



GRAB THIS
GOLDEN OPPORTUNITY
BEFORE TIME RUNS OUT

Honourable members of the medical fraternity are invited to associate with a safe, proven and revolutionary **Non-Medical Programme** to lose weight. "QkSlim" was conceived and developed by Dr. Vinod B. Nair, after years of experiments and hard work. The doctor himself is the first and best testimony for this effective venture as he could **lose 25 kilograms of body weight in just 80 days**. Many of his friends and acquaintances who followed his advice were also benefitted.

QkSlim is a mentored programme based on principles of meditation. It motivates the mind to focus on achievements. Auto suggestions, visualisation of success and guided imagery, all form part of this holistic workshop. The practicality and success of the programme lies in the harmonious blend of total mind control with vital features like dieting, nutrition and moderate exercise. QkSlim is one without the involvement of any prescription drugs or surgical procedures.

A one day "QkSlim" workshop is scheduled on 27-05-2012 at IMA Hall between 9.00AM and 5.00PM. Be part of this new venture by becoming a QkSlim Associate Counsellor! Refer clients and get rewarded.

To know more about QkSlim and other benefits, please call
Dr. Vinod: 88 93 93 93 88 / 93 88 11 56 00 Email: vinodent@gmail.com
Websites: www.QkSlim.com & www.drvinod-ent.com

It Works

Lose weight Not your mind!



Megaphone

Monthly Newsletter from Indian Medical Association, Cochin Branch

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IMA COCHIN NEWS

IMA Blood Bank Nucleic Acid Test (NAT) to be commissioned soon. Watch for the date From safe to safer blood

What is NAT? Nucleic Acid (RNA / DNA) Amplification Testing (NAT) employs a testing technology that directly detects the genetic materials of viruses like HCV and HIV. This technology detects very low levels of viral RNA or DNA that may be present in donor blood. It assists in diagnosing infections at an earlier stage and can therefore prevent transfusion-transmitted infections such as the feared HBV, HCV as well as the deadly HIV. These infectious agents are caused by viruses that are transmitted through exchange of body fluids. Although AIDS, caused by HIV remains the most feared, Hepatitis B is more easily transmitted and particularly seen more frequently in South East Asia.

How it is different from Elisa? Elisa is a serological method detecting the presence of antigen / antibody in the blood sample. These take some time to appear after infection and this time gap is known as "window period". But the viral genetic material (RNA/DNA) can be found very soon after infection. NAT identifies for these genetic material thereby reducing this window period.

What is the technology? The unique system has been extensively validated and widely implemented for blood bank tests to enhance blood safety. NAT technology has been preferentially implemented in the US, Europe, Middle East, Africa and the Asia Pacific region. Individual Donor NAT (ID NAT) test is performed for each and every donor samples to reduce or practically eliminate the 'window period'.

How does it make blood unit safer? NAT provides an additional layer of blood safety by able to detect very low amount of genetic material in the blood which are prone to be missed by other methods. This is very crucial in occult and window period transfusions.

Is it available anywhere in the country? It is available in places like: All India Institute of Medical Sciences, New Delhi; Indraprastha Apollo Hospital, Delhi & Apollo Hospital, Chennai; Ram Manohar Lohia Hospital, Delhi; Armed Forces Transfusion Centre, Delhi; Jeeven Blood Bank, Chennai; Indu Blood Bank, Baroda; Hinduja Hospital, Mumbai; Sri Ramachandra Medical College, Chennai. Till date there is no NAT facility in Kerala.

Should both Elisa and NAT be done? Currently, Elisa is approved by FDA and NACO and has is mandatory for blood banks to test blood before issue. NAT is also being considered to be made mandatory. Many other countries like USA, France, Germany, Australia, Thailand, Malaysia etc. have implemented NAT.

What parameters will be tested? NAT can screen for three viruses - HIV-1, HBV and HCV in donor blood samples.



Raj Bhavan March



A batch of doctors from Cochin, led by Dr. NS.D. Raju and Dr. Babu John Mathews, participated in the protest march. (Details inside.)

IMA House gets a Car

IMA House has purchased an Innova car for use by its members and guests. You can utilise this service by informing front office in advance. For details of rent and other conditions, please contact front office.



President receiving Innova Car from the dealer

Make-a-Splash



Give your children an opportunity to learn swimming. The Lagoon is conducting Swimming Classes for kids between 5 and 15 years old, from 2nd of April 2012.

Please register with Mr. Vinayan 98471 92279.

Lifetime Achievement Award to Dr. V.P. Kuriyipe



Dr. V.P. Kuriyipe, the major architect of IMA House Cochin, and former National President of IADVL (Indian Association of Dermatologists, Venereologists and Leprologists) has been conferred with **Prof. Ratan Singh Award**. This is the award given to one Dermatologist in a year, in recognition of his contribution to the field of dermatology and services to IADVL. Dr. Kuriyipe received this Lifetime Achievement Award during DERMACON 2012 (Annual Conference of IADVL) held in Jaipur in Feb. 2012.

Dr. Kuriyipe was the National President of IADVL during 2004-2005, a period during which the Association grew to towering heights. He was instrumental in organising the National Conference of IADVL in Cochin in 2003, which old timers consider as the best ever conference of the Association. For the first time in the history of IADVL, Cochin Conference under the leadership of Dr. Kuriyipe, contributed Rs.15 Lakhs to the Association. (Incidentally IMA Library also received ₹3 Lakhs as donation). This gesture of Cochin Conference prompted contributions from succeeding conferences and IADVL now has financial asset of Rs.4 crore!

Committee set up by IADVL to select the person for the Lifetime Achievement Award took into consideration the various programmes initiated by Dr. Kuriyipe, like PG Quiz at National level, revamping Central Council of IADVL, 2000 Laptops to its members (at subsidized price), Thesis evaluation for PGs and ₹1 lakh prize for best thesis etc. etc.

As National President, Dr. Kuriyipe travelled to all States in India to activate the Association and set up 20 centres across India to train consultants in newer modalities of treatment in the field of Dermatology. He is also the first member of the Family Insurance Scheme which he initiated for the benefit of IADVL members.

IMA Cochin is proud of its stalwart getting recognised at national level.

Hearty congratulations to Dr. V.P. Kuriyipe.

MARCH CME

Date : 28th March 2012, Wednesday
Time : 8 pm
Venue : IMA House

TOPIC

CONTINUOUS GLUCOSE MONITORING SYSTEM (CGMS) : PRACTICAL USES IN CLINICAL CARE

Speaker : Prof. Dr. A.G. Unnikrishnan
Dept. of Endocrinology, AIMS

Chairperson : Prof. Dr. R.V. Jayakumar
Dept. of Endocrinology, AIMS

Jointly hosted by
NOVARTIS & INDIA MEDTRONIC

9.00 pm Reception to **Mr. Tom Jose IAS**
Managing Director
Kochi Metro Rail Ltd.

9.15 pm A Presentation on **"Budget 2012 and Doctors' Taxes: Are You Prudent Enough?"**

by Sherry Oommen, Chartered Accountant
Partner, Gyan Magnus Associates

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