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IMA COCHIN Newsletter
No.41 NOVEMBER 2006

PRESIDENT'S NOTE



Dear Colleagues,

We had a comparatively cold month of work in November.

Our Branch on World Diabetic Day conducted a detection and awareness camp at IMA Hall. Our IMA started a new social work by co-operating with "NANMA" project at udayanagar area of Gandhinagar, with monthly speciality camps.

The building project is taking a new shape in view of the recent Govt. order regarding the building rules. Our dream project will become a reality only with whole-hearted support of our members.

With warm regards,

Dr. V. Benny Thomas



Scientific session of October

DECEMBER

The month of joy and happiness!

Seasons greetings
In advance

SECRETARY'S COLUMN

Dear friends,

The month of November was supposed to be a cool month for IMA as per the climate of November. But unfortunately some hot spots were seen as per reports in the Newspapers.



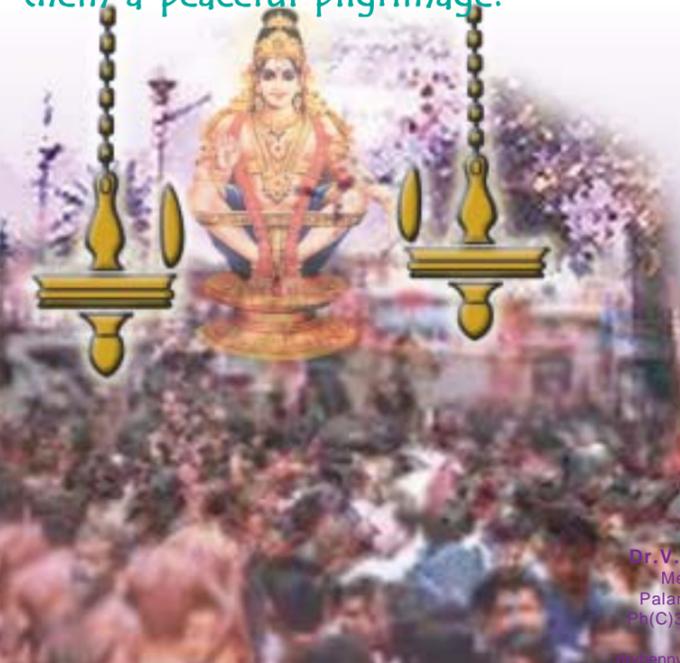
Let us not fight each other for simple things, which will ricochet on us by the public. Our enthusiasm of the new project was also at cold temperature level because of the new order issued by the Government. Any way it is time to get up and walk steadily forward with new ideas and projects. For all the decisions taken by our branch with majority support need full support from all the members. Let this be our new year motto for 2007.

With warm regards,

Dr. Augustine Thomas Mampilly

Pilgrimage season of Kerala

Ayyappa devotees all over India now concentrate to Kerala for the unique Makarolsavam. We wish them a peaceful pilgrimage.



NOVEMBER MONTHLY MEETING

- Date : 29.11.2006 (Wed.)
- Time : 8.00 p.m.
- Venue : Hotel International, M.G. Road

SCIENTIFIC SESSION

BHS GUIDELINES - 2006 ON TREATMENT OF HYPERTENSION

Speaker : **DR. A. JABIR MD, DM**
Cardiologist, Lissie Hospital, Ernakulam

Meeting Sponsored by



A brief narration of Group Medical Insurance of IMA Cochin By Oriental Insurance Company following the clinical session.

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ONCOLOGY – YESTERDAY, TODAY AND TOMORROW

Dr.V.P. Gangadharan MD, DM; HOD, Medical Oncology, Lakeshore Hospital, Kochi

Oncology of yesterday was a story of disaster and despair with crude mutilating surgeries, primitive radiotherapy techniques and highly toxic chemotherapeutic drugs. Morbidity and mortality of treatment was high.

Oncology of today is a very promising arena in the field of medicine. Few cancers are preventable, many are screenable, majority are treatable. List of curable cancers are expanding. Oncology of tomorrow is heading towards an era of vaccines and gene therapy. Oncology of today owes very much to the advances in diagnosis and staging, especially to the advances in pathology and radiology. Immunohistochemistry and tumour markers have helped in specific diagnosis, prognostication, planning treatment and follow up. CT scan, MRI, PET scan and other advances in radiology have also contributed much to the progress in oncology. The advances in supportive care includes blood component therapy, new generation antibiotics, and growth factors like erythropoietin, G-CSF etc.

Surgical oncology: Mutilating surgeries have given way for conservative surgeries. Organ conservation is the rule rather than exception, without compromising cure. Even after radical surgeries, reconstruction techniques have helped to preserve the physical appearances. Surgical oncologist has become an integral part of the oncology team.

Radiation oncology: Radiation oncology of yesterday was an area underdeveloped with severe morbidity following treatment, leaving behind permanent mutilations and disfigurement and organ damages. Teletherapy units were with orthovoltage radiations lacking precision, poor penetration and high skin reactions. The newer machines are in the megavoltage ranges with facility for computerized simulation helping in precision to give maximum doses to the tumor and sparing normal tissues. In brachytherapy, radium has given way for safer, better isotopes like Cs132, Co60 etc. Advances in radiotherapy include electron beams, intraoperative radiotherapy, gamma knife, IMRT etc.

Medical oncology: Perhaps, the maximum advances in oncology has occurred in the field of Medical oncology. Newer drugs with better activity and less toxicity are available now – Taxanes, Gemcitabine, newer platinum like oxaliplatin. Drugs selectively targeting the tumour cells has become a

reality. Capecitabine is a prodrug of 5 Fluorouracil, which when given orally liberates the active drug at the tumour site.

Tumour cells express antigens, monoclonal antibodies are developed against this antigens to selectively attack and kill these cells alone. Rituximab is a chimeric monoclonal antibody raised against CD20 antigen and is used in the treatment of Follicular Lymphomas.

EGFR (Epidermal growth factor receptor) blocking: EGFR critically regulates tumour cell division, repair, and survival, and is involved in tumour metastases. Many human cancers express EGFR on cell surface. Inhibition of EGFR on tumour cells inhibit the growth or progression of EGFR expressing tumours. Binding of specific ligands to EGFR (eg. EGF, TGF alpha) activates the receptor and triggers the signal transduction cascades that affect cell proliferation. EGFR inhibition can be via monoclonal antibodies blocking ligand binding (Trastuzumab, Cetuximab) or via tyrosine kinase inhibitors. (Gefitinib, Erlotinib).

Angiogenesis and cancer: Generation and growth of new bloods is essential for the tumour growth and spread. Tumour secretes growth factors (vascular endothelial growth factors, Fibroblastic growth factors, platelet derived growth factors etc) which help this process. Antiangiogenic therapy in cancer is directed against neoangiogenesis. Agents developed along those lines are Bevacizumab, ZD 6474, Su 6668 etc.

Host tumour interactions: Host tumour interactions through direct contact or soluble molecules help in tumour growth. Intra and extra cellular signals that help this process can be the targets for treatment of cancer. 26S proteasome is a target in this signaling cascade and Bortezomib is the molecule directed at this target.

Oncology of tomorrow is heading towards vaccines and gene therapy. Cancer is viewed as a play of genes. Correction of defective genes and augmentation of necessary genes may be the treatment of tomorrow.

Oncology has made rapid stride in prevention, early detection, diagnosis, treatment and palliation. In the coming years, we are going to witness this disease yielding to the scientific advances and more and more cancer patients getting a cure.

WOMEN'S WING REPORT



Painting Class by Mrs. Uma Mahesh

- **1st Oct.** Visit to Divine Providence Home, Athani by Dr. Gracy Thomas, Dr. Satna George & Dr. Maria Varghese, distributed clothes and Rs.3000/-
- **2nd Dr.** Gracy Thomas participated in Elder's Day Celebrations at IMA Hall.
- **3rd Adolescent Health class** at Govt. Hospital, Tripunithura by Dr. Lisamma.
- **4th Adolescent Health Education** at St. Teresa's School, Ernakulam by Dr. Gracy Thomas
- **5th Chikungunya awareness class** at Binani Zinc Company Employees by Dr. Lisamma Joseph.
- **7th Talk** on "Bacterial Vaginosis" by Dr. Girija Gurudas and Chikungunya awareness talk at SMP colony, Erroor by Dr. Chandrika.
- **10th Conducted Medical Camp** at Kandakkadavu, Chellanam by Dr. Chandrika and distributed free medicine.
- **11th Dr. Grace Benny** did a special out patient session at Poothotta between 1.00 pm & 4.00 pm
- **12th Dr. Maria Varghese** conducted out patient session at Poothotta to help out Chikungunya detection and treatment.
- **13th Dr. Maria Varghese** visited chikungunya affected areas of Cherthala.
- **14th Dr. Girija Gurudas** gave a talk on "Way to happy married life" for embers of Mathrubhumi and Grihalakshmy forum.
- **15th Dr. Pushpa Susan Isaac** took a class on Adolescent health for members of Sahrudha Residents Association, Palachuvadu. Parents alongwith children were present.
- **22nd Dr. Shirly and Dr. Neena Thomas** conducted Premarital Counseling Session at Revival Centre on 7th and 22nd Oct.
- Talk on "Current Concepts in GDM" by Dr. Girija Gurudas
- Tal on Health Awareness Programme by Dr. Gracy Thomas for the inmates of Visitation Hostel, Kakkanad
- **26th Talk** on Congenital Anomalies and genetic problems by Dr. Shirly John for nursing students of Pazhanganad Hospital.
- **27th Talk** on nutrition and anaemia for the members of Modicare Pharma by Dr. Gracy Thomas.

Dr.T.N. Chandrika, Secretary

COCHIN CLINICAL SOCIETY

CCS is the only clinical society where clinical aspects are discussed. Participate and sharpen your clinical acumen. Last clinical meeting was at PVS Memorial Hospital on 9th November. Best Presentation Award is given to **Dr. Augustine Mampilly** (IMA Secretary) for "Unusual Visitor to the eye".

Next meeting at Lakeshore Hospital on 14th December at 8.00 p.m.

The secretary is very much disappointed with the response of our respected members of Cochin IMA towards its charity fund. Although with repeated requests, only 20 people came forward to donate a total sum of Rs.2,000/-. It is a shame for our doctor community. We should always keep charity as a predominant factor in our professional work and social activities. So, please do donate liberally for the fund which can be utilized for good causes.



PROJECT COMMITTEE REPORT

Dear members,

We have been hoping to have a palatial IMA Complex with residential flats and the preliminary work was going on in a very systematic manner to make this a reality. But our hopes were shattered when the government came out with new regulations in building rules by reducing the "FAR" (Floor Area Ratio) making us to prune our project. Hence we are constrained to make alternate plans in conformity with the new building rules, fully satisfying the aspirations and interest of our members. Once this is ready, we will be coming out with a brochure outlining all the details of the project and I am sure we will be able to launch the project within a couple of months time. For this, we earnestly request your sincere and whole-hearted support.

Dr. V.P. Kuriyipe Chairman, IMA Project Committee

WORLD DIABETIC DAY

This was celebrated by Cochin IMA by conducting awareness class, blood sugar test and screening for diabetic retinopathy at IMA Hall on 14th November 2006. President Dr. V. Benny Thomas and Secretary Dr. Augustine Thomas Mampilly conducted the camp.



The inaugural function of 33rd State Annual Conference of KSOS "Drishti 2006".

MEDICO SOCIAL WORK OF COCHIN IMA

- **Dr. P. Nampoothiri**, Orthopedic Surgeon conducted camp on 12th November at Udayanagar.
- **Dr. Gracy Thomas**, Gynaecologist, conducted medical camp on 18th November at Udayanagar.
- **IMA medical camp** for diabetics and hypertension will be conducted on 3rd December at Mulavukad.

Congratulations...

Dr. T.A. Alexander took charge as the President of Kerala Society of Ophthalmic Surgeons on 17th November, 2006.



Special Thanks...

Secretary expresses special thanks to General Physicians Association and its President and Secretary for the wonderful co-operation extended to control the chikungunya menace alongwith Cochin IMA.



BLD BANK NEWS

OCTOBER 2006

Total 1635 units of blood were collected and 3384 units of blood and its components issued. Patients in 86 hospitals were beneficiaries. 9 blood donation camps were conducted.

Dr. K. Narayanan Kutty
Secretary

WELCOME NEW MEMBERS

IMA MEDICINE BANK

Working Hours : 10.00-2.00 p.m.

Medicines donated by :

Dr. Raju Abraham
Dr. Varghese Cherian
Dr. Rajesh Sankar
Dr. S. Sreenivasa Kamath
Dr. K.K.R. Warriar
Dr. N. Gopalakrishnan
Convenor

PPS & SSS NEWS

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For enrollment call **Dr. P.M. Subhash**
Ph: 2803033, 5510709, Clinic 2204158

Salient features of IMA KSB Health Scheme

Eligibility to join the scheme is only to become IMA member

Age : Membership is regulated by age regarding

Benefits : Regarding the hospital bills of Cardiology, Renal, Pulmonary and chronic diseases. Rs.10,000/- each

The membership is planned through 4 types.

Age	Annual Fee	Admission Fee	AFAC	Total
1. Below 35 years	100	750	1500	2350
2. Below 45 years	100	1250	1500	2850
3. Below 55 years	100	1750	1500	3350
4. Founder member upto 31st December 2006				
Above 55 years	100	2500	1500	4100

Note :

1. No age limit to join this Scheme upto 31st December 2006.
2. No bar for existing disease or treated disease.
3. Easy documentation and speedy financial help.
4. Enroll your name to the Health Scheme and enjoy its benefits.

For Further information : **Dr. M.M. Hassan** (Mobile 94479 00219), Ernakulam District Co-ordinator, Health Scheme of IMA KSB

Contact your Branch Resource Person **Dr. P.M.Subhash** Ph: 2204158 (Res)

OBITUARY

Dr. James Kootungal, Medical Superintendent, City Hospital expired on 21st October, 2006 after a protracted illness and is survived by his wife Valsa and two children. He had his medical graduation from KMC, Mangalore. He worked for 15 years in Jamaica and joined City Hospital in 2002 as Medical Superintendent. Dr. James was a very active member of many social organizations.

Dr. P.M. Kuriakose – very senior surgeon of Cochin expired on 29th October 2006 with prolonged illness. He is survived by his wife Elizabeth and three children. He was mainly attached to Susrusha Nursing Home and Kunhalus Nursing Home. He had his MBBS from Trivandrum Medical College and MS from Kanpur Medical College. He had a long spell of work at Kottayam before coming to Ernakulam in early 80s.