

VENETIAN BLINDS
VERTICAL BLINDS
WOODEN BLINDS
ROLLER BLINDS
ROMAN BLINDS
PLEATED BLINDS
BAMBOO BLINDS
CURTAIN RODS
WOODEN ROLL-UP
AWNINGS

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IMA COCHIN Newsletter

No. 35 MAY 2006

PRESIDENT'S NOTE



Dear Members,
 Greetings to all.
 This is the second *Newsletter* of IMA Cochin after I took over.
 Lot of activities have taken place during last month. We conducted two scientific sessions.

1) Update in Ophthalmology, 2) Awareness Programmes on Hypertension and Allied Disorders.

As the President of IMA Cochin, I took part in lot of functions organized by other specialities like Obstetrics & Gynaecology, Surgeons Conference, Pulmonology, Dental & Periodontic Association. We participated in large numbers in IMA State Conference held at Palakkat. We won lot of Laurels and Awards.

The Women's Wing of Cochin IMA bagged the Best Branch Award and Dr. Pushpa Susan Isaac won the Best Secretary Award, Dr. E. Varghese Mathew and Dr. Abraham Varghese got special appreciation awards. I take this opportunity to congratulate all of them.

We are going to celebrate **NO TOBACCO DAY** in a big way in association with Amrita Hospital. Please attend in large numbers to make the programme a grand success.

I request your whole-hearted co-operation in all IMA activities.

With warm regards,
Dr. V. Benny Thomas

IMA Cochin wishes all members a pleasant monsoon and best wishes to all IMA'lings for the new academic year..



LAURELS FOR IMA COCHIN !!

IMA Cochin Branch received lot of recognition for its wonderful performance during the year 2005-06. The awards were presented to our members by the State President Dr. Joseph Mani during the IMA State Conference held at Palghat on 14th May, 2006.

IMA Cochin got the 5th place among the 92 Branches in Kerala for its activities during 2005-06. Women's Wing, Cochin Branch got the Best Branch Award.

Dr. Varghese Mathew : State President's appreciation award as President of Cochin Branch. He also got a special award from IMA CGP. **Dr. Abraham Varghese**: State President's Appreciation Award as Secretary of Cochin Branch. Special Award as District Representative of Image. Elected as Dist Representative for Social Security Scheme for 2006-07. Continues as the Dist. representative for Image. Nominated by the President to represent Environmental Sentinel Group of Kerala State Pollution Control Board. **Dr. V.D. Pradeep Kumar**: Elected as Alternate Central Working Committee member for 2006-07. **Dr. Pushpa Susan Issac** : State President's appreciation award as Secretary of Women's Wing, Cochin Branch special award from the Chairperson of Women's wing.



Dr. E. Varghese Mathew, Dr. Pradeep Kumar, Dr. Abraham Varghese, Dr. Augustine Mampilly, Dr. Sunny P. Orathel, Dr. M.M. Hassan, Dr. Gracy Thomas, Dr. Pushpa Susan Issac, Dr. Shantha George Eraly, Dr. Raju George, Dr. Scaria Chandy and Dr. Sherry Issac attended the State Conference.

Secretary, IMA Cochin

See also page 2

President Dr. V. Benny Thomas Medical Centre Clinic Palarivattom, Cochin-25 Ph(C)3243854 (R)5504747 Mob: 98471-24123 drvbennythomas@yahoo.com	Hon. Secretary Dr. Augustine T. Mampilly 36/1821, Melangeth Lane Kaloork, Cochin-17 Ph(R) 2338357, 2343923 Mob: 98471-25943	Hon. Treasurer Dr. Junaid Rehman M.I. Noorjahan Manzil Ernakulam North-18 Ph(R)2395331, (O)2361251 Mob: 94477 97331 bijurahman@vsnl.net
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SECRETARY'S NOTE

Dear colleagues,

Monsoon is just around the corner. All of India suffered under the scorching heat of the Sun during this year. Then comes the monsoon for Kerala to relieve us from heat and dust to make the god's own country more greenish. Let us all thrive through the new season - the construction of the new IMA premises near Jawaharlal Nehru International Stadium, Kaloork. Please co-operate physically and financially for its success.

To add to this season, our branch bagged plenty of awards at the concluded state IMA meet at Palakkad. Hearty congrats to all the winners. Let us march forward with the inspiration given by our past office bearers. Fortunately we had two clinical meetings for IMA 1) Recent advances In Ophthalmology Hosted By Cochin Ophthalmic Club 2) World Hypertension Day Celebration Moderated by Dr. Georgy K. Nainan. The high turn around by our members for both meetings is well appreciated; please carry on this trend for the future meetings.

Dr. Augustine Thomas Mampilly

MAY MONTHLY MEETING

Date : 31.5.2006 (Wed.)
 Time : 8.00 p.m.
 Venue : Rama Varma Club

SCIENTIFIC SESSION

APPROACH TO OBSTRUCTIVE JAUNDICE

A Case Discussion
 by Dept. of Gastroenterology,
 Medical Trust Hospital

Dr. Sunil K. Mathai MD, DM
Consultant Gastroenterologist

Dr. Benoy Sebastian MD, DM
Consultant Gastroenterologist

Dr. Rajendra N. Sonawane
MS, MCh - Consultant
Gastrointestinal Surgeon

Dr. Ajith K. Nair MD, DM,
Gastroenterologist

Meeting Sponsored by :
Medical Trust Hospital



Dr. E. Varghese Mathew, Dr. Abraham Varghese, Dr. Gracy Thomas and Dr. Pushpa Susan Issac receiving awards from IMA State President Dr. Joseph Mani

APRIL SCIENTIFIC SESSION

Dr. Tony Fernandez, Medical Director, L.F. Hospital, Angamaly, was the moderator for the scientific session 'Vision 2006'. Dr. N.S.D. Raju discussed about the New Trends in Cataract Surgery especially no injection, no suture, no pad, keyhole by manual surgery with foldable lenses. Dr. A. Giridhar described the new trends in the management of Retinal Vascular Diseases especially ARMD (Age Related Macular Degeneration) with photosensitive laser treatment. The occurrence of this disease is mainly seen in heavy smokers. Dr. Noel Moniz elaborated the new system of lasik surgery which is cost effective in the long run. There is a limit for correction of Myopia if power is very high. We had to keep a minimal thickness for the cornea as a safety measure. The refractive surgery is basically a flattening of a cornea by laser ablation.

WORLD HYPERTENSION DAY

World Hypertension Day was celebrated by IMA Cochin on 12th May. A symposium on clinical issues on Hypertension was inaugurated by Dr. V. Benny Thomas, President IMA Cochin. It was moderated by Dr. Georgy K. Nainan, Sr. Cons. Nephrologist, Lakeshore Hospital & PVS Hospital. Dr. Jilse George, Physician, Co-op. Medical College, Dr. Harishkumar, Endocrinologist, AIMS and Dr. Anandkumar, Cardiologist, Lakeshore Hospital spoke on various aspects of Hypertension. Hypertension has increased in the urban population to approx. 35% because of change in life style, stress and food habits. It is a silent killer. Early detection and control can prevent complication in the heart, kidney, eye, retina and brain. Newer and safer drugs are available for tight control of Blood Pressure.

Dr. M. Venugopal, Scientific Com. Chairman, gave concluding remarks. Dr. N. Dinesh, Jt. Secretary, IMA Cochin proposed vote of thanks.

BLOOD BANK NEWS

APRIL 2006 : Total 1523 units of blood were collected and 3217 units of blood and its components issued. Patients in 86 hospitals were beneficiaries. 7 blood donation camps were conducted.

Dr. K. Narayanan Kutty
Secretary

LIBRARY NEWS

"Nephrology & Hypertension - 2006" donated by Dr. Georgy K. Nainan

WELCOME NEW MEMBERS

1. Dr. A. P. Padmini
2. Dr. Anitha R. Krishna
3. Dr. Shama Mariam Joseph
4. Dr. K. Anand
5. Dr. Ali Akbar Shafi
6. Dr. Bashneen Mohamed Shamsudin
7. Dr. Santhosh J J
8. Dr. Jacob Thomas
9. Dr. Basavesh M Gaddikeri
10. Dr. Roopasree

IMA MEDICINE BANK

Working Hours : 10.00-2.00 p.m.
Medicines donated by :

Dr. Varghese Cherian
Dr. N. Krishna Iyer
Dr. Jeeson C. Unni
Dr. Babu John Mathews
Dr. Maria Varghese, Dr. Sujith Vasudevan
Dr. K.K.R. Warriar, Dr. K.G. Johnson
Dr. Sreenivasa Kamath, Dr. B. Jayakumar

Working Hours : 10.00-2.00 p.m.

Dr. N. Gopalakrishnan, Convenor

DENTAL TIPS

Dental Jewellery

Attention! Trendsetters... apart from delicate ornaments for nose, ears, neck, ankle etc. teeth have also begun to be decorated. 'Dental Diamonds' as we call it, can be affixed on your teeth at places where you like them to be. This will lend an extra-brightness to your million dollar smile and sure, you will be the centre of attraction in parties, dancefloors and other gala events. So proceed and get spotted. There aren't any other side effects. And see, it is easy, needs no cutting of your teeth, easily attachable and detachable. What else do you need, so don't hesitate, walk in, keep one on your tooth and go out with a sparkling smile and head held high. Let the world bow unto you 'cause you are rich enough to stick a diamond on your teeth!

Dr. Siby T.
Chennankara
Periodontist



Congratulations!

Dr. H. Ramesh has been conferred the Honorary Fellowship by Royal College of Surgeons of England for his contribution to gastrointestinal surgery. This rare honour will be formally presented at the admission ceremony in July this year in London.

ELECTED TO THE STATE & NATIONAL BODIES



Dr. V.D. Pradeep Kumar
elected as Alternate Working Committee Member for 2006-07 at National IMA.

Dr. Abraham Varghese
elected as Dist Representative for Social Security Scheme & Kerala State Pollution Control Board for 2006-07



WOMEN'S WING ACTIVITIES

World Health Day was observed on 7th April - conducted meeting and seminar at THQ Hospital, Tripunithura by Dr. Gracy Thomas and Dr. Chandrika. Also conducted essay competition for Nursing Students of P.S. Hospital, Maradu. Prizes were distributed - Adolescent health class conducted at Thirumala Anganwadi by Dr. Lisamma, Dr. Maria & Dr. Chandrika - conducted 7



'Summer Treats' - demonstration by Dr. Derene Mendez and Ms. Mumtaz Ismail on 21.4.2006

classes on Pre-marital counseling at Renewal Centre, Kaloor, Ashirbhavan, Kacheripady and at St. Mary's Church, Muttam by Dr. Gracy Thomas, Dr. Shirly John and Dr. Derena Mendez - Dr. Maria organized a Geriatric Camp at Lions Hospital, Sasthamugal - National Safe Motherhood Day was observed on April 11th. Conducted an awareness class for mothers at Govt. Hospital, Tripunithura. Function was covered by City Cable MTA - Ms. Mumtaz Ismail gave a talk on Cholesterol & Diet in *Indiavision* - An article on 'Diseases of Breast' by Dr. Valsala Kumari, published in *Arogyam* - April issue; also an article on obesity in children by Mumtaz in *Kanyaka* magazine. General Body meeting was on 21st April - Dr. Derena and Ms. Mumtaz, gave demonstration on 'Summer Treats'.

Next meeting of Women's Wing will be on 27th May at IMA Doctors Club at 2:30 pm. Cooking demonstration by Ms. Maymol Joe.

31.5.2006 : WORLD NO TOBACCO DAY

Organised by
IMA Cochin, AIMS, Rotary Club (Cochin) & Rotary Club (Cochin Harbour)

T.D.M. Hall ■ Women's Association Hall ■ IMA Hall

9.30 a.m. to 5.30 p.m.

SCIENTIFIC SEMINAR

Prayer, Welcome

Chair : Dr. Benny Thomas, President IMA Cochin

Co-Chair : Dr. D.M. Vasudevan

MORNING SESSION

Tobacco Habit : Prevalence Studies in Population Subgroups in Kerala

Dr. C.R. Soman, Dr. K.R. Thankappan,
Dr. K. Ramdas/Dr. Jiji, Dr. Lohidas (AIMS),
Dr. Indira (AIMS),

POST LUNCH SESSION

Mr. Shijo Joseph

Dr. Jayalakshmi (RCC, Karunagappally)

Dr. Kalavathi (AIMS)

Dr. Jayadevan (Pariyaram Medical College)

Dr. Jayakrishnan (Thrissur Medical College)

Discussant

Dr. C.R. Soman



Dr. Benny Thomas, President, IMA Cochin inaugurates the Annual CME of Cochin Obstetric & Gynaecology Society on 23.4.2006 at Hotel Circle Manor



Dr. Benny Thomas, President, IMA Cochin inaugurating High Risk Pregnancy Clinic at Lourde Hospital.