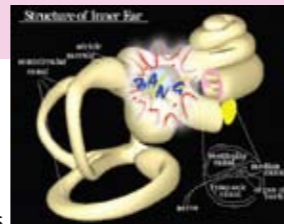




Are our ears safe?

IMA COCHIN SPECIAL PROJECT : 'SAFE SOUND – SAFE EAR'

'Safe Sound, Safe Ear' Project of IMA Cochin was launched on 4th October 2008 by Hon. Mr. Justice Thottathil B. Radhakrishnan.



The unwanted untimely, unbearable honking of horns by vehicles might have always irritated you, sometimes depressed you, occasionally humiliated you or even mortified you. While slowing your vehicle a bit to turn to your hospital, you might have experienced the continuous honking of horn from behind mostly by private buses sometimes supplemented by abusive language. It's just not the irritation or the humiliation, you experience, it's affecting your health.

Loud noise can cause :

1. noise induced Hearing Loss (NIHL)
2. interferes with speech and communication (poor concentration, fatigue, irritation, poor working capacity, stress reactions)
3. sleep disturbances
4. cardiovascular effects, risk for hypertension, Ischemic heart disease.
5. mental health effects – Neurosis, irritability, anxiety, emotional stress, mood changes.
6. poor performance – in school, work place, memory deficits
7. change in behaviour – annoyance, anger, disappointment, depression, anxiety, agitation, exhaustion etc.

How loud is too loud ?

Sounds of less than 75 decibels (dB) even after prolonged exposure, unlikely to cause Hearing Loss (HL)
 90 dB - prolonged exposure above 90 dB can cause gradual HL.
 100 dB - prolonged exposure above 100 dB more than 15 min. can cause HL.
 110 dB – regular exposure more than 1 minute results in permanent HL.

1. To measure sound levels along busy roads, hospital premises and junctions
2. To measure sound levels of horn of vehicles.
3. to assess impact of noise on at risk group (Traffic Police, Bus Drivers, shop owners near junctions, pedestrians, and commuters in bus.)

Method

With the assistance of KSPCB, sound levels were measured at three stations near I.G. Co-operative Hospital, PNVN Junction, and Pallimukku Junction using the Noise meter. Two technical staff from KSPCB conducted the study at the above mentioned stations.

Results

Baseline noise level in 'Silence Zones' 75-80 dB (allowed 50 (day), 40 (night))
 Two wheeler horn 81-85 dB
 Running bus 81-85 dB
 Car horn 83-88 dB
 Bus horn 92-94 dB



Census of Car, Bus Traffic at Pallimukku Junction on 3rd October 2008; 9.45 – 11.45 a.m. and gravity of noise pollution

Number of buses passed (one way)	142
Number of buses which sounded horn	107
Total number of horns honked in 2 hours by bus	319
More than 10 horns at a stretch by bus	1 bus
More than 6 horns at a stretch by bus	10 buses
More than 3 horns at a stretch by bus	55 buses
Number of Cars passed (one way)	203
Number of Cars sounded horns	9
Total of horns sounded in 2 hours	335
Horns more than 6 at a stretch	2 cars
Horns more than 3 at a stretch	64 cars

Conclusions

1. Baseline noise , very high even in 'Silence Zones'.
2. Bus horns produced the maximum dangerous sound levels (<90dB).
3. Most of the time the sounding of horns were unnecessary casual and unpurposeful.
4. The following group of people were subject of high decibel (<20 dB) sound :

- Traffic police, shop owners at junctions, bus drivers, workers - 319 times in 2 hours (1200 time in 8 hrs.)
- Patients in hospitals (silence zone), shop owners
- Newborn babies and young children who travel along roads

Recommendations

1. Mark 'silence zones' at the specified locations.
2. Awareness campaign for public and drivers on ill effects of noise pollution.
3. Make drivers aware that their own ears are at risk by honking unnecessary horn.
4. Curb preventable, avoidable noise pollution by strict action.
5. Advocate a 'horn free', 'Ear friendly' culture in Kochi as is practiced in many countries.
6. Have hearing acuity checked for 'at risk' population especially traffic police.
7. Make Kochi 'more smart' by making it 'Ear Smart'.

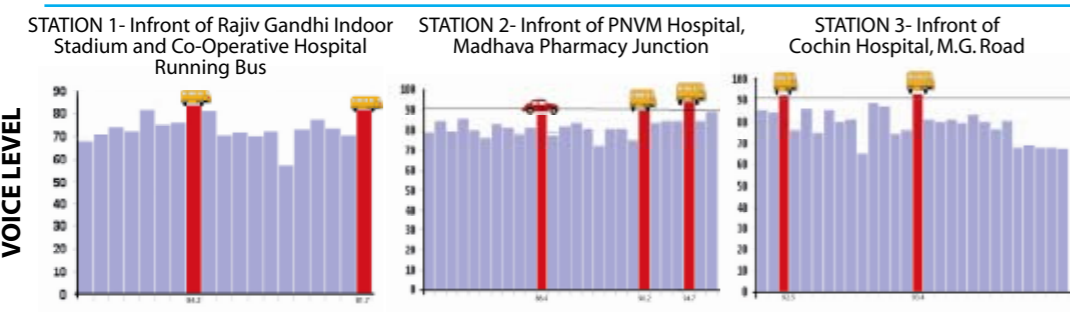
Have a 'Safe Ear'.

Dr. Abraham K. Paul
President, IMA Cochin

Dr. N. Dinesh
Secretary, IMA Cochin

Dr. Abraham Varghese, Convenor
Dr. George Varghese
AOI Cochin

Dr. M. Narayanan
Treasurer, IMA Cochin



Some sound level

- | | |
|----------------------------|-------|
| 1. Humming of refrigerator | 40 dB |
| 2. Usual conversation | 60 dB |
| 3. Dish Washer | 63-66 |
| 4. Phone | 66-75 |
| 5. Alarm Clock | 60-80 |
| 6. City traffic | 75-80 |
| 7. Car Horn | 83-88 |
| 8. Bus horn | 92-94 |

What exactly happens in NIHL

The site of damage is Cochlea. Outer Hair Cells (of Cochlea is more sensitive to noise than Inner Hair Cells. Longer or more intense noise exposure can result on loss of OHLs, ICHs and supporting cells. It may result in 'Cookie bite' defects, degeneration of spiral ganglion cells, demyelisation etc.

IMA AOI initiative

IMA Cochin in association with Association of Otolaryngologists of India, Cochin Chapter conducted a study on 30th September 2008 to ascertain the gravity of the problem in the city with technical support from Kerala State Pollution Control Board. Dr. Abraham Varghese was the Convenor. The objectives were:



IMACochin Newsletter

No. 64

OCTOBER 2008

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Valedictory function of IMA year 2007-08 and Inauguration of IMA Activities 2008-09 - 4th October, 2008

PRESIDENT'S ACCEPTANCE SPEECH



Chief Guest of the day Hon. Mr. Justice Thottathil B. Radhakrishnan, Past President Dr. N.S.D. Raju, Past Secretary Dr. Sunil K. Mathai, Chairman IMA Blood Bank Dr. V.P. Kuriyipe, Dr. Pushpa Susan Isaac, Dr. Maria Varghese, IMA Secretary Dr. N. Dinesh, Treasurer Dr. M. Narayanan, Executive Committee Members, Senior Colleagues, invited guests, family members and my dear

friends,

A big thank you for electing me unanimously president of this prestigious branch – IMA Cochin. I, at this moment, remember with utmost reverence and respect our beloved colleague and past president Late Dr.K.Sivadas, who, I am sure, would have played a key role had he been alive today. I pay my respectful homage to the departed soul.

It's indeed a moment of pride, honour and prestige and at the same time a moment being cautioned of my immense responsibilities to keep up the tradition of decorum, professional and academic excellence and social commitment which IMA Cochin had been an embodiment of.

The IMA activities under

leadership of Dr. N.S.D. Raju, Dr. Sunil K. Mathai and Dr. M. Narayanan had been exemplary. I still remember what Dr. Sunil as Secretary wrote in his first Newsletter – 'a year of business, academics mixed with fun and frolic' – indeed it was just that. Thank you, we all enjoyed it.

This year, the academic and organisational activities are only a part, as far as IMA Cochin is concerned. The other part probably the bigger part, the IMA House Project, the flagship project of IMA Cochin is progressing at an intense pace, thanks to the selfless, committed, dedicated work of building committee headed by Dr. V.P. Kuriyipe, Dr. S. Sachidananda Kamath, Dr. M. Narayanan, Dr. M. Venugopal, Dr. N.S.D. Raju, Dr. Sunil K. Mathai, Dr. Junaid Rahman and others. Their motivation is just unparalleled. Their tempo catalysed by support from our members will make our dream project a reality in the stipulated time. I, on behalf of the building committee and as President of IMA Cochin, request you all to do your very best and be part of this great moment.

If each one of you assembled here, make two more club members we will add another 400 – 450 members. That will be almost enough for the completion of the project.



Passing baton of IMA Cochin to Dr. Abraham K. Paul

Secretary's Desk

Dear members,



I sincerely thank all the members of IMA Cochin, for giving me an opportunity to serve as Secretary for the coming year. I acknowledge it as great honour and privilege, and I am confident, we can move forward together to achieve the needed target of all activities of IMA, upholding the

dignity and decorum of IMA fraternity.

We will pray together for the best.

With hearty regards,

Dr. N. Dinesh

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IMA MONTHLY MEETING

Date : 22.10.2008 (Wednesday)

Time : 8.00 p.m.

Venue : Hotel Renaissance, Palarivattom

Scientific Programme

NOVEL TECHNIQUES IN ENDOSCOPY

Moderators: 1. Dr. Mathew Philip
2. Dr. Sunil K. Mathai

Speakers :

1. Endoscopic Ultrasonography : Dr. Roy J. Mukkada
2. A Journey through the small bowel : Dr. Ismail Siyad
3. Notes : Dr. Benoy Sebastian
4. Histology by Endoscopy : Dr. Prakash Zacharias