

FIRST CME IN NEW IMA HOUSE AT A GLANCE



IMACochin

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President's Column

Dear friends,



I am very happy to inform you that our IMA building project is fast progressing. The first ever meeting at our new hall in the IMA House was held on 11th of May 2008 and it was a great success and was indeed a historic event of our branch. A large number of our members attended this function.

In the meantime our Club Lagoon membership campaign has gathered great momentum, thanks to your whole hearted support and active involvement. After the recent successful visit to Muscat our IMA team is now going to US in June and hope we will get a very good support from our colleagues there. Many of you have already informed us the contact details of doctors from Kerala in US and I would request others also to pass on any useful information regarding our colleagues there.

Wishing our IMA team all success in the forthcoming tour to USA.

Yours sincerely,

Dr. N.S.D. Raju

IMA MONTHLY MEETING

Date : 28.5.2008 (Wednesday)

Time : 8.00 p.m.

Venue : Rama Varma Club Centenary Hall

Topic

MINIMALLY INVASIVE NEURO SURGERY

Dr. Sudish Karunakaran MCh, MRCS, FRCS

Consultant Neuro Surgeon, Medical Trust Hospital

AORTIC SURGERY- STRETCHING THE FRONTIERS

Dr. E.V. John MS, MCh, DNB

Consultant Cardiac Surgeon, Medical Trust Hospital

CHRONIC COUGH - AN EVALUATION

Dr. George Mothi Justin MD, DNB

Consultant Pulmonologist, Medical Trust Hospital

Meeting sponsored by

MEDICAL TRUST HOSPITAL

Secretary's Corner

Dear colleagues,



It was a heartening experience to see the overwhelming response for the CME conducted on 11th of May. The reposal of your trust adds strength to the activities of the Building committee.

The house visits are conducted as part of the Club membership campaign. They also serve the purpose of reinforcing the bondage among our community. So kindly join these visits when they occur near your premises.

IMA is organising a rally on 31st of May - World NO Tobacco Day - to spread the message 'Quit Smoking'. Please join us for that. Our Pulmonology colleagues are forming the Cochin Thoracic Society on 31st May. Hearty congratulations for them.

Regards,

Dr. Sunil

FIRST CME IN NEW IMA HOUSE



The CME is being inaugurated by Dr. N.S.D. Raju, IMA Cochin President on 11 May 2008 (More photos in last page)

www.medicaltrushospital.com

CHALLENGING THE FRONTIERS IN LIFE CARE



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Last meeting was at Medical Trust Hospital on 08-05-08
the following Cases presented :

- 1) **Aseptic Meningitis**
Dr. Babu John Mathews, Consultant Physician
- 2) **Interesting Case of Anaemia**
Dr. Annamma Babu, Consultant Gynaecologist
- 3) **Renal Failure – a rare cause :**
Dr. K. Mahesh, Consultant Urologist
- 4) **An interesting case from Gastroenterology**
Dr. Benoy Sebastian / Dr. Sunil K. Mathai
Consultant Gastroenterologist

Next meeting is at Hotel Wyte Fort. Those who are interested in presenting cases may please inform before 31st May 08.

WIMA ACTIVITIES - APRIL 2008



The month started on a good note. Apart from medical camps and health talks a 'Walk to Health' was organised on World Health Day. A good number of our members joined us for this walk starting from Manorama Jn. Our regular activities such as premarital counseling and donations to the poor and needy were conducted as usual. An interesting demonstration on Microwave cooking was held as part of the general body meeting.



The next meeting of the Women's Wing will be held on 31.5.2008 2.30 p.m. at Welcare Hospital Conference Hall.

Dr. Maria Varghese
Chairperson

HYPOTHYROIDISM

Moderator : **Dr. Geetha Philips MD**

Panelist : **Dr. C.A. Latheef, Dr. N.N. Asokan, Dr. T.L.P. Prabhu, Dr. Anita Nambiar**

Hypothyroidism results from reduced thyroid hormone actions at the peripheral tissues. This reduction in thyroid hormone action is, in the vast majority of cases, secondary to reduced thyroid hormone synthesis and secretion

by the thyroid gland. Occasionally, peripheral resistance to thyroid hormone is the culprit. The availability of sensitive biochemical tests and effective therapies has simplified the diagnosis and management of this endocrine condition.

Hypothyroidism may be transient or permanent, central, or primary. Central hypothyroidism can accompany disorders of the hypothalamic - pituitary axis, leading to reduced TSH secretion or reduced biological activity of TSH. Primary hypothyroidism refers to a defect in the thyroid gland resulting in reduced synthesis and secretion of thyroid hormones. Primary hypothyroidism is responsible for the majority of hypothyroid cases. Chronic autoimmune (Hashimoto's) thyroiditis is the leading cause of primary hypothyroidism.

Children and infants can present with hypothyroidism due to thyroid gland agenesis and dysgenesis and defects in thyroid hormone biosynthesis. Treatment of thyrotoxic women during pregnancy with antithyroid drug can result in hypothyroidism in the neonate.

Subclinical hypothyroidism is the term used to define a state in which serum T4 and T3 levels are within normal limits, but there is underlying mild thyroid failure, as evidenced by a mild increase in serum TSH. Chronic autoimmune thyroiditis is the leading cause. Several epidemiologic studies have implicated subclinical hypothyroidism as a cardiovascular risk factor.

The scope of thyroid hormone deficiency encompasses the different body systems and organs. The clinical presentation of a patient



who has hypothyroidism depends on the severity of the condition. Overt hypothyroidism is seen in about 1% of pregnant women. Subclinical hypothyroidism is seen in another 2.5%. Most cases of hypothyroidism during pregnancy have

the same etiology as in hypothyroidism in general.

Women who have underlying thyroid disorders are more susceptible to becoming hypothyroid during pregnancy. Maternal hypothyroidism, overt and subclinical, during pregnancy is associated with a number of complications including, spontaneous abortion, pre-eclampsia, miscarriage, still birth, preterm delivery and postpartum hemorrhage. Normal thyroid function in the mother is neuropsychointellectual function.

We measure TSH, free T4 (FT4) and total T3 (TT3) in patients who are suspected of having thyroid dysfunction. In addition, we may order thyroid peroxidase (TPO) and thyroglobulin antibodies in a subset of patients. Contrary to the situation in hyperthyroidism, radionuclide studies of the thyroid have much less of a role in hypothyroidism. In addition to its role in evaluating goiters and thyroid nodules, thyroid sonography can disclose the typical heterogeneous parenchymal echogenicity that characterises Hashimoto's thyroiditis. Patients who have primary hypothyroidism have elevated TSH and low FT4 and TT3. TPO antibodies are detectable in many patients who have Hashimoto's thyroiditis. A repeatedly elevated TSH, between 4 and 15 mIU/mL, with normal FT4 and TT3 is suggestive of subclinical hypothyroidism. This is a good indication for obtaining TPO antibodies.

Hypothyroidism can cause considerable morbidity. The treatment of hypothyroidism is, in principle, simple. Synthetic thyroxine is the preferred form of thyroid hormone replacement therapy. Hypothyroidism in the majority of patients is permanent and should be treated lifelong.



Installation of office bearers of General Physicians Association for the year 2008-09.



Dr. N.S.D. Raju, President IMA Cochin inaugurating Ophthalmology Medical Camp of General Practitioners



A scene from Free Asthma Clinic organised by Indian Academy of Pediatrics, Cochin Branch on the occasion of World Asthma Day

SPEECH & STUTTERING CLINIC AT CHILD CARE CENTRE

Child Care Centre, Gandhi Nagar, Kadavanthra, Kochi has started a clinic for Stuttering, Speech and Voice Disorders in Children.

This clinic functions all Tuesdays. For appointment call 0484 - 2203254.

OBITUARY

Condolence to Dr. Girijanandan Menon for the sad demise of his son **Mr. Sandeep G. Menon** on 3.5.2008.

Condolence to Dr. Scaria C. Aikara for the sad demise of his father **I.Z. Alexander** (86 years) on 13.5.2008.

We pray for peace to the departed soul.

WELCOME NEW MEMBERS

Dr. Safeer Gafoor Dr. John E.V.
Dr. Mini George Dr. Sujith V.
Dr. R. Raymond

BLOOD BANK NEWS APRIL 2008

Total 1435 units of blood were collected and 2523 units of blood and its components issued. Patients in 90 hospitals were beneficiaries. 10 blood donation camps were conducted.

Dr. K. Narayanan Kutty, Secretary, Blood Bank

IMA CHARITABLE MEDICINE BANK

Working Hours : 10.00 - 2.00 p.m.

Medicines donated by :

Dr. Jeeson C. Unni Dr. Varghese Cherian
Dr. N. Krishna Iyer Dr. Sujith Vasudevan
Dr. Anand Dr. B. Jayakumar
Dr. Sreenivasa Kamath Dr. Biren J. Thoompunkal
Dr. T. Sumukhan

Dr. N. Gopalakrishnan, Convenor