



Megaphone

Monthly Newsletter from Indian Medical Association, Cochin Branch

IMA COCHIN NEWS

Know your IMA

Compiled by Dr. Abraham Varghese



As an esteemed member of the biggest professional organisation in the world, you may know many things given below. But this may be useful to those who are new to our Association.

- Biggest professional organization with 2,30,249 members, second comes American Medical Association with less than one lakh members and third is British Medical Association with about 60,000 members.
- National IMA was formed in the year 1928.
- Head Quarters in New Delhi. Phone: 011 23370009, 23378819. Email : imedici@vsnl.com.
- IMA year : Oct to Sept but financial year remains as April to March (all schemes follow the financial year)
- 1,662 Local branches in India.
- IMA Kerala State Branch formed in the year 1957.
- IMA Kerala State Branch stands

- third based on membership strength Statewise with 26,350 members. Maharashtra has 31,583 members & Tamil Nadu has 26,729 members.
- IMA Kerala State Head Quarters located at Anayara, Trivandrum Phone: 0471-2741155, 2741166. E-mail: imaksb@yahoo.co.in
- 102 branches in Kerala State - newest branch is Jubilee Medical College branch formed in the IMA year 2012-13. A new branch - Nedumbassery branch got approval of SWC recently - yet to be formed.
- IMA year starts on Oct 1st to Sept 30th. Branch officials to be installed in the first week of October every year.
- IMA monthly Newsletter published by State Secretary. Contains official informations regarding the activities of State IMA & local branches.
- Scientific journals published by IMA : Journal of Indian Medical Association (released by National IMA) & Kerala Medical Journal (released by State IMA). Every IMA member is eligible for these two magazines.

- Academic wings - IMA College of General Practitioners, IMA Academy of Medical Specialties & IMA Institute of Medical Sciences.
- Monthly Magazine released by IMA KSB in Malayalam - Nammudae Arogyam - Subscription fees: Rs 210 (for 1 yr), Rs 400 for 2 yrs), Rs 590 (for 3 yrs). Articles in Malayalam written by IMA members published in the magazine. Phone : 0471 2742266, 2741144.
- IMA Blood Banks (directly run by IMA) in Kerala : Cochin / Thrissur / Thodupuzha / Kollam.
- Co-sponsored blood banks in the State : Perinthalmanna & Aluva.
- Regional Dialysis Centre at Aluva - the only Dialysis unit supported by IMA - has completed more than 20,000 dialysis so far.
- Only Centre where NAT Testing done - IMA Blood Bank Cochin.
- IMA Blood Bank Cochin started on Jan 31st, 1984. Ph: 0484 2361549, 2350522.

Make yourself a better person by being an IMA member.

High Tech Medical Camp - Medi Press 2013



HIGH TECH MEDICAL CAMP - MEDI PRESS 2013 - conducted for the family members of Ernakulam Press Club by IMA Cochin in association with NRHM, Cochin Corporation and Public Health Services.

Summary of November CME by Dr. Ajit Thachil



1. In the absence of structural heart disease, treat PVCs only if symptomatic, or if high (~20%) 24hr PVC burden.
2. VT is often only a symptom indicating the presence of structural heart disease. It is important to identify such an underlying cause and treat it. If no structural heart disease is found, only the arrhythmia needs to be treated.
3. The appropriate treatment of PVCs or VT in the absence of structural heart disease (SHD) is drugs with a low long term side effect profile or radiofrequency ablation (RFA). Treatment options in the presence of SHD include higher dose drugs/RFA/Implantable cardioverter-defibrillator (ICD). ICD may be required for hemodynamically unstable VT even in the absence of SHD.

Website on Heart Diseases

Union Minister Prof. K.V. Thomas inaugurated in Kochi the website www.drgeorgethayil.com which contains all information on heart and heart diseases. The website is launched by Dr. George Thayil, Senior Consultant Cardiologist and State President of the Indian College of Cardiology. Visitors can view Dr. Thayil's TV talks on heart diseases in Video gallery and can ask doubts at any time through the website for which the doctor will give replies. The site is not meant for heart patients only, but for all.



International Half Marathon at Kochi on Dec 29th



Marathon is arguably the most gruelling sport event in history. There are about 1000 recognised marathon events world-wide being conducted annually. Kochi too had its regular marathon till 8 years ago, this was conducted by Cochin Refineries Ltd. This year, an international half marathon (21 kms) is scheduled to take place in Kochi alongside a 7 kms & 2 kms celebrity runs. Those who like to participate Kochi half marathon are required to get registered with an identity proof and a fee of Rs.200 per individual for full distance and Rs.100 for shorter distances.

Please contact Dr. Sagar 93-49-253346 for details.

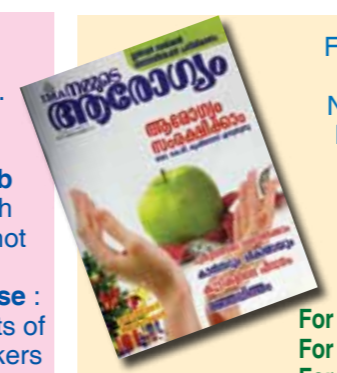
Weekend Buffet@Lagoon



Attractive to the eye and fulfilling to the appetite, Club Lagoon Restaurant announces 'Weekend Buffet' on Saturdays and Sundays from 1st Jan. 2014. Come and enjoy this elaborate buffet spread with friends and family. For reservations/details contact Mr. Subbiyah Babu on 9388359128.

IMA Health Insurance

Expires on 20.12.13. Last date of payment is 15.12.13. Please contact your insurance provider (see below) for renewal details.
Corp Mediclaim : Below 65 years : **Mrs. Beena Wahib** (Corp. Bank) (only for members, spouse & children) Ph : 94477 19812; **Mr. Anish** Ph : 94463 50662 (Parents not covered).
Bhima Genie : For above 65 years : **Ms. Gina Varghese** : for members, spouse, children & parents and for parents of both above & below 65 yrs.(Bima Genie Insurance Brokers Ph : 0484-4117741, 4117742, 4117743.



For copies, write to :
Editor
Nammude Arogyam
IMA Head Quarters
Anayara P.O.
Trivandrum - 29
Ph : 0471-2742266
2741144

For one year Rs.210
For two years - Rs.400
For three years - Rs.590

President's Message

Dear friends,
Thank you very much for co-operating with us for the smooth conduction of the mega camp for the Press Club on Dec. 1st. I will be remiss in my duty if I do not thank Dr. Haneesh, Dr. Mahadevan and Dr. Junaid Rahman for organizing the same very well. We also conducted the World AIDS Day on the same date. I thank Dr. Jilse George for taking a class for the public.



Dear friends, the half marathon falls on 29th Dec. 2013 and we Cochin IMA are fielding a team. If anybody likes to join please contact us. In the recent papers there was a patient who died after a Penicillin injection apparently because a test dose was not given by the nurse. Please be very careful indeed while ordering and administering medications, do not take anything for granted. Supervision of ancillary staff is the physician's responsibility indeed.

We wish you and your family a Merry Christmas and Prosperous News Year.

Thanking you,
Dr. Babu John Mathews

DECEMBER CME

Date : 21st Dec. 2013, Saturday
Time : 3.30 pm; Venue : IMA House

Please note the change in day, date and time

Patient safety and Hospital infection Control
Dr. Narendra Saini MD, National IMA secretary

I.T. in Healthcare : Prof. Dr. Arulraj MD, FRCP
Chairman of Commonwealth Health Profession Alliance, Past IMA National President

Back Pain
Dr. Sasikumar MBBS, MD, DPMR DNB, D.Med Rehab

Laparoscopic Thyroidectomy and Bariatric Surgery :
Dr. R. Padmakumar MBBS, DNB, MNAMS, DipALS, FAIS

Meeting sponsored by
MediBiz TV



Awareness class for high school students at St. Joseph's EMHS, Thrikkakara 'Dangers of alcohol and tobacco use' on 21.11.13 by Dr. Rajeev Jayadevan

PRESIDENT
Dr. Babu John Mathews
Kadamankovil, 28/1000, Indira Nagar
Kadavanthra, Cochin 682 020
Ph : 2318322 Mob : 94473 96922
Email : babujmathews@yahoo.com

SECRETARY
Dr. Rajeev Jayadevan
Aathira, 38/1920, Aishwariya Ln,
Elamkulam, Cochin - 682 017
Mob : 98471 02221
Email : rajeevjayadevan@icloud.com

TREASURER
Dr. Jilse George
House No. 1, Plakkat Colony
Kaloor - Kadavanthra Road
Kaloor PO, Cochin 682 017
Ph : 98471 35742; drjilsegeorge@gmail.com

WIMA November activities

WIMA General Body Meeting was conducted on 26th Nov. 2013 in IMA House. We had a class on Causes and Prevention of Diabetes mellitus by Dr. Sundari Menon, an eminent Diabetologist in Cochin. All the participants got their blood sugar checked.

Next General Body Meeting is scheduled on 17th Dec. 2013.



IMA Cochin Medicine Bank

Medicines were donated by Dr. M. Narayanan, Dr. K.N. Jaya, Dr. K.K.R. Warriar, Dr. Narayanan Nayak and Dr. Joji Joseph. 125 patients were benefited by the Medicine Bank.



World Diabetic Day celebration at Sunrise Hospital on 14 November. Dr. Praveen, Dr. Rajeev Jayadevan and other doctors with Ms Sulfi and Ms Vanikrishna of clinical nutrition dept. and team taking awareness classes & medical camp for general public.



Prevention of road accidents - Seminar by Dr. Rajeev Jayadevan at SFO Technologies SEZ, Cochin on 4.12.1013

OBITUARY

Dr. Babu John Mathews' father expired. Funeral was at Kekkazhoor on 2.12.13.

Dr. C.V. Simon's mother expired. Funeral was at Choondal near Kunnamkulam on 7.12.2013.

Dr. Amel Antony's mother expired. Funeral was at Changanassery on 8.12.2013.

From the Editors Desk

Dear friends,

In addition to the work we do in our practice, don't we often wonder about the outreach we have as doctors into the community? There is a whole lot of diseases out there that we can prevent by going the extra mile, by systematically creating awareness in the community.

Cochin IMA is committed to teaching health topics to the community. We are hoping to increase the participation of doctors in direct community education.

As we embark on our teaching mission, we appeal to the medical community Ernakulam to come forward and form a teachers bank. We will thus have an expert panel of doctors who are willing to take classes at their convenience on topics of their choice in places such as schools, social meetings, and other public functions.

Thus, in addition to those limited number of patients whom we can individually reach at our daily practice, we can reach out to larger sections of our community, reducing their mortality and morbidity from health problems such as diabetes, obesity, cancer prevention, lifestyle disease, and road accidents.

Please do email at rajeevjayadevan@icloud.com or call directly to enroll in the speaker bank. Please indicate your convenient timings when you are likely to be free to take classes, and your topics of interest.



Dr. Rajeev Jayadevan



Dr. Salini Sudhindran

Best regards,



World AIDS Day was observed on Dec. 1st by IMA Cochin members



World COPD Day observed on 20th Nov. 2013 by Cochin Thoracic Society along with IMA Cochin.

IMA Cultural wing in association with Samudra Arts presented Dr. Tony Mampilly, Paediatrician Drishya Sandhya, a gala musical & Dr. Shirly John PVS Hospital, dance evening at IMA House on Kochi, distributing sweets to children on 14th Nov. 2013.

World Diabetes Day Message - 2013-14

Dr. Tom Babu, MD (Med), DNB (Endocrinology), Consultant Endocrinologist & Medical Director, Silverline Hospital, Kadavanthra, Kochi



I have often wondered if I should say "Happy World Diabetes Day" as it appears that there is nothing to celebrate about Diabetes. The more I thought about this, the more I realized that it is important to celebrate world diabetes day (WDD) because it helps the whole world to unite in the campaign against diabetes. It helps us to create awareness about the disease which in my view is the single most important weapon we have in the fight against diabetes.

WDD was introduced in 1991 by the International Diabetes Federation (IDF) and World Health Organization (WHO) in response to the alarming rise of diabetes around the world. Every year a new theme is chosen by the IDF to address issues facing the global diabetes community. The day itself marks the birthday of Fredrick Banting who along with Charles Best first conceived the idea which led on to the discovery of insulin in 1922, which in my view is biggest discovery of our time without which millions of our people would have been dead today. The slogan

for this year's WDD campaign is "Diabetes: Protect our Future". It encourages all of us to help in supporting activities that help in, spreading awareness, improve the lives of people who live with diabetes, promotes healthy life style and reduce one's individual risk of developing diabetes.

The campaign calls on us Doctor's and all those responsible in diabetes care to more engaging in helping people to take control of the disease. It encourages us in the medical fraternity to be update so that evidence based/ latest recommendations are put into practice. For people with diabetes, this is a message of empowerment through education (from darkness to light). For governments, it is a call to implement effective strategies and policies for the prevention and management of diabetes to safeguard the health of their citizens with and at risk of diabetes. For the general public, it is a call to understand the serious impact of diabetes and to know how to avoid or delay diabetes and its complications.

It is indeed very befitting that we set aside one day in a year to join hands across the world in spreading the message that Diabetes can be managed and that the complications that arise out of Diabetes can be prevented- Education about the disease is the KEY.

Last Month CME



Last month general body meeting was held on 27th Nov. at IMA House. The CME topic was "MANAGEMENT OF PVCs & VENTRICULAR TACHYCARDIA" and the speaker was Dr. Ajit Thachil, Consultant Cardiac Electro Physiologist, Lisie Hospital, Kochi.



IMA Cochin honoured Dr. Santhosh John Abraham who is elected as the National President of the Association of Surgeons of India for the year 2015.



BODHINI : Helpline for women and children

Dr. Sabin Viswanath

An awareness programme by the Rotary Club of Cochin Metropolis on child abuse and violence against women. It also deals with drug abuse and alcoholism in children.

Through the programme, we provide a link to helplines on Childline and to NGOs dealing with women's issues.

We take sessions in schools where children are educated and made aware of their rights and help with counselling when needed. The number of people are increasing on the panel as more professionals are wanting to help.

We provide a link to those who live a life of fear by providing them free legal help and rehabilitation through our NGO.

We are planning on holding sessions on training the trainers and teachers with the help of experienced NGOs.

We are also tying corporates up with NGOs so



that proper rehabilitation of victims is taken care of.

The ultimate aim is to help people live a life free of fear.

We need a panel of doctors who are interested in this subject, willing to take sessions in school.

Please revert to Dr. Sabin Viswanath, Orthopaedic Surgeon, Specialists Hospital.

Contact 9895116995, sabinviswanath@yahoo.com.

Childline : 0484-22-5198 / 1098
Cultural Academy for Peace - 0484-2369433, 2369433
Sakhi - 0484-2385188
Vanitha Cell - 0484-2394774
VanithaHelpline- 1091 / 9947000100
Cyber Cell - 2382600
Crime Stopper - 1090
Polic Control Room - 100
Railway Police Alert - 9846200100
Highway Police Alert - 9846100100
Traffic Police Helpline - 1099
Childline - 1098

Teaching Pearls 3 of 12

(Prevention of road accidents, an ongoing series: 3 of 12. Please use this pearl series to educate younger road users, especially teenagers)

Are you visible?



1. Visibility is a major factor that contributes to safety on the road. Lack of visibility either on your part or someone else can cause an accident. We often wrongly assume that everyone else on the road can see us.

2. For example one if you are walking along the road wearing dark clothes at night, you could suffer an accident because someone who is driving a vehicle might not be able to see you.

3. When you take out your two-wheeler at night, if you do not have the lights on, you are at high risk for an accident, as people driving other vehicles might not be able to see you.

4. The same factor applies to driving when it is raining, when the visibility of the drivers sitting inside vehicles is considerably reduced. Even though there are wipers, the glare of the oncoming headlights prevents them from seeing you: therefore great caution is advised.

5. Many of us walk along the road for many reasons, including for exercise. Please wear white, yellow or other such light colours, regardless of the time of the day. Remember that the Road is dark gray in colour and we need to wear contrasting colours which will also be light-reflecting, therefore white and yellow would be ideal. Dark colours absorb light, reducing visibility.

6. While you are travelling alongside another vehicle, there are some areas where you will become invisible to other drivers, this is called a blindspot. For example, if you are overtaking on the left, you can easily suffer an accident if the other vehicle turns even slightly in your direction. This is a common occurrence on our roads, where people overtake on the left side and against basic rules or courtesy.

7. A two-wheeler can overbalance easily even if the side mirror of the car or the side panel of a bus barely even touches it.

8. In summary, whether you are a pedestrian or motor vehicle user, your safety mantra while using the road should be : **ARE YOU VISIBLE ??**