

## President's Column

Dear Colleagues,



Greetings. Hats off to office bearers of IMA Cochin 2007-2008 led by Dr.N.S.D.Raju, Dr.Sunil Mathai and team for bagging 7 awards for the branch at the recently concluded state annual conference at Perinthalmanna. A wonderful performance indeed!

IMA Cochin Initiative 'Safe Sound Safe Ear' is gaining momentum at the same time public support and appreciation. The study and survey reports were an eye opener to many. Another glad news is that the Hon. High Court has admitted our plea and sent urgent notice to the Chief Secretary, DGP, Transport Commissioner, Dist. Collector, Police Commissioner, Transport Commissioner and the Pollution control Board.

Diabetes, the leading cause of heart disease, stroke, blindness, kidney disease, vasculitis and neuritis is the fastest growing disease in the world with 230 million people already affected. India has 41 million diabetics. Linked to obesity the most worrying trend is that youngsters even in their 20s are developing type 2 diabetes. A case for concern to all of us. Apty, the theme for this year's World Diabetes Day is Diabetes in children and Adolescents.

It's our duty as medical persons to help children inculcate good dietary and physical habits right from early childhood. Let us be part of that moment.

*Let's prevent today's child from becoming tomorrow's cardiac adult.*

'Child is the father of man'.

**Dr. Abraham K. Paul**

## Womens Wing Activities - October

Our members participated in two medical camps at Chalikkavattom and Kumbalam and treated over 300 patients. World Menopause Day was celebrated in a big way by our members at Lourdes Hospital, Saraf Hospital, General Hospital and Medical Trust Hospital. In addition to premarital classes, adolescent health classes and television programmes, social service visits to SOS Village, Aluva and Karunalayam were also conducted by our members. On 25.10.2008 Gujarati cooking Demonstration was held. Well attended and appreciated by all.

There will be a microwave cooking demonstration on **29.11.2008 at 2.30 pm at Welcare Hospital**. Request your continued participation in all our programmes.

**Dr. R. Manju, Secretary, WIMA, Kochi**



## Previous month Scientific Session Abstract

### UPDATE IN GASTROENTEROLOGY

**Moderators : Dr. Mathew Philip , Dr. Sunil K. Mathai**

**Speakers : Dr. Roy Mukkada, Dr. Ismail, Dr. Benoy Sebastiaan, Dr. Prakash Zacharia**

#### Endosonography ( EUS)

This is the amalgamation of an endoscope and an ultrasonic probe. It enables the probe to be placed close to the organ of interest and scanning is done at various frequencies ranging from 3.5 to 20 MHz. This allows the gastroenterologist to examine these organs in a more critical manner not possible even with the best of the CT scanners. The strength of EUS lies in examination of biliopancreatic system and submucosal tissue. EUS guided therapeutic procedures are on the up; Pseudocyst drainage, celiac axis neuronolysis and brachytherapy to name a few.

#### Enteroscopy

Small intestine was an inaccessible area for long. It's tortuously and difficulty in fixing the organ was overcome recently with the use of double balloon and single balloon enteroscopes. Capsule enteroscopes which after swallowing telemetrically transmitted images to a recorder makes diagnosis of small bowel lesions a more simpler affair. Lap assisted enteroscopy still has a role to play.

**Natural Orifice Transluminal Endoscopic Surgery (NOTES)**  
Scarless operations are the dream of any surgeon. This has



come true through with NOTES. Special endoscopic platforms and accessories now enable the surgeons or the endoscopist to access the peritoneum through the natural orifices like mouth, anus, vagina or urethra and remove or repair organs. Cholecystectomy, appendectomy and tubal ligation are now performed. Sepsis and wound closures are issues under debate.

#### Endomicroscopy

The process of biopsy and histopathology examination is at present an in vitro procedure. By attaching a laser microscopic probe to an endoscope and using light filters neoplastic areas are pinpointed and histological examination is done in vivo. The endoscopist need training in histopathology for the same. Chromoendoscopy is altering the light so as to obtain variable tissue penetration. This enables the endoscopist to see areas of dysplasia or metaplasia in a well defined manner.

#### Summary

As technology advances and newer medical gadgets come, we need hybrid specialists who has a subject knowledge and biotechnological base.

## WORLD DIABETIC DAY CELEBRATIONS

IMA Cochin in association with Renjini Eye Hospital and World Diabetic Foundation observed World Diabetic Day in a befitting manner.

### Little Master turns the leader...!



Diabetic Walk led by 'little' Ishan Biju Raju, Grandson of Dr. N.S.D. Raju



District Collector Dr. M. Beena IAS releasing the logo of World Diabetes Day at D.H. Ground, Ernakulam

## Secretary's Desk

Dear members,



My sincere congratulations to Dr.N.S.D.Raju, Dr. Sunil, Dr. Hassan, Dr. Subash, Dr. Maria and team for their valuable contributions to secure more than half a dozen state awards this year. Again I wholeheartedly acknowledge the dedication and sincerity shown by the city police team and doctors of IMA to make the Jana Maithree Mega

Medical Camp 2008, held jointly with Cochin IMA, a grand success.

We will proceed together so that we can fly high in future. With hearty regards,

**Dr. N. Dinesh**



**COCHIN CLINICAL SOCIETY**

[www.cochinclinical.org](http://www.cochinclinical.org)

The Last meeting was held at Specialist Hospital and this session was chaired by Dr. P.K. Balachandran. The best presentation prize was given to Dr.Sabin Viswanath for his presentation of "Haematology in Orthopaedics – Cold Immune Haemolytic Anaemia".

**Next Meeting is at Lakeshore Hospital on 11th December, 2008**

**Dr. Georgy K. Nainan**

## Request to all members

*Each one of you enroll at least two members to IMA Cochin 'The Lagoon'.*

*Let's join hands for this unique venture.*

## AT LOURDES HOSPITAL



World Diabetic Day function being inaugurated by IMA Cochin President Dr. Abraham K. Paul. This was followed by awareness class by Dr. Geeta Philip, Diabetic Screening and exhibition on healthy diet pattern.