



In Pharyngitis, Sinusitis

Rx Loromyein*

Azithromycin 250mg / 500 mg

Acts Fast, Acts Longer

SANDOZ PVT. LTD.

PRESIDENT'S NOTE



Dear Colleagues,

As President of IMA Cochin, I am really proud to say our branch was very active during the rage of Chikunguniya epidemic in our district. I should say special thanks to the office bearers of Cochin IMA as well as other branches of IMA Ernakulam district, all the private hospitals, medical colleges who came forward wholeheartedly on a short notice.

Let us hope we will continue this feeling of fraternity among us to further glorious heights.

With warm regards,
Dr. V. Benny Thomas

NATIONAL BLOOD DONATION WEEK CELEBRATED



Sri P. Vijayan IPS, Commissioner of Police, Cochin City, inaugurating the valedictory function of Blood Donation Week at IMA Blood Bank on October 7th.

SECRETARY'S COLUMN

Dear friends,

Last month was a tough period for Cochin IMA in many ways. The main problem was the epidemic of Chikunguniya in and around Cochin especially in areas like Vypeen and Paravur. I am proud to say Cochin IMA played a pivotal role in helping the district administration and the district medical department in mobilising all the IMA branches in Ernakulam District and the private hospitals to give full and immediate support to control the menace. This big gesture of solidarity among the medical fraternity is well applauded by the public and the District Administration.



With warm regards,
Dr. Augustine Thomas Mampilly

IMA Wishes all members

Jd Mubarak



Happy Diwali!



OCTOBER MONTHLY MEETING

- Date : 25.10.2006 (Wed.)
- Time : 8.00 p.m.
- Venue : Hotel Circle Manor, Kaloor

SCIENTIFIC SESSION

- Chairperson : **DR. T.K. PADMANABHAN**
HOD, Dept. of Radiation Oncology
Amrita institute of Medical Sciences, Cochin
- ONCOLOGY : YESTERDAY, TODAY & TOMORROW (20 min.)**
- Speaker : **DR. V.P. GANGADHARAN**
HOD, Dept. of Medical & Pediatric Oncology
Lakeshore Hospital, Cochin
- APPROACH TO A PATIENT WITH LYMPHADENOPATHY (20min)**
- Speaker : **DR. K. PAVITHRAN**
Medical Oncologist, Dept. of Medical Oncology
AIMS, Cochin
- Question & Answers : 10 minutes

Organised by
COCHIN ONCOLOGY GROUP
Meeting Sponsored by
ROCHE SCIENTIFIC COMPANY INDIA (PVT) LTD

Rx Nasivion®

(Oxymetazoline HCL)

Clears congestion, treats cold.



- Long action* (12 hrs of long action)
- Fast action* (acts within 25 secs)
- Antiviral property* (treats common cold in just 4 days)



© 01 Othman and Dr. V. Benny Thomas (data in file) © M/W Fortech Med 2005 Cochin 147 Suppl 3; 113-116 © FDA Monograph, 1994

President Dr. V. Benny Thomas Medical Centre Clinic Palarivattom, Cochin-25 Ph(C) 2343854 (R) 6524747 Mob: 98471-24123 dvbennythomas@yahoo.com	Hon. Secretary Dr. Augustine T. Mampilly 36/1821, Melangath Lane Kaloor, Cochin-17 Ph(R) 2338357, 2343923 Mob: 98471-25949	Hon. Treasurer Dr. Junaid Rehman M.I. Noorjahan Manzil Ernakulam North-18 Ph(R) 2385331, (O) 2381251 Mob: 94477 97231 bjrahman@vsnl.net
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------

THE ABC OF IMMEDIATE TRAUMA MANAGEMENT

The ABC of Immediate Trauma Management presented by Indian Society of anaesthesiologists, Cochin Chapter, highlighted the importance of prioritized, sequential, and simultaneous assessment and management of trauma victims. The session was inaugurated by the ISA President Dr. Mathew Varghese T.V. and the meeting was dedicated to the fond memory of Dr. Joy Thomas who was the founder member of ISA Cochin Chapter.



Dr. Murugesh Sukumar from EMC demonstrated how an airway has to be maintained by various steps and equipments. Suspect Airway compromise in all trauma victims and give oxygen in high concentration. If in doubt open airway and ventilate and if required go for definitive airway (Endotracheal intubation).

Dr. Ajaykumar from Indo American Hospital, Vaikom discussed about shock, which is defined as inadequate organ perfusion and tissue

Dr. Mohan A. Mathew from Lakeshore Hospital highlighted that Road Traffic Accidents cause 1/5th of all Global deaths, which is now considered a preventable disease. 90% deaths occur in low and middle income communities and countries due to poor infrastructure and lack of awareness to traffic rules and regulations.

Dr. K.V. Menon from AIMS put stress in the initial assessment and resuscitation in which he stressed about the importance of prioritized steps (A,B,C) to be taken in managing the trauma victims.

oxygenation. Hemorrhagic shock is the most common in trauma victims while managing patients with bleeding we have to follow the same protocol ABCDE, which means, even in-patient with severe bleeding airway comes first. Two large bore Cannulae 14 or 16 G has to be inserted in peripheral veins and infuse 1-2 litres of ringer lactate and see the response by monitoring the vital signs, CNS status, skin perfusion and urinary output.

More than 180 doctors attended the meeting, to them the take home message delivered was "An ounce of practical experience is worth a tone of knowledge."

SEPT 2006 :

BLD BANK NEWS
Total 1426 units of blood were collected and 3298 units of blood and its components issued. Patients in 77 hospitals were beneficiaries. 7 blood donation camps were conducted.

Dr. K. Narayanan Kutty
Secretary

WELCOME NEW MEMBERS

Dr. Sujatha
Dr. Elizabeth Tony
Dr. Sebastian Pious
Dr. Mohan A. Kuriyan
Dr. C. Varun
Dr. Biju Raju
Dr. S. Neena
Dr. Najeeb K.H.
Dr. Nazeema Najeeb
Dr. Sheena Bilal
Dr. Anil B. Das
Dr. Roy Vijayan

IMA MEDICINE BANK

Working Hours : 10.00-2.00 p.m.
Medicines donated by :

Dr. P. Ramakrishnan
Dr. Poulouse Chacko
Dr. K.K.R. Warriar
Dr. K. Rajaram
Dr. Gracy Thomas
Dr. George Jacob Eraly

Dr. N. Gopalakrishnan
Convenor

PPS & SSS NEWS

Join PPS, SSS I, II & National
For enrollment call
Dr. P.M. Subhash
Ph: 2803033, 5510709, Clinic 2204158

IMA WOMEN'S WING

IMA Women's Wing did the usual social, educational and medical activities with its members, Dr. Santa, Dr. Lissamma Joseph, Dr. Gracy Thomas, Dr. Sheela Mohan, Dr. Maria, Dr. Girija, Dr. Valsala Kumari and Dr. Chandrika at various centres.



Elders Day Celebration at Cochin IMA

Congratulations...!



Dr. Varghese Lenin Chathuruthy has been elected as President of Association of Otolaryngologists of India (Kerala State Branch).



Dr. M.I. Junaid Rahman has been elected as President of Indian Academy of Pediatrics, Kerala State Branch



Dr. George Varghese, ENT Surgeon, Cochin Hospital & Ernakulam Medical Centre, was a member of the International Faculty for the 37th FESS Course at the Medical University of Graz/Austria in Sept. 2006.

STATE COUNCIL DECISION - CHANGE OF IMA ASSOCIATION YEAR

The State Council of IMA KSB held on Sunday, 8th October 2006 at State Head Quarters, Trivandrum, ratified the recommendation of the State Working Committee for the change of Association Year from 1st April-31st March to 1st October-30th September in the coming years at par with the National IMA Year. So the present team of office bearers will have to continue till 30th September, 2007.

THE CHIKUNGUNIYA MENACE : A BIG THANK YOU TO DOCTOR COMMUNITY

The recent epidemic of chikunguniya in Cherthala and Vypeen-Paravoor area is a real threat to public health in our so called healthy state of Kerala (God's so called own country). This crippling type of disease which led to the death of nearly 100 people with no special treatment is a big task to cope with. The Govt. machinery failed in preventing as well as controlling it earlier. Then came the help from all the doctors of modern medicine in Ernakulam district especially through Cochin IMA and we were able to lend a helping hand to Govt. hospitals and in conducting medical camps and awareness seminars. The number of cases reporting daily is coming down. Thanks to the concerted effort of all the doctors in the district in combination with DMO, Dr. K.T. Remani and Dist. Collector Shri. A.P.M. Mohammed Haneesh who showed his brilliance in executing the job in war foot manner. Nature's blessings (the rain gods) also helped with unusual heavy rains to clean the premises and water logged canals. Cochin IMA was in the spearhead to mobilize all the IMA branches in Ernakulam District and all medical colleges and private hospitals, in a big way which was not heard before. We are the front-runners who published leaflets for prevention and control of the disease with clinical symptoms.



Inaugural function of 3rd National Conference of Indian Academy of Pediatrics Childhood Disability Group on 16th Sept. 2006 at Cochin

CONVERSION OF SOCIAL SECURITY SCHEME TO A PENSION SCHEME

The executive committee of our branch has recommended and forwarded a proposal converting the present social security scheme I to a Pension Scheme to all the office bearers of the State and Branches. So far, there is good support for this scheme. The purpose of the scheme is to give to those people who are members of the scheme for atleast 15 years and who are above the age of 60 years. The Scheme started to help the family in the case of untimely death of a member. After the age of 60 there will be decrease in the earning capacity of a doctor and by that time the children of the family might have well settled. So if somebody dies at the age of 70 or above no point in giving an amount of 5-6 lakhs rupees to the family unless the doctor who died enjoyed his life from 60-70. This is the nutshell of the proposal from our branch. If any member wants to know or contribute further to this proposal, please feel free to contact the Secretary.

IMA COCHIN CHARITY FUND

As you are aware, we the doctors of Cochin IMA have started a Charity Fund for special charity purposes from our branch. A minimum 100 rupees per head is earnestly solicited. Kindly contribute liberally to the charity fund at the earliest.

Special thanks to our president Dr. Benny Thomas and Dr. Babu John Mathews who prepared it.

A BIG THANK YOU to all the IMA branches of Ernakulam District - Cochin West, Kalamassery, Madhya Kerala, North Paravur, Perum bavor, Kathamangalm, Moovattupuzha and Kolenchery.

ANOTHER BIG THANK YOU to all the medical colleges and private hospitals especially Kolenchery Medical Mission, Co-op Medical College, Amritha Medical College, PVS Hospital, Lakeshore Hospital, Medical Trust Hospital, PNVN Hospital, Lourde Hospital, Jishi Hospital, Lakshmi Hospital(Mattanchery), Sangeetha Hospital, Dharmagiri, Baselios etc. etc. for providing medical help.

IMA Kerala State Branch was always in the forefront to tackle the menace. The District Task Force Co-ordinator Dr. Abraham Varghese and our own members Dr. Sunny Oruthel and Dr. Junaid Rahman among the Govt. doctors were in the forefront. We are now proud to say Cochin IMA members did a wonderful job.

So once again a BIG THANK YOU TO ALL OF YOU.

Long live IMA and medical fraternity. Jaihind.



Annual Conference of Association of Otolaryngologists of India (Kerala State Branch) being inaugurated by Dr. C.K. Chandrasekharan, State President of IMA, at Avenue Centre, Cochin on 16th September.



Valedictory function of the 'No Tobacco Day' and Quit & Win 2006 conducted by IMA Cochin and AIMS Hospital. Presided by IMA President Dr. V. Benny Thomas