



"Keep Your Pressure Down"

The World Kidney Day slogan 2009 observed in letter and spirit by Nephrologists and Urologists across the city by various innovative programmes. Case discussions related to kidney diseases were part of Cochin Clinical Society Clinical Meeting (report below).



Carry Home Message : "Check your BP regularly and control it. Pediatricians to see to it that children under their care follow a healthy life style and dietary habit so that they do not become hypertensive adolescents and adults".



Gazal organised by Medical Trust Hospital at Rama Varma Club. Renal patients could relax and down their pressures in the literal sense.

COCHIN CLINICAL SOCIETY

www.cochinclinical.org

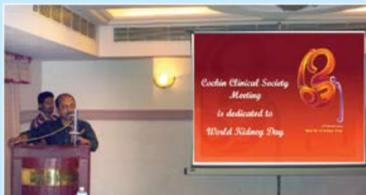
Last meeting of the Cochin Clinical Society was held at Wyte Fort. This meeting was dedicated for World Kidney Day. **Dr. Abi Abraham** Senior Consultant Nephrologist chaired the meeting. **Dr. Binu Upendran** from Lourdes Hospital presented an interesting case of proteinuria in a diabetic. He discussed the need for looking at non diabetic renal disease in diabetic patients. **Dr. Sooraj** from PVSM / Lakeshore Hospital presented an interesting case of automated IPD in a peripheral ICU. He emphasised the use of cyler assisted peritoneal dialysis in peripheral centers. This was considered as the best presentation.

This was followed by a case of renal mass with stones by **Dr. Mahesh** from Medical Trust Hospital. **Dr. Mammen John** from Medical Trust Hospital presented a case of coronary artery disease in a diabetic and hypertensive CKD patient and highlighted the point that the incidence of CVD in this setting is almost 80%. Last case was presented by **Dr. Hemanth Kumar** from Lakeshore Hospital, a case of Membranous Nephropathy presenting as proteinuria in a diabetic patient and how he managed. Dr. Abi made this meeting very lively with his comments.

Dr. Abraham K. Paul, President of the Cochin IMA gave the message on the World Kidney Day. It was very well attended meeting with 80 doctors participating in this meeting.

The next meeting is at Ernakulam Medical Centre on 16th of April 09.

Dr. Georgy K. Nainan



Dr. Abraham K. Paul, President of Cochin IMA giving the message for the World Kidney Day of the CCS Meeting



Name auditoria of IMA House !

Let the names go far and wide for generations to be revered - be seen and uttered every time the halls become the hub of activities (reception, marriages, conferences, workshops, seminars etc.etc.)

A chance to immortalize your loved ones!



Central A/c Auditorium (Architect's view) - 1000 pax



Central A/c Auditorium (Photo) - 400 pax



Central A/c Dining Hall (Photo) - 800 pax



Central A/c Hall (Photo) - 200 pax

Grab this rare opportunity, Preference for Doctors & hospitals

Join the League of 'Friends of IMA'

IMA requests its members to extend loan (one lakh and above) for a period of one year. Interest will be paid @ 10%. As a spontaneous response, 15 executive committee members volunteered to extend loan amounting to Rs.50 lakhs. Kindly volunteer yourself at this hour of need and be part of this great event. A moment you can cherish for ever!

- President

A timely help

Ernakulam Medical Centre has set the trend by extending a loan of Rs. 10 lakhs (interest free) to IMA - a spontaneous response to our request through IMA Newsletter.

IMA MONTHLY MEETING

Date : 25.3.2009 (Wednesday), 8.00 p.m.

Venue : THE MERCY, M.G. Road, Ravipuram

Speakathon

Association of Otolaryngologists of India (AOI) Cochin Chapter

Topic : ENT TODAY

Moderator : Dr. George Varghese, Cochin Hospital

1. General Introduction, Lecture on Endoscopic Sinus Surgery & Rhinoplasty - Dr. George Varghese

2. Diagnosis & Management of CSF Leaks Dr. Praveen Gopinath, Lakshmi Hospital, Tpra.

3. Endoscopic Approaches to the Orbit Dr. Rajesh Raju George, Little Flower Hospital

4. Epistaxis Management by Sphenopalatine Artery ligation - Dr. Madhuma Kumar, AIMS

5. Cochlear Implant Dr. Mathew Dominic, Medical Trust Hospital

6. Otosclerosis - An inherited hearing loss Dr. V.D. Pradeep Kumar, Ernakulam Medical Centre

7. Adenotonsillectomy - Facts & Myths Dr. Paul Abraham, Lakshmi Hospital, Aluva

8. Thyroplasty - Dr. Idiculla Mathews, Lakeshore

(Each speech will be a maximum of 6 mts)

President's Column

Dear Colleagues,



As we all know, the count down for IMA House project has already started. House visits are in full swing. Tremendous response from members.

It's finishing time and we require funds at the earliest till the final installment from apartment owners are realised. Request members to offer short term loan at 10% per annum (any amount above onelakh) for a period of one year.

I hereby appreciate the noble spontaneous gesture of EMC by offering an interest free loan.

Make full use of naming the auditoria in the name of your loved ones so that you immortalise them.

Yours in IMA,

Dr. Abraham K. Paul

Womens Wing Activities - Feb. 2009

February started off with adolescent health classes to 300 girls at NPOL Bhavan's School by Dr. Manju and Dr. Gracy Thomas. World Cance Day (Feb. 4) was marked by talks by Dr. Gracy Thomas to women at Marthoma Church and at Palarivattom. Dr. Parvathy talked to ASHA workers on Ca Cervix and other women health issues at four centres.

Dr. Derina spoke on Abortion and Euthanasia to Philosophy students at Maharaja's College and on First Aid at Chembumukku convent. Dr. Maria examined inmates at Mathru Seva Mandir. She and Mumtaz Ismail attended the state WIMA workshop at Kodungallor on 7.3.2009. Premarital classes at Ashir Bhavan and Renewal Centre Kaloor were taken by our members. Article on 'Sentinel Node Biopsy' by Dr. Chithrathara and 'Nutrition during examinations' by Mumtaz were published. The General Body meeting on 28.2.2009 was well attended. Nestle's cook and serve classes was well appreciated.

The next meeting is at Welcare Hospital on 28th March 2009 at 2.30 pm. There will be a demonstration of 'Chocolate Fountain'.

Dr. R. Manju, Secretary - WIMA Kochi



Enthusiastic members at the general body meeting and cook n serve classes

Previous month CME Abstract

Common Renal Problems

Moderator : Dr. Abi Abraham M., Lakeshore Hospital, Kochi

The symposium covered frequent renal disorders and approach to those problems

Approach to Edema

Dr. Kishore S. Dharan, MOSC Medical College, Kollencherry

Edema is defined as a palpable swelling produced by expansion of the interstitial fluid volume. The pathophysiology could be either an alteration in capillary hemodynamics that favors the movement of fluid from the vascular space into the interstitium or retention of dietary or intravenously administered sodium and water by the kidneys. The major causes of edema are increased capillary hydraulic pressure (as in increased plasma volume due to Na⁺ retention, Local venous obstruction or decreased arteriolar resistance), hypoalbuminemia, increased capillary permeability, venous insufficiency and lymphatic obstruction. Evaluation include a complete history and physical examination and investigations including Complete blood count, Urinalysis, Electrolytes, Creatinine, Blood sugar, TSH, Albumin and other tests for specific indications. Principles of therapy are reversal of the underlying disorder (if possible), dietary sodium restriction (to minimize fluid retention) and diuretic therapy. Causes of refractory edema are inadequate diuretic dose, excess sodium intake, delayed intestinal absorption of oral drug, decreased diuretic excretion into the urine, increased sodium reabsorption and NSAIDs.



risk factors for aminoglycoside induced nephropathy include old age, hypovolemia, hypotension, pre existing renal impairment and concomitant use of nephrotoxins. It is imperative to measure renal functions once every 48 hours while the patient is on aminoglycosides. Loading dose of drugs remains unchanged in a patient with renal failure, while either dosing interval method or dose reduction method can be used to calculate the maintenance dose

The kidney in hypertension

D. Rajesh R., AIMS, Kochi

The kidney is often the victim in systemic hypertension ie hypertensive renal disease and is always the villain in renal parenchymal disease and renovascular hypertension. Pathogenetic factors related to the kidney especially renin angiotensin aldosterone system play a role in systemic hypertension. Hypertensive nephrosclerosis is the term used in patients with hypertension and chronic kidney disease in the absence of other causes of renal failure. Diabetic nephropathy followed by hypertensive nephrosclerosis & chronic glomerulonephritis constitute causes of renal parenchymal hypertension. Autosomal Dominant Polycystic Kidney disease can also present with hypertension. Hypertension accelerates progression of renal failure irrespective of the cause. Strict BP control with ACE inhibitors or Angiotensin receptor blockers are the main stay of treatment . ACE I therapy requires close monitoring of s.creatinine and potassium. High index of suspicion is required in patients with resistant hypertension to rule out renovascular hypertension and ischemic nephropathy commonly due to atherosclerosis. Percutaneous renal angioplasty / surgical revascularisation may be required only in selected patients.

Mild renal dysfunction in a diabetic

Dr. Binu Upendran, Lourdes Hospital, Kochi

Diabetes mellitus is the commonest cause for chronic kidney disease. Evaluation of renal failure early in diabetes is mainly to rule out all treatable causes of renal failure. Common causes to be ruled out are Urinary Tract Infection ,drug induced renal dysfunction ,renal stone disease, Ischemic renal disease and primary glomerular disease occurring in a diabetic.

Only 30-40% of diabetics go on to develop Diabetic Nephropathy. Persistent microalbuminuria predicts the occurrence of diabetic nephropathy early in a diabetic. Predictability of occurrence of diabetic nephropathy is increased if diabetic nephropathy is also present. The initial evaluation of renal dysfunction in a diabetic should include ultrasound abdomen and urine culture besides routine blood and urine examination.

Autism Workshop at Sunrise Hospital

As part of World Autism Day, IAP Childhood Disability Group and Sunrise Hospital in association with Adarsh organized a Workshop on Autism on 22nd Feb. 2009. Workshop included case demonstrations, video clips, parent experiences and scientific deliberations by experts in the field.



OBITUARY

Dr. Claris Mathew, Paediatrician, expired on 21.2.2009. She is survived by husband Mr. Mathew M. Mathew, daughter Anu Mathew and son Arun Mathew. We, the members of IMA Cochin pay our respectful homage to the departed soul.



Secretary's Desk

Dear members,



I thank all the members and hospitals for making the token strike against the Kothamangalam Hospital attack a grand success. Now the prime issue of importance of Cochin IMA is the completion and inauguration of IMA House and I request each of you to put maximum effort for the fulfillment of this ambitious dream.

Yours sincerely,

Dr. N. Dinesh



Congratulations !

Dr. Tony Mampilly elected as President, National Neonatology Forum, Kerala Chapter, at General Body Meeting of NNF held at Calicut recently.

IMA MEDICINE BANK MULTISPECIALITY MEDICAL CAMP



The Medicine Bank took the lead in organising the medical camp conducted by IMA and City Police on 1st of March 2009. It was a multispeciality camp including an eye camp, the camp was conducted at Kalvathy Government LP School Fort Kochi. A record number of 700 patients attended the camp. Dr. Abraham K Paul, Dr. M. M. Hassan, Dr. R. Govinda Shenoy, Dr. Saju K G, Dr. Shantha George Eraly, Dr. Valsalakumari, Dr. Gracy Thomas, Dr. Lisamma and Dr. Gopalakrishnan examined patients at the camp. The camp was inaugurated by IMA President Dr. Abraham K. Paul. Assistant Commissioner of Police, Sri. Sunil Jacob was the Chief Guest.

Dr. N. Gopalakrishnan
Convener, IMA Medicine Bank

BLOOD BANK NEWS FEBRUARY 2009

Total 1367 units of blood were collected and 3199 units of blood and its components issued. Patients in 95 hospitals were beneficiaries. 11 blood donation camps were conducted.

Dr. K. Narayanan Kutty, Secretary, Blood Bank

House visits in full swing

House visits for 'The Lagoon' membership by various groups in and around Ernakulam is gaining momentum. Neighbouring branches of IMA are showing positive response. 'The Lagoon' membership has crossed 1200. Thank you for your whole-hearted co-operation.