



IMA COCHIN Newsletter

Official Bulletin of Indian Medical Association, Cochin Branch

27
SEPT.
'05

President
Dr. E. Varghese Mathew
Ph(R)2205980 (O)2776981
Mob: 98950 31788
Email: evm60@rediffmail.com

Hon. Secretary
Dr. Abraham Varghese
Ph(R) 2557867 (O)2551267
Mob: 94477 97867
Email: dr.abraham@binanizinc.co.in

Hon. Treasurer
Dr. Junaid Rehman M.I.
Ph(R)2395331 (O)2361251
Mob: 94477 97331
Email: bijurahman@vsnl.net

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A brand new cultural magazine for medical doctors, dentists and their close relatives

SUPERLITE MAGAZINE

Please send your literary contributions to us for publication. Short stories, poems, mini novels and articles of common interest (except political and religious) either in English or Malayalam, can be published. Please self attest that the contribution is original and send to Chesar Publishers, 31/29J, Ambeli Padam Road, Vyttila, Kochi 682 019.

From the President's Desk

Dear Colleagues,
At the outset let me wish you a very happy and prosperous "ONAM".

I am sure everybody is in the mood to celebrate Onam and enjoy the holidays. Let this year's Onam bring us abundant love, joy, fellowship and togetherness.

We had a review meeting on Social Security Scheme by the State Leadership and we are given a target of 30 members to be enrolled either in SSS I or SSS II. At present, the fraternity contribution is almost 5 lakhs. This novel project has to be given all the encouragement and I would request all our members to make use of this facility. Our membership drive is not getting adequate momentum and please take sincere effort to enroll new members to make our Association more strong and vibrant. Now we are in the process of launching a new project "IMA Elders' Club" to look after the well being of the senior members in the society. Please cooperate with us.

Once again I wish you all a very fruitful and joyous Onam.

With Regards,
Dr. E. Varghese Mathew

SEPTEMBER MONTHLY MEETING

Date : 28th Sept. 2005 (Wednesday)
Time : 8.00 p.m.
Venue : Rama Varma Club Centenary Hall

Scientific Session :
PEPTIC ULCER :
WHAT YOU WANT TO KNOW

Speaker : **Dr. Mathew Philip**
Gastroenterologist
Lakeshore Hospital

Meeting sponsored by
GENERAL PHYSICIANS' ASSOCIATION

INAUGURATION OF THE ELDERS CLUB 28.9.2005

Secretary's Column

Dear friends,
It's Onam! Let's celebrate the spirit of this harvest festival in all its splendor. Wish you joy and prosperity throughout the year.

We are going to form an Elders Club in our branch this month. Those who have crossed 60 can join this Club. There is no entrance fee. You are requested to fill up the registration form and send it to us at the earliest.

The Elders Club will be officially inaugurated alongwith the Scientific Session, on 28th September, Wednesday at Rama Varma Club Centenary Hall, by Dr. N.V. Markose, Past State President and Chairman, Committee for Care of Elderly. You are all invited for the function.

IMA's cultural festival is planned at Tellicherry on Nov 12th & 13th. Please let us know if you are interested to participate in any of the events.

Best wishes,
Dr. Abraham Varghese

IMA wishes
all its members
a Happy &
Prosperous
Onam



BLOOD BANK NEWS

AUGUST 2005

Total 1825 units of blood were collected and 3736 units of blood and its components issued. Patients in 87 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 :

1. Dr. Sreenivasa Kamath
2. Dr. Sujit Vasudevan
3. Dr. Jeelson C. Unni
4. Dr. Varghese Cherian
5. Dr. Raju Abraham
6. Dr. K. Rajaram
7. Dr. C.G. Balakrishnan
8. Dr. K.K.R. Warriar

Please entrust your unused sample drugs to the pharmacist. You may direct poor & needy patients to the medicine bank, with your prescription.

Dr. N. Gopalakrishnan
Convener

IMA WOMEN'S WING

NEXT MEETING

Date : 24th Sept., 2005
Time : 2.30 p.m.
Venue : IMA Hall

Our activities last month were:

1. Talk on AIDS and Drug Abuse at St. Paul's College by Dr. Lisamma Joseph.
2. Health & Sex Education classes at Mar Thoma Public School, Kakkanad by Dr. Gracy Thomas and Dr. Derena Nuniz.
3. General Medical Camp organized by Jaycees and Care & Share, on 29th August, at Ambalamedu. Dr. Shankari R. Shenoy did PAP Smear examination on 30 patients. The Camp was attended by over 400 patients.
4. Dr. Gracy Thomas gave a talk on Menstrual Problems - on 30th August at 2.30 pm on Indiavision.

PROBIOTICS AND PREBIOTICS : A SYNOPSIS

Dr. Sunil Mathai
Medical Trust Hospital

Probiotic therapy is based on the concept of normal microflora. This microflora is a metabolically active but as yet unexplored organ of host defence. This microflora provides the host a substantial antigen challenge with a strong stimulatory effect on the maturation of Gut Associated Lymphoid Tissue (GALT). GALT is the part of generalized mucosal defence system. The intestinal defence system has different components including the gut microflora, mesenteric lymph nodes, Peyer's patches, isolated lymphoid follicles and isolated T lymphocytes in the epithelium and lamina propria. The gut microflora is a complex mixture of microbes which varies from site to site. The upper bowel (stomach, duodenum and jejunum) has sparse microflora with a content upto 10⁵ colony forming units/ml. From the ileum on the

ability of the colonic mucosa to resist colonization of pathogenic bacteria.

Prebiotics are non digestible food ingredients, mainly complex carbohydrates. They reach the colon intact as humans lack the enzymes to digest these materials. The colonic bacteria ferment these carbohydrates and produce short chain fatty acids (SCFA) which provide energy for probiotics. In addition SCFAs are the major energy source of colonocytes.

A judicious combination of probiotics and prebiotics is called a synbiotic. Probiotics alone or in combination with prebiotics have been shown to be beneficial in various GI diseases. The strongest evidence is for acute diarrhoeal diseases, antibiotic associated diarrhoea and pouchitis. Other diseases where research shows

ABSTRACT OF SCIENTIFIC SESSION ON 31 AUGUST, 2005

bacterial counts gradually increase, reaching upto 10¹² CFU/gm in the colon. It has estimated that at least 500 different microbial species exist although on a quantitative basis 10-20 genera predominate. The common ones are Bacteroides, Lactobacillus, Clostridium, Fusobacterium, Bifidobacterium, Eubacterium, Peptococcus, Peptostreptococcus, Escherichia and Vellioella.

In various stressful situations the normal flora is altered and leads to disintegrity of the mucosal barrier and promotes proliferation of pathogenic bacteria.

Probiotics are live microorganisms which when administered in adequate amounts confer a health benefit on the host (WHO 2002). They maintain the integrity of the gut mucosal barrier, inhibit pathogenic bacteria, control antigen transport and promote immunomodulation and restore colonization resistance. This is the

promise include prevention of infection in acute pancreatitis and post operative states, IBD, allergic disorders, Helicobacter pylori infection, vaginal infections etc.

The most widely used probiotics are Lactobacillus sp., Bifidobacterium sp. and Saccharomyces boulardii yeast. Various other strains are also used. Commercial preparations have various probiotics in different combinations and concentrations. Some of them are synbiotics. There are no head to head to comparison between these preparations.

The dose recommended is one to two capsules per day. They are generally safe and well tolerated. In conclusion probiotics and prebiotics are biological agents with a novel mode of action. They show lot of promise in the management of various GI and extra GI disorders.



"YOU ARE THE BEST ACTOR!"

exclaimed the lady next door
("And the worst husband as well");
so whispered your wife)

If you have not yet joined IMA SS Scheme, you are denying your caring wife and loving children, the badly needed financial support at an hour of crisis.

Do you want to know how much money are you missing? Then please read on.

FIGURES SPEAK

By paying an annual premium of maximum Rs.1,500/- for 20 years, your family is assured of the benefit of **more than 4.5 lakhs**. You can also assure the same returns by making a single payment of Rs.25,000/- becoming life member of the scheme.

Returns are many times higher than any other scheme of LIC or private insurance companies.

Policy	Yield
LIC	12.4% (Max.)
ICICI	14.2%
IMA SS Scheme	61.4%

CONSOLATION & TIMELY HELP TO A COLLEAGUE'S FAMILY

SS Schemes ensures that the cheque of fraternity amount is handed over to the nominee within one week, with no questions asked. No insurance company gives such a hassle free service.

OUR TARGET

Current membership of SS Scheme I is 6,159 and the current fraternity amount is Rs.4,61,925. If we can achieve the membership number of 6,667, the SS Scheme will be in a position to raise the claim amount to Rs.5 lakhs.

SS Scheme II has a current membership of 363 and the claim amount is Rs.1,08,900.

SS Scheme I

Members upto the age of 55 years can join.

Annual Subscription Rs.300/-

Fraternity Contribution Rs.100/- per death, to maximum 15 deaths.

SS Scheme II

Members upto the age of 60 years can join (Relaxed upto 65 years, till March 2006)

Admission Fee as per age.

Annual Subscription Rs.500/-

Fraternity Contribution Rs.300/- per death

Don't you want to get the best benefit out of your hard earned money? Please call Dr. P.M. Subhash (Ph: 2803033, 5510709, Clinic 2204158)

OBITUARY



DR. JOSE ABRAHAM 66 years, Orthopaedician (retired from Government service) passed away on September 6th night. He is survived by his wife Mrs. Lilly and two sons.

We deeply mourn the demise of this member.

Secretary

Welcome to New Members

1. Dr. Robin Raphael
2. Dr. Veena S
3. Dr. Rani Soman
4. Dr. Mythili
5. Dr. Sasikumar Madhavan
6. Dr. K. Narayanan
7. Dr. M. Chandrika

IMA MEDICAL REFERENCE
ONLINE MEDICAL LIBRARY
(A joint project of IMA Cochin & IMA Blood Bank)
Ph : 2369058 Email : imalib@asianetindia.com

NEW ARRIVALS

1. Indian Journal of Pediatrics, 72/6, June, 2005
2. JAMA, 70/6, June, 2005

BOOKS DONATED BY DR. P. GANGADHARAN

1. Development of an Atlas of Cancer in India, P. Gangadharan, Vol. I, 2001-2002

BOOKS DONATED BY DR. BABU J. MATHEWS

1. Diseases of the Liver and Biliary System, Dr. Sheila Sherlock, 11th Edn., 2002.
2. Harper's Bio-Chemistry, Robert Murray, 26th edn., 2003
3. Pharmacology & Pharmacotherapeutics, Sadoskar, 19th edn., 2005
4. Robbins Basic Pathology, Robbins, 7th edn., 2004
5. Human Anatomy, Chaurasia's, 4th edn., 2004
6. Medical Physiology, Guyton, 10th edn., 2005
7. Preventive & Social Medicine, K. Park, 18th edn., 2005

BOOKS DONATED BY SUN PHARMACEUTICALS

1. Text Book of Clinical Psychiatry, Robert E. Hales, I & II, 4th edn., 2003
2. Psychiatry, Allan Tasman, I,II,&III, 2nd edn., 2004