

## Kaleidoscope of a stroke survivor



Dr. George Jacob passed MBBS from Medical College, Kottayam, Kerala, India in 1990, and later M.S. (General Surgery) from the same college in 1996. He then started his career as a surgeon in a busy Department of Surgical Gastroenterology, which functioned in three hospitals in the private sector in Cochin. Ten years later, at 39, just as he was beginning to realize his passion as a surgeon, he suffered a massive stroke that paralyzed the left side, wrecking his surgical career in the process. This 'bolt from the blue', necessitated change of vocation from that of a surgeon to that of an Intensivist in the Surgical ICU, where he works as Senior Specialist. Having lost the sense of direction in life, at least momentarily, he took to writing. He found a new avenue to express himself, through the unfamiliar world of letters, exchanging his scalpel for the pen, in the process. His new-found passion had him



contribute in various sections of the national daily, the New Indian Express.

He married Dr. Mallie Abraham, his classmate and sweetheart, who he courted during an 'eventful' MBBS course. She is Consultant in the Department of Anesthesia and Critical Care in Lakeshore Hospital and Research Centre, Cochin, where he works too. The couple has two daughters, Anju, an engineering student and Aleena, doing her high-school. He, as family, lives with his mother in Cochin. 'Kaleidoscope of a Stroke Survivor' is his first major publication, through which he tries to drive home to those passing through crisis, that 'things could have been worse', were it not for the silver linings, that would invariably be present.

## Teacher Bank

I had appealed over the past few months to our doctors to form a speaker bank for community education. The following is a list of the doctors from Cochin IMA who called me to enroll in our teacher bank. They may be contacted to give community level talks on their topics of interest. The list will continue to grow as more doctors enroll. This list will be sent to schools and other community organizations, our aim being to improve the outreach of doctors into the community and to deliver high quality of health education directly to the public. Our special focus group will be school children.

Dr Rajeev Jayadevan, Secretary, Cochin IMA

- Dr Gracy Thomas** (98471 93596) Sexual health, Adolescent Medicine
- Dr Pratap Kumar** (098950 57554) Road Safety, Osteoporosis
- Dr Joy Joseph** (94477 24402) First Aid
- Dr Girija** (9895052980) Communication Skills, Adult Reproductive & Sexual Health
- Dr Rajeev Jayadevan** (984 71 02221) Teenage Alcoholism, Road Safety, Spoken English skills
- Dr Babu John Mathews** (94473 96922) Fevers, Diabetes
- Dr Shirly John** (98462 74466) Women's Health, Adolescent Problems, Osteoporosis
- Dr Mohammed Saheed** (98950 51934) Male Adolescent Sexual Health, Prostate, Urinary Infections
- Dr Lisamma Joseph** (94470 65061) Adolescent Health Education, Premarital Counseling
- Dr Mahadevan** (93-49-255740) Alcoholism, Smoking, Cancer
- Dr Santosh Balakrishnan** (97470 58458) Gallstones, Thyroid, Trauma
- Dr Subramaniam** (98473 70440) Road Accidents, Headaches
- Dr Abraham Varghese** (98-46-598700) First aid, Industrial safety
- Dr Sebind**, Trissur Medical College (9745145350) Mental Health with Special Interest in Substance Abuse and Child Psychiatry



IMA COCHIN NEWS

# Megaphone

Monthly Newsletter from Indian Medical Association, Cochin Branch



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## State Working Committee meeting on 16.2.2014 hosted by IMA Cochin



Dr. Rajeev Jayadevan, Secretary, Cochin IMA, presents Cochin IMA's social theme for the year before the IMA State working committee: **Prevention of road accidents by eliminating hazardous road behaviour.** The presentation was appreciated by all SWC members. Cochin IMA's Road Safety brochures were distributed.



Cochin IMA gave a warm reception to State leaders and SWC members at IMA House. Dr. Jayakrishnan gave a speech acknowledging the wonderful hospitality we showed.



**Chavittu Naadakam**, a 400 year-old traditional musical dance-drama in Chenthamizh language, was staged to entertain the SWC members at the evening reception. Dr. Babu John Mathews was instrumental in bringing these performers to IMA House.



Dr. Babu John Mathews gave the welcome speech and introduced Cochin IMA's commitment towards Road Safety. Membership drive and training of younger doctors in communication skills, medical ethics and medical documentation.

## atrophy

noun

[uh-troh-fee-uh]

Human Body parts, if not used and nourished regularly will stay idle and eventually become a disease itself.

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## President's Message

Dear friends,

An organisation grows with its members. The more the strength the greater is the organization. As you would know the IMA is the largest professional body in the world.

Let us become greater with more members. I am sure that each one of you will have doctors who are not members of IMA. A friend, a colleague etc. Please put a little effort and get one member. Tell them about the long term benefits and the protection the organization offers to its members and their families. Different schemes which includes the social Security Schemes, Professional Protection Scheme, Pension Scheme, Health Scheme and a lot more.

Once your friend understands these things, I am sure he or she will join. The seeds you sow today will reap rich dividends later.

This month and next month are membership drive months. I appeal to each one of you to see our organization grow.

Thanking you,

Jai Hind, Jai IMA

**Dr. Babu John Mathews**



## FEBRUARY CME

**Date : 26th Feb. 2014, Wednesday**

**Time : 8.00 pm;**

**Venue : IMA House**

## PANEL DISCUSSION Practical approach to UTI

**Moderator :**

**Dr. K. Mahesh**

**Dr. Mohammed Saheed**

**Dr. Vijayan R.**

**Dr. Biju S. Pillai**