography) endosonography and nuclear scintigraphy. ERCP provides diagnosis and access to the biliary tract for therapeutic purposes.

Endoscopic management

Stones are removed after cutting the sphincter and basketing. This requires accessories and fluoroscopic imaging. Lithotripsy is offered for difficult stones. The stone is broken down with mechanical, electrohydraulic and laser lithotriptors. ESWL may be useful in some cases.

Strictures are considered malignant unless otherwise proved. Cytological brushes are used for analysis. Drainage procedures adopted include plastic and metallic stenting. Balloon dilatation of strictures may be adopted for benign strictures. Percutaneous drainage is done for proximal hilar lesions. Surgical indications are operable malignancies, difficult stones and benign strictures.

BLOOD BANK NEWS

MAY 2006 : Total 1599 units of blood were collected and 3453 units of blood and its components issued. Patients in 86 hospitals were beneficiaries. 7 blood donation camps were conducted.

Dr. K. Narayanan Kutty
Secretary

WELCOME NEW MEMBERS

1. Dr. Antony Paul Chettupuzha
2. Dr. Jithesh A.
3. Dr. Reesha K.R.
4. Dr. Mary Abraham
5. Dr. Laila Majeed
6. Dr. Somu Abraham
7. Dr. Roy Thomas
8. Dr. Jayalakshmi R. Kurup
9. Dr. Jayashree Nandakumar

Join PPS, SSS I, II and National

For enrollment call Dr. P.M. Subhash Ph: 2803033, 5510709, Clinic 2204158

IMA MEDICINE BANK

Working Hours : 10.00-2.00 p.m.

Medicines donated by :

Dr. C. P. Somnath
Dr. Sreenivasa Kamath
Dr. Sujith Vasudevan
Dr. M. Venugopal
Dr. K. K. R. Warriar

Dr. N. Gopalakrishnan, Convenor

We are proud of you !!

Dr. Abraham Varghese has been nominated by the State President as the Co-ordinator, Dist. Task Force, Ernakulam.



Dr. P. Sonny Orathel – State President, Kerala Government Medical Officers Association.

Dr. Junaid Rahman – State Secretary, Government Medical Officers Association.



Dr. Sanjay Mammen Cherian – Member, Ernakulam District Tennis Team which won the State Championship.

Dr. K. Narayankutty is nominated as Member of Dist. MTP Monitoring Committee, constituted by Govt. of Kerala on the basis of National MTP Act.



WOMEN'S WING ACTIVITIES - MAY 2006

Talk given in Indiavision on Family Planning by Dr. Lisamma and by Dr. Santhakumari



Hearty congrats for Woman's Wing

Day Programme conducted by AIMS, Rotary Club and IMA Cochin ■ Information bulletins with No Tobacco message was distributed at Taluk Hospital, Tripunithura by Dr. Chandrika ■ Free Medical Check-up and distribution of medicines and provisions at Govt. Home for Physically Handicapped Women by Dr. Mary Muthchan and Dr. Shanta George.

WORKSHOP ON HIV / AIDS

A Workshop on HIV/AIDS was conducted at the Conference Hall of IMA Blood Bank for Qualified Medical Practitioners. National IMA in association with Clinton Foundation and National AIDS Control Organisation (NACO) has organized this training programme, which was attended by both IMA members and non-members. This workshop is intended to provide updated information on the correct diagnosis and treatment of HIV/AIDS cases including Anti Retroviral Treatment (ART), said Dr. Abraham Varghese, the District Co-ordinator for the Physicians Training Initiative (PTI) who is co-ordinating the workshops in Ernakulam District.

A physician's guide, a CD – which contains the latest information on HIV/AIDS and a certificate of the Indian Medical Council is distributed to all participants. Each workshop is of six-hour duration as prescribed by the Clinton Foundation. This workshop was organized in eight districts today and 15000 Doctors are scheduled to train in the coming months in Kerala.

Dr. P.M. Subhash, President, General Physicians Association inaugurated the Workshop at Cochin, the first one in the District . 50 doctors attended the Workshop. Dr. Abraham Varghese, the District Co-ordinator welcomed the delegates. Dr. Gopalakrishnan, Secretary, General Physicians Association proposed the vote of thanks. Dr. Benny Paul, Dr. Suresh Kumar and Dr. Abraham Varghese conducted the classes. Dr. Varghese Mathew, Past President, IMA Cochin distributed the certificates to tall participants.

The next workshop on HIV / AIDS will be held on Sunday July 16th at 9 am at IMA Hall. Please contact Dr. Abraham Varghese, the Co-ordinator, Ernakulam District for details. Dr. Abraham Varghese Mob : 94477 97867 E-mail : dr.abraham@binanizinc.co.in



WISE CRACKS

A slip of the foot you may soon recover, but a slip of the tongue you may never get over.

* * *

Some people live in poverty to die as a rich man so spend not where you may save, spare not where you must spend.

ATTENTION PARENTS !

IMA Cochin will be presenting awards to children of members who have secured highest marks in Std. X and St. XII (State, CBSE & ICSE) and other entrance examinations. Please send the photocopy of mark list to the Secretary before 15th of July 2006.

An apple a day keeps the doctor away



Next Meeting of
Women's Wing
will be conducted
on 29th July at IMA Hall
at 2:30 p.m.
Demonstration
about Corn Oil.

A man approached a beautiful woman in a large Super Market and asked, 'I've lost my wife here. Can you talk to me for a couple of minutes?'

'Why?' said the woman.

'Cause every time I talk to a beautiful woman she appears out of nowhere!'

* * *

'You look troubled', I told my friend. 'What is your problem?'

He replied, 'I am going to be a father'.

'But that's wonderful', I said.

'What is wonderful? My wife doesn't know about it yet'.