

IMA  
WOMEN'S  
WING



Dear friends,

Women's Wing of IMA will be having a **STATE CONFERENCE** on 30.10.05, at **Rotary Bal Bhavan**, Panampilly Nagar, Cochin from 10.30 a.m. to 3.00 p.m. Please confirm your attendance to the Secretary, Women's Wing, IMA Cochin Ph : 98472 66933.

Last month we had Onam celebrations on 24.9.2005. We had a cultural programme by the children of our members. This event was sponsored by Tupperware.

Our other activities in Sept.

- **4<sup>th</sup> September** : A visit to Athani Village in Kakkanad, where a talk on Anaemia was given to the members of the Ayalkoottam. About 15 ladies attended. Dr. Pushpa Susan Isaac, Dr. Gracy Thomas and Dr. Shanta George Eraly conducted the classes. Women's Wing members visited the Providence Home at Kakkanad.
- **12<sup>th</sup> September** : Dr. Gracy and Dr. Maria attended a meeting of Elders Club of IMA at IMA Hall.
- **17<sup>th</sup> September** : Dr. Shirly John took classes on Adolescent Health at a seminar organized by Women's Welfare Society at Lourdes Matha Church, Thevara. 150 children attended.
- **21<sup>st</sup> September** : Dr. Lisamma Joseph gave a talk on AIDS awareness to teachers of Aided Schools at Santwana Guidance Centre. 125 teachers attended. ■ **OLD NEWSPAPER DRIVE** : Dr. Shanta George Eraly collected old newspapers, sold them and bought rice and soaps for distribution at poor homes.
- **NewMembers**: Dr. Mercy John, Vyttila; Dr. Malathy Mohan, Gandhi Nagar; Dr. Annamma Kurien, Nettoor.

Dr. Gracy Thomas, *Chairperson*



Dr. Pushpa Susan Isaac, *Secretary*

## BLOOD BANK NEWS

SEPTEMBER 2005 :

Total 1411 units of blood were collected and 3646 units of blood and its components issued. Patients in 85 hospitals were beneficiaries. 5 blood donation camps were conducted.

Dr. K. Narayanan Kutty  
Secretary



## IMA MEDICINE BANK

Working Hours : 10.00-2.00 p.m.

Medicines donated by :

- Dr. Bhaskara Kumar Warriar
- Dr. Abraham Varghese ■ Dr. B. Jayakumar
- Dr. Sujith Vasudevan ■ Dr. K.K.R. Warriar
- Dr. N. Krishna Iyer ■ Dr. Jeelson C. Unni

Dr. N. Gopalakrishnan, Convenor



# IMA COCHIN Newsletter

Official Bulletin of Indian Medical Association, Cochin Branch

No. 28  
Oct. 2005

## President's Column



Dear Colleagues,

It is more than six months since we took over the mantle of the IMA Cochin and when I look back I have only reasons to rejoice because of the number of projects and programmes undertaken by us during this period and the unstinted support given to us by our members. I salute them for this.

The inauguration of the 'Elders' Club' was done by Dr. N.V. Markose, Past State President. The State level inauguration of the National Blood Donation Week was conducted on 2<sup>nd</sup> October. This colourful function was inaugurated by Hon. Mr. Justice A.K. Basheer in the presence of IMA State President Dr. Joseph Mani, Past National President Dr. V.C. Velayudhan Pillai, State Secretary, Dr. R. Ramesh and other senior leaders of the IMA. 33 Awards were distributed to various Educational Institutions, organizations and voluntary Blood Donors by the IMA Blood Bank. The fine services of the IMA and IMA Blood Bank were applauded by the Chief Guest and State leaders.

We conducted a seminar on Bio Medical Waste Management on 5<sup>th</sup> Oct. supported by IMAGE. Former Tamil Nadu Chief Justice Narayana Kurup inaugurated the seminar. IMA State President Dr. Joseph Mani, Chairman IMAGE Dr. R.V. Asokan, other leaders of the IMA, representatives of the Hospital management and our members were present. This function was appreciated by all.

With warm regards,

Dr. E. Varghese Mathew

## Secretary's Column

Dear friends,

IMA Cochin in association with Glaxo SmithKline is arranging a special scientific session on **Holistic Approach to Diet in Diabetes** by Dr. Shankar M. Sadikot, President of Diabetes India on 22nd October, Saturday 7.30 p.m. at Hotel Avane Regent. All IMA members are invited.

IMA Cochin has formed Elders Club last month. Request all senior members to be the members of Elders Club.

Regards,

Dr. Abraham Varghese



## OCTOBER MONTHLY MEETING

Date : 26th Oct. 2005 (Wednesday)

Time : 8.00 p.m.

Venue : Rama Varma Club Centenary Hall

**Scientific Session :**

**CARCINOMA BREAST :  
RECENT TRENDS IN MANAGEMENT**

Speaker : **Dr. Santhosh John Abraham**, Consultant Surgeon  
**Dr. Anusha Varghese**, Consultant Radiologist

Meeting sponsored by  
**LOURDES HOSPITAL**

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## Breast Cancer....

October is Breast Cancer awareness month. Let us fight the disease that has claimed the lives of many women and also build up an awareness on the importance of early detection through public and professional education.



## STATE LEVEL INAUGURATION OF BLOOD DONATION WEEK 2005

National Blood Donation Week 2005 was inaugurated by Hon'ble Mr. Justice A. K. Basheer (Kerala High Court) in a glittering function held on 2<sup>nd</sup> October at Cochin IMA Blood Bank Conference Hall. IMA State President Dr. Joseph Mani presided over the function. Hon'ble Mr. Justice A. K. Basheer exhorted the medical community to play a pro-active role in nation building. He congratulated IMA in taking initiative to set up Blood Banks in different parts of Kerala. He specially complimented IMA Blood Bank Cochin in taking leadership in blood donation movement.

Dr. V. C. Velayudhan Pillai made the keynote address. Awards were presented to various organizations and individuals who topped in blood donation in the year 2005.

IMA Cochin President, Dr. E. Varghese Mathew welcomed the gathering. Dr. M. Bhaskaran, Dr. T. N. Babu Raveendran, Dr. Mohammed Rasheed, Dr. Ramesh, Dr. K. E. Paulose, Dr. V. D. Pradeepkumar & Dr. Abraham Varghese spoke on the occasion. Dr. K. Narayanankutty proposed vote of thanks.



Dr. E. Varghese Mathew, President IMA Cochin, lighting the lamp to commemorate the **Blood Donation Day** (October 1st). A public function was held at Palarivattom by IMA, IMA Blood Bank and Cochin Blood Donor Forum.

## ABSTRACT OF SCIENTIFIC SESSION ON SEPT 28, 2005

### PEPTIC ULCER DISEASE - WHAT YOU WANT TO KNOW

*Dr. Mathew Philip*

*Dept. of Gastroenterology, Lakeshore Hospital, Kochi*

Acid peptic disease is a broad entity comprising peptic ulcer, Gastroesophageal reflux disease, non-ulcer dyspepsia and hyper secretory syndromes. The pathogenesis of ulcer disease involves the imbalances between the hyper acidity and defense factors. Defense factors are weakened by H-pylori infection, stress, drugs and smoking. H-pylori infection is the commonest infection in the world affecting 20% of the whole population. Peptic ulcer disease shows 70-100% positivity for H pylori. A fewer percentage of positivity is seen in other dyspeptic disorders and malignancy of stomach. H-pylori cause ulcer disease by a variety of mechanisms including increased gastrin production decreased mucosal defense allowing back diffusion of hydrogen ions and pepsins. It is also weakened by decreased carbonate secretion and mucus production and certain species of H-pylori are more ulcerogenic. Besides H-pylori NSAID and aspirin contributes to 25% of ulcer disease. Other rare causes of ulcer disease include Crohn's disease, ZE syndrome. Mere presence of H-pylori infection alone is not a sufficient cause for ulcer disease. 80-90% of Indian population is infected with H-pylori infection. However, the lifetime risk of ulcer disease is 1 in 5. Treating H-pylori infection in ulcer disease cures 80-90% of ulcer disease with 5% recurrence. However, the question remains unanswered whether to treat H-pylori infection in asymptomatic and non-ulcer dyspepsia patients. An array of serum immunological tests, breath test and stool test are available for diagnosis of H-pylori infection. However rapid urease test of endoscopic biopsy specimen from antrum of stomach is usually employed for diagnosis in clinical practice. H-pylori infection should be treated in those with gastro duodenal ulcer, history of peptic ulcer disease, MALT lymphoma and family history of gastric cancer. Treatment involves triple drug regime with 2 antibiotics and one Proton pump inhibitors (PPI) for a period of 2 weeks. Rechecking for evidence of eradication is not routinely warranted. However,

testing is mandatory in complicated ulcer disease and MALT lymphoma follow up. H-pylori negative ulcers are treated with PPIs and avoidance of NSAIDs.

Endoscopic evaluation is warranted in patients above 40 years with dyspepsia, those with alarming symptoms, complication of ulcer disease like gastric outlet obstruction and bleed, assessment of healing of gastric ulcer and persistent symptoms after treatment. Endoscopy is a useful tool in diagnosing and controlling of bleeding ulcer disease. Various Endoscopic techniques like injection, clipping and coagulation are available for controlling ulcer bleed. Commonly used method is injection therapy and clipping. PPIs also help in controlling ulcer bleed by raising PH and stabilization of clots. Several studies have shown that intra venous PPIs are useful in reducing rebleeding. Age more than 60 years, comorbid illness, in hospital bleed, emergency surgery, the outcome is worse.

NSAIDs cause ulcer disease by several mechanisms. They cause topical injury since they are weakly acidic and non-ionized in acidic medium. They also cause systemic depletion of prostaglandins. Studies have shown that Cox 2 inhibitors are safer than non-selective NSAIDs. There is a lack of correlation between the symptoms and pathology of NSAID induced gastropathy.

40% of the NSAID induced erosions are asymptomatic and majority of NSAID users with dyspepsia do not have endoscopy findings and 60% of NSAID induced complication do not have antecedent GI symptoms. Majority of NSAID users complaining of dyspepsia have normal endoscopic findings

In conclusion most ulcers are H-pylori related and H-pylori negative ulcers are also increasing, the important culprit being NSAIDs. Endoscopic measures are ideal for controlling bleeding from peptic ulcer disease in the majority. Cox 2 inhibitors may be considered gastro safe. All PPI are shown to be equal as far as treatment of ulcers and its complications are concerned.

## ELDERS CLUB INAUGURATED

The First meeting of the Elders Club was conducted at IMA Hall on 12th September at 8 PM. A committee of 11 members was constituted with the Branch President, Dr.Varghese Mathew and Secretary, Dr. Abraham Varghese, as the Chairman and Convenor respectively. A presentation on the "Social aspects in the Care of the Elderly" was made by Dr. Maria Varghese.

The Elders Club was officially inaugurated on 28th September, by Dr.N.V. Markose, Chairman, Committee for the Care of the Elderly, Kerala State Branch. Dr.Varghese Mathew, Branch President presided over the function. The function was held at Rama Varma Club, immediately after the scientific session. Representatives from various senior citizens forum attended the function in addition to Cochin IMA members. Mr.C.I. Unni, Executive member of Elders Club, Dr. Junaid Rehman, Treasurer and Dr.Abraham Varghese, Secretary also spoke on the occasion.



## IMAGE BEGINS ITS OPERATIONS IN ERNAKULAM DISTRICT...

IMAGE (IMA Goes Eco Friendly) the prestigious project of Indian Medical Association, Kerala Chapter is going to begin its operations in Ernakulam District from November 1<sup>st</sup> onwards. IMAGE is the answer for Safe Management of Bio Medical Waste. This scheme has started functioning from January 2004.

IMA Cochin Branch in association with IMAGE conducted a Seminar on Bio Medical Waste Management on 5<sup>th</sup> October at Hotel Abad Plaza, Ernakulam. Hon'ble Mr. Justice Narayana Kurup, Former Chief Justice Madras High Court inaugurated the Seminar. He emphasised on the need for Bio Medical Waste Management and congratulated IMA for taking the initiative. Dr. E. Varghese Mathew, President, IMA Cochin Branch presided over the meeting. Dr. R. V. Asokan, Chairman, Image explained the Bio Medical Waste management at Palghat with a documentary on Image. Dr. Joseph Mani, President, IMA Kerala State, Dr. N. Radhakrishnan, Treasurer, IMAGE, Dr. K.E. Paulose, Past National Vice President, Dr. N.V. Markose Past IMA State President, Dr. Abraham Varghese, Secretary, IMA Cochin Branch also spoke on the occasion. The representatives from major hospitals in Ernakulam District, office bearers of all IMA branches in Ernakulam District and the executive members of Cochin IMA attended the meeting.

**Join IMAGE...**

**Join the Eco Friendly Initiative of IMA.**

**Dr. Abraham Varghese, District Representative, IMAGE**

