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**IMA COCHIN**  
Newsletter  
No.39 SEPTEMBER 2006

PRESIDENT'S NOTE



Dear Colleagues,  
Hope you have all enjoyed our Onam celebration. Thank you all for coming and making it a grand success. My heartfelt thanks for all those who have worked very hard for the success of this programme. Please continue your co-operation in all IMA activities in the future also.

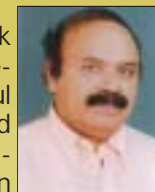
With warm regards,  
Dr. V. Benny Thomas

**ഓണം**  
**രക്ഷ.ക്ഷം.ക്ഷ. കൊച്ചിയ്ക്ക്**



SECRETARY'S COLUMN

Dear friends,  
It is a big thank you from your secretary for the wonderful co-operation and participation extended to the Cochin IMA clinical meet at Hotel Circle Manor on 30<sup>th</sup> August and grand Onam celebrations of 2006 at Century Club. This is really a great gesture which will be envied by other organizations. Please keep this trend in full fray.  
With warm regards,  
Dr. Augustine Thomas Mampilly



**Onam...**

Cochin IMA celebrated this year's onam in a grand style at Century Club on 17<sup>th</sup> September 2006. This was the first time we had such a wonderful way to celebrate the Onam in IMA under the able leadership of our President Dr. V. Benny Thomas in co-operation with Executive Committee and IMA Women's Wing. Ctiy Police Commissioner Shri Vijayan IPS inaugurated the celebration and the Onam Message was delivered by Prof. C.K. Ramachandran. There were Folk performances like Onappattu, Thiruvathirakkali, Villupattu, Sinkarimelam, Pulikkali and Nadanpattu. It is a big loss for those who missed it. Don't worry but come for the next celebration when it is due.



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Printed & published by IMA Cochin for circulation among IMA members only. Printed by Pixel Studio, Cochin-28 ☎ 2806301

**SEPTEMBER**  
**MONTHLY MEETING**

- Date : 26.7.2006 (Wed.)
- Time : 8.00 p.m.
- Venue : Hotel Circle Manor, Kaloor

**SCIENTIFIC SESSION**

**ABC OF IMMEDIATE TRAUMA MANAGEMENT**

1. **Introduction** (5 minutes)  
Dr. Mohan Mathew, H.O.D.,  
Dept. of Anaesthesiology, Lakeshore Hospital
2. **Initial Assessment and Mangement** (20 minutes)  
Dr. K.V. Menon, H.O.D., Dept. of Orthopaedics, AIMS
3. **Airway and Ventilatory Mangement** (15 minutes)  
Dr. Murugesh Sukumar  
Senior Consultant, Dept. of Anaesthesiology, EMC
4. **Shock** (20 minutes)  
Dr. Ajay Kumar K. H.O.D.,  
Dept. of Neurosurgery,  
Indo American Hospital

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## CANCER IN WOMEN : ADVANCES IN CHEMOTHERAPY

Dr. V.P. Gangadharan MD, DM, Lakshore Hospital, Cochin

Major cancers in women of concern are cancers of Breast, Cervix, Ovary and uterus. Advances in chemotherapy have been mainly in cancers of Breast and Ovary.

Targeted chemotherapy (selectively targeted against the tumor cells) is a major advance in chemotherapy. Capecitabine is a prodrug of 5 Fluorouracil (5Fu) which gets converted to the active 5Fu at the tumor cell which express the enzyme TP. It is an oral drug, hence better accepted.

Liposomal Doxorubicin is a modified formulation of Doxorubicin by which the



drug is made more active with less side effects. Hereceptin is a monoclonal antibody against Her 2 neu receptor and is effectively used in the management of Breast cancer patients expressing this receptor.

Aromatase inhibitors like Arastrazole and Letrozole have been added to the armamentarium of hormonal manipulators in Breast cancer.

In short, advances in chemotherapy have been very promising in the management of cancer in women.

## CONTRACEPTION : WHAT IS NEW?

Dr. Girija Gurudas, HOD, O & G, Medical Trust Hospital, Kochi

We have more than 145 contraceptive preparations available, tailor made to optimally suite women

obesity, acne hirsutism, menstrual disturbances and medical disorders complicating. Oral contraceptive (OC) pills are widely accepted, safe, reliable, effective and reversible method of fertility control which was introduced in 1960. Then a gradual reductions in the dose of both estrogen (E) and progesterone component was introduced. Not only reduction in dose, the progesterone in the 3rd generation pills have improved receptor selectivity highly effective but at the same time less androgenic than previous formulations – so least side effects and discontinuation rate has become low. Women with acne and hirsutism should be prescribed a pill with antiandrogen cyproterone acetate. Pill with drospirenon will be suitable for obese women. Progesterone only pill – 75 ug desogestrel only pill – 75 ug desogestrel – for lactating women.

So that quantity and quality of breast milk not altered. Those women having bleeding disorders on anticoagulant therapy,

having severe dysmenorrhoea, extended cycle combined contraception available so that only 4 periods per year. It has to be taken continuously for 12 weeks. Women having unprotected coitus around ovulation – emergency contraception 50 ug EE + 250 ug LNG as soon as possible or within 72 hrs. Repeated after 12 hours.

Hormone releasing 14 D LNG –14S releases 20 um progesterone per day, and can lasts for 5 years. So it is an alternative to surgical sterilization – suitable for women with DUB, endometriosis and adenomyosis. Transdermal contraceptive patch and vaginal hormonal rings are other options. The health benefits of contraceptives. 1) stabilizes the menstrual cycle. 2) protect against ovarian cancer, endometrial cancer and colorectal cancer. 3) Protection against ectopic pregnancy PID, anaemia, endometriosis and DUB.

Thus almost all gynaecological problems are ameliorated.

For male contraception, RISUG (Reversible inhibition of sperm under guidance with SMA (Styrene malic acid unhydroxide complex) is under phase III trial in India. The vas deferens is occluded and the charm is that it is a readily reversible method unlike vasectomy.

## ONAM CELEBRATIONS AT A GLANCE



## IMA WOMEN'S WING

They participated in World Teenagers Day, attended programmes of Elders Forum, Premarital Education, Breast Feeding Awareness and a Medical Camp at Pampakkuda. General Body Meeting was held on 26<sup>th</sup> of August followed by a demonstration on Artificial Jewellery making by Dr. Sobha K. Pillai. Next meeting is only in October.

### HERE IS YOUR LAST CHANCE...

to attend HIV/AIDS Workshop (Physicians Training Initiative)

Venue : IMA Hall, Cochin

Date : 15<sup>th</sup> Oct. (Sunday), 9 a.m. to 2 p.m.

Benefits : Physician's guide, CD on HIV/AIDS, Rs.250/- as TA and a Certificate approved by the MCI.

For registration, please contact

Dr. Abraham Varghese ☎ 94477 97867

### TOPERS FROM IMA MEMBERS' CHILDREN

#### Std. X (CBSE)

**Afroz Zain Algiers** (95.6%)  
S/o. Dr. Zareed Algiers & Mr. Algiers Khali

**Kalyani Krishna** (93.0%)  
D/o. Dr. K. Rajaram & Ms. Usha Rajaram

**Rohan Sebastian Raju** (93.0%)  
S/o. Dr. K. G. S. Raju & Dr. Ligi Raju

**Aravind V.P.** (90.6%)  
S/o. Dr. V. D. Pradeepkumar & Dr. V. P. Leena

#### Std. XII (CBSE)

**Monty Majeed** (94.8%)  
S/o. Dr. Lila Majeed & Mr. C. A. Majeed

**Meritta Sunny M** (93.0%)  
D/o. Dr. M. P. Sunny & Mrs. Sheeba Sunny

**Neethu Tonny** (91.2%)  
D/o. Dr. Tonny Mampilly & Dr. Elizabeth Tonny

**Asmi Habeeb** (91.2%)  
D/o. Dr. Sainaba Beevi

## OBITUARY

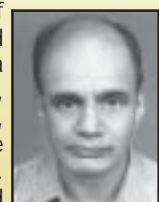
**Dr. Joy Thomas** of Payyannat



family, Chambakkulam who migrated to Ernakulam in 1980 expired at the age of 66 on 3<sup>rd</sup> September 2006. He had his MBBS in 1970 and his DA in 1980 both from KMC, Manipal. He was Anaesthesiologist to many hospitals in and around Ernakulam especially PNVM, Vijaya Hospital and Cochin Port Trust Hospital. He was an active member of IMA and the President of Doctors Club. He survived by his wife Mrs. Suma Joy, BSc, Pazhayakadavil Family of Vaikom and three children Bindu Kuruvilla Pouvathil, Dr. Thomas Joy, MS(Ortho), and Dr. Sindhu Henry Kunthara.

**Prof. P. M. Chacko Periappuram** from Mulakulam who is the father of Dr. Jose Chacko Periappuram expired on 7<sup>th</sup> Sept. 2006 at the age of 83 after a protracted illness. He was formerly prof. of Botany at St. Thomas College, Palai and later became principal of the College for long 8 years.

**Dr. OMK Nambuthiripad**



a member of Cochin IMA and from Olappamana Family of Vellinerry, Palakkad District, expired at the age of 66 on 9<sup>th</sup> Sept. 2006. He worked in Ernakulam for the last 45 years. He had his medical education from Kakkinada Medical College, Andhra Pradesh. To start with he worked in the Govt. Service and in City Hospital, Ekm. For the last 25 years he was running his own Rohini Clinic at Kadavanthra. He survived by his wife Mrs. Vishnudatta and son Mr. O.K. Neelakandan (Charter BPO Solutions)

**Mr. M. K. Sukumaran**, Rtd. Ex. Engineer, PWD and father of Dr. Seena Sukumar expired at the age of 83 on 2<sup>nd</sup> Sept. 2006. He was staying with his daughter at Kadavanthra after retirement.