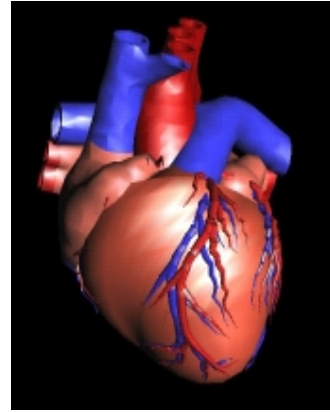




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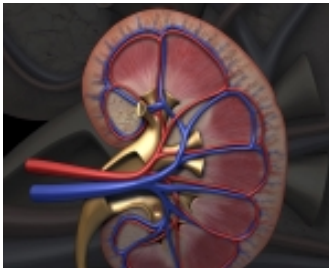
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**Weekly Scientific Programme
& G.P. Forum pg. 04**



Role of Family Physician in Prevention and Management of CKD

Pg. No. 21



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 Email : campaignmasters@rediffmail.com
 medicalimage_cms@yahoo.co.in



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.

Your
stamp
size
Photograph

Send sms to 9821220519 or email to : drjayeshlele@yahoo.com

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

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			Residence	Mobile
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	Dr. Umarjee Saeed	2889 1523	2636 6284	



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

**Be Good – Do Good
Be Kind – Be Compassionate
Serve – Love – Give – Purify – Meditate – Realise.**
- Swami Sivananda

Dear Friends,

I have completed three months in office. On 1st June, a special event for families and children was a great success. Minoo Jokhi, the Mathematician gave a good performance and the members and their families were very happy and satisfied in learning new techniques about calculations and how to remember and memorize them. The members have requested us to arrange more lectures on different topics.

In June, on World – No Tobacco Day, Dr Sanjiv Mehta delivered an excellent presentation with the statistics of the scenario in the world. It is very scary to see the effects of tobacco on health. The series of ENT lectures (on Tuesdays) and lectures on Cardiology by the Consultants of Asian Heart institute have started and are well attended by members in good number.

Zuventus Antakshari - a unique cultural musical program, which became a great hit, was spell binding. Members were very happy and family participation was unprecedented. This program had 11 unique rounds; and the 16 teams, which participated enjoyed thoroughly. I congratulate Dr Ajay Hariani, for his hard work and his skill of weaving innovative ideas into the antakshari. I appreciate the efforts Dr Hitesh Parikh, Dr Sanjiv Maniar and Dr Ketan Mehta for this greatly enjoyable event. I was very happy to see members and their families in large numbers.

IMA, PLASTICON – a mini conference, first time in IMA was very much liked and appreciated by the delegates. Eight lectures were delivered by seven famous eminent plastic surgeons on Sunday, 22nd June 2008. This was again organized and coordinated by our active star member, Dr Ajay Hariani, plastic surgeon. He coordinated the program very well. It was very interesting and new techniques and methods in plastic surgery were presented excellently. I thank all the speakers for their valuable time in sharing their knowledge with us.

On Sunday, 29th June 2008, we have invited the famous advocate Indira Jaisingh to speak on Domestic Violence Against Women.

We are going to celebrate Doctor's day on 6th July Sunday, where we are planning to have the "Update 2008" series by excellent speakers in different fields of medicine. The speakers are Professor emeritus Dr Farokh Udawadia, Dr R D Kharkar, Dr Mukesh Desai and Dr Mangesh Tiwaskar. We are also honouring different dignitaries for their great achievements. This will be followed by a musical evening. We want members to come in large numbers.

On 13th July, a program for parents of western suburbs is

We are going to celebrate Doctor's day on 6th July Sunday, where we are planning to have the "Update 2008" series by excellent speakers in different fields of medicine.



specially organized. It is the need of the hour to have such programs for parents. The theme is "Recipe to Happy Parenting". Dr Samir Dalwai, eminent Pediatrician, has been working very hard and has organized the lectures by speakers like Dr. Anuradha Sovani, Psychologist & Prof. Clinical Psychology, Mumbai University and Dr. Manoj Bhatavdekar, eminent Psychiatrist, followed by panel discussion with Ms. Priya Dutt, Honorable Member of Parliament & Child rights activist, Mrs. J. Vaz, eminent educationist & Principal, Jamnabai Narsee School, Dr. Manoj Bhatavdekar and Dr. Anuradha Sovani.

On 19th July, Saturday 2.30 pm, as promised by us, we are organizing a lecture from the Geriatric Cell, for Senior Citizens "GOLDEN YEARS" by Prof Dr Ramamoorthy followed by Question / Answers session in Cardiology and diabetes. I appreciate the efforts put in by Dr Bakulesh Mehta and Dr Kusum Doshi.

The most awaited pediatric mini conference "Back to School" will be held on 20th July, Sunday. It will cover an entire spectrum of pediatrics in family practice which you see in day to day practice. It is an interactive, question – answers sessions. This new concept will make it more interesting and interactive. The topics will range from the febrile child, vomiting & diarrhea, nutritional replenishment, developmental, behavioral and scholastic problems, cough and respiratory diseases. The speakers are of great repute and you will not find so many great stars in any national pediatric conference. The coordinator of this mini conference is none other than Dr Samir Dalwai. I like his sincerity, dedication and his approach of new ideas, presenting things in a very interesting way.

The CME lectures are in full swing. The topic of Infectious diseases is very important in monsoon. We have organized Tuesday CME lecture series - important for practicing doctors : Leptospirosis by Dr Mangesh Tiwaskar, Hepatitis update by Dr Khurseed Vazifdar, Mosquito borne diseases by Dr Ketan Mehta and acute diarrhea by Dr Sanjeev Khanna. The Thursday Lecture series will have speakers from The Asian Heart Institute.

Jai Hind
Long Live IMA.

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
03.07.2008	Management of Stable Angina	Dr. Sunil Karande
10.07.2008	Valvular Heart Disease	Dr. Nilesh Gautam
17.07.2008	Acute Coronary Syndromes	Dr. Debabrata Dash
24.07.2008	Post MI Rehabilitation and Prevention of CV Events	Dr. Aashish Contractor
31.07.2008	Heart Failure	Dr. Santoshkumar Dora
07.08.2008	PTCA v/s CABG	Dr. Pradyoth Rath
14.08.2008	Cost – Effectiveness in Family Practice	Dr. Subodh Kedia

- **WORKING LUNCH WILL BE SERVED FOR 01.30 PM TO 02.30 PM BEFORE EACH CME**
 - **CGP & IMA Members who have paid Annual Fees : (CGP:Rs.750/- & IMA:Rs.1000/-) Free**
 - **CGP & IMA Members : Rs. 50/- (Not Paid Annual Fees)**
- 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
01.07.2008	Sinusitis	Dr. Uday Vora
08.07.2008	Leptospirosis	Dr. Mangesh Tiwaskar
15.07.2008	Hepatitis Update	Dr. Khurshed Vazifedar
22.07.2008	Mosquito Borne Diseases	Dr. Ketan Mehta
29.07.2008	Acute Diarrhoea	Dr. Sanjeev Khanna
05.08.2008	Respiratory Infections	Dr. Salil Bendre
12.08.2008	Current Trends In Management of Typhoid	Dr. Mangesh Tiwaskar

- **WORKING LUNCH WILL BE SERVED FOR 01.30 PM TO 02.30 PM**
 - **CGP & IMA Members who have paid Annual Fees : (CGP:Rs.750/- & IMA:Rs.1000/-) Free**
 - **CGP & IMA Members : Rs. 50/- (Not Paid Annual Fees)**
- 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
Once again we have very eventful July month this year.

We shall be observing '**DOCTOR'S DAY**' on **6th July, Sunday at 7.00 pm onwards**. Scientific programme '**UPDATE 2008**' will be held from 3.00 pm onwards. The star attraction is, Padmabhushan Prof Dr F E Udwadia shall be delivering a lecture on Sunday evening. Last year Dr Udwadia and Dr K C Mohanty could not attend due to heavy rains, we requested them to be our esteemed guest this year.

We have thought of some community oriented programmes this year and **Dr Samir Dalwai** young Paediatrician has planned a seminar on '**Recipe for happy parenting**' on 13th July. This will be held in our building premises. There is very good response from various schools.

Dr Bakulesh Mehta and Dr Kusum Doshi have organized 1st programme of **Geriatric cell** on 19th July at 2.30 pm. We have contacted many senior citizen clubs and the response is very encouraging. This seminar shall be followed by series of such lectures.

PAEDICON is another unique seminar arranged by Dr Samir Dalwai where we have panel discussion on very useful topics for general practitioners. Many leading Pediatricians will come for this event. It will be a real feast of knowledge.

We had arranged on 1st Jun, programme by mathematician Mr Minoo Jokhi, this was 2nd lecture by him. All children and parents were thrilled to observe his skills in calculation. We have arranged a series of lectures by him starting from **13th July, 20th July, 3rd August, and 10th August**. It is especially for children from 5th standard to 10th standard. Please send your children to attend this series, we sure they will be benefited lot. Please book as early as we have very limited seats.

Last month **Dr Ajay Hariani** leading Plastic Surgeon mesmerized the delegates at the **ZUVENTUS ANTAKSHARI**, as well as at **PLASTICON**. He was the best for both the events. We are also thankful to Zuventus Pharma. Mr. P K Guha and Mr. Kamal Kapoor were very helpful for sponsoring this **ANTAKSHARI** event first time held in our branch.



PAEDICON is another unique seminar arranged by Dr Samir Dalwai where we have panel discussion on very useful topics for general practitioners. Many leading Pediatricians will come for this event. It will be a real feast of knowledge.

Dr Ketan Mehta took lot of efforts to help us arrange the event. Dr Ajay Hariani was very professional and with skills at computers all enjoyed the event for almost 3 hours. We are very happy that many participated actively. Children as well as trustee & past presidents were happy to attend this event.

IMA Maharashtra State has launched a new scheme for all the members called **Professional Protection Scheme**. This is an Indemnity scheme especially for us; it will be operated by IMA members and will have many added features than other such prevalent schemes. Similar scheme is in operation in Kerala and Gujarat state IMA for last 10 years. Please join early as lot of benefits will be seen in near future.

We are publishing our area Mumbai Police contact nos as well as the various officials. The list is very up to date and Dr Sanjeev Maniar has taken lot of efforts to compile it. This will be at handy during any emergency.

Many new eligible doctors are joining but we need to do something more, so I request all to contact at least 1 eligible doctor in your area and tell us his contact details. We will send membership form to him. Our membership strength will give us the solidarity.

HAPPY DOCTOR'S DAY

Dr Jayesh Lele
Cell : 981 981 2996
drjayeshlele@yahoo.com



UNDER CERTIFICATE OF POSTING Additional General Body Meeting

20.06.2008

NOTICE

An Additional General Body Meeting of the Members of Indian Medical Association - Mumbai West shall be held on Sunday, 10th August 2008, at 09.00 a.m. at IMA Building, Behind Chandan Cinema, J. R. Mhatre Marg, JVPD Scheme, Juhu, Mumbai 400 049 to transact the following business.

AGENDA

- 1) To appoint Chief Election Officer and Election Committee.
- 2) To conduct the election for one post of President and three posts of Vice Presidents for the Maharashtra State Branch of I.M.A. for the next Association year i.e., 2008 - 2009.
- 3) To adopt the audited statement of account and the balance sheet of the branch for the previous year ending 31st March.
- 4) To appoint statutory auditors for the current year starting from 1st April 2008 to 31st March 2009 and to fix the remuneration of the auditor.

Dr. Jayesh Lele
Hon. Secretary

N.B.

- a) The meeting, if adjourned for the lack of quorum, will be held at the same place after half an hour in which case, members present will form the quorum.
- b) Documents pertaining to ACCOUNTS will be available for inspection from 07th August 2008 to 09th August 2008 between 3.00 p.m. and 5.00 p.m. and any queries regarding the same can be sent in writing to the office up to 5.00 p.m. on or before 09th August 2008.
- c) The Ballot Box will be kept open from 09.00 a.m. to 03.00 p.m.

Report

MEMBER'S WELFARE & WOMEN'S WING SUB - COMMITTEES

Dear Members / Friends,

We had an excellent programme organized jointly by Members Welfare & Women's Wing Sub Committees of our branch on "**METHODS TO ENHANCE MEMORY POWER AND CALCULATION SKILLS**" by leading numerologist and number wizard - Mr. Minoo Jokhi held on Sunday, 1st June 2008 at 11.00 am at our branch. Mr. Minoo Jokhi gave practical tips on Mathematical Calculations. He gave interesting demonstrations of various methods to enhance memory power and sharpen skills.

The programme was well attended by more than 150 members and their children. Children

participated actively in programme and enjoyed the most. We special thanks to our president Dr. Anil Suchak & Hon. Secretary Dr. Jayesh Lele who helped us in organizing this programme. We thank all managing committee members for their active participation.

We thank all the members for making this programme a grand success. Your suggestions for future programme all welcome.

Many parents suggested having complete programme by Mr Minoo Jokhi for the benefit of children. He has been conducting classes near VT for **Rs.2000/- for this course.**

Dr. Alka Mehta
Chairperson
Member's Welfare Sub Committee

Dr. Heena Patel
Chairperson
Women's Wing Sub Committee



Indian Medical Association - Mumbai West Branch
Invites you to share a

“RECIPE TO HAPPY PARENTING”

Day & Date : SUNDAY, 13TH JULY 2008 • Time : 09.00 a.m. to 01.30 p.m.
Venue : IMA Hall, I.M.A. Building, Behind Chandan Cinema, J. R. Mhatre Marg, J.V.P.D. Scheme, Juhu, Mumbai - 49.

PROGRAMME

Time	Topic	Speaker	Chairperson
09.00 am – 09.30 am	Registration & Breakfast		
09.30 am – 10.00 am	Welcome Address Inaugural Address	Hon. Secretary - Dr. Jayesh Lele President - Dr. Anil Suchak	
10.00 am – 10.45 am	Media Maladies	Dr. Samir H. Dalwai Eminent Pediatrician & Director, New Horizons Child Development Centre.	Mrs. Abha Dharampal Eminent Educationist & Principal, Utpal Sanghvi School
10.45 am – 11.30 am	Family Communication : Speed Breakers and Potholes	Dr. Anuradha Sovani Psychologist & Prof. Clinical Psychology, Mumbai University.	Mrs. Veena Sethi Eminent Educationist & Principal, Marble Arch School
11.30 am – 11.45 am	Informal Discussion over Tea		
11.45 am – 12.30 pm	How Normal is Normal...?	Dr. Manoj Bhatavdekar Eminent Psychiatrist	Mrs. Asha Bhandari Eminent Educationist & Principal, M. L. Jasudben Mehta High School
12.30 pm – 01.15 pm	Panel Discussion : “If we were Perfect Parents”	Panelists :- • Ms. Priya Dutt , Hon’ Member of Parliament & Child Rights Activist • Mrs. J. Vaz , Eminent Educationist & Principal, Jannabai Narsee School	Dr. Samir Dalwai
		• Dr. Manoj Bhatavdekar • Dr. Anuradha Sovani	
01.15 pm – 01.30 pm	Vote of Thanks	Dr. Jayesh Lele	
01.30 p.m. onwards	Lunch		

Couple participation is strongly recommended.

Children will be strictly not allowed

Registration Charges (All Inclusive) :- Rs.100 /- Per Person

**Passes available at IMA Office, J. R. Mhatre Marg, Behind Chandan Cinema,
J.V.P.D. Scheme, Juhu, Mumbai-400 049.**

Tel. Nos.: 2620 6517 / 2625 4368 / 6523 5579 / 3267 6243.

DR. ANIL SUCHAK
President

DR. JAYESH LELE
Hon. Secretary

DR. SAMIR DALWAI
Co-ordinator



**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”

Day & Date : SATURDAY, 19TH JULY 2008

Time : 02.30 a.m. to 04.30 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	Welcome - Hon. Secretary - Dr. Jayesh Lele		
	Inaugural Address - President - Dr. Anil Suchak		
02.30 pm - 03.15 pm	Overcoming Challenges of Ageing	Dr. K. Ramamoorthy	
03.15 pm - 03.30 pm	Interesting Presentation of Medical Records		
03.30 pm - 04.15 pm	Questions & Answers Session Common Problems of Senior Citizens in Relation to the Heart & Diabetes	Dr. Vivek Mehan, Dr. Brian Pinto & Dr. Rajiv Kovil, Dr. Manoj Chawla	Moderators Dr. Kusum Doshi & Dr. Akil Contractor
04.15 pm - 04.30 pm	Vote of Thanks	Dr. Bakulesh S. Mehta	
04.30 pm onwards	High Tea		

• REGISTRATION FEES: FREE BUT PRIOR REGISTRATION IS MUST

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

DR. ANIL SUCHAK
President

DR. JAYESH LELE
Hon. Secretary

DR. BAKULESH S. MEHTA
Convenor

DR. KUSUM DOSHI
Convenor

DR. AKIL CONTRACTOR
Chairman
Public Health & Welfare Sub
Committee

Geriatric Cell



INDIAN MEDICAL ASSOCIATION MUMBAI WEST BRANCH

invites you to a galaxy of star teachers in Pediatrics
in an innovative learning - friendly environment

BACK TO SCHOOL: Pediatrics - Basics and More

20th July 2008 ; 9.00 am to 1.00 pm

- A unique pediatric conference,
- Panel discussion based interactive format (AWESOME style, a Dr Amdekar invention)
- Specific Issues (Basics, Diagnostics... and the "Googly")
- Key TAKE-HOME messages • Limited Participants

Time	Topic	Speakers	Moderators
9.00 - 9.30	Registration & Breakfast		
9.30	Welcome Address - Hon. Secretary, Dr Jayesh Lele Inaugural Address - President, Dr Anil Suchak Lighting the Lamp - Chief Guest, Dr. K.S. Aithal		
9.30 to 10.15	THE FEBRILE CHILD: "How to stay "cool", while the Mercury rises"	1. Dr Y K Amdekar 2. Dr Raju Khubchandani 3. Dr Deepak Ugra	Dr Anand Shandilya Dr S.K.Joshi
10.15 to 11.00	VOMITING & DIARRHOEA: "While the situation is 'fluid'.."	1. Dr Deepak Ugra 2. Dr Anand Shandilya 3. Dr Ajit Gajendragadkar	Dr Shailesh Gupta, Dr Akil Contractor
11.00 to 11.15	Nutritional Replenishment	i. Tea ii. Coffee iii. Biscuits	Un moderated
11.15 to 12.00	DEVELOPMENTAL, BEHAVIORAL AND SCHOLASTIC PROBLEMS: "Kahani Ghar Ghar Ki"	1. Dr Bhupendra Avasthi 2. Dr Anaita Udawadia-Hegde 3. Dr Samir Dalwai	Dr Sailesh Gupta, Dr Ashok Balsekar
12.00 to 12.45	COUGH AND RESPIRATORY DISTRESS : "Clinical circumstances that make you say.. 'You take my breath away!'"	1. Dr YK Amdekar 2. Dr Raju Khubchandani 3. Dr Indu Khosla	Dr Ajit Gajendragadkar Dr Subhash Gajria
12.45 to 1.00	Lucky Draws And Vote Of Thanks	Dr Jayesh Lele	
1.00 pm	Lunch		

CO-ORDINATOR : DR. SAMIR DALWAI

REGISTRATION FEES : • CGP & IMA Members who have paid ANNUAL Fees = FREE

• CGP & IMA Members : Rs. 100/- • Eligible Non – Members : Rs. 200/- • EarlyBird & Lucky Draws for members who report till 9.00 am • Programme will start and end in time

DR. ANIL SUCHAK

President

DR. JAYESH LELE

Hon. Secretary

DR. SUBODH KEDIA

Asstt. Director of Studies

DR. PRITI BHARGAVA

Asst. Secretary

IMA - Mumbai West CGP Sub Faculty



SPECIAL PROGRAMME FOR CHILDREN

We wish to conduct following instresting course for children studying in Std. Vth to Xth under guidance of leading numerologist Mr. Minoo Jokhi at our branch.

MEMORY – DEVELOPMENT CLASS OF 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 **Sundays** at our branch from 10.00 am to 01.00 pm.

- 1) 13th July 2008**
- 2) 20th July 2008**
- 3) 03rd August 2008 &**
- 4) 10th August 2008.**

We will give Breakfast and lunch to all children

Fees for entire course – **Rs. 500/-**. Kindly register with office with full payment.

LIMITED SEATS 30

(Please note this course is being conducted by him fro **RS 2000/-** for other children near VT)

For further details contact : our IMA office or the following.

LEARN ONCE AND REMEMBER FOREVER

Mobile : 9821407519 • Resi.: 22182246 • E-mail: minoojokhi@rediffmail.com



**INDIAN MEDICAL ASSOCIATION - MUMBAI WEST
IMA - CGP MUMBAI WEST SUB FACULTY &
ASSOCIATION OF FELLOW GYNAECOLOGISTS**
Proudly Present

GYNAECON - 2008

On Day & Date : Sunday, 03rd August 2008. : 08.30 a.m. to 04.00 p.m.

Venue : IMA Hall, I.M.A. Building, J. R. Mhatre Marg, J.V.P.D. Scheme, Behind Chandan Cinema, Juhu, Mumbai - 400049.

TENTATIVE PROGRAMME

Time	Topic	Speaker	Chairpersons
08.30 am - 09.00 am	Registration & Breakfast		
09.00 am - 09.30 am	Stem Cells	Dr. Tushar Shah	
09.30 am - 10.15 am	Enhancing Success in IVF	Dr. Firuza Parikh	
10.15 am - 11.15 am	• Inauguration • Life Time Achievement Award • Key Note Address :	Dr. Anil Suchak Dr. S. N. Daftary Dr. S.N. Daftary	MOC Dr. B. M. Inamdar
11.15 am - 11.45 am	Urinary Incontinence	Dr. Dhanpal	
11.45 am - 12.45 pm	RECURRENT PREGNANCY LOSSES - Panel Discussion	Dr. P. G. Natarajan (Perinatologist) Dr. Vanita Raut (Gynaecologist) Dr. Prany Shah (Gynaec. Endosurgeon) Dr. Rakesh Pandia (Gynaecologist)	MODERATOR Dr. Sudhir Naik Dr. Mukesh Gupta
12.45 pm - 01.15 pm	Dermatology & Cosmetology in Women	Dr. Falguni Shah	
01.15 pm - 02.00 pm	Lunch		
02.00 pm - 04.00	Interaction with experts on round table...		
	1. D U B 2. Basic Antenatal care & Nutrition in Pregnancy	Dr. R. M. Saraogi Dr. Kaizad Damania	
	3. Vaginal Discharge	Dr. Mohan Gadam	
04.00 pm	Vote of Thanks	Dr. Balkrishna M. Inamdar	

Registration Charges :

- CGP and IMA Members who have paid ANNUAL Fees = Free. (Only if Registered in Advance)
- CGP & IMA Members : Rs.50/-
- Eligible Non Members : Rs.100/-

- **100 "Early Bird Prizes" for those who register by 08.30 am on Sunday, 03rd August 2008.**

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

DR. ANIL SUCHAK
President

DR. JAYESH LELE
Hon. Secretary

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President Hon. Secretary

ASSOCIATION OF FELLOW GYNAECOLOGISTS



PROFESSIONAL PROTECTION SCHEME - IMA MS

Admission Fees (One time payment while joining or rejoining the Scheme, not refundable)

S. No.	Scheme	Amount
(A1)		
a	General Practitioner	500.00
b	Consultants except Anesthetists/Surgeons/ Gynecologists/ Gynecologists/Obstetricians & Consultants having invasive Investigational facilities/procedures.	1000.00
c	Consultants (Anesthetists/Surgeons/Obstetricians/Pediatricians having invasive practice. Psychiatrists having invasive practice Radiologist having invasive investigational procedures/facilities/and all other consultants having invasive practice.)	2000.00
(A2)		
	Add for nursing home facilities: as under	
	(a) One to ten beds	500.00
	(b) <u>Eleven</u> to thirty beds	1000.00
	(c) <u>Thirty one</u> to fifty beds	1500.00
	(d) <u>Fifty one to hundred beds</u>	2500.00
	(e) <u>More than hundred beds</u>	5000.00
(A3)		
a	ADD for attachment to Hospitals/Nursing Homes/Clinics	500.00

(AN) ANNUAL MEMBERSHIP FEES (Payable every year in advance not refundable)

A	B
Coverage	Coverage
5 Lacs per case	10 lacs per case
10 Lacs Aggregate	20 lacs Aggregate
in multiple cases	in multiple cases
in any one year	in any one year

(Subject to 50% of corpus amount on the date of fixing of payment whichever is less)

(AN1)

- | | | |
|---|------------|------------|
| 1. General Practitioner | Rs.500.00 | Rs.1000.00 |
| 2. Consultants except Anesthetists, Surgeons, Gynecologists, Obstetricians | Rs.1000.00 | Rs.2000.00 |
| Consultants having invasive investigational facilities/procedures. | | |
| 1. Consultants (Anesthetists /Surgeons/ Gynecologists/ Obstetricians/Pediatricians having invasive practice. Psychiatrists having invasive practice Radiologist having invasive investigational Procedures/facilities/and all other consultants having invasive practice.) Except Cosmetic Surgery. | Rs. 1500 | Rs. 2500 |

(AN2) ADD for nursing home facilities:

1. One to Ten beds	Rs.500.00	Rs.1000.00
2. <u>Eleven</u> to thirty beds	Rs.1000.00	Rs.2000.00
3. <u>Thirty one</u> & fifty beds	Rs.2000.00	Rs.3000.00
4. <u>Fifty one to hundred beds</u>	Rs. 5000.00	Rs. 7000.00
5. <u>More the hundred beds</u>	Rs. 7500.00	Rs. 10000.00

(AN3)

- | | | |
|--------------------------|-----------|-----------|
| 1. ADD for attachment to | Rs.250.00 | Rs.500.00 |
|--------------------------|-----------|-----------|

The Scheme shall:

- Provide legal defence in civil/criminal case before the Medical Councils, consumer grievances redressed Forums and Courts.
- Provide reasonable expense for bail procedure in case of arrest arising out of professional criminal negligence.
- Pay fine arising out of professional negligence, within limits prescribed. (Maximum 5 to 10 lacs per case or maximum 10 lacs to 20 lacs aggregate depending upon his payments of annual membership fee.) or 50% of the corpus accumulated till the day of fixing of payment.
- Pay compromised settlement or compensation amount arising out of civil or consumer protection act proceedings within limits prescribed. (Maximum 5 to 10 lacs per case or maximum 10, lacs to 20 lack aggregate depending upon his payments of annual membership fee or 50% of the corpus accumulated till the day of fixing of payment.
- Supply the member's guidelines for action & specimen literature for maintenance of records. The Scheme shall also supply a Hand Book dealing with action to avoid and if so happens to deal with Medico-legal situation, from time to time.
- Provide list of address and telephone numbers of the office bearers & panel Lawyers selected by the Scheme.



IMA MAHARASHTRA STATE PROFESSIONAL PROTECTION SCHEME

IMA Maharashtra State branch is proud to announce the launching of this unique scheme for the members. This is another scheme like Social Security Scheme which will be entirely looked after by the members for the members. There are many types of indemnity scheme for the doctors, but this being organized by our own members all the members will be benefited. These scheme will office at **IMA Nagpur**

Similar scheme is being operational in IMA Kerala and IMA Gujarat states, from 1994. These schemes are so popular that every member is enrolled, and after the successful years all the members who have continuously with the scheme have now advantage of getting the cover free.

The details of the scheme are available on the websites **imamumbaiwest.com** and **imamaharashtrastate.org** so please visit the web site.

The scheme shall be operational in Maharashtra from **1st July 2008**, so please contact for further details to our office.

ZUVENTUS ANTAKSHARI

This year on cultural front we started with a big bang. The **ZUVENTUS ANTAKSHARI** organized by Dr Ajay Hariani was with truly professional skills, and all who were present were hypnotized. He being a plastic surgeon has great hands to patients but many were not aware of his knowledge about these additional skills on computer.

The programme of about 3 hours duration was entirely planned by Dr Hariani. After the preliminary rounds from 16 teams, 4 teams took the final, which lasted for about 2 hours. We also had special round for children as well as seniors. During the seniors' round Past Presidents and Trust board members took part.

We are very thankful to **MR P K Guha** Dy Managing Director, and **Mr. Kamal Kapoor**, General Manger and M/s ZUVENTUS sponsoring the event. Dr. Ketan Mehta was very helpful to co-ordinate the event. Dr. Sanjeev Maniyar with sharp observation judged the early responders

Winners Dr Subodh Nadkarni and his daughter Sarika Nadkarni

Runners up : Dr Ravi Shah and Dr Rutuja Mehta

Dr Anil Suchak
President

Dr Jayesh Lele
Hon Secretary

Dr Hitesh Parikh
Chairman Cultural Com.

FORTH COMING EVENTS

03rd August 2008 – Gynaecon
10th August 2008 - Thyrocon
28th September 2008 - World Heart Day
12th October 2008 - Garba Night
11th January 2009 – Annual Conference

IMPORTANT ANNOUNCEMENT

REFUND OF CRICKET / TABLE TENNIS & BADMINTON DEPOSIT

Dear members please collect your deposits by producing the original receipt / documentary evidence on or before 31.08.2008.



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Dr. Kumar J. Doctor the Medical Director of Doctor eye Institute specializes in removal of spectacle power by Excimer laser with LASIK surgery and Cataract Removal by Phacoemulsification with foldable and Multifocal I.O.L Implantation. He has received several awards including **Best Academic Private Practitioner Award** in the silver jubilee conference of MOS (Maharashtra Ophthalmic Society) and **Merit Video Presentation Award** at THE 21ST CONGRESS OF APAO-2006 at Singapore.



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DOCTOR'S DAY

Every year our branch celebrates Doctor's Day in memory of renowned Dr. B. C. Roy by felicitating great achievers from different walks of society. This year we will be felicitating following celebrities :-

- **PADMBHUSHAN PROF. DR. FAROKH UDWADIA** - Prof. Emeritus & Chest Physician, Breach Candy Hospital.
- **DR. K. C. MOHANTY** - Prof. & H.O.D. Dept. of Chest Medicine, Somaiya Hospital.
- **DR. JIMULIA** - Trustee IMA Mumbai West
- **DR. K. C. MEHTA** - Senior Physician & Cardiologist.
- **DR. C. K. VORA** - Senior General Practitioners,
- **DR. JAYDEEP GOGTEY** - Chief Medical Advisor, M/s. Cipla Ltd.
- **MS. RAVINA TANDON THADDANI** - Celebrity Actress & Social Worker.

DAY & DATE: SUNDAY, 6TH JULY 2008.

TIME : 7.00 P.M. ONWARDS

VENUE : IMA BUILDING, J. R. MHATRE MARG, JVPD SCHEME, JUHU, MUM - 49.

**GRAND CULTURAL EVENING OF MELODIES SONGS OLD & NEW
BY MR BHUTTA & HIS ORCHESTRA**

ON THE OCCASION OF

DOCTOR'S DAY CELEBRATION

FROM SHARP 7.00 P.M. ONWARDS

Prior Registration is Must • Registration Fees : Per Members / Spouse : Rs.50/-
Non Members / Guest : Rs.100/-

- KINDLY NOTE:**
1. Both Update 2008 & Doctor's Day Programme will start on time.
 2. Limited seats on First Come First Served Basis.
 3. Registration - Till 03rd July 2008.
 4. No spot registration.
 5. **FREE** for Delegates who register for **Update 2008.**

Programme will be followed by Dinner

Dr Anil Suchak
President

Dr Jayesh Lele
Hon Secretary

Dr Hitesh Parikh
Chairman Cultural Sub-
Committee



**INDIAN MEDICAL ASSOCIATION - MUMBAI WEST
IMA - CGP MUMBAI WEST SUB FACULTY**

Presents

“UPDATE 2008”

Day & Date : SUNDAY, 6TH JULY 2008. • Time : 02.30 p.m. to 06.30 p.m.

**Venue : IMA Hall, IMA Building, J. R. Mhatre Marg, JVPD Scheme,
Behind Chandan Cinema, Juhu, Mumbai - 400049.**

PROGRAMME

Time	Topic	Speaker	Chairperson
02.30 pm – 02.45 pm	Registration & Tea / Biscuits		
02.45 pm	Welcome Address Inaugural Address	Hon. Secretary - Dr. Jayesh Lele President - Dr. Anil Suchak	Lighting The Lamp
03.00 pm – 03.45 pm	What's new in Dermatology	Dr. R. D. Kharkar	Dr. Sanjeev Maniar
03.45 pm – 04.30 pm	Antibiotic Panorama	Dr. Mangesh Tiwaskar	Dr. Agam Vora
04.30 pm – 05.15 pm	Lessons from Experiments of Nature	Dr. Mukesh Desai	Dr. Ketan Mehta
05.15 pm – 06.00 pm	Asthma	Dr. Farokh Udwadia	Dr. K. C. Mohanty
06.00 pm – 06.15 pm	Vote of Thanks	Dr. Jayesh Lele	
06.15 pm – 06.30 pm	High Tea		

THIS PROGRAMME WILL BE FOLLOWED BY DOCTOR'S DAY PROGRAMME.

Registration Charges :

- CGP and IMA Members who have paid ANNUAL Fees = Free.
(Only if Registered in Advance)
- CGP & IMA Members : Rs.100/-
- Eligible Non Members : Rs.150/-
- **ATTRACTIVE DELEGATE GIFT FOR MEMBERS WHO REGISTER BY 02.30 PM ON 6TH JULY 2007.**

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

DR. ANIL SUCHAK
President

DR. JAYESH LELE
Hon. Secretary

DR. SUBODH KEDIA **DR. PRITI BHARGAVA**
Asstt. Director of Studies Asst. Secretary
IMA - Mumbai West CGP Sub Faculty

DR. MANOHAR BACHANI
Chairman
Fund Raising Sub Committee



Dr. Farokh Udwadia

1. Honorary Physician at the Grant Medical College & JJ Group of Hospitals from 1958-1989.
2. Emeritus Professor of Medicine, Grant Medical College & JJ Group of Hospitals, from 1990 onwards.
3. Consultant Physician and Consultant-in-Charge of the Intensive Care Unit at the Breach Candy Hospital, from 1964 onwards.
4. Honorary Consultant Physician to the B D Petit Parsee General Hospital, from 1958 onwards.
5. Senior Consultant Physician to the Atomic Energy Commission of India.



Prof. Dr. K.C Mohanty

Ex head of department Chest & TB, Sir J J group of hospital, & Grant Medical College, Mumbai.

Presently : Head of Department K. J. Somaiya Medical college.

Advisor :
Indian Railways
Sewree TB group of hospital.



Dr. R.G. Jimulia

- Trustee at IMA – Mumbai West Branch
- Trustee at Vile Parle Medical Trust
- Past President in IMA-Mumbai West
- Past President in IMA-Maharashtra State Branch
- Past President in General Practitioners Association
- Number of post held in many charitable institutions.



Dr. C.K. Vora

Senior General Practitioner
Social Activist

- President Ashwinikumar Medical Relief Society from 1992.
- Past President Borivali Medical Brotherhood
- Held various positions in Jain Clinics & Lion Clubs Borivali



Dr. K.C. Mehta

- He is having keen interest in academic activities and worked in various capacities in various Medical Associations.
- Past President of Cardiology Society of India (Mumbai Branch)
- Past President & Founder Member of Hypertension society of India.
- Past President of Indian Society of Electrocardiology.



Dr. Jaydeep Gogte

Chief Medical Advisor, CIPLA.

Delivered various papers & presentations on HIV & AIDS in India and Abroad.

Associated with extensive research & Clinical Development of Kelfer-Deferiprone oral iron Chelator trials for use of Thalaemia patients



Raveena Tandon

Celebrety Actress

Ambassador for WRAI (WHITE RIBBON FOR SAFE MOTHERHOOD)

Ambassador for CRY (CHILD RELIEF AND YOU) since 2003. She helps run an

orphanage; SNEHASADAN consisting of 35 children mostly girls. "Shenasadan" mainly focuses on the rehabilitation of the girl child and works very actively for the development of the girl child. Raveena is also an Ambassador for PETA (People for Ethical Treatment of Animals)



Knee Implant centre spread



Knee Implant centre spread



Our best wishes to All on Doctors' Day

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- Thyroid Surgery.
- Head - Neck - Face Tumour / Cancer Management.
- Infertility Work - Counseling Guidance & Treatment.
- Laparoscopic Surgery.
- Gynaecological Work.

Dr. Seema Gadiwan, M.D. (Bom.), F.C.P.S., D.N.B., D.G.O.
 Consultant Obstetrician & Gynaecologist & Infertility Specialist
 Time : 11.00 a.m. to 1.30 p.m.
 Mobile : 98218 57902

Dr. Pradip Gadiwan, M.S. (ENT) Consultant ENT &
 Cancer surgeon, Endoscopist & Rhinoplastic Surgeon
 Time : 1 p.m. to 3p.m. / 6 p.m. to 9 p.m.
 Mobile : 98210 36939

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Role of Family Physician in Prevention and Management of CKD

Chronic Kidney Disease (CKD) is a global pandemic but a highly under-recognized health problem in India. Diabetes and Hypertension are common causes of CKD in the world and are important lifestyle diseases whose prevalence is increasing day by day and if properly targeted could be controlled to slow down the growth of CKD in the population.

Diabetes affects 3-5 % of the Indian population (approx. 30 million people). Furthermore, WHO estimates that by 2025 the prevalence in India will increase to 57.2 million, almost 3 fold higher than that of the US. Diabetics are 17 times more likely to develop CKD. Thus, from diabetes alone 10-20 million individuals in India will develop CKD. The prevalence of hypertension could be anywhere between 15-30% derived from various studies. If 10% of hypertensives develop CKD, then the total figure of CKD patients from diabetes and hypertension alone is staggering.

If we extrapolate the figures from the US population data that 5-10 % of the general population have CKD then, translated to an Indian population of approx. 1 billion people, 100 million could be suffering from CKD – a mind boggling figure catapulting CKD to the position of a compelling health problem requiring concerted efforts not only of the nephrology community but also of primary care physicians, governmental agencies, NGOs and common people.

As the first and prime level of associating with

the patient, you play a very important role in helping in the prevention of kidney disease. Your contribution in this respect would be:

(A) To recognize the pandemic of CKD and to know that upto 10% of Indian population could be suffering from CKD.

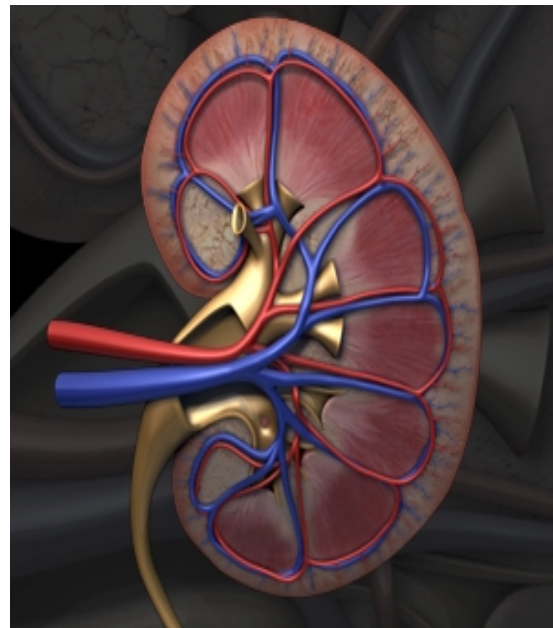
(B) To know about the new Terminology and classification of CKD as explained in previous chapters.

(C) To be aware that Sr. Creatinine rises only after 50% of kidney is damaged and that Sr. Creatinine is insensitive and inaccurate marker of renal function and laboratories should report eGFR or estimated GFR.

(D) To identify population at risk and do screening tests for the community and the individual.

(E) At risk population comprises of patients suffering from

1. Diabetes
2. Hypertension
3. Kidney stones
4. High risk Pregnancies
5. Past history of acute renal failure
6. Old age
7. Those habitually on Pain-killers such as patients suffering from back-ache, arthritis,





- migraine etc.
8. Patients on Ayurvedic drugs
 9. Those drinking hard water
 10. Those with chronically infected scabies and sore-throats
 11. Those with family history of kidney diseases

**For the “At Risk Population” :
Role of G.P.**

- I. Educate the patient of the risk for developing CKD
- II. Reinforce the need for Periodic Health Check-ups
- III. Refer patients to NGO’s like Mumbai Kidney Foundation(MKF), National Kidney Foundation(NKF) and similar organizations who regularly conduct Kidney disease detection camps

What tests to do?

- Urine routine analysis - To pick up Macroalbuminuria
- Spot Urine albumin/Creatinine ratio (to pick

- up Microalbuminuria)
- Sr. Creatinine or better still calculated creatinine clearance or estimated GFR (eGFR)
- If microalbuminuria or macroalbuminuria is detected, then institute treatment as per the stage of CKD

**At risk population & stage I and II
ABC of prevention strategy in Diabetes & Hypertension**

- A. HbA1C - keep < 7.0
- B. Blood Pressure – 130/80 mmHg & if possible <125/75 mmHg
- C. Cholesterol – LDL < 100 mg/dl

A for HbA1C

- Measures the average blood sugar over 3 months
- Keep FBS between 80 – 100 and PLBS < 140mg

How to achieve-

- Dietary modification
- Regular OHA / Insulin



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- Exercise
- SMBG (Self Monitoring Blood Glucose)
- Regular follow up

B for Blood pressure

Target BP < 130/80 & if associated risk factors are present, it should be < 125/75

How to achieve-

- Salt restriction
- Regular Exercise
- Timely initiated treatment
- Regular monitoring [SMBP]
- Use of ACEIs or ARBs

C for cholesterol – LDL Cholesterol<100

- Yearly checking
- Dietary advise
- Exercise
- Statins & if required fibrates

Drugs of choice are ACE inhibitors & / or Angiotensin receptor blockers

ESTABLISHED CKD STAGE III ONWARDS

Treat your patient in consultation with a Nephrologist.

- 1) Approach to a case of elevated serum creatinine: Any patient with a serum creatinine > 1.5 in males and > 1.3 in females should be put on red alert.
 - a) Cross check with a different lab.
 - b) Rule out causes of false positivity Egg: Drugs, dehydration, g.i. bleed etc.
 - c) Calculate serum creatinine clearance by Cockcroft and Gault formula (eGFR)
Once the creatinine is confirmed to be elevated proceed to the next step.

2) Differentiate ARF from CRF

Definitive Criteria for CRF

- Abnormal Urinalysis & creatinine value for > 3 months
- Small kidneys on USG
- Evidence of Renal Osteodystrophy

Dr. Hetal A. Chiniwala

M.S.D.N.B., D. Orth, A.F.S.A.(France), F.E.S.S.K.A. (Germany)

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3. Shoulder joint replacements.

• PROFILE •

1. **Master of Surgery in Orthopedics**: First in the Mumbai University.
2. **Diplomat of National Board**, New Delhi.
3. **Attestation de Formation Specialise Apprafondie**. Strasbourg, France. **Speciality training in shoulder surgeries.**
4. **Scholar of European Society of Sports traumatology, Knee surgery and Arthroscopy**, Berlin, Germany. **Speciality training in Knee Surgeries.**
5. **Fellowship** at Gyeonsang National University Hospital, Chinju, South Korea.

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49, Daftary Road, Malad (East), Mumbai - 97.
Ph.: 2889 3594, 2881 7105 • Timing : 6.30 p.m. to 8.00 p.m.

APOLLO POLYCLINIC

1st Floor, Hiren Shopping Center, Next to Citi Center, S.V. Road, Goregaon (W), Mumbai - 64.
Phone : 28724712 / 28780577 • Timing : 8.30 p.m. to 10 p.m.



- Biopsy evidence of CRF
Relative points to differentiate ARF from CRF (points in favor of CRF)
 - a) Anaemia
 - b) Decrease in Calcium & Increase in Phosphorus
 - c) Urea/Creatinine ratio >10:1
 - d) Patients very comfortable with the degree of azotemia
 - e) Other end organ damage. Eg: fundus, ECG etc.
- 3) Search for Correctable factor
 - a) Dehydration : Look for evidence of postural hypotension
 - b) Obstruction :Check USG for Hydronephrosis
 - c) ACE Inhibitors & Diuretics combination or Diuretics alone in a situation of volume depletion can worsen the azotemia & hence attain euvoemia
 - d) Patient may be on NSAIDS – omit NSAIDS, Cox-2 inhibitors etc.
- e) Severe hypertension or hypotension can worsen azotemia. Hence try to attain normal BP.
- f) Hunt for UTI, fever or sepsis & try to correct it with non-nephrotoxic drugs.
- 4) Treat the underlying disease
 - a) Remove obstruction eg. stones, prostate, etc.
 - b) Control BP & Diabetes
 - c) Steroids or Immunosuppressants for Glomerulonephritis
 - d) Angioplasty for Renovascular disease
- 5) Retard progression of Kidney disease
 - a) Specific renoprotective therapy with ACE inhibitors eg. Enalapril, Lisinopril, ramipril etc. or Angiotensin receptor blockage eg. Losartan, Valdesartan, Telmisartan, etc.
 - b) Dietary Protein restriction to <0.8 gm/day
 - c) Lipid lowering agents – statins or fibrates
 - d) Strict control of Diabetes & Hypertension

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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



- e) Avoid smoking
- f) Treat obesity

Treatment of Complications of CRF

Ø Anaemia Correction-

- a) Injection Erythropoietin available as 2000, 3000, 4000, 5000 & 10,000 units given as sub-cutaneous injection thrice a week [approximately 100 units / kg]
- b) I.V. Iron: Iron sucrose available as I.V. infusion to be given as slow I.V. bolus found to be extremely safe with no anaphylactic reaction given once a week if serum ferritin or transferrin saturation is low.
- c) Inj. B12 and Folic acid: As per the cause of anaemia

Ø Altered Calcium Phosphorous product-

If phosphorous is high & calcium is low—
use phosphate binders such as
§ Calcium carbonate [Shelcal etc]

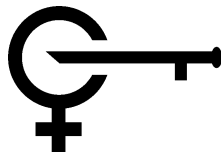
§ Calcium acetate [Lowphos or Hypophos]
If phosphorous & calcium both are high,
use phosphate binders such as Sevelamar [Renagel, Phoseal, Acutrol etc.] 400mg to 800mg three times a day along with meals so as to remove phosphorous obtained from diet.

Ø Correction of Volume overload-

- § Salt restriction [< 2 gm/day]
- § Fluid restriction to [< 750 ml/day]
- § Diuretics except Potassium sparing diuretics such as Lasilactone, Amifru etc.

Ø Electrolytes Imbalance:-

- Most dangerous is HYPERKALEMIA
- § Avoid Fruits/ Juices/ Coconut water
- § Use Potassium binding resins such as K-bind or P-bind
- § Diuretics such as Frusemide or Torsemide
- § Check for drugs which increases potassium such as:- Aldactone, ACE inhibitors & ARBs, α -blockers, NSAIDS,



Nalini Endoscopy Unit

Dr. Vivek S. Salunke

M.D. D.G.O. (Mumbai), Gynaec Endoscopy Surgeon

Mobile No. 9820135478

Email: drviveksalunke@yahoo.co.in

I am available for all Gynaec Endoscopy Procedures at your Hospital & Nursing Homes with prior appointment.

SALIENT FEATURES

- Good Instrumentation • Documentation • Professional Expertise

Laproscopy Procedures

- Total Lap-Hysterectomy
- Diagnostic & Operative Laproscopy
- Lap Myomectomy
- Lap Adhesiolysis
- Lap Ectopic Surgery
- Endometriosis surgery

Hysteroscopy Procedures

- Diagnostic Hysteroscopy
- Operative Hysteroscopy
- Removal of Septum / Polya / Fibroids / Adhesions



etc.

Ø Role of G.P. in stage V CKD

- Explain the treatment options in a case of CKD stage V to the patient & prepare him & his family Physically, Mentally & Financially.
- The various treatment options are –
 - I. Conservative treatment till the patient reaches the stage of dialysis
 - II. Continuous ambulatory peritoneal dialysis or CAPD
 - III. Hemo-Dialysis
 - IV. Kidney transplantation
- VACCINATION - Hepatitis B vaccine for all CKD patients usually double dose is given i.e.2ml [1ml on each deltoid] at 0, 1, 2 & 6 months]
- Influenza & Pneumococcal vaccines for all elderly patients as they are prone to Respiratory Infections.

CONSTRUCTION OF A.V.FISTULA

Once the serum creatinine reaches 5-6 mg%, an AV fistula must be constructed by a small surgery generally done on the forearm under local anaesthesia. It is a day care surgery requiring surgical skills but does not carry much risk & the patient should be encouraged to do it in advance so as to prevent the need of emergency jugular catheterization for initiation of dialysis.

The AV fistula generally takes 4 weeks to mature & hence has to be done in advance. It is generally a **life long life line** for patients

For the G.P.:- BP should not be measured in the hand with the fistula, nor give injections or collect blood from it. However the patient can use the hand for all normal activity.

HEMO-DIALYSIS :- is generally done 2-3 times per week, each session lasting for 4-5 hours. This time table should be rigidly followed by the patient. 2 long fistula needles are

inserted into the large veins of the fore-arm or the arm which develop 1-2 months after the construction of AV fistula. These needles are connected via blood tubings to an artificial dialyser mounted on a machine which monitors safe dialysis.

CAPD:- In this procedure, a thin silastic catheter is inserted under L.A. into the peritoneal cavity. The patient uses it to empty 2 liters of fluid from a special CAPD bag mounted on I.V. stand inside. In 10 minutes the fluid enters in & the bag is disconnected. The patient then is free to do his work & after 4-6 hours, empties the peritoneal cavity only to put in a new bagful.

The CAPD patient does 3-4 such exchanges in a day, 365 days a year & can be fully ambulatory any where in the world.

KIDNEY TRANSPLANT

This is the best form of Renal Replacement Therapy & should be advocated unless contraindicated. The present law permits only live - related kidney transplant & cadaveric kidney transplant.

One has to declare a patient brain dead after a series of tests which are meticulously laid down by the law. This brain death is certified by a Neurologist & an intensivist unconnected with the transplant & from one cadaver donor the following transplant can be done.

- 2 kidney transplants
- 1 Liver transplant
- 1 Cardiac transplant
- Pancreas transplant
- Lung transplant

Thus as a G.P. one must encourage cadaveric transplant & people should be encouraged to pledge their organ donation after death.

Mumbai Kidney Foundation has donor card which your patient can fill up & keep with him / her permanently.

- Dr. Umesh B. Khanna
9821112487

Refer patients to NGO's like Mumbai Kidney Foundation(MKF), National Kidney Foundation(NKF) and similar organizations who regularly conduct Kidney disease detection camps



DONATE EYES, GIFT SIGHT



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& CONTACT LENS CENTRE**

Dr. Nitin R. Malkan

M.S. (OPHTHALMOLOGY) EYE SURGEON

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2. Top-con Fundus camera
3. Iris Green Laser
4. Carl-zesis yag laser
5. Humphry Field - analyser with GPR/SWAP
6. Phaco Emulsification
7. Pachy Meter
8. Vantage Plus Indirect Ophthalmoscope
9. Topcon autorefracto meter
10. Retino meter
11. Non contact Tonometer
12. SLT Laser
13. Axis-2000 - A scan
14. Full Fledged Pathology Laboratory
15. MDO Carl-zeiss Operating Microscope
16. IOL Master

AKSHAR KUNJ, GROUND FLOOR, KHAJURIA TANK ROAD,
OPP. MILAP CINEMA, KANDIVALI (WEST), MUMBAI - 400 067.
TEL.: 28080469 FAX: 91 22 28610336
E-mail: akshareyeclinic@vsnl.net



IMA AIDS CELL

At our IMA West- Juhu, we have established VCTC and is open for all. IMA doctors can send their patients for HIV testing and Counseling for free. All Positive patients will be seen by me at center on Thursday between 2 PM and 3 PM. Prior appointment is necessary. We will shortly arrange for first line Antivirals at Distributors cost. Roughly 1000- 2900 Rs /Month as per combinations.

The target required by MDACS to continue VCTC is 400 Counseling per month. I request all The suburban doctors to take advantage of establishment of IMA. This facility is one of the most important social service by IMA and practicing doctors.

Dr. Rashmikan Shah
Chairman: AIDS Cell subcommittee

Public Private Partnership

ICTCs can be set up in the private/not-for-profit sector in a facility which meets any of the criteria given below:

1. Maternity homes/hospitals with >50 deliveries in a month in "A" and "B" category districts and >100 deliveries in a month in "C" and "D" category districts;
2. Hospitals/clinics which treat >100 TB patients in a month;
3. Hospitals/clinics which have a case load of >100 sexually transmitted infections (STIs) in a month;
4. Diagnostic laboratories which perform >150 diagnostic HIV tests in a month;
5. Industrial zones that employ a large number of people, particularly migrants/casual labour on an informal/contractual basis.

"Facility-integrated" ICTC which does not have full-time staff and provides HIV counselling and testing as a service along with other services. Existing staff such as the auxiliary nurse midwife (ANM)/staff nurse/health visitor/laboratory technician (LT)/pharmacists are expected to undertake HIV counselling and testing. Such ICTCs will usually be established in facilities that do not have a very large client load and where it would be uneconomical to establish a stand-alone ICTC. Typically, such facilities are 24-hour PHCs as well as private sector/not-for-profit hospitals, private laboratories, public sector organization-run hospitals or facilities, and in the NGO sector. Such ICTCs will be supported by the National AIDS Control Organization (NACO)/State AIDS Control Societies (SACS) to the extent of:

Supply of rapid HIV testing kits, Training of existing staff, Quality assurance, Supply of protective kits and prophylactic drugs for post-exposure prophylaxis (PEP) for staff, Supply of information, education and communication (IEC) material required for an ICTC such as flip charts, posters, etc.

The SACS will provide assistance to "facility-integrated" fixed-location ICTCs located in 24-hour PHCs, private hospitals and maternity homes, private laboratories, public sector/other government department facilities and those based in NGOs as per the following pattern:

No.	Item	Amount
1.	Supply of rapid HIV diagnostic kits as per annual requirement	To be supplied by the SACS/NACO
2.	Training of staff in HIV counselling and testing	To be done at SACS/ NACO -designated centres of excellence and cost to be borne by the SACS
3.	External quality assurance scheme (EQAS) for HIV testing	Coordinated by the National/State Reference Laboratories and the cost to be borne by the SACS
4.	Supply of protective kits for delivery of HIV-positive pregnant women	Supplied by the SACS
5.	Supply of PEP drugs for protection of staff in the event of accidental exposure	Supplied by the SACS
6.	Supply of IEC materials required for an ICTC such as flip charts, posters, take-home materials and condom demonstration models	Supplied by the SACS

The "facility-integrated" ICTC will send reports as per the formats prescribed in these guidelines. "Facility-integrated" ICTCs in the private or not-for-profit sector may charge clients an amount which will cover the operational expenses for the counselling and testing services they provide. The SACS will enter into an agreement with the private sector/not-for-profit sector organization which is interested in starting a "facility integrated" ICTC in partnership with the SACS. The agreement will stipulate the obligations on the part of SACS/NACO and those on the part of the private sector/not for profit sector organization. This will also include the amount that can be charged per client for provision of counselling and testing services.



BREAST ONCOSURGEON

Dr. (Mrs.) Rekha P. Shah (M.S.)

Fellowship in Breast Onco - Guy's Hospital London
Vast Experience in Breast Oncosurgery for last 28 years abroad and India.

Breast Clinic

for

Daughter - Mother - Grandmother

- | | |
|--|--|
| 1) FNAC | 9) BCT Breast Conservation Surgery |
| 2) Sono, Mammo guided Biopsy | 10) Mastectomy with axillary clearance |
| 3) Wire Localization of
Microcalcifications and Small Lumps | 11) Microdochectomy |
| 4) Frozen Section Biopsy | 12) Breast Cosmetic Surgery |
| 5) Mammography | a) Reduction Mammoplasty |
| 6) Breast MRI | b) Augmentation Mammoplasty |
| 7) Chemotherapy | 13) L.D. and abdominal Flap for Breast
Cancer Surgery |
| 8) Pain Management for last stage
Breast Cancer | 14) Rehabilitation |

• CONTACT •

Cell : 98201 44132 / 93232 26138

Consulting Time : 9 A.M. to 9 P.M. (Monday to Saturday)

By Appointment on Sunday

'Ashirwad' Breast Clinic, Bhakti B-Wing, Opp. Jain Temple,
Jambali Galli, Off. S. V. Road, Borivli (West), Mumbai - 92.

Phone : 2898 1497, 2899 7325 • Fax : 2899 0771

E-mail : dr.rekhashah@yahoo.com

"We all should work together to detect, diagnose
and treat Breast Cancer early to help women in keeping their
Breasts intact with maximum safety".



Dr. Lakshyajit D. Dhami

M.S., M.Ch. (PLASTIC)



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Matisse is an Er:Glass 1540 nm laser representing the state-of-the-art in fractional skin rejuvenation. Removal of Wrinkles, Scars, Rosacea and Pigmented lesions such as Melasma, Lentigines and Dyschromia by means of Matisse becomes extremely easy. Matisse technology is able to produce several hundreds of micro-columns of coagulated skin for each laser shot with no need of anaesthetics or special patients preparation. **The result will be a deep skin improvement with no pain and no downtime.** Damaged areas are recovered through a natural regeneration of neo-collagen and elastin.



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Equipped With 9 top of the line Lasers for all cosmetic treatments.
We also Specialised in Cosmetic Surgery**

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Email: dhami@vsnl.com • Website: www.cosmeticsurgeryindia.com • Fax: 022 2866 2727

Tele Enquiry : 3200 1100 / 3200 1234



ACHIEVEMENTS !

- Our hearty congratulations to leading Bariatric Surgeon from Western Sububs - **Dr. Naresh Singhi** for successfully operating on young boy of 22 years weighing 240 kg. He performed complex Bariatric Surgery of Laproscopic Sleeve Gastrectomy at Nanavati Hospital.
- **Dr. Sachin Bhavsar** has been appointed as a Visiting Faculty by Symbiosis, at Pune. He will teach "I. T. & Digitalization in the field of Medical Technology & Management" to students of all 3 years.

CONGRATULATIONS! KEEP IT UP!! WE ARE PROUD OF YOU!!!

DR. ANIL SUCHAK **DR. JAYESH LELE**
President Hon. Secretary

WELCOME NEW MEMBERS

Borivli	Dr. Belvi Dhaval Gajanan
Andheri	Dr. Doshi Sudhir Transferred of Life Membership from IMA – North West Calcutta Branch. Dr. Kamothi Ramesh M. Dr. Naik Nilima Vasant Dr. Singh Sunilkumar R. Dr. Shah Jagdish C.
Borivli	Dr. Nirale Anil N.
Vile Parle	Dr. Joshi Amol Jayant Dr. Joshi (Mrs.) Indrani Amol Dr. Purandare Anand S. Dr. Wadera Rajesh M.

BOARD OF STUDIES FOR THE YEAR 2008-2009

IMA - CGP Mumbai West Sub Faculty

Asst. Director of Studies - Dr. Subodh Kedia
Asst. Secretary - Dr. Priti Bhargava

Ex – Officio Members:

1. President : Dr. Anil Suchak
2. Secretary : Dr. Jayesh Lele
3. Treasurer : Dr. Manoj Patel

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2. Dr. K. C. Mehta
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5. Dr. Sanjay Sharma
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2. Dr. G.P.Ratnaparkhi
3. Dr. Salil Bendre
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5. Dr. Vinod Agrawal
6. Dr. Yojana Gokhale
7. Dr. Yash Lokhandwala

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2. Dr. N.G.Bihani
3. Dr. Subhash Gajaria
4. Dr. Parimal Mehta
5. Dr. Atul Amin
6. Dr. Sharad Oza
7. Dr. Nitin Shah

Special Invitees :

Dr. Ketan Mehta & Dr. Umesh Khanna



Report

MEMBER'S WELFARE & WOMEN'S WING SUB - COMMITTEES

Dear Members / Friends,
 We had an excellent programme organized jointly by Members Welfare & Women's Wing Sub Committees of our branch on **"METHODS TO ENHANCE MEMORY POWER AND CALCULATION SKILLS"** by leading numerologist and number wizard - Mr. Minoo Jokhi held on Sunday, 1st June 2008 at 11.00 am at our branch. Mr. Minoo Jokhi gave practical tips on Mathematical Calculations. He gave interesting demonstrations of various methods to enhance memory power and sharpen skills.

The programme was well attended by more than 150 members and their children. Children

participated actively in programme and enjoyed the most. We special thanks to our president Dr. Anil Suchak & Hon. Secretary Dr. Jayesh Lele who helped us in organizing this programme. We thank all managing committee members for their active participation.

We thank all the members for making this programme a grand success. Your suggestions for future programme all welcome.

Many parents suggested having complete programme by Mr Minoo Jokhi for the benefit of children. He has been conducting classes near VT for **Rs.2000/- for this course.**

Dr. Alka Mehta
 Chairperson
 Member's Welfare Sub Committee

Dr. Heena Patel
 Chairperson
 Women's Wing Sub Committee

**MUNICIPAL CORPORATION OF
 GREATER MUMBAI
 PUBLIC HEALTH DEPARTMENT**

Please notify all Acute flaccid paralysis cases, below 15 years age to Office of Dr. (Mrs.) Mangla Gomare, Assistant Health Officer (EPI) on 24183602/24134560 Ext. 245

Or

Dr. Vivek Pardeshi – 98201 89792

SMO, NPSP, WHO, Mumbai.

Dr. Nitin Ambadekar – 99305 70790

SMO, NPSP, WHO, Mumbai.

For further details you may contact :

Address : Dr. (Mrs.) Mangla Gomare

AHO (EPI), Cell No.: 98338 98668

Room No.32, 2nd Floor, F/S Mun. Office Bldg.,

Parel Naka, Dr. B. A. Ambedkar Road,

Mumbai – 400 012

ACHIEVEMENT

Dr Samir H Dalwai, Pediatrician, has been invited to be a part of The **CITIZEN'S ALLIANCE AGAINST MALNUTRITION. The Alliance is** an amalgamation of Parliamentarians, Media Representatives and Activists to bring the issue of Malnutrition to the centre stage. The Alliance in collaboration with the UNICEF, undertook a trip of the rural areas of **Bihar** (the 4th State toured by the Alliance after MP, Maharashtra and Orissa) on the 12th of May 2008, where they conducted a first hand survey of the situation at the ground level, and discussed the policies with Mr Nitish Kumar's Government.

OBITUARY

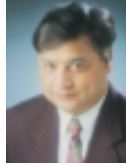
Dr. R.B. Siraslewala expired after prolonged illness.

Our heartfelt condolence to the family members.

IMA Members



FOR YOUR HEART STRINGS



Dr. Rajiv Anand

Dear Friends! Just few days back I was invited to speak on the topic of "Can happiness be quantified?" I wondered that we people who are at peak of modern civilization, enjoying the best of scientific advancement do still have the need to search the answer of this question? Almost everybody is using modern scientific gadgets every hour, as never before, yet most of us not really happy. Following matter may be help in this pursuit. Pl. ask yourself!..

1. Are you happy?
2. If you are not happy, what is coming in the way of your happiness?
3. What do you think needs to change to make you happy?
4. What would make you happy?

Â- *A lot of people ask how they can be happy.*

A short answer is!.. If you want to be happy - then BE happy.

Â- When will we be happy?

Â- We convince ourselves that life will be better once we are married, have a baby, then another. Then we get frustrated because our children are not old enough, and that all will be well when they are older. Then we are frustrated because they reach adolescence and we must deal with them. Surely we'll be happier when they grow out of the teen years.

Â- We tell ourselves our life will be better when our spouse gets his/her act together, when we have a nicer car, when we can take a vacation, when we finally retire.

Â- The truth is that there is no better time to be happy than right now.

Â- Stop waiting for school to end, to lose ten pounds, to gain ten pounds, for work to begin, to get married, for Friday evening, for Sunday morning, for a new car, for your loans to be paid off, for better weather, for the first the month, for your song to be played on the radio, to die, to be



reborn! before deciding to be happy.

Â- For the longest time, it seemed that life was about to start. Real life. But there was always some obstacle along the way, an ordeal to get through, some work to be finished, some time to be given, a bill to be paid. Then life would start. Understand that those obstacles were life.

Â- Life will always be full of challenges. It is better to admit as much and to decide to be happy in spite of it all.

Â- Happiness is not something you *obtain*. Happiness is something that you *experience* - it's a feeling. And you can experience happiness simply by changing your thoughts and what you regularly focus on.

Â- There isn't any road to happiness. Happiness IS the road. Happiness is a voyage, not a destination. There is no better time to be happy than! NOW!

Â- Enjoy the moment. Happiness was never far from you and is indeed very close to you.

With Best Compliments from: Dr. Rajiv Anand Psychiatrist, Sex Consultant & Marriage Counsellor

Personal Touch Counselling Centre, Opp. Station., Andheri West Mumbai - 58 Tel: 2620 6657

Sujay Hospital, Juhu & Life Care Medical Centre, Lokhandwala Complex, Mobile: 98200 64768



Mumbai West Suburbs Police Stations and Contact Numbers

ADDITIONAL COMMISSIONER, WEST REGION (JOGESHWARI – BANDRA (EAST & WEST))

Region West	DCP Zone VIII	ACP Division Vakola	Police Station Vakola	Tel. Nos.		
26413434	26508381	26125243	Vile Parle	26682756 26112813	26685236 26117301	26683257 26117317
26402122	26524567 Vile Parle (E) Bandra (E)	Kherwadi 26508451 26500219	Kherwadi B. K. Complex Nirmal Nagar	26571216 26504481 26471306	26570877 26504482 26470931	26504483
		Air Port 26156108	Air Port Sahar	26156921 26828775	26156315 26828916	26156309 26828926
	Zone – IX 26422042	Bandra 26400917	Bandra 26513716 Khar	26407610 26000450	26423122 26496030	26423021 26494977
	26453700	Santacruz 26494124	Santacruz Juhu	26487856 26184432	26493139 26183856	26492972 26184308
	Jogeshwari (W) - Bandra (W)	D. N. Nagar 26304441 Oshiwara	D. N. Nagar Versova Oshiwara	26304002 26304812 26322753	26303893 26365420 26323861	26323862
	Zone – X 28367767	Meghwadi 28367548	Meghwadi Jogeshwari	28210837 28210763	28210860 28221672	28360505
	28221859	Sakinaka 25706797	Sakinaka Powai	28472334 28574178	28473936 28573682	28476160 28574214
	Jogeshwari (E) - Andheri (E)	Andheri 26837164	Andheri M.I.D.C.	26842677 28394205	26831447 28368352	26831562

ADDITIONAL COMMISSIONER, NORTH REGION (DAHISAR – GOREGAON (EAST & WEST))

Region	DCP Zone	ACP Division	Police Station	Tel. Nos.		
North 28854625 28854613	Zone – XI 28903899 28094197	Goregaon 28724376	Goregaon Malad	28722495 28821482	28723252 28821147	28721900
	Dahisar (W) - Goregaon (W)	Malvani 28820497 Charcop	Malvani Kandivali Charcop	28821319 28050904 28682211	28827557 28056603 28676581	28676583
		Borivli 28901639 Gorai	Borivli M.H.B. Colony Gorai	28012331 28675257 28988985	28010145 28991557 28988768	28016606
	Zone – XI 28283889 28923777	Dindoshi 28752181	Dindoshi Array Police Station Goregaon East	28777016 26858485 26863134	28770781 26858484 26861677	28786300 26858554
	Dahisar (E) – Goregaon (E)	Samta Nagar 28877624	Samta Nagar Kurar	28877618 28402911	28876119 28401444	28850790
		Dahisar 28950069	Dahisar Kasturba Marg	28932040 28059007	28955024 28066158	28951370

JT CP MUMBAI
TRAFFIC 24954443

JPCP MUMBAI ADM
22620879

JT. CP MUMBAI
(Law & Order) 242624407

JT CP MUMBAI
CRIME 22620406

Commissioner of Police, Mumbai – 22620826 / 22613552 / Fax: 22621835

Borivali Railway Station - 28054869 (Any death / accident on railway between Bandra to Mira Road)

Compiled by : Dr. Sanjeev D. Maniar, Chairman, Medico-Legal Committee, 98217 67777 / 2032 9090



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*Dr. S. Ali Mohamed
Chairman, A4M India*

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Anti-Ageing Medicine Academy of India (A3MI)
in collaboration with
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Proudly presents its 2nd National Conference
on Anti-Ageing Medicine

Date : 30th March, 2008 Venue : IMA-Juhu, Mumbai

**LEARN HOW TO START YOUR OWN ANTI-AGEING MEDICINE CLINIC
AND
BIO-IDENTICAL HORMONE REPLACEMENT THERAPY**

Join the *Multi-Billion dollar* Anti-Ageing Medicine Market
Make India Young and Healthy!



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For Further details please contact us at :

41, Ground Floor, Om Heera Panna Hall, Oshiwara, Andheri (W), Mumbai - 400 053.
Tel.: 91-22-26329507/12

Please visit : www.a4mindiaconference.com, www.worldhealth.com



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".

FACILITIES AVAILABLE IN OUR PREMISES		
	1) Ground floor hall	Sitting Capacity 300
	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



For details contact our office.

Dr. Anil Suchak, President

Dr. Jayesh Lele, Hon. Secretary

DON'T FORGET!!

POLIO PLUS NID ON 06/07/2008

"URGE YOUR PATIENTS TO GIVE EXTRA POLIO DOSES TO CHILDREN BELOW 5 YEARS OF AGE ON SUNDAY, 01ST JUNE 2008 AT THE NEARBY BOOTHS".