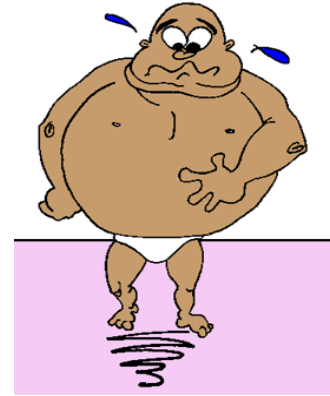




CONTENTS

MedicalIMAGE

President's Desk	03
Secretary's Desk	05
Golden Years Part III	10
Social Security Scheme	13
XXI Annual Scientific Conference	17
IMACON 2009	18
For your Heart Strings	22
Protege Studies	24
Report of 200th CWC Meeting at Tirupati	25
Media & Medicine	26
Report of Obesity Conference	28
OPPORTUNISTIC INFECTIONS IN HIV-INFECTED PATIENTS DIAGNOSIS AND MANAGEMENT	35



**Weekly Scientific Programme
& G.P. Forum pg. 04**

ARDS and ACUTE LUNG INJURY

Pg. No. 29



EDITORIAL BOARD

Editor : Dr. Jayesh Lele
 Co-editor : Dr. B.M. Inamdar
 Board : Dr. Samir Dalwai
 Dr. Manoj Chawla
 Dr. Rohini Badwe
 Dr. Molina Khanna

FOR PRIVATE CIRCULATION ONLY

Medical Image : Published by **Satish Sinnarkar**, of **Campaign Masters** on behalf of the **Indian Medical Association - Mumbai West** and printed by him at **Unity Art Offset**, 302, Wadala Udyog Bhavan, Wadala, Mumbai-31.

Contact for write-ups, articles, interviews and advertisements : **Editor - Dr. Jayesh Lele**, I.M.A. Bldg., Behind Chandan Cinema, J. R. Mhatre Marg, J.V.P.D. Scheme, Juhu, Mumbai - 400 049.
 Office : 2625 4368 / 6523 5579 Fax : 2620 6517
 E-mail: imamumbaiwest@yahoo.com

Advertisement cheques to be drawn in favour of IMA Mumbai West



Please get your IMA Mumbai West **IDENTITY CARD**. Identity Card shall be mandatory for future events.

UPDATE YOUR DATA

Name

Residence Address

.....Telephone

Clinic Address

.....Telephone

Mobile Blood Group

Email ID/s.

Send sms to 9819812996 or email to : drjayeshlele@yahoo.com

Your
stamp
size
Photograph

Dr. Jayesh Lele
Hon. Secretary



INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

I.M.A. Bldg., Behind Chandan Cinema, J. R. Mhatre Marg, J.V.P.D. Scheme,
Juhu, Mumbai - 400 049.

Office : 2625 4368 / 6523 5579 Fax : 2620 6517

E-mail: imamumbaiwest@yahoo.com • Website : www.imamumbaiwest.com

MANAGING COMMITTEE 2008 - 2009

		Clinic	TELEPHONE NOS.	
			Residence	Mobile
President	Dr. Suchak Anil	28891484	28801555	9820080151
Imm. Past President	Dr. Contractor Akil	2612 7481	2649 9870	98920 84360
Vice President	Dr. Balsekar Ashok	2682 4409	2683 9164	98205 35802
Hon. Secretary	Dr. Lele Jayesh M.	2882 3408	2807 0340	98198 12996
Hon. Treasurer	Dr. Patel Manoj	2614 6027	2612 3889	98210 27131
Hon. Jt. Secretary	Dr. Joshi S.K	2670 1418	2671 2254	93246 07663

MEMBERS

	Clinic	Residence	Mobile		Clinic	Residence	Mobile
Dr. Bachani Manohar	2647 3020	2604 4396	98202 02856	Dr. Kharade Mohan	2834 5619	2636 4699	98691 47459
Dr. Badwe Shrikant	2874 6648	2686 3773	93240 51779	Dr. Maniar Sanjeev	2889 3431	2862 6644	98217 67777
Dr. Baldwa Mahesh	2865 9737	2805 0268	9322990138	Dr. Mehta (Mrs.) Alka B.	2683 2766	2683 2359	93232 32378
Dr. Dr .Bhagtani Kishore	2671 5684	2682 2361	98210 90633	Dr. Mehta Ketan	2882 7500	2805 4406	98200 51849
Dr. Bhatt Mehul	2808 0247	2863 4361	98214 07074	Dr. Naik Satish	2821 6595	2642 0796	98922 45272
Dr. Chalmela Dharanikumar	2836 0578	2866 1248	98193 66189	Dr. Pandit Nitin	2841 4347	2840 1871	98693 33138
Dr. Chawla Manoj	2630 2288	2623 7955	98200 02333	Dr. Parikh Hitesh	2644 1395	2641 8778	98200 22154
Dr. Desai Ashok D.	2637 1399	26371399	98193 04432	Dr. Patel Heena M.	2682 3179	2620 2392	93222 38372
Dr. Ghongane Arvind	2876 3873	2888 4338	98201 82451	Dr. Rege Narendra	2636 5500	2637 5500	98212 11155
Dr. Hariani Ajay	2889 1484	2886 3982	98202 88508	Dr. Sanghvi Parthiv	2671 1873	2671 4722	98203 04284
Dr. Inamdar B.M	6539 9927	2873 1040	98330 54054	Dr. Shah Nilesh	2614 7457	2614 8606	98206 71776
Dr. Kalambi Suresh S.	2679 6556	2683 5719	98191 62278	Dr. Shah Rashmikant	2807 3534	2801 3343	98212 16033
Dr. Kamdar Bipin	2612 6699	5691 9933	98200 26093	Dr. Upadhyaya Jagdip R.	2828 4271	2848 2425	93210 31220
Dr. Kate Suhas	2683 3939	2834 8401	98201 47041	Dr. Vaidya Niranjan R.	3217 2122	2646 2122	-
Dr. Khanna Umesh	2801 6266	2801 5035	9821112487	Dr. Vora Agam	2892 4811	2893 0010	98200 70054

MUMBAI - WEST SUB FACULTY OF IMA - CGP

Asst. Director of Studies	Dr. Kedia Subodh	26443276	26511297	98204 04753
Asst. Secretary	Dr. Bhargava Priti	-	2633 0653	98338 87603

MUMBAI - WEST CHAPTER OF IMA - AMS

Chairman	Dr. Doshi Kusum	26141334	26145316	98213 77654
Asst. Secretary	Dr. Thoravade Pratibha	-	-	97697 88875

BOARD OF TRUSTEES

Managing Trustee	Dr. Mehta B. S.	2683 2766	2683 2359	-
Members of Board of Trustees	Dr. Aiithal K. S.	2872 1469	2871 3022	93244 21469
	Dr. Doctor Jayesh	2628 4103	2610 5344	
	Dr. Jimulia R. G.	2620 6850	2671 4471	98202 51107
	Dr. Umarjee Saeed	2889 1523	2636 6284	



From the Hon. President's desk.....

In the Vedic way of life, our entire lifestyle is pervaded by the concept of Dharma. To be true to what you really are and to manifest your real identity in your life by living a divine life, by thinking divinely, speaking divinely, acting divinely and living divinely – that is your dharma.

Because you are meant to express outside what you are inside.

Swami Chidananda (Divine life Society)

We are happy to receive
IMA Maharashtra state annual award
for the year 2007-2008 as the
**BEST BIG BRANCH and many
more awards.**

Dear Friends,

I have completed eight months in office now. I am happy to have a team of sincere office bearers who put in all efforts for all programs.

Our Branch celebrated World Diabetes day on 13th October by arranging a CME on Diabetes in children and adolescents by eminent Diabetologist, Dr Vaishali Naik and on 16th October, by organizing a Full day Conference on "DIABESITY". Dr Ketan Mehta, Dr Arvind Ghongane and Dr Tiwaskar were moderators. They worked very hard to call excellent speakers and cover entire subject of Diabetes Mellitus, and make this conference a great success and indeed memorable. I thank all the speakers - Dr Shehla Shaikh, Dr Ketan Mehta, Dr Vijay Panikar, Dr Manoj Chhada, Dr Anil Bhoraskar, Dr Umesh Khanna, Dr Agam Vora, Dr Mangesh Tiwaskar and Dr Arvind Ghongane. Dr Akil Contractor and Dr Manohar Bachani were coordinators.

The Weekly scientific programs are arranged covering different topics that are important in day to day practice. Dr Subodh Kedia and Dr Priti Bhargava are working constantly to give our members excellent CMEs.

Public Health checkup at Saphala near Virar was held on 19/10/08 and screening of 1400 patients done by doctors of various faculties from our branch.

I am happy to announce our long awaited **Annual day scientific Conference event IMACON 2009** to be held at our IMA building which has three halls. We are happy to

announce that **Dr Ashok Adhao, National President elect** will be our **chief guest**. We have also



booked two halls at Vile Parle medical club. This conference will be held on 11th January 2009. This

conference will have speakers who are the best in their field. We are working very hard to make this conference a great success. It will satisfy the yearning for knowledge of our delegates and update them with latest in field of medicine. We request our members to participate in large numbers and show that we are the members of the branch who are known as CME champions.

We are happy to receive IMA Maharashtra state annual award for the year 2007-2008 as the **BEST BIG BRANCH**. We have also received **Dr J S Sikchi award** for the local sub faculty of IMA CGP. Maharashtra State President has given special felicitation award to our branch secretary Dr Jayesh Lele and also to Dr. Suhas Pingle. **Dr. Jayesh Lele** deserves this award for his hard work, dedication and sincerity towards the branch. Our member Dr. Surbhi Suchak has been conferred with **appreciation award for selfless service** – educating poor street children. A special appreciation award was given to **Dr. Deepak Juman** for making the website for IMA state and our branch. Our branch has been conferred award recommended by social security scheme – IMA MS for adding 47 members during the year.

Carrom and Chess tournament for children was held on 16th November at our branch. I appreciate the hard work put in by our sports secretary, Dr. Nilesh Shah.

I congratulate Dr A. B. Pawade, who has been installed as the President of IMA MS and his team for taking the big responsibility for this year. He has lots of challenges and our support to him will always be there for the good work.

I once again thank all the members for their participation in all the activities. I would appreciate you continued whole hearted support.

Long live IMA, Jai Hind

Dr Anil Suchak, President



WEEKLY SCIENTIFIC PROGRAMME

**Lectures on Every Thursday
at 2.30 p.m. sharp**

Venue : **Lupin CME Auditorium**, IMA Building,
J. R. Mhatre Marg, Behind Chandan Cinema, J.V.P.D.
Scheme, Juhu, Mumbai - 400 049.

DATE	TOPIC	SPEAKER
04.12.2008	Constipation	Dr. Sanjeev Khanna
11.12.2008	Jaundice	Dr. Ravi Gupta
18.12.2008	Piles & Fissures	
25.12.2008	Holiday	
01.01.2009	Holiday	
08.01.2009	Pre Conference CME	
15.01.2009	Cost Effectiveness in Family Practice	Dr. Subodh Kedia



**Each Lecture Carries
Credit of 1 Hour for
FCGP Examination.**



G. P. FORUM - ADDITIONAL C.M.E. PROGRAMME FOR GENERAL PRACTITIONERS

**Every Tuesday
at 2.30 p.m. sharp**

Venue : **Lupin CME Auditorium**, IMA Building,
J. R. Mhatre Marg, Behind Chandan Cinema, J.V.P.D.
Scheme, Juhu, Mumbai - 400 049.

DATE	TOPIC	SPEAKER
CLINICAL SERIES ON "DERMATOLOGY & VENEREOLOGY"		
02.12.2008	Counselling in HIV	Dr. Ashok Balsekar
09.12.2008	Skin Lesions & Bacterial Skin Diseases	Dr. Sushil Tahiliani
16.12.2008	Fungal Skin Disease	Dr. Sushil Tahiliani
23.12.2008	Chronic Skin Disorders	Dr. R. D. Kharkar
30.12.2008	Holiday	
06.01.2009	Pre Conference CME	
13.01.2009	Swellings & Ulcerative Skin Lesions	Dr. R. D. Kharkar

Each Lecture carries A Credit of 1 Hour Each For FCGP Examination.

Dr. Anil Suchak
President

Dr. Jayesh Lele
Hon. Secretary

Dr. Subodh Kedia
Asst. Director of Studies

Dr. Priti Bhargava
Asst. Secretary

IMA - Mumbai West C.G.P. Sub Faculty



From the Hon. Secretary's desk.....

Dear friends

It is very nice to receive recognition from others, when the good work done at our branch is very well appreciated. Our Branch received **BEST BRANCH AWARD** amongst the big branch category. Like last year we also received the **Dr J S Sikchi award** for the **best CGP activity during the year 2007-2008**. The award is being shared by IMA Mumbai.

We also received award for the more no of enrolments of new members in **Social Security Scheme**. We have now about 497 members amongst 2750 members. So I feel we must increase the no, as it is our duty toward the family. This unique scheme is being one of the very successful and is very beneficial to our family members. I humbly appeal to all that they must join Social Security scheme in large nos.

Another recently started scheme is **Professional Protection Scheme**, which is being operational from 2 July 2008. It is again very much needed in the days, where of unwarranted cases against doctors are being initiated. This scheme is operational for last 3 years in Andhra Pradesh, Tamilnadu and Kerala .The most important is the membership is almost 75 %.

Our association showed the unity and last very successfully led the strike as well as awareness for the need of the much necessary law against the anti social people who attacked doctors and damaged the hospitals. Our representation to the Maharashtra Govt. was timely and with other political parties giving us the support we hope that the necessary action will be taken up during the next assembly session at Nagpur.

Our branch is organising **Annual Scientific Conference** this time in our own premises, on 11th Jan 2009. It will be preceded by 3 days **Pre conference CME's**. Please collect your



Our association showed the unity and very successfully led the strike as well as awareness for the need of the much necessary law against the anti social people who attacked doctors and damaged the hospitals.

conference tickets as early as possible as we have limited seats available. The details are given in this **IMAGE**. The conference will feature variety of lectures by Galaxy of speakers in the almost a week's celebration. We request co operation from our dear members to organize the conference in our premises.

This month we also have unique seminar by Dr Satish Naik about **Media and Medicine**. We also have **Chess and Carom** tournaments for members on 7th December 2008. Dr Nilesh Shah also arranged similar tournament for children on 23rd November. The Badminton and Table Tennis tournaments are being planned around 2nd / 3rd week of Feb 2009.

Friends your valuable feedback and suggestions are welcome.

Dr Jayesh Lele

Cell : 981 981 2996

Email: drjayeshlele@gmail.com



IMPORTANT ANNOUNCEMENT

ISSUE OF NEW IDENTITY CARDS

The Identity Cards of the following members are ready. They are requested to collect the same from the office.

1	Dr. Aggarwal Arunkumar G.	44	Dr. Hora Shaunak Ajay	87	Dr. Pandya Bharat M.
2	Dr. Advani Kamini Shyam	45	Dr. Hora Smruti Shaunak	88	Dr. Parikh Amul R.
3	Dr. Agrawal Anurag	46	Dr. Hotchandani Bhavika M.	89	Dr. Parsnani Dilip
4	Dr. Ahluwalia Amanjit Kaur	47	Dr. Jambusaria Bipinchandra N.	90	Dr. Patil Shrinivas G.
5	Dr. Apte Arun Waman	48	Dr. Jesani Amar	91	Dr. Patnekar Kedar P.
6	Dr. Apte Nilima Arun	49	Dr. Jeste Milind	92	Dr. Ponda Nilesh V.
7	Dr. Arolkar Satish K.	50	Dr. Jhala Darshan A.	93	Dr. Rane Vrushali
8	Dr. Athalye Rucha S.	51	Dr. Jhala Darshana D.	94	Dr. Rao Shashishekhar S.
9	Dr. Awarade Sidramappa R.	52	Dr. Jimulia Tushar R.	95	Dr. Rao Suresh S.
10	Dr. Barot Vasantlal J.	53	Dr. Jog Kalpana N.	96	Dr. Rathod Ashok S.
11	Dr. Basak Sumanta Kumar P	54	Dr. Jotwani Mohna	97	Dr. Rege Dilip A.
12	Dr. Bhardwaj Atul M	55	Dr. Jumani K. L.	98	Dr. Rege Vidya
13	Dr. Bhat Shilpa Narayana	56	Dr. Jyothinagar Harshapriya M.	99	Dr. Sanglikar Shrirang Y.
14	Dr. Birhade Prakash Arjun	57	Dr. Kabra Nandkishor S.	100	Dr. Sangole Deepa Rajiv
15	Dr. Borkar Sumangala R.	58	Dr. Kamath Mrs. Swarnalata R.	101	Dr. Sankhe Rajshree M.
16	Dr. Brito Audrey	59	Dr. Kamath Ramrao N.	102	Dr. Save Nitin Ramchandra
17	Dr. Challa Meena Madhan	60	Dr. Kamble Rajesh C.	103	Dr. Sedani Jayantilal N.
18	Dr. Chandorkar Shubhangi S.	61	Dr. Kedar Pradnya S.	104	Dr. Shah Anjana A.
19	Dr. Chaniary Dilip	62	Dr. Khandwala Mayank A.	105	Dr. Shah Jayesh J.
20	Dr. Chaturvedi Ramesh M.	63	Dr. Khetade Dilip L.	106	Dr. Shah Madhukar D.
21	Dr. Chheda Bela A.	64	Dr. Kothari Dilip	107	Dr. Shah Neelu J.
22	Dr. Chiniwala Jenny H.	65	Dr. Kudalkar Sushama Arvind	108	Dr. Shah Rina D.
23	Dr. Chodhari Naresh S.	66	Dr. Kumta Nursing Baburao	109	Dr. Shah Rupa Atul
24	Dr. Chopra Rekha B.	67	Dr. Lakhwani Ramesh	110	Dr. Shah Sudha D.
25	Dr. Chopra Jagmohanlal H.	68	Dr. Lalka Dhanlaxmi B.	111	Dr. Shah Sujay A.
26	Dr. Dadhich Aman Jagdish	69	Dr. Maistry Asha A.	112	Dr. Shah Swati R.
27	Dr. Desai Durriya M.	70	Dr. Masrani Shreyas K.	113	Dr. Shah Yashoda M.
28	Dr. Desai Kiran J.	71	Dr. Mehta Bakul Chandulal	114	Dr. Shahani Nanik S.
29	Dr. Desai Mukesh M.	72	Dr. Mehta K. C.	115	Dr. Shaikh Shahina D.
30	Dr. Dhabalia Jayesh V.	73	Dr. Mehta Nandana K.	116	Dr. Shenai Sudhakar U.
31	Dr. Dhabalia Meenal J.	74	Dr. Mehta Pankaj Nagindas	117	Dr. Sheth Saumil Sharad
32	Dr. Dhond Prakash V.	75	Dr. Mehta Rajan D.	118	Dr. Sheth Vipul Sharad
33	Dr. Dhuri Virendra H.	76	Dr. Mehta Rashmi Sanjay	119	Dr. Sheth Yogini Sunil
34	Dr. Doshi Sudhir N.	77	Dr. Mishra Rahul	120	Dr. Shetty Ashutosh N.
35	Dr. Dudani Ajay Indur	78	Dr. Modi Shashikala V.	121	Dr. Shetty Kishorkumar V.
36	Dr. Gangakhedkar Dharendra P.	79	Dr. Modi Virendra J.	122	Dr. Shetty Shoma P.
37	Dr. Goyal Shashi R.	80	Dr. Mody Kruti H.	123	Dr. Shetty Sudhir Shankar
38	Dr. Gupta Pooja	81	Dr. Momin-Kamdar Heena R.	124	Dr. Shirgaokar Milind V.
39	Dr. Gupta Satish B.	82	Dr. Moorjani Pushpa G.	125	Dr. Shukla Devayani Mahesh
40	Dr. Gupta Satishchandra	83	Dr. Munim Jyoti K.	126	Dr. Shukla Himanshu V.
41	Dr. Gupta Usha	84	Dr. Nagpal K. C.	127	Dr. Shukla Mahesh G.
42	Dr. Harchandani Kavita	85	Dr. Nalavde Usha S.	128	Dr. Siraslewala Shweta R.
43	Dr. Hishikar Varsha A.	86	Dr. Nevrekar Mala	129	Dr. Solanki Deepak M.



130	Dr. Somaiya Jayram Hariram	139	Dr. Vadher Dinesh J.	148	Dr. Walawalkar Rajan D.
131	Dr. Suvarna Jyoti C.	140	Dr. Vaidya Sudhir Keshav	149	Dr. Warke Hemant Sudhakar
132	Dr. Tainwala Rajendrakumar M.	141	Dr. Variava Champaklal M.	150	Dr. Warke Himangi Sudhakar
133	Dr. Tainwalala Pushpa R.	142	Dr. Variava Jaybala c.	151	Dr. Warke Pramila Sudhakar
134	Dr. Tendolkar Anil G.	143	Dr. Vesaokar Shrirang S.	152	Dr. Warke Sudhakar B.
135	Dr. Tendolkar Bharati Anil	144	Dr. Vora Navnitra H.	153	Dr. Yaksambi Nizamuddin D.
136	Dr. Thakore Jayshree Nayan	145	Dr. Vora Rajendra N.	154	Dr. Yende Nitin P.
137	Dr. Thombre Madhav Govind	146	Dr. Vyas Bharat N.		
138	Dr. Vadakepat Sheela	147	Dr. Waghmare Sunil A.		

REPORT OF PUBLIC HEALTH & WELFARE SUB COMMITTEE

1) Our branch had organized an excellent joint programme in association with "Sunlight Children" headed by our Dr. (Mrs.) Surabhi Suchak for the Under privileged & down trodden children living in slums. This joint programme was held at our branch on 20.10.2008 for 01.00 pm to 05.00 pm. Nearly 160 children attended & enjoyed the programme.

Our Managing Trustee Dr. B. S. Mehta inaugurated & blessed the children. We thank our caterers for sponsoring cold drinks, snacks, & ice cream for this programme.

2) We had organized similar joint programme with "Sunlight Children" on Friday, 14.11.2008 from 01.00 pm to 06.00 pm at our branch premises to celebrate the children's day in the fond memory of our beloved First Prime Minister Pandit Jawaharlal Nehru's Birth Anniversary.

Nearly 150 children attended and enjoyed this programme with dance, various games & entertainment. All the children were given cold drinks, Chocolates, snacks & ice cream on behalf of our branch.

3) Our branch in association with "Parle Pancham" of Vile Parle (E) and Dr Santosh Salagre had organized joint programme of "Free Medical Health Check-up Camp" for Traffic Police Staff at Traffic Police Chowki, Western Express Highway, Bandra (East) on Sunday, 09th November 2008 from 09.00 am to 01.00 pm.

Following members attended the camp : Dr. Subodh Kedia, Dr. Sunil Vaswani, Dr. Sudhir Doshi, Dr Jayant sampat Dr. Jayesh Lele & Dr. Indira Vohra. Nearly 125 Traffic Police Staff

Members were examined & counseled in this camp.

We thank our members who attended the camp. We also thank Mr. Shridhar Khanolkar & Dr. Santosh Salagre (Assist Prof. of Medicine KEM Hospital) of Parle Pancham organization for their kind cooperation and valuable help in jointly organizing this mega event.

4) Public health sub committee of our branch had organized Anaemia Detection & Awareness Camp held on 20th & 23rd October 2008 at Rangoonwala Community Centres, Jogeshwari (East). Total people 160 people were screened. The data analysis is as follows:

Male Child 1	
Females - (Nondiabetic Non Hypertensive) 159	
HB >12gm%	2 cases
HB 10gm%-12gm%	106 cases
HB < 10gm%	42 cases
Macrocytosis	28 cases
Hypochromic Microcytic	65 cases

Patients were advised proper diet & medicines. Free haematinics & Anthelmintics were distributed to needy cases. This programme was very well co-ordinated & conducted by Dr. Priti Bhargava. We thank the management of Rangoonwala Community Centers for excellent arrangement and co-operation. We also thank Dr. Priti Bhargava for her keen involvement in public health check-up camps.

Dr. Akil Contractor

Chairperson,
Public Health & Welfare Sub Committee



**GERIATRIC CELL & PUBLIC HEALTH WELFARE SUB COMMITTEE of
INDIAN MEDICAL ASSOCIATION - MUMBAI WEST BRANCH**

Presents an innovative Dedicated Programme for Senior Citizens

of

“GOLDEN YEARS” - PART III

Day & Date : WEDNESDAY, 17TH DECEMBER 2008 • Time : 02.30 pm. to 04.15 p.m.
Venue : Lupin Auditorium, I.M.A. Building, Behind Chandan Cinema, J. R. Mhatre Marg,
J.V.P.D. Scheme, Juhu, Mumbai - 400 049.

PROGRAMME

Time	Topic	Speaker
02.30 pm - 02.50 pm	Welcome - Hon. Secretary - Dr. Jayesh Lele	
	Inaugural Address - President - Dr. Anil Suchak	
02.50 pm - 02.55 pm	Introduction	Dr. Akil Contractor
02.55 pm - 03.50 pm	Laughter is the best medicine	DR. SATISH NAIK
03.50 pm - 04.00 pm	Best Jokes from audiences	
04.00 pm - 04.10 pm	Prizes for best jokes from Audiences	Dr. Akil Contractor
04.10 pm - 04.15 pm	Vote of thanks	Dr. Kusum Doshi
04.15 pm onwards	High Tea	

• **REGISTRATION FEES: FREE BUT PRIOR REGISTRATION IS MUST.**

FOR REGISTRATION CONTACT : MS. SEEMA / MS. SUNITA / Ms. SONAL
IMA OFFICE, TEL. NOS : 2620 6517 / 2625 4368

DR. ANIL SUCHAK
President

DR. JAYESH LELE
Hon. Secretary

DR. BAKULESH S. MEHTA
Convener,
Geriatric Cell

DR. KUSUM DOSHI
Convener

DR. AKIL CONTRACTOR
Chairman, Geriatric Cell
Public Health & Welfare Sub Comm.



IMPORTANT ANNOUNCEMENT

IMA - MUMBAI WEST BRANCH
RECEIVES

“BEST BIG BRANCH” Award

in
BIG BRANCH CATEGORY,
in IMA Maharashtra State

.....

**“DR. J.S. SIKCHI FOR THE BEST
SUB FACULTY OF IMA CGP” Award**
Consecutively For The Second Year.

From IMA - Maharashtra State
in recognition of organizing the excellent
CME PROGRAMMES 2007 - 2008
(Shared with IMA Mumbai)

.....

**“BEST MEMBERSHIP ENROLLMENT
OF IMA - M.S. - S.S.S. MEMBERSHIP AWARD
2007 - 2008”**

HIGHEST MEMBERSHIP ENROLLED DURING
20.11.2007 TO 31.10.2008 = 37

SINCE INCEPTION 494,
OUT OF TOTAL IMA MEMBERSHIP OF 2756



Congratulations!

- Our Senior Member **Dr. (Mrs.) Surabhi Suchak** has been selected for the prestigious “**President Appreciation Award for her Selfless Services**” to educate the under privileged and down trodden children living in the slums by **IMA - Maharashtra State**.
- Our life member **Dr. Deepak Jumani** for being given “**Special Felicitation**” by **IMA - Maharashtra State** for his valuable contribution towards designing an excellent Website for **IMA - Maharashtra State**.

WELCOME NEW MEMBERS

Andheri Dr. Tanay Ramchandra Prabho
 Dr. Sujit N. Korday
 Dr. Charusheela S. Korday
 Dr. Minal Pravinchandra Jariwala
 Dr. Varun Sanjay Gunavanthe

Kandivli Dr. Vinay Kumar Singh

Khar Dr. Pranjal S. Kodkani

Malad Dr. Monali Kiran Vasekar
 Dr. Ronak Shah
 Dr. Pinky Shah

Santacruz Dr. Dhimmam Parimal Bhikubhai

Dr. Anil Suchak
 President

Dr. Jayesh Lele
 Hon. Secretary

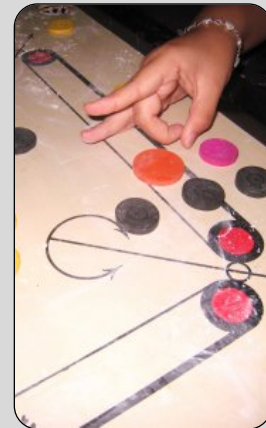
ANNOUNCEMENT



Sport sub committee of our branch has organised **Carrom & Chess Tournaments** for our **Members** only on **Sunday, 07th December 2008** from 09.30 am onwards.

ENTRY FREE

Entries for this tournament are to be submitted at our office.



DR. JAYESH LELE
 Hon. Secretary

DR. NILESH SHAH
 Chairperson
 Sport Sub Commite



INDIAN MEDICAL ASSOCIATION - MAHARASHTRA STATE - SOCIAL SECURITY SCHEME

Some years ago, the think tank of IMA, Maharashtra St. formulated a scheme "IMA - MS - Social Security Scheme" ... Generally, we all have L1C Policies, primarily to cover the risk of premature death & reduction in tax liabilities. The similarity between L1C & the scheme ends there.

The scheme not only gives, the tax 'benefits & covers the risk of uncalled for death but also takes care of the mental & / or physical disability due to which doctor can not pursue the medical practice permanently, the benefit payable even if member alive.

The member has to contribute for 25 years for the deaths occurring every year. He will not pay for the deaths after that. (He will only pay the annual subscription) & he will be a continuous member of the scheme till death or complete permanent physical / mental disability.

Since the number of members keeps rising, the Doctor, who continues in the scheme for more than 25 years, is also monetarily benefited. He does NOT contribute anything then, (benefit amount keeps on rising, proportionate to the membership.

The money collected in the scheme, is invested only in financial instruments allowed by the Charity Commissioner.

HOW DOES THE SCHEME WORK?

ELIGIBILITY: - Life member of IMA of any local branch of Maharashtra State up to the age of 60 years.

RULE FOR BENEFIT: - Benefit of

Fraternity Contribution of the scheme is available after completion of one year of membership of I.M.A. - M.S. - S.S.S. However nominee of member is entitled for such benefits if death of member occurs in accident even within one year of joining the scheme.

IMA - Life Member wishing enrollment pays 1. Rs.1000/- as Advance Fraternity Contribution, which is returned (without any interest) after.25 years or upon death, whichever is earlier. .2. The Admission Fees are paid according to the age bracket (see the table). 3. Annual Subscription for 2 years.

The date of registration shall be on the acceptance of the documents and contributions as per the schedule, subject to realisation of cheque. Incomplete documents will result in delay in enrollment.

Every year annual membership fee of Rs. 100/- will have to be paid by all the members, in addition, at the end' of the year of the scheme, a demand note is sent to every member. The demand is of Rs.100/- per death that had occurred in the last year. This money is known as "Fraternity Fund contribution" (FFC). Rs. 70/- of this is paid to the nominee of the deceased member & Rs. 30/- goes to form a Corpus. The interest of this corpus will take care of the FFC payment of the doctors who have survived 25 years in the scheme and who are not needed to contribute thereafter.

The nominees of deceased member during 1st April 2008 to 31st March 2009 will receive Rs. 3, 07,000/- +.



INDIAN MEDICAL ASSOCIATION

**MUMBAI WEST BRANCH of
IMA-CGP MUMBAI WEST SUB FACULTY**

Presents

“PRE CONFERENCE CME - I”

Day & Date : TUESDAY, 06TH JANUARY 2009

Time : 01.30 p.m. to 04.15 p.m.

**Venue : IMA Hall, I.M.A. Building, Behind Chandan Cinema, J. R. Mhatre Marg,
J.V.P.D. Scheme, Juhu, Mumbai - 400 049.**

PROGRAMME

Time	Topic	Speaker
01.30 pm. to 02.30 pm.	Registration & Lunch	
02.30 pm.	Welcome Inauguration	Dr. Jayesh Lele Dr. Anil Suchak
02.30 pm. to 02.50 pm.	Barium Studies	Dr. G. R. Jankharia
02.50 pm. to 03.10 pm.	Breast Imaging	Dr. Bijal Jankharia
03.10 pm. to 03.30 pm.	Newer MRI Indications Abdomen & Pelvis	Dr. Devang Desai
03.30 pm. to 03.50 pm.	PET/CT	Dr. Bhavin Jankharia
03.50 pm to 04.15 pm	Questions & Answers & Panel Discussion	
04.15 pm	Lucky Draw / Vote of Thanks	Dr. Jayesh Lele

**PRE CONFERENCE CME FREE FOR THE DELEGATES
WHO REGISTER FOR CONFERENCE**

Early bird lucky draw for members who register by 2.00 pm

**OTHERS : Reg. Charges for Pre Conference I Rs. 100/- for IMA Members
Eligible Non Members Rs. 200/- if available**

DR. ANIL SUCHAK
President

DR. JAYESH LELE
Hon. Secretary



INDIAN MEDICAL ASSOCIATION

MUMBAI WEST BRANCH of
IMA-CGP MUMBAI WEST SUB FACULTY

Presents

“PRE CONFERENCE CME - II”

Day & Date : THURSDAY, 08TH JANUARY 2009

Time : 01.30 p.m. to 04.15 p.m.

Venue : IMA Hall, I.M.A. Building, Behind Chandan Cinema, J. R. Mhatre Marg,
J.V.P.D. Scheme, Juhu, Mumbai - 400 049.

PROGRAMME

Time	Topic	Speaker
01.30 pm. to 02.30 pm	Registration & Lunch	
02.30 pm.	Welcome Inauguration	Dr. Jayesh Lele Dr. Anil Suchak
02.30 pm. to 04.00 pm.	ANTIBIOTICS IN GENERAL PRACTICE	Dr. Umesh Khanna Dr. Ketan Mehta Dr. Agam Vora Dr. Mangesh Tiwaskar Dr. Arvind Ghongane
04.00 pm to 04.15 pm	Questions & Answers	
04.15 pm	Lucky draw / Vote of Thanks	Dr. Jayesh Lele

**PRE CONFERENCE CME FREE FOR THE DELEGATES
WHO REGISTER FOR CONFERENCE**

Early bird lucky draw for members who register by 2.00 pm

OTHERS : Reg. Charges for Pre Conference II Rs. 100/- for IMA Members
Eligible Non Members Rs. 200/- if available

DR. ANIL SUCHAK
President

DR. JAYESH LELE
Hon. Secretary



INDIAN MEDICAL ASSOCIATION

MUMBAI WEST BRANCH of
IMA-CGP MUMBAI WEST SUB FACULTY

Presents

“PRE CONFERENCE CME - III”

Day & Date : SATURDAY, 10TH JANUARY 2009

Time : 01.30 p.m. to 04.00 p.m.

**Venue : IMA Hall, I.M.A. Building, Behind Chandan Cinema, J. R. Mhatre Marg,
J.V.P.D. Scheme, Juhu, Mumbai - 400 049.**

PROGRAMME

Time	Topic	Speaker
01.30 pm. to 02.30 pm.	Registration & Lunch	
02.30 pm.	Welcome	Dr. Jayesh Lele
	Inaugural Address	Dr. Anil Suchak
02.30 pm. to 03.15 pm.	Venous Thromboembolism	Dr. Anil Balani
03.15 pm. to 04.00 pm.	Born to win	Dr. Rakesh Sinha
04.00 pm	Vote of Thanks & Lucky Draw	Dr. Jayesh Lele

**PRE CONFERENCE CME FREE FOR THE DELEGATES
WHO REGISTER FOR CONFERENCE**

Early bird lucky draw for members who register by 2.00 pm

Registration Charges only for Pre Conference III Rs. 100/- for IMA Members
Eligible Non Members Rs. 200/- if available

DR. ANIL SUCHAK
President

DR. JAYESH LELE
Hon. Secretary



IMPORTANT ANNOUNCEMENT

XXI ANNUAL SCIENTIFIC CONFERENCE

A) DR. C. T. THAKKAR ORATION AWARD

Entries are invited from members of our branch for **DR. C. T. THAKKAR ORATION AWARD**. The winner of this oration award shall be felicitated at our forthcoming **21ST ANNUAL SCIENTIFIC CONFERENCE** on **SUNDAY, 11TH JANUARY 2009** and shall present the award winning paper at the conference.

Subject :

1. Cost effective prescription.
2. Patient Education in Doctor's Clinic.
3. Unionism in Doctors.

Eligibility :

The contestant must be a life member of IMA - Mumbai West for a continuous period of three years.

Submission :

The composition must be neatly typed in double spacing, not exceeding 2000 words. Four copies of the paper should be submitted at the office of IMA - Mumbai West Branch on or before **SATURDAY, 20TH DECEMBER 2008** latest by **5.00 pm** in a sealed envelope.

Selection :

The best paper, selected by the panel of judges, will be treated as an oration award paper and it will be presented at the **21ST ANNUAL SCIENTIFIC CONFERENCE**.

Duration :

15 (Fifteen) minutes.

Terms :

The paper should be original paper of the contestant and should not have been presented at any other conference.

The paper read once will not be entitled for future awards.

The paper selected will be treated as the property of IMA - Mumbai West Branch.

B) FREE PAPERS

Clinical or non - clinical free papers are invited from members of our branch for presenting at our **21ST ANNUAL SCIENTIFIC CONFERENCE**.

Duration :

10 (Ten) minutes each.

Selection of the papers will be done by a panel of judges. The decision of the judges will be final and binding on all.

The paper must be neatly typed in double spacing, not exceeding 2000 words. Please submit three copies of the paper on or before **SATURDAY, 20TH DECEMBER 2008** latest by 5.00 pm sharp to the office of our branch in sealed envelope.

DEADLINE FOR BOTH THE PAPERS: SATURDAY, 20TH DECEMBER 2008 LATEST BY 5.00 PM

DR. ANIL SUCHAK
Organising Chairman

DR. JAYESH LELE
Organising Secretary

DR. SUBODH KEDIA
Chairman, Scientific Subcommittee



IMPORTANT ANNOUNCEMENT

XXI ANNUAL SCIENTIFIC CONFERENCE - IMACON - 2009

Dear Members,

As you all know by now that the most premium event of our branch i.e. **Annual Scientific Conference** is fast approaching. We request you to participate & ASSOCIATE IN this event in more than one ways. You can help us by

- REGISTERING YOURSELF AS EARLY AS WE HAVE LIMITED REGISTRATION OF 500 DELEGATES THIS YEAR.
- SPREADING YOUR WORD OF RECOMMENDATION TO YOUR IMA FRIENDS WHO USUALLY DO NOT ATTEND CONFERENCE.
- ENCOURAGING ELIGIBLE NON MEMBERS TO BECOME MEMBERS AS THE LIFE MEMBERSHIP CHARGES WILL RISE STEEPLY FROM PRESENT RS. 6000/- TO RS.9, 000/- FROM APRIL 2009 ONWARDS.
- SUBMITTING YOUR PAPERS FOR C. T. THAKKAR ORATION AWARD.
- SUBMITTING FREE PAPERS ON SUBJECTS OF YOUR CHOICE WHEREIN YOU CAN SHARE YOUR EXPERIENCE AND DELIVER THE MESSAGE TO THE LEARNED AUDIENCE.

TENTATIVE PROGRAMME

INDIAN MEDICAL ASSOCIATION - MUMBAI WEST BRANCH proudly announces
XXI - ANNUAL SCIENTIFIC CONFERENCE

IMACON - 2009

DAY & DATE : SUNDAY, 11TH JANUARY 2009, FROM 8.00 AM TO 5.00 PM

VENUE: IMA HALL, IMA Building, J. R. Mhatre Marg, JVPD Scheme, Juhu, Mumbai - 400 049.

Topic	Speaker
Management of Fibroids - What's New	Dr. Rakesh Sinha
Obstructive Lung Disease	Dr. Agam Vora
Dr. Surabhai Sheth Memorial Oration Award - "GET UNSTUCK"	Dr. Jagdish S. Hiremath
Common Nephrology Problems in Family Practice	Dr. Umesh Khanna
Infertility & DUB	Dr. Hrishikesh Pai Dr. Rishma Dhillon Pai
Newer Anti Hypertensives	Dr. Haresh Mehta
Backache	Dr. Vinod Agrawal
Approach to Anemia	Dr. Abhay Bhawe

REGISTRATION:

- Limited registration of 500 delegates on "First Come First Serve" basis.
- For CGP and IMA Members who have paid ANNUAL Fees = Free. (Only if Registered in Advance)
- IMA-Mumbai West Members : Rs. 200/- (Limited Registration)
- Spot Registration : Rs. 500/- (If Available)

FOR REGISTRATIONS, PLEASE CONTACT: MS. SEEMA // MS. SUNITA / MS. SONAL : 2620 6517 / 2625 4368
& ALL MANAGING COMMITTEE MEMBERS

Dr. Anil Suchak
Chairman

Dr. Jayesh Lele
Organising Secretary

Dr. Subodh Kedia
Chairman, Scientific Sub Committee



FOR YOUR HEART STRINGS



Dr. Rajiv Anand

Dear Friends! Like me, you also may encounter thousands of people all around who are lost in their own self created misery. Each day they spend in surmounting tension. Thus, each day they experience the pain of not having money, security, affection, attention, respect, love or many other things which they think they deserve but are not getting. In the experience of these missing they forget to see what they already have, what they are gifted with, to enjoy and be happy with and make others happy too.

Interestingly, we take many things for granted in life but realize its importance only when something goes wrong.

Be it health, friends, family or money, we don't realize it's true worth till we have lost it. We don't express gratitude to the right people for allowing us to enjoy whatever we are getting. It may be friends who provide us support, nourishment, or family whom we have forgotten to respect and express gratitude for being with us and behind us through all ups and down.

We become habitual of taking them for granted, till an earth shattering event jolt us out of our slumber and realize the worth of them. We forget to feel and express indebtedness to a higher power that silently works behind us and within us to make us do what we do day after day.

If we wish to learn how to be grateful we don't have to go far. No conference, no lecture, no ashram, no heavy books; we just have to look around and marvel at all that there is to learn from many apparently innocuous things.

A good lesson on gratitude can be learnt from a coconut tree. Coconut is a fruit which grows mainly in coastal areas and is considered to be very useful. It gives us water, oil, coir, fuel and many other products. It requires care only for about two years after plantation, after which it grows on its own. Once mature, it provides us fruits for more than fifty years without demanding anything in return. It does not even need watering. All the water given to it in the first two years is returned manifold, in the form of coconut water. Such should be our attitude towards those

who do good to us. Every little helpful deed, kind word, or thoughtful gesture should be gratefully remembered and returned to the utmost extent possible. Once we start doing so, our happiness multiplies, and so do the number of our friends.

All over the world all healthy people's lives begins with a prayer of gratitude. Gratitude is one of the first principles of scientific well-being. Blessings abound in the

life of each of us, and a keener appreciation of the same unlocks the secrets of the universe. In opening our hearts wide to render thanks we automatically create the space in our consciousness for greater grace to flow in. A thankful heart is an open heart and is thus, open to receiving. Meister Eckhart, the German mystic observed, "If the only prayer you say in your life is thank you, that would suffice."

Your feedback is welcome at
drrajivanand@gmail.com or 91-98192-66862. ■





Dr. Shirish Daftary at GYNACON 2008 presented with lifetime achievement award.



Dr. B.B. Joshi at ARTHOCON 2008 presented with lifetime achievement award.



Dr. C.R. Joshi, Dr. K.B. Bhargava, Dr. K.M. Dave, Dr. R.G. Jimulia, Dr. G.N. Sangani,
Dr. Rajeev Anand, Dr. Sayeed Umerjee, Dr. P.N. Rao, Dr. B.S. Mehta, Dr. N.R. Vaidya, Dr. K.S. Aithal,
Dr. Arshad Mohd., Dr. Suhas Pingle, Dr. V.G. Shenoy, Dr. Vinay Saraf, Dr. Akil Contractor

**Revision Hip Replacement
For
Failed hip fractures**



60 years old, obese doctor, operated elsewhere, was unable to walk because of her painful hip she had a fracture of neck of femur, which was fixed, but due to osteoporosis the plate and screws became loose and fracture did not heal



**JOINTS
MASTERS**

Walk with us, we care

Joins Masters Hospital and Research Centre

Revision Hip Replacement



X-ray after surgery showing large head **Revision** femoral implant

Appointment : 98923 22900



Happy patient after successful **Revision**

For more case studies and information visit
www.jointsmastersindia.com / www.cjthakkar.com



AWARD AT I.M.A. MAHARASHTRA STATE 2007-08



Dr Akil Contractor receives Dr J S Sikchi, CGP activity award



Dr Pingle with Dr Shirole, Dr Ashok Adhao and Dr Pawade



Dr Suhas Pingle receives President's special felicitation



Dr Jayesh Lele receives President's special felicitation



IMA MUMBAI WEST receives BEST BIG BRANCH AWARD



IMA MUMBAI WEST receives Social Security Scheme Award



Protégé Studies

Dear Colleague

I'm writing to inform you about my work on the Protégé study. This research study is evaluating a potential new treatment for newly diagnosed type 1 diabetics. The treatment is an anti-CD3 monoclonal antibody that has been humanized and designed to not bind to Fc receptors, minimizing potential toxicity. This therapy may slow the progression of type 1 diabetes for people who have presented to their physician with signs and symptoms of this disease in the last 12 weeks.

Those of us who deal with type 1 diabetes understand the shock and panic that often accompanies such a diagnosis. For the patients, this diagnosis means that their personal lives will be profoundly affected and their prospects for a long, healthy life severely diminished.

However, evidence suggests that early intervention may preserve pancreatic beta cell function in newly diagnosed type 1 diabetics. Even minimal islet cell function may facilitate more manageable control of glucose levels. The therapeutic implication of this exciting observation is why I have decided to serve as a Principal Investigator for the Protégé study. This therapy may help protect the insulin-producing pancreatic beta cells that are progressively destroyed by the immune system in type 1 diabetes.

The Protégé study is being conducted at approximately 85 sites in North America, Europe and Israel and is projected to enroll 530 subjects. Subject participation in the study will last for 2 years, which includes an 18-month follow-up period after the last administration of study drug. I am initiating enrollment for this study shortly and would be grateful if you would consider referring any of your patients between ages 8 and 35 who have received a diagnosis of type 1 diabetes in the last 12 weeks.

If you or your patients want to learn more about this trial, please contact me directly and/or visit www.ProtegeDiabetes.org.

Dr. Sanjiv Shah, Mediheights Healthcare Pvt. Ltd., Hindustan Naka,
Charkop, Kandivali (W). Mumbai 400 067. (M) +91. 9820948618



REPORT OF 200TH CWC MEETING AT TIRUPATI

- 1) The meeting was held at Hotel BLISS Tirupati.
- 2) The following members represented our branch
a) Dr. R. G. Jimulia b) Dr. B. S. Mehta c) Dr. N. R. Vaidya
d) Dr. Alka B. Mehta
Maharashtra state branch was present in full strength.
- 3) The president of IMA – HQ called the meeting to order & secretary general why asked to conduct the meeting. After condolence, the minutes of 199th CWC meeting held at Puri was passed.
- 4) The reports of all V.P. were approved & passed.
- 5) The reports of secretary general Dr. S. N. Misra were passed. Lots of praises were showered on Dr. Abbas, National President & Secretary General Dr. S. N. Misra as it their was last CWC meeting.
- 6) Report of IMA – CGP by Dr. (Capt.) G. Raghuvelu, Hon. Secretary was passed. IMA – CGP Annual Conference will be held at Minaxi Mission Hospital. Madurai on December, 13th & 14th 2008. Secretary appeal to attend in large numbers.
- 7) IMA – AMS report was approved & passed.
- 8) Reports of IMA Dr. AKN Sinha institute was passed.
- 9) JIMA change of guard at JIMA. Dr. Banik is now editor of JIMA & joint secretary is now Secretary.
- 10) Report of your Health, Apaka Swahsthya passed.
- 11) IMA- NSS Scheme : Membership now has cross 10012
- Maharashtra state in 2nd place in IMA – NSSS
- Maharashtra state is number 1 in membership strength.
- Last death nominee has received Rs.3,97,380/-
- IMA NSS fund has crossed Rs. 9 crore.
- 12) All remaining scheme reports were passed.
- 13) All activities reports of various project of IMA – HQ were given in detail & approved.
- 14) Report of IMA – HQ building at HQ & Kolkotta were passed.
- 15) Change of BWS Branch of IMA – Maharashtra State has been approved & changed to IMA – Mumbai West by CWC. Secretary General Dr. S. N. Misra has been requested to send the letter regarding this change by Dr. N. R. Vaidya & Dr. B. S. Mehta request was accepted.
- 16) Clinical establishment act bill is in cold storage at the moment but we shall have to be vigilant.
- 17) IMACON at Indore : Org. Chairman gave detail reports of conference. All arrangements have been done & members are requested to attend in large numbers.
- 18) A new software has been installed by IMA – HQ & all members list will be available on screen on IMA- HQ website.
- 19) IMA – HQ membership stands at 175826. Maharashtra state membership is stands at 20175 as on 24.10.2008
- 20) Finance : Dr. S. N. Misra will now be finance committee chairman. Accounts have been approved & passed by CWC having excess of income over expenditure 38,80,795/- rupees. The word endorsement must not be used in hence forth. Benevolent fund stands now Rs. 1,78, 97217
- 21) Discussion on assault on Doctors were discussed & many states have moved towards enacting the law & IMA – HQ. Secretary General Dr. S. N. Mishra requested other states to follow the fool steps of A.P. Dr. Devendra Shirole & Dr. B. S. Mehta gave detail report about action taken on Doctor's assault at Malad & the total strike by doctors & morcha & meeting governor of M.S. Collector & Hon. Minister of M.S. & house applauded the action taken by M.S. Doctors under IMA. Dr. B. S. Mehta again reminded about T.A. Bills to be paid by cheque at par by HQ hence forth & atleast one meeting must be held at IMA – HQs, the house approved the proposal.
- 22) The meeting ended with vote of thanks to chair. IMA Tirupati Branch was thanked Profusely for satisfactory arrangements.
- 23) Health Minister Dr. (Mrs.) Gala Arunakumari & local MLA inaugurated CWC meeting & Dr. N. Apparao was called Bishma Pithamaha of IMA.

Reported by

Dr. N. R. Vaidya, Dr. R. G. Jimulia, Dr. B. S. Mehta



**INDIAN MEDICAL ASSOCIATION
MUMBAI WEST BRANCH
MEDIA RELATIONS SUB - COMMITTEE**

Presents

"MEDIA & MEDICINE"

Day & Date : SUNDAY, 07TH DECEMBER 2008

Time : 09.30 a.m. to 01.00 p.m.

**Venue : IMA Hall, I.M.A. Building, Behind Chandan Cinema, J. R. Mhatre Marg,
J.V.P.D. Scheme, Juhu, Mumbai - 400 049.**

PROGRAMME

TIME	TOPIC	SPEAKER	
09.30 am to 10.00 am	Registration & Tea		
10.00 am to 10.15 am	Welcome	Dr. Ashok Balsekar	
10.15 am to 10.30 am	Introduction	Dr. Anil Suchak	
10.30 am to 11.30 am	Symposium of MEDIA & MEDICINE	<ul style="list-style-type: none">• MR. BHARATKUMAR RAUT MP & Advisor to Times of India Group• MR. RAJEEV KHANDEKAR Editor, Star TV• A prominent film personality• DR. SUHAS PINGLE Secretary IMA - MS• DR. ARSHAD G. MOHD. Consultant Surgeon	MODERATOR DR. SATISH NAIK
11.30 am to 12.30 pm	Interaction with the audience		
12.30 pm to 12.45 pm	Concluding remarks	Dr. Satish Naik	
12.45 pm to 01.00 pm	Vote of Thanks	Dr. Jayesh Lele	
01.00 pm	Lunch		

Registration is FREE but a MUST.

DR. ANIL SUCHAK
President

DR. JAYESH LELE
Hon. Secretary

DR. SATISH NAIK
Chairman, Media & Press Sub Comm.



Report of

1) World COPD Day Programme

Our branch observed **WORLD COPD DAY** (which falls on 19th November) on Tuesday, 11th November 2008 from 1.30 pm to 4.30 pm. This programme was held at branch premises. Eminent Chest Physician Dr. Prashant Chhaied addressed the audience on this occasion.

This programme was attended by more than 70 members of our branch.

The distinguished speaker enlightened our members in an excellent way about the topic of COPD. Everybody found the programme very informative & interesting.

We sincerely thank M/s. Cipla Ltd. for sponsoring this event.

2) "World Diabetes Day Programme"

Our branch observed **WORLD DIABETES DAY** (which falls on 14th November) on Thursday, 13th November 2008 from 1.30 pm to 4.30 pm. This programme was held at branch premises. Hon. Secretary Dr. Jayesh Lele welcomed the delegates this programme. Eminent Diabetologist & Endocrinologist Dr. Vaishali Naik addressed the audience in an excellent way on this occasion on the topic of **DIABETES IN CHILDREN & ADOLESCENTS**. This topic was chosen keeping in mind this year's WHO theme on World Diabetes Day. This programme well attended by more than 90 members of our branch. Everybody found the programme very informative & interesting.

Dr. Jayesh Lele, Hon. Secretary

REPORT OF DIABESITY CONFERENCE

Our branch organized an excellent conference of Diabesity on the occasion of World Diabetes Day on Sunday, 16th November 2008 from 09.00 am to 04.00 pm. Dr. Jayesh Lele welcomed the delegates on this event. Our popular & beloved Imm. Past President Dr. Akil Contractor inaugurated the conference.

Leading physician Dr. Ketan Mehta enlightened the audience in an excellent manner on the topic of Cardio Metabolic Syndrome, Leading Endocrinologist Dr. Shahla Shaikh gave an excellent account of Clinical Features, Diagnosis, Diet, Exercises & SMBG, Leading Diabetologist Dr. Vijay Panikar gave an excellent presentation on OHAS & Newer OHAS, Eminent Diabetologist Dr. Manoj Chadha addressed excellently on Combinations of OHAS. Veteran & Leading Diabetologist of our country - Dr. Anil Bhoraskar presented an excellent our view of insulin therapy & analogue.

This was followed by very informative panel discussion on **COMPLICATIONS OF DIABETES**. Distinguished panelists were – Dr. Ketan Mehta (Leading Physician), Dr. Agam Vora (Leading Chest Physician), Dr. Arun Bal (Renowned diabetic foot surgeon) & Dr. Umesh Khanna (leading Nephrologist). This discussion was excellently Moderated by Leading Physician for western suburbs – Dr. Arvind Ghongane.

Leading physician for western suburbs – Dr. Mangesh

Tiwaskar gave an excellent presentation on the medical Management of Obesity, Leading Bariatric Surgeon Dr. Naresh Singh gave an informative & enlightening talk on surgical management of obesity.

In the end audience was attracted to interaction by presenting interesting various case scenarios, MCQS & Questions answers designed by Dr. Ketan Mehta & Dr. Arvind Ghongane. This was highly appreciated by audience.

We thank all distinguished speakers of the conference.

We thank Dr. Ketan Mehta, Dr. Arvind Ghongane & Dr. Mangesh Tiwaskar for excellently moderating the conference. We also thank & appreciate their efforts & valuable contribution in organizing this conference. We are deeply indebted to Dr. Akil Contractor & Dr. Manohar Bachani for excellently coordinating this conference. We thank following sponsors for supporting this mega event.

- 1) M/s. Johnson & Johnson Ltd.,
- 2) Lupin Diabetes Care
- 3) Novartis
- 4) Azura
- 5) Arkray, Piramal
- 6) AZUC, Torrent

Really this was the rare feast of knowledge at our branch & the rich memories of this conference will be cherished for long time.



ARDS and ACUTE LUNG INJURY

ARDS , or Adult Respiratory Distress Syndrome , as we call it , was first described in humans in 1967 . Petty and Ashbaug , in their landmark study , mentioned a condition affecting both the lungs, resulting in very high mortality rates . ARDS, in its milder severity , is called ACUTE LUNG INJURY .

ARDS is in simple terms , pulmonary edema , which is non cardiac in origin . The classic textbook picture of pulmonary edema , is largely based upon Cardiogenic Edema . which originates from the increased hydrostatic (intravascular) pressures in heart failure .

Cardiac edema , however is not the only edema which the lung faces . Any form of local or systemic inflammation , when uncontrolled, can result in an impact on the lung, resulting in local edema and lung injury .

The writer , **Dr Parag V Mehta** , is a consultant - Pulmonary, Critical Care & Sleep Medicine , with Asian Heart , Gurunanak, Arogya Nidhi and BSES hospitals ,Mumbai .



Clinical Features :
Typically ARDS occurs in the presence of certain predisposing conditions .

PREDISPOSING FACTORS : DIRECT

- INFECTIONS
- ASPIRATION
- DIRECT TRAUMA
- INHALATION INJURY
- THROMBOEMBOLI
- VASCULITIDES

INDIRECT

- POISONINGS
- SEPSIS,SHOCK
- PANCREATITIS
- BURNS
- MAJOR TRAUMA
- Cardiopulmonary BYPASS
- DIC

DR PRAMODINI S.

M.D. (MED)

CONSULTANT RHEUMATOLOGIST

BHAGAT POLYCLINIC

GANJAWALA APARTMENT,
GANJAWALA LANE,
BORIVALI (W).

WED. & SAT. : 12 NOON TO 2 PM

TEL.: 28933926, 28957554

ARTHRITIS CLINIC

C/405, HETAL ARCH,
BEHIND ARUN BAZAAR, S.V. ROAD,
MALAD (W).

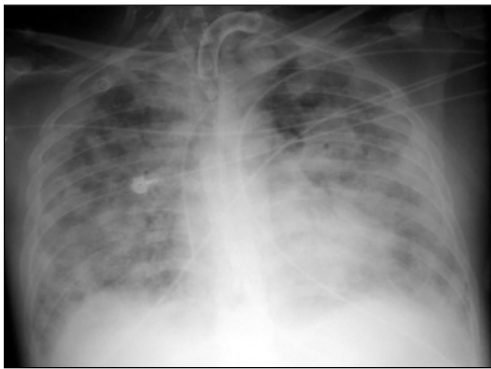
TUES. & THURS. : 6 PM TO 8 PM

TEL.: 28836556

MOBILE : 9820317030



In an appropriate clinical setting , the patient starts developing increasing respiratory distress .The patient however may initially be unaware of this, and hence not complain of dyspnea*. This is usually identified clinically by an increasing respiratory rate , with overactivity of accessory muscles of respiration . The vitals signs may be normal*, and SpO2 misleadingly normal* . The Chest X-ray also may be normal ,but usually does show some infiltrates



Chest X ray of ARDS patient.

In an appropriate clinical setting , the patient starts developing increasing respiratory distress.The patient however may initially be unaware of this, and hence not complain of dyspnea*. This is usually identified clinically by an increasing respiratory rate , with overactivity of accessory muscles of respiration . The vitals signs may be normal*, and SpO2 misleadingly normal* . The Chest X-ray also may be normal ,but usually does show some infiltrates .

This is usually identified clinically by an increasing respiratory rate , with overactivity of accessory muscles of respiration .

As the illness progresses, it is accompanied by signs of systemic inflammation*; especially tachypnea , and tachycardia . The blood pressure and temperature usually are in correlation to the cause of the event . The SpO2 starts

CERAMCO DENTAL CLINIC

INDIA'S FIRST ISO 9001 CLINIC

(Quality Assurance Certificate from EUROPE)

- ☛ Total Dentistry under one roof.
- ☛ Very affordable rates because of own manufacturing of Caps/Bridges/Dentures.
- ☛ Quick Delivery, work of 5-7 days done in 2-3 days.
- ☛ Strict Sterillisation & total quality control as per ISO Standards.
- ☛ Smile Design. You can change your smile totally (Bleaching, Veneering, Capping)
- ☛ Panel of Speciality Doctors [Orthodontist, Periodontist (GumDisease), Oral Surgeon (Wisdom Teeth), Implantologist.]
- ☛ R.V.G. facility - X-rays 150 times bigger than normal size which ensures better accuracy.
- ☛ Branches : • Borivali since 1984, Seven Dental Chairs
• Andheri (W) Since 1998, Five Dental Chairs



Dental Clinic



Dental Lab

Nanddham, Opp. Shri Sagar Hotel, L.T. Road,
Borivali (W). Mumbai-400092.
Tel : 2890 5834 / 2892 7313

6, Sneha, Opp. Sasural Hotel, Lokhandwala
Complex, Andheri (W), Mumbai-400053.
Tel : 2634 5842 / 2634 5843

9.00 am to 9.00 pm Sunday Closed



dropping*, and the chest Xray shows increasing size and density of infiltrate. Physical signs are usually still confined to the primary organ of injury, and chest examination may reveal crepitations. An arterial blood gas ,at this time , starts revealing significant hypoxaemia*.

In the later stages , the illness manifests in its full form , with increasing respiratory distress , leading to features of low tissue oxygen supply . Hypotension , multiorgan dysfunction, septicaemia herald a complicated outcome.

PATHOGENESIS :

Acute Lung Injury is basically an *extensive damage and loss of alveolar surface epithelium* . This occurs from the direct toxic effect of inflammatory mediators released into the systemic circulation. As the toxins and mediators are carried into the blood stream to the lungs,

A fall in the Oxygen supply to the tissues only further perpetuates organ damage and tissue inflammation.

the site of origin of the insult , is not necessarily the lung

As a result of this , the interstitial (the very thin area between the alveolus and the blood capillaries) spaces and the alveolar sacs are filled with protein rich material and tissue necrotic debris . This severely impairs the gas exchange occurring at the alveolar level ,causing hypoxaemia . A fall in the Oxygen supply to the tissues only further perpetuates organ damage and

tissue inflammation .

INVESTIGATIONS :

Main are :

1) Chest X ray :

It shows :

Primary site of origin – if thoracic pathology (.i.e lung /pleural /mediastinal).

Bilateral progressively increasing pulmonary infiltrates , ultimately leading to White - Out of

For your high-risk patient under going any orthopedic procedures in lower extremities or upper extremities one limb analgesia is the answer where morbidities are least patients can go to on his routine medications immediately in addition prolonged analgesia and least chances of DVT.

DR. RAJA NARSAPUR MD. DA.
MOBILE: 98690 36871

DR. KIRIT MEHTA MD. DA.
MOBILE : 98200 76097

DR. MRS. MEENA MEHTA MD. DA.
MOBILE : 98690 07072



Lung fields .

(Cf — Cardiac edema – effusions, cardiomegaly , hilar prominence , Kerley B lines)

2) Arterial Blood Gases :

Severe and/or progressively increasing hypoxaemia (low PaO₂), despite high levels of supplemental O₂ .

Coexistent metabolic abnormalities.

3) **2D Echo** : Usually is normal .It helps ruling out a reversible cardiac failure contribution to the edema.

Other Investigations :

1) To confirm / rule out / identify infection – CBC , cultures etc.

2) To assess other organ function – Renal function tests, Liver function tests , coagulation parameters etc

TREATMENT : It mandatorily requires intensive care support .

The 2 main steps are :

- 1) Mechanical Ventilatory support
 - 2) Treatment of the underlying condition .
- 1) Mechanical Ventilation :

Usually , invasive mechanical ventilation , using an endotracheal tube as an airway is instituted . Its role is to aid the failing lungs in receiving high concentration of Oxygen , and exhaling the CO₂ . It is best instituted early as the diagnosis of ARDS is made , to avoid tissue damage from hypoxia .A Volume Control Mode ,with **low tidal volume strategy (5-7ml / Kg of body weight)** is recommended . The complexity of the illness , makes it worthwhile to leave these decisions in the hands of a chest physician or intensivist ,who is experienced in managing such cases .

2) Treatment Of underlying condition :

Timely identification and drainage of septic foci , like abscess / empyema is imperative. It also requires appropriate antimicrobial coverage . Tropical illnesses like TB, Malaria , Dengue , Typhoid etc , need specific treatment as per

No drug has been proved worthwhile for ARDS. A number of drugs have been tried, including Corticosteroids, Pentoxifylline, Nitric Oxide. Surfactant etc .

the case . Conditions like trauma , embolism , burns , etc need specialist and timely management in intensive care units .

3) Fluid Therapy :

Studies show an advantage for survival , in patients treated with restrictive fluid strategies. This should be done without jeopardizing major organ perfusion . There is no role for intravenous crystalloid/ albumin/colloid infusions per se for ARDS .

4) Pharmacological Therapy .

No drug has been proved worthwhile for ARDS . A number of drugs have been tried , including Corticosteroids , Pentoxifylline, Nitric Oxide , Surfactant etc .

Mortality : Surprisingly , death in ARDS is rarely due to the lung problem .It is the resultant tissue damage from hypoxia ,which causes multiorgan dysfunction and organ failure ,leading to death .So, although not directly being a cause , it is responsible for an upto 40% or more death rate, in patients.

In summary , Acute Lung Injury and ARDS , is a noncardiogenic pulmonary edema , which occurs in specific situations , and results in severe impairment of gas exchange, It is not entirely preventable , and does contribute significantly to morbidity and has high mortality rates . Early identification by awareness and better treatment options and strategies for this condition , are now needed more than ever before .

CLASSIFIEDS

FOR POLYCLINIC

CONSULTING ROOMS available for DOCTORS/ CONSULTANTS of any specialty at **Khandwala's Eye Hospital & Hem Polyclinic** fully furnished AC rooms at a prime location on **S.V ROAD VILE PARLE WEST**.
Contact- **Dr Mayank Khandwala** -09820035464,
CLINIC-26246672



Jayanti Kamath
Srishti
Ready Pos

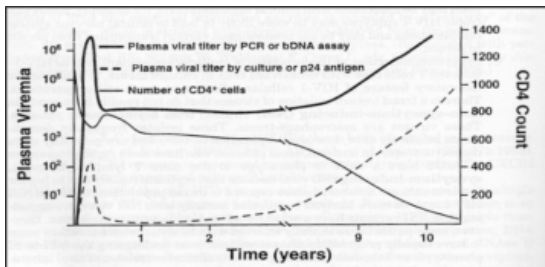


OPPORTUNISTIC INFECTIONS IN HIV-INFECTED PATIENTS DIAGNOSIS AND MANAGEMENT



- HIV causes a progressive immunodeficiency
- CD4 count values correlate with the relative risk of development of OI's or death
- Imperfect surrogate markers of disease progression-diurnal changes, refrigeration, total white cell count affected by medications, illnesses and stress
- Disease expression depends on host and viral factors; median time is about 10 years
- Clinical spectrum of HIV diseases
- Is significantly altered by treatment intervention and prophylaxis strategies

NATURAL HISTORY OF HIV INFECTION



CLINICAL STAGING

- Acute seroconversion syndrome
- Early HIV disease (CD4 count >500 cells/ml)
- Intermediate disease (CD4 count 200-500 cells/ml)
- Late-stage disease (CD4 count 50-200 cells/ml)
- Advanced disease (CD4 count <50 cells/ml)
- Terminal disease

TUBERCULOSIS

- **Symptoms:** pulmonary or extrapulmonary, esp. meningitis. Cough, weight loss, night sweats, fever, swollen lymph nodes or organ-specific symptoms
- **Diagnosis:** PPD skin test > 5mm induration, chest X-ray, sputum smear, culture and sensitivity, blood, bone marrow or liver cultures,

CT scan for extrapulmonary TB

- **Treatment:** Isoniazid + pyrazinamide + rifampin + ethambutol for 6 months, ? ART
- **Prophylaxis:** Not recommended

WHO 2006 guidelines for when to start first-line ART in patients with active tuberculosis

CD4 CELL COUNT	ART RECOMMENDATIONS	TIMING OF ART IN RELATION TO START OF TB TREATMENT
CD4 <200 cells/mm ³	Recommend ART ^a	Between two and eight weeks ^b
CD4 between 200 and 350 cells/mm ³	Recommend ART	After eight weeks
CD4 >350 cells/mm ³	Defer ART ^c	Re-evaluate patient at eight weeks and at the end of TB treatment
Not available	Recommend ART ^d	Between two and eight weeks

a. An EFV-containing regimen is the preferred first-line regimen. Alternative first-line treatment regimens include NVP and triple NRTI (based on TDF or ABC) regimens. For NVP-containing regimens, ALT should be checked at 4, 8 and 12 weeks; treatment should be decided on the basis of symptoms thereafter.
 b. ART should start as soon as TB treatment is tolerated, particularly in patients with severe immunosuppression.
 c. ART should be started if other non-TB stage 3 or 4 events are present.
 d. For some TB diagnoses that generally respond well to anti-TB therapy (i.e. lymph node TB, uncomplicated pleural effusion), deferral of ART should be considered.

Treatment regimen-WHO 2006

- EFV (600mg) + 2 NRTI is preferred because the interactions with rifampicin are easier to manage
- EFV not be used in women of childbearing potential or in women who are in the first trimester of pregnancy
- ABC + AZT + 3TC

WHO 2006 recommendations for patients who develop TB within six months of starting a first-line or second-line ART regimen

First or second line ART	ART regimen at the time TB occurs	Options
First line	2 NRTI + EFV	Continue 2 NRTI + EFV
	2 NRTI + NVP	<ul style="list-style-type: none"> • Substitute from NVP to EFV a, c or • Substitute to triple NRTI a or • Continue with 2 NRTI + NVP b
Second line	Triple NRTI	Continue triple NRTI
	2 NRTI + PI/r	Substitute to or continue (if already being taken) LPV/r or SQV/r containing regimen and adjust dose of RTV a,b

a. Substituting back to the original regimens once rifampicin containing regimen is completed can be considered. When switching back from EFV to NVP no lead-in dose is required
 b. Careful clinical and laboratory monitoring (ALT) is advised when NVP or boosted PIs are administered concurrently with rifampicin
 c. The use of EFV-containing regimens is not recommended in women of child bearing potential, if adequate contraception cannot be ensured, and during the first trimester of pregnancy



CANDIDIASIS

- *Symptoms:*
Mouth or esophagus - odynophagia, dysphagia
Vagina - discharge, pruritus, burning pain
- *Diagnosis:*
Mouth and vagina - visual exam, smear
Esophagus - usually diagnosed presumptively
- *Treatment:*
Oral candidiasis: topical clotrimazole/nystatin, fluconazole 200 mg/day for 7-14 days or ketoconazole 200 mg/day for 7-14 days



- *Candida vaginitis:* Clotrimazole vaginal cream or suppositories, or fluconazole 100 mg/day for 5-10 days or ketoconazole 200 mg/day for 5-10 days
- *Candida oesophagitis:* Fluconazole 200 mg/day for 14-28 days
- *Invasive candidiasis:* Uncommon, fluconazole 200 mg/day for 28 days, iv or od
- *Fluconazole-refractory disease:* Fluconazole 400-800 mg/day orally or itraconazole 200 mg/day orally

HERPES ZOSTER (SHINGLES)

- Complications of both varicella and herpes zoster are more frequent in immunocompromised patients
- Incidence of herpes zoster is greater in HIV-infected pts
- *Symptoms:*
Cutaneous zoster - most common form, may be multidermatomal or widespread cutaneous dissemination, lesions may be atypical. Persistence and recurrence common in advanced disease. Postherpetic neuralgia.
- *Treatment:*
 - *Cutaneous zoster:* Oral acyclovir 800 mg 5 times daily for 7-10 days
 - *Ocular zoster:* As above
 - *Zoster meningoenzephalitis:* Intravenous acyclovir
- *Prophylaxis:*

- Not recommended routinely. Relapses should be treated adequately

HERPES SIMPLEX

- Symptoms:*
- *Anogenital herpes:* Clusters of small vesicles or as single or multiple small or large confluent ulcers of the buttocks, perineum, scrotum, vulva or penis. Rarely, rectum.
 - *Orolabial herpes:* similar appearance, seen on the lips, nose or oral mucosa
 - *Others:* Rarely, oesophagitis, myelitis, encephalitis and retinitis

Diagnosis:

- Visual exam, tissue culture

Treatment:

- Oral acyclovir, 200-400 mg 5 times/day for 10-14 days or until the lesions have crusted over.
- Severe disease: iv acyclovir 5 mg/kg q 8 hrs

Recurrence:

- Treatment with acyclovir individualized to the patients needs

Suppressive therapy:

- For patients with frequent recurrences(3 or more outbreaks in a 6 month period): Acyclovir 400 mg orally bid

AIDS-ASSOCIATED DIARRHOEA

Causative organisms

- **Bacteria:** *Salmonella, Shigella, Campylobacter*
- **Parasitic:** *Cryptosporidium, Isospora, Giardia, Microsporidia, Entamoeba*
- **Mycobacteria:** MAC, TB
- **Viral:** *Cytomegalovirus*
- **Drug-associated:** eg neflfinavir
- **Idiopathic:** HIV enteropathy

Symptoms

- Small intestinal disease - large volume diarrhoea, dehydration and serum electrolyte abnormalities. Tenesmus and fecal leucocytes are absent.
- Colonic diarrhoea - less voluminous, dehydration uncommon. Tenesmus and left



lower quadrant pain are common

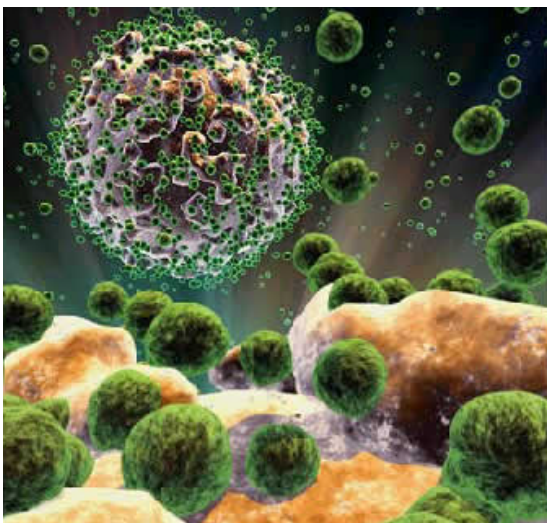
Differential diagnosis

- Elicit the frequency, volume, colour and consistency of bowel movements
- **Bacterial:** severe diarrhoea, longer duration of illness
- **Parasitic:** *Cryp.*, *Iso.*, *Giardia* and *Micro.* Infect small intestine, *Entamoeba* involves caecum, ascending colon and terminal ileum
- **Viral:** CMV most common, any part, colitis and oesophagitis more common
- **Mycobacteria:** MAC in macrophages in lamina propria of small intestine or colon, TB in caecum and terminal ileum

AIDS-ASSOCIATED DIARRHOEA - TREATMENT

- *Cryptosporidium*: ? Paromomycin 500-750 mg qid
- *Microsporidia*: Albendazole 400 mg bid
- *Isospora*: TMP-SMX DS qid for 10 days and then bid for 3 weeks
- *Giardia*: Metronidazole 250 mg tid for 5 days
- *Entamoeba*: Metronidazole 750 mg tid for 10 days
- MAC: Clarithromycin 500 mg bid + ethambutol 15-25 mg/kg/day or ciprofloxacin 750 mg bid
- GI TB: Same as pulmonary disease
- CMV: Ganciclovir

AIDS-ASSOCIATED DIARRHOEA -



PROPHYLAXIS

- *Cryptosporidium*: Avoid ingestion of contaminated food, wash hands after handling soil or pets, boil water
- *Isospora*: As above; maintenance therapy with TMP-SMX DS thrice weekly

PNEUMOCYSTIS JIROVECI PNEUMONIA

Symptoms

- Fever, non-productive cough, shortness of breath, fatigue, weight loss

Diagnosis

- Demonstration of organisms in secretions or tissue

Treatment

- TMP-SMX 2 DS tablets q 8 hours. Corticosteroids may be added in moderate to severe cases

Secondary prophylaxis

- Begin 2 weeks after short-term therapy ends
- TMP-SMX DS 1 tablet/day

Primary prophylaxis

- CD4 count < 200 cells/ml
- TMP-SMX DS 1 tablet/day
- Also effective against toxoplasmosis

CRYPTOCOCCOSIS

Symptoms

- *Meningitis*: Mild headache, intermittent fevers, progressive malaise, nausea, fatigue, loss of appetite, altered mental status, seizures, intracranial hypertension
- *Pneumonia*: Mimics PCP
- *Disseminated infection*: Cutaneous cryptococcosis is usually a sign; skin, joints, eye, adrenal glands, GI tract, liver, pancreas, peritoneum, heart, prostate, urinary tract

Diagnosis

- Testing for CRAG in serum, CSF, India ink stain on CSF. Chest X-ray for pneumonia. With neurological problems, CT scan or MRI, followed by lumbar puncture

Treatment

- Induction treatment: Amphotericin B, 0.7 mg/kg/day for 2 weeks, followed by fluconazole 200-400 mg/day for 8 weeks.
- Maintenance: High risk of recurrence. Fluconazole 200 mg/day
- Prophylaxis not routinely recommended



TOXOPLASMOSIS

Symptoms

- *Encephalitis: Most common. Clinical features similar to those associated with an intracranial lesion - severe headache, focal neurologic deficits, fever or confusion, altered consciousness, seizures*
- *Pneumonitis: Cough, shortness of breath, reticulonodular radiograph pattern*
- *Chorioretinitis: Eye pain, photophobia and visual loss. Unlike CMV retinitis, vasculitis is not present*

Diagnosis

- **Multiple space-occupying lesions throughout the brain substance that can be visualized on a MRI scan with gadolinium contrast, or CT scan with double contrast. Presumptive diagnosis in patients with CD4 counts < 200 cells/ml, anti-Toxoplasma IgG antibody in serum and consistent clinical features.**

Treatment

- **Sulfadiazine 25 mg/kg q 6 hours to a maximum of 8 g/day + pyrimethamine 200 mg during the first 24 hours, followed by 50-75 mg/day, and folinic acid 10 mg/day for 4-8 weeks**

CT scan post contrast multiple granulomas (arrows) surrounded by minimal vasogenic edema. Presence of multiple lesions with a target sign and positive toxoplasma titre suggest toxoplasmosis

Prophylaxis

- *Secondary prophylaxis: Pyrimethamine 25-75 mg/day + sulfadiazine 0.5-1 gm tid + folinic acid 10 mg/day*
- *Primary prophylaxis: For patients with CD4 counts <100 cells/ml; TMP-SMX DS 1 tablet/day or 3 tablets/week*

MYCOBACTERIUM AVIUM COMPLEX (MAC)

Symptoms

- *Most patients with AIDS and MAC have disseminated multiorgan involvement.*
- *Fever, night sweats, weight loss, wasting, fatigue, diarrhoea and abdominal pain*
- *Hepatomegaly or splenomegaly, intra-abdominal lymphadenopathy*
- *Anaemia and elevated alkaline phosphatase*

Diagnosis

- *Generally by culture, positive AFB smear considered non-specific Treatment*
- *Clarithromycin 500 mg bid + ethambutol 15 mg/day*

Prophylaxis

- *Secondary: Pts treated for disseminated MAC should receive full therapeutic doses of antimycobacterial agents for life.*
- *Primary: Patients with CD4 counts < 50 cells/ml. Clarithromycin 500 mg bid*

CYTOMEGALOVIRUS

Symptoms

- *Retinitis: Painless, "floaters", retinal lesions*
- *GI disease: Oesophagitis and colitis*
- *Neurologic disease: Polyradiculopathy and encephalitis*
- *Pneumonitis: rare complication of AIDS*

Diagnosis

- *Retinitis: Typical white opacified lesions often associated with hemorrhage*
- *GI disease: Symptoms, biopsy*
- *Neurologic disease: CT/MRI for encephalitis, CSF for polyradiculopathy*
- *Pneumonitis: X-ray*

GANCICLOVIR

Treatment for systemic disease

- *Induction dose 5 mg/kg q 12 hours for 2 to 3 weeks.*
- *Maintenance therapy 5 mg/kg/day*

CMV retinitis

- *Induction dose 5 mg/kg iv infusions over 1 hour bid for 14 days*
- *Maintenance therapy - daily 1 hour infusions*

CONCLUSION

- *HIV disease is characterized by a vast spectrum of infections and neoplasms*
- *The optimal care of the HIV-infected person involves treatment of OI's, ART as indicated, nutritional supplements, social support and counselling*
- *In India, about 90% of pts are only treated for their OI's*
- *Appropriate treatment and prophylaxis strategies can dramatically alter the natural history of HIV infection*

Compiled by Dr. Vinay Saraf



3RD I.M.A. MAHARASHTRA STATE EXECUTIVE MEETING

A) The 3rd State executives meeting was held at IMA Nagpur Branch on 22nd Nov 2008. IMA Nagpur Branch President Dr. Ballal felicitated the office barriers & all Past Presidents. Dr. Devendra Shirole president IMA – MS welcome all delegates at Nagpur. Condolence was offered to the departed souls & 2 minutes silence was observed. The President requested D. Suhas Pingle Hon. Secretary to conduct the meeting.

The minutes of the 2nd State Executive Meeting held at Pune on 31.08.2008 were read & passed. Dr. Suhas Pingle Hon. Secretary highlighted about business arising out of 2nd state executive meeting & were passed.

Professional Protection Scheme

Dr. Krishna Panale chairman the committee highlighted about scheme. He further said that the scheme is operational from 1st July 2008 & 5% shall be given to branch who enrolls more members. 5% to state the benefit will be given. Members who joints the scheme will be covered from the date, members joints scheme.

B) Medical Insurance Scheme

Dr. Ram Arankar gave detail reports about scheme. All members can joint the scheme. Maximum limit is 1.5 lacs – 3 lacs. The minimum is nearly 5000/- others who are actually insured can also joined the scheme but cover will be only 1.5 lacs. Dr. N. R. Vaidya inquired about the same & Dr. Arankar reported as above.

Annual report of IMA – MS was adopted & passed.

Audited statement of accounts for the year 2007 – 08 was adopted & passed.

Dr. Suhas Pingle gave the detail reports about budget of IMA – MS 2008 – 09 & was passed.

Dr. Shrikant Kothari gave detail reports of social security scheme.

Total environment as on 20.11.07 - 4530

Total environment as on 31.10.08 - 4950

New environment in the year 420 + 4 renewals = 424

No death of 2 deletions in it = 25 therefore actual rise is 399

He thanked Dr. Suhas Pingle for all this help. He also thanked all staff members of MS office.

C) Reports of all V.P & President were passed.

Sub committees

1) Report of IMA AMS & CGP Dr. Gulwade gave reports about his activities. there is plan to open new CGP centre for Yawatmal. Akola, Amravati & Gadchiroli. There is also plan to conduct F.C.G.P exam at Chandrapur. This time exam will be in May 2009, fee is for non members – 6000/- & for members- 4100/-

Entrance fee for enrollment of new members is 1000 + 1000 (Journal subscription)

2) Dr. Hardikar gave detail reports about his activities.

3) Dr. Sandeep Bharswadekar gave detail report about RNTPC.

4) Dr. Subhash Shah was elected on CGP board

5) IMA – MS Award

IMA Mumbai West Branch was awarded Best branch in MS

Dr. Jayesh Lele was awarded President Appreciation Award.

As there was no other matter meeting was adjourned by President by half an hour so that state council meeting could be held immediately.

48TH STATE COUNCIL MEETINGS

President Dr. Shirole called the meeting to order. Since no member of election commission was present Dr. Shirole appointed Dr. Arun Pawade (President elect) as chairman Dr. Pramod Umarjee V.P. & Dr. Anil Talati chairman of social security scheme & to declare the election process & inform the house about the timing of nomination, withdrawal, scrutiny & time of election.

After condolence the meeting were call to order.

Minutes of the I.M.A. Maharashtra State Council Meeting held at Nagpur was passed.

Business arising out of minutes were passed.

Dr. Shirole, President declared the result of the election IMA-Ms 2008-09.

Dr. Arun Pawde - President

Dr. Anil Pachnekar – Sr. Vice President

Dr. Prathibha Thoravadae – Vice President

Dr. Pramod Umerjee – Vice President

This time there was no elections as there were lots of withdrawals. All candidate were declared elected unopposed,



Regular Member
 Dr. Bakulesh Mehta
 Dr. Niranjana Vaidya
 Dr. Akil Contractor
 Alternate Member
 Dr. Alka Mehta
 Dr. Jayesh Lele
 Dr. K. C. Gupta
 Were declared elected unopposed for Central Working Committee
 Dr. Akil Contractor IMA CGP Director
 Dr. Jayesh Lele Jt. Secretary IMA MS
 Dr. Subhash Shah State Council CGP Board
 Dr. K. C. Gupta State Executive Member for CGP Board

Venue for Next IMA – Ms conference will held at IMA Mumbai West Branch Mumbai on 20th, 21st, 22nd November 2009

President Dr. Shirole inform the house about court case at Aurangabad. The court has given the verdict to go ahead with business meeting at Nagpur. The stay were vacated. In the afternoon President receive another information that the stay has been vacated ever by session court & High

court. The house applauded the news.

1st Ordinary Meeting of State Council 2008 – 2009.

The 1st Ordinary State Council Meeting 2008 – 2009 of IMA – MS was held at IMA Nagpur Branch.

The President Dr. Arun Pawade called the meeting to order & DR. Suhas Pingle was requested to conduct the meeting.

The minutes was read & after some correction was adopted & passed.

The powers of State Council was delegated to State executives of 2008 – 2009.

IMACON INDORE

Dr. Ashok Adhav will be installed at INDORE. All Central Council members are requested to attend in large nos. since Dr. Adhav in our IMA – MS member. Maharashtra after 17 years in getting Presidentship.

As there was no other matter. The meeting ended with Vote of thanks.

By Reported - Dr. N. R. Vaidya

ANNOUNCEMENT

These classes are for Children / grand children of our members Studying in Std. Vth to IXth

MEMORY - DEVELOPMENT CLASS OF MR. MINOO JOKHI

The following are the contents of the course:

1. Introduction to memory development.
2. Laws and keys to a perfect memory.
3. Link system.
4. Effective reading skills.
5. Yoga and meditation techniques for a perfect memory.
6. Calculation tricks to count faster.
7. 18 steps to a permanent memory.
8. Concentration techniques to face absent mindedness.
9. Fast reading skills for an excellent memory.

The course will be conducted on 4 following **days** at our branch.

- 1) **Friday, 26th December 2008**
 - 2) **Saturday, 27th December 2008**
 - 3) **Monday, 29th December 2008**
 - 4) **Tuesday, 30th December 2008**
- from 01.00 pm to 04.00 pm.

Fees for Entire Course – Rs. 500/-. Kindly register with office with full payment.

(Please note this course is being conducted by him for Rs.2000/- for other children near VT)

For further details contact: our **IMA office**.



????????????????????



ADVT. TARIFF OF "MEDICAL IMAGE" FOR IMA Mumbai West MEMBERS	Page	Colour	B/W
	Back Cover Page on Art Paper	10,000/-	-
	2 nd Cover Page on Art Paper	8,000/-	-
	3 rd Cover Page on Art Paper	7,500/-	-
	Ordinary Full Page	6,000/-	3,500/-
	Ordinary Half Page	3,000/-	2,000/-
	Ordinary Quarter Page	2,000/-	1,200/-
	Gate Fold	18,000/-	-
Centre Double Spread	16,000/-	12,000/-	

CLASSIFIED ADVERTISEMENTS

Tariff for classified advertisements


Members are welcome to send personal announcements in the above column.

Charges for the same will be as under:

For Members: Minimum charges Rs.300/- up to 25 words. Every additional word at Rs.8/- per word. Maximum 45 words only.

1. Life members are entitled to 20% concession for BLOCK advertisements in ordinary pages.
2. The tariff for 6 monthly and annual insertions will be applicable provided the matter is not changed and full payment is made in advance.
3. The material for printing should be sent to our office on or before 15th of the previous month.
4. The cheque should be drawn in favour of "I.M.A. - Mumbai West Branch".

FOR PRIVATE CIRCULATION ONLY

<p>••• FACILITIES AVAILABLE IN OUR PREMISES •••</p>	1) Ground floor hall	Sitting Capacity 300	 <p>For details contact our office.</p>
	2) Lupin Auditorium	Sitting Capacity 150	
	3) Lawn	Sitting Capacity 200	
	4) 2 nd Floor Hall	Sitting Capacity 200	
	5) 4 Self Contained Air Conditioned Double Bed Rooms		
	6) Terrace	Sitting Capacity 200	

Dr. Anil Suchak, President

Dr. Jayesh Lele, Hon. Secretary