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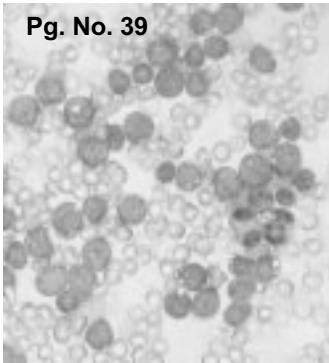
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**Weekly Scientific Programme
& G.P. Forum pg. 04**



Leukemia

Pg. No. 39



EDITORIAL BOARD

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Dear friends,
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 please update your contact
 details like

- Name • Residence Address & Telephone details • Clinic Address & Telephone details
- Mobile • Email ID/s.

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

Dr. Jayesh Lele
 Hon. Secretary

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

IMA Mumbai West
 GRAND ANNUAL DAY &
 INSTALLTION OF NEW COMMITTEE
 ON 23rd MARCH 7.00 p.m. onwards.



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.

Phone : 2620 6517 / 2625 4368 / 6523 5579 * PCO : 2670 5590

E-mail: imamumbaiwest@yahoo.com / imamumbaiwest@yahoogroups.com

MANAGING COMMITTEE 2007 - 2008

		TELEPHONE NOS.		
		Clinic	Residence	Mobile
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Imm. Past President	Dr. Saraf Vinay	2872 3635	2876 6003	98212 38668
Vice President	Dr. Inamdar B. M.	6539 9927	2873 1040	98330 54054
Hon. Secretary	Dr. Lele Jayesh M.	2882 3408	2807 0340	98212 20519
Hon. Treasurer	Dr. Kedia Subodh G.	2644 3276	2651 1297	98204 04753
Hon. Jt. Secretary	Dr. Balsekar Ashok	2682 4409	2683 9164	98205 35802

MEMBERS

	Clinic	Residence	Mobile		Clinic	Residence	Mobile
Dr. Bachani Manohar	2647 3020	2604 4396	98202 02856	Dr. Pandit Nitin	2841 4347	2840 1871	98693 33138
Dr. Badwe Rohini	2686 3773	2874 6648	93210 24708	Dr. Parikh Hitesh	2644 1395	2641 8778	98200 22154
Dr. Bhawe Vijay	2873 5087	2872 4466	93244 24466	Dr. Patel Bhavna M.	2614 6027	2612 3889	93228 79555
Dr. Bhatt Mehul	2808 0247	2863 4361	98214 07074	Dr. Patel Heena M.	2682 3179	2620 2392	93222 38372
Dr. Chaudhari Arun S.	2842 5029	2877 0960	98201 86978	Dr. Rege Narendra	2636 5500	2637 5500	98212 11155
Dr. Desai Ashok D.	2637 1399	2637 1399	98193 04432	Dr. Shah Atul M.	2863 3535	2861 2255	98202 86897
Dr. Doshi Kusum	2641 1334	2614 5316	98213 77654	Dr. Shah Nilesh	2614 7457	2614 8606	98206 71776
Dr. Gupta K. C.	2612 1861	2600 7590	98203 33632	Dr. Shah Rashmikant	2807 3534	2801 3343	98212 16033
Dr. Joshi S.K.	2670 1418	2671 2254	93246 07663	Dr. Sheth Shashikant	-	2628 9895	98694 48758
Dr. Kalambi Suresh S.	2679 6556	2683 5719	98191 62278	Dr. Soomaney A. J.	9967819248	9820114827	98201 14827
Dr. Kamdar Bipin	2612 6699	5691 9933	98200 26093	Dr. Suchak Anil N.	28891484	28801555	98200 80151
Dr. Khosla Sanjeev	6694 1918	2637 0929	98202 96321	Dr. Thoravade Pratibha	-	-	98218 65203
Dr. Kulhalli Vani	2614 2215	2663 1193	98192 69628	Dr. Tungare Rajiv S.	2686 2428	2840 7802	98211 11855
Dr. Mehta (Mrs.)Alka B.	2683 2766	2683 2359	93232 32378	Dr. Upadhyaya Jagdip R.	2828 4271	2848 2425	93210 31220
Dr. Narendrakumar	2805 8086	2886 8086	93243 58086	Dr. Vaidya Niranjana R.	-	2646 2122	-

MUMBAI - WEST SUB FACULTY OF IMA - CGP

Asst. Director of Studies : Dr. Shah Subhash L.	-	9869089971	98921 01971
Asst. Secretary : Dr. Trivedi Bharat	2624 0947	2624 0947	98190 50293

MUMBAI - WEST CHAPTER OF IMA - AMS

Chairman : Dr. Patel Manoj	2614 6027	2612 3889	98210 27131
Asst. Secretary : Dr. Arshad Gulam Mohd	2640 9907	2600 2524	98203 08204

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	Dr. Doctor Jayesh	2628 4103	2610 5344	
	Dr. Jimulia R. G.	2620 6850	2671 4471	98202 51107
	Dr. Mehta B. S.	2683 2766	2683 2359	



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

A goodbye isn't painful unless you're never going to say hello again. - Author Unknown.

Dear Members,

A string of programs.....and in a jiffy, our tenure has come to an end! Yes friends I have to step down to welcome the new president and a new team to lead I.M.A. This year I tried my best to arrange a full spectrum of programs, ranging from C.M.Es and conferences to cultural programmes, members welfare, public health welfare and ladies wing programs.

The recently held GERICON was an eye-opener for many members. We never imagined so much is required to be done in geriatric practice and one has to seriously learn and implement the new modalities available to treat geriatric patients, I received scores of messages from member for the grand success of the GERICON, many expressed their desire to arrange a similar program but as our motto is to arrange different programs, I would like to explore new topics and new experiences for our members.

This year, I realized the difficulty in getting sponsors and I am greatly indebted to my friend Dr. Manohar Bachani for his continuous encouragement, help and efforts to get sponsorship for I.M.A.. On many occasions, things were getting out of control, but suddenly a sponsor would come and change the whole scene.

What did I enjoy the most during the year? Everything. I enjoyed meeting my friends, arranging programs, attending office-bearer meetings, managing committee meetings and trustee meets. I also enjoyed working with the excellent staff.

If I have to name one person who has been my constant pillar of strength, it was our Honorary Secretary Dr Jayesh Lele.

We spoke almost daily and saw that everything is done in the best way possible for I.M.A.

I truly appreciate the co-operation and encouragement from all my office bearers, managing committee members and our respected trustees. I sincerely thank all the I.M.A. members who came in large numbers to attend all the programs.



What did I enjoy the most during the year?

Everything. I enjoyed meeting my friends, arranging programs, attending office-bearer meetings, managing committee meetings and trustee meets. I also enjoyed working with the excellent staff.

This is what encouraged us the most, to arrange many more programs.

I would like to re-emphasize, that when I am writing this last message, I do not bid I.M.A. a final goodbye. I will keep working for I.M.A. as long as my branch needs me.

Now we have already formed a Geriatric cell of I.M.A. Mumbai West. Soon it will arrange regular programs and many such activities shall begin in the near future. I once again appeal to all members to take an active part and see that your branch of I.M.A. is always the best branch in the whole country. I hope to see you in large numbers at our "ECG workshop" on 16 th March and apart from other events that follow, to cheer us on our Annual Day on 23 rd march 2008. I would like to end my final message by quoting Robert Frost,

The woods are lovely, dark and deep,

But I have promises to keep,

And miles to go before I sleep,

And miles to go before I sleep.

Sayonara friends,
Long Live I.M.A.

Dr Akil Contractor.



WEEKLY SCIENTIFIC PROGRAMME

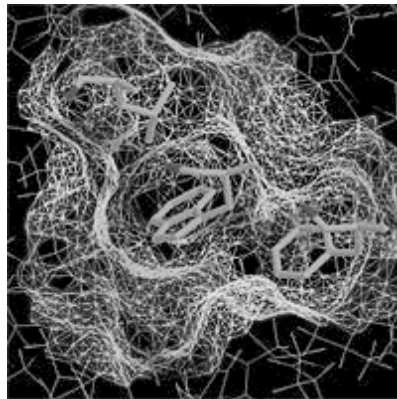
**Lectures on Every Thursday
at 2.30 p.m. sharp**

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

CLINICAL SERIES ON "NEPHROLOGISTS"

DATE	TOPIC	SPEAKER
06.03.2008	Travel Fitness	Dr. Abhishek Bhargav
13.03.2008	• World Kidney Day :Diabetes & Kidney	Dr.Umesh Khanna
20.03.2008	• World Tuberculosis Day	Dr. Mangesh Tiwaskar
27.03.2008	Management of Thyroid Disorders	Dr. Mangesh Tiwaskar

**Working Lunch will be served from 1.30 p.m. to 2.30 p.m. from 6.3.08 to 27.3.08.
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 "HAEMATOLOGY"		
04.03.2008	Interpretation of CBC	Dr. Abhay Bhawe
11.03.2008	Early Detection of Haematological Malignancies	Dr. Abhay Bhawe
18.03.2008	Approach to a Case of Thrombo Cyetopaenia	Dr. Abhay Bhawe
25.03.2008	RNTCP – Part II	

**Working Lunch will be served from 1.30 p.m. to 2.30 p.m. from 4.3.08 to 25.3.08.
Each Lecture Carries A Credit of 1 Hour Each For FCGP Examination.**

Dr. Akil Contractor
President

Dr. Jayesh Lele
Hon. Secretary

Dr. Subhash Shah
Asst. Director of Studies

Dr. Bharat Trivedi
Asst. Secretary

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



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

Dear friends,

Gericon held on 10th February was another very successful mini conference. We had planned to register only 150 delegates, but the response was such an overwhelming, that we had to accommodate about 250 delegates. We used recently renovated seminar hall on 2nd floor in addition to Lupin auditorium, with video transmission alongwith another LCD, with projection on the 2nd floor, delegates were quite happy and satisfied. All the teachers and the topics were selective. This was very necessary to the general practitioners as we are having lot of senior citizens to be looked after.

During the month of March again we have very impressive CMEs, like ECG workshop on 16th March, which is a joint programme with IMA MS CGP faculty.

On Tuesdays we have **Haematology series** by renowned haematologist DR. Abhay Bhawe, on 13th March we have a joint programme with Bombay Nephrology group, and on 20th March we have World T.B. Day, Dr. Tiwaskar also will deliver a lecture on Management of Thyroid Disorders on 27th March.

Our committee's tenure shall end this month and new team shall be installed on 23rd March, so please come and cheer our committee as well as new committee at the 'Annual Day' which will be held on 23rd March. We have Election meeting & Annual General Body meeting on 9th March.

This year has been full of impressive events in the history of IMA Mumbai west. Our leader President Dr. Akil Contractor was like captain of ship, and always very enthusiastic and supportive. I am thankful to my **Co-office bearers** IPP Dr. Vinay Saraf, Vice President Dr. B. M. Inamdar, Hon. Treasurer Dr. Subodh Kedia and Hon. Jt. Sec. Dr. Ashok Balsekar.

Our Managing Trustee Dr. Saeed Umarjee, and trust board members Dr. B.S. Mehta, Dr. K. S. Aithal, Dr. R. G. Jimulia & Dr. Jayesh Doctor were always guiding us on important issues pertaining to building as well in general.

Our Scientific wings were nicely looked after by Dr. Manoj Patel, Dr. Arshad, Dr. Subhash Shah & Dr. Bharat Trivedi. All Chairpersons on various subcommittees were always supportive throughout the year. And the most important is the support we received from the members to our committee was excellent and encouraging. Our all events were well attended and we are very thankful to you for suggestions.

This year many new activities were carried out for the first time, like availability of **IMAGE** by E-mail to the

This year has been full of impressive events in the history of IMA



Mumbai west. Our leader President Dr. Akil Contractor was like captain of ship, and always very enthusiastic and supportive.

members, **completion of 2nd floor, renovations which were held up for 3-4 years.** We joined 3 halls to make a big 1800 sq. ft. Seminar Hall and which proved the utility on 10th February to cater more than 250 delegates at Gericon. **It is pertinent to note that our branch has not spent any amount on renovations but through the good offices of the M/s. Amantran caterers this has been effectively done. He is also in the process of decorating all the guest rooms with many utility items being added to the rooms.**

Another very useful and fruitful was negotiations with Vodafone cellsite on the rooftop which will fetch us funds forever. We could also manage to get TDS exemption certification from Income Tax Department, which was for the **first time** we could obtain and could get full amount from Vodafone.

I also put on record help & encouragement received to me from Dr. Shailendra Mehtalia, Dr. V. G. Shenoy, Dr. Ashok D. Desai, Dr. Anil Suchak. I also thank all the faculty teachers and consultant friends who were quite willing to come and deliver lectures on various occasions.

I take this opportunity to thank our office staff Ms. Seema, Ms. Sunita, Ms. Neha & Ms. Smita and Mr. Sandeep & Mr. Roopesh who were always eager to do the work.

Friends I am quite happy that in this very eventful year I have been able to take care of the branch well.

We look forward to meet you on **9th March for branch election, AGM and Annual Day on 23rd March.**

DR JAYESH LELE

CELL 98212 20519

E mail : drjayeshlele@yahoo.com



THROUGH COURIER WITH PROOF OF DELIVERY

23.01.2008

NOTICE

Notice is hereby given that annual election meeting of the Indian Medical Association - Mumbai West will be held on Sunday, 09.03.2008 at 8.00 a.m. in I.M.A. building, behind Chandan Cinema, J. R. Mhatre Marg, Juhu, Mumbai 400049 to transact the following business :

AGENDA

1. To appoint chief election officer.
2. To conduct elections for the following posts :
 - a) President,
 - b) One Vice President,
 - c) One Hon. Secretary,
 - d) One Hon. Treasurer,
 - e) One Hon. Joint Secretary,
 - f) One Asst. Director of Studies IMA - CGP Branch Sub Faculty,
 - g) One Asst. Secretary of IMA - CGP Branch Sub Faculty,
 - h) One Chairman of IMA - AMS Branch Chapter,
 - i) One Hon. Secretary of IMA - AMS Branch Chapter,
 - j) Twenty Five Members of Managing Committee,
 - k) 26 Branch Representatives on Maharashtra State Executive Committee, (One post is reserved for the Hon. Secretary of our branch)
 - l) 25 Branch Representatives on Central Council. (One post is reserved for the President of our branch)

Dr. Jayesh Lele
Hon. Secretary

ELECTIONS - 2008

• LAST DATE FOR RECEIVING THE NOMINATION FORMS	WEDNESDAY, 27.02.2008	(UPTO 2.30 P.M.)
• SCRUTINY OF NOMINATIONS	WEDNESDAY, 27.02.2008	(AT 3.00 P.M.)
• LAST DATE FOR WITHDRAWAL OF NOMINATIONS	SATURDAY, 01.03.2008	(UPTO 3.00 P.M.)
• DATE OF ELECTION	SUNDAY, 09.03.2008	(8.30 A.M. TO 1.30 P.M.)

**THE BALLOT BOXES WILL REMAIN OPEN UPTO 1.30 P.M.
IMA I.Card or Govt. Recognised Photo Identity Card mandatory.**



THROUGH COURIER WITH PROOF OF DELIVERY

23.01.2008

NOTICE

Notice is hereby given that Annual General Body Meeting (Business Meeting) of the Indian Medical Association - Mumbai West will be held on Sunday, 09.03.2008 at 2.00 p.m. in I.M.A. Building, Behind Chandan Cinema, J. R. Mhatre Marg, Juhu, Mumbai 400049 to transact the following business :-

AGENDA

- 1) Condolence.
- 2) To read and confirm the minutes of
 - i. Annual General Body Meeting held on Sunday, 11.03.2007.
 - ii. An Additional General Body Meeting held on Sunday, 05.08.2007.
 - iii. An Additional General Body Meeting held on Thursday, 06.09.2007.
 - iv. Urgent General Body Meeting held on Thursday, 18.10.2007.
 - v. General Body Meeting held on Thursday, 18.10.2007.
- 3) To consider business arising out of the minutes.
- 4) To declare the results of the election.
- 5) To adopt the Annual Report of the Managing Committee covering all the activities of the branch. (The original reports of the other committees shall be appended to the above report) and to adopt various committee reports including the reports of CGP & AMS.
- 6) To pass "Annual Budget" of the branch for the next financial year (01.04.2008 to 31.03.2009).
- 7) Any other business with the permission of the chair.

Dr. Jayesh Lele
Hon. Secretary

Note :

- 50 members shall form the quorum for the Annual General Meeting (Business Meeting).
- If there is no quorum of the appointed time for AGM, it shall stand adjourned for half - an - hour and will be held at the end of half - an - hour period at the same place.



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2) Dr. Bhavana Patel's Lab

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Phone : 2614 6027

3) Mehta Polyclinic

Andheri (E).
Phone : 2683 8652 / 2682 7809

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Cell No. : 98202 86871, 98201 44132



**INDIAN MEDICAL ASSOCIATION - MUMBAI WEST BRANCH
ANNUAL REPORT: 2007 - 2008**

It is a great pleasure to submit this annual report of our branch for the year 2007-8. This year has been full of activities, and I am happy that we have been able to incorporate many new changes in the functioning of our branch. This has made our branch a **Leader** in arranging various CME activities. The same was recognized as well as appreciated by **IMA Maharashtra state** and **IMA Head Quarters**. This was possible only due to excellent co-operation, sheer hard work and total dedication of all my co-office bearers, trustees, managing committee members, chairpersons and members of various sub committees. I would like to express my appreciation and thanks to all of them. I am also grateful to all the members of our branch for the great trust shown in us and tremendous response, unstinted support and total co-operation rendered to us throughout the year.

**ADMINISTRATIVE REPORT OF THE YEAR
THE OFFICE BEARERS ARE AS FOLLOWS :**

President	Dr. Akil Contractor
Imm. Past President	Dr. Vinay Saraf
Vice President	Dr. Balkrishna M. Inamdar
Hon. Secretary	Dr. Jayesh M. Lele
Hon. Treasurer	Dr. Subodh G. Kedia
Hon. Joint Secretary	Dr. Ashok G. Balsekar

THE BOARD OF TRUSTEES CONSISTS OF

Managing Trustee	Dr. Saeed Umerjee
Members	Dr. K. S. Aithal
	Dr. Jayesh N. Doctor
	Dr. R. G. Jimulia
	Dr. B. S. Mehta

IMA - CGP MUMBAI WEST SUB FACULTY

Asst. Dir of Studies	Dr. Subhash L. Shah
Asst. Secretary	Dr. Bharat Trivedi

IMA - AMS MUMBAI WEST BRANCH CHAPTER

Chairman	Dr. Manoj Patel
Hon. Secretary	Dr. Arshad Gulam Mohd.

MEMBERS OF THE MANAGING COMMITTEE

Dr. Bachani Manohar	Dr. Kamdar Bipin	Dr. Shah Atul M.
Dr. Badwe Rohini	Dr. Khosla Sanjeev	Dr. Shah Nilesh
Dr. Bhawe Vijay	Dr. Kulhalli Vani	Dr. Shah Rashmikant
Dr. Bhatt Mehul	Dr. Mehta (Mrs.)Alka B.	Dr. Sheth Shashikant
Dr. Chaudhari Arun S.	Dr. Narendrakumar	Dr. Soomaney A. J.
Dr. Desai Ashok D.	Dr. Pandit Nitin	Dr. Suchak Anil
Dr. Doshi Kusum	Dr. Parikh Hitesh	Dr. Thoravade Pratibha
Dr. Gupta K. C.	Dr. Patel Bhavna M.	Dr. Tungare Rajiv S.
Dr. Joshi S. K.	Dr. Patel Heena M.	Dr. Upadhyaya Jagdip R.
Dr. Kalambi Suresh S.	Dr. Rege Narendra	Dr. Vaidya Niranjana R.

Dr N S Chatwani resigned due to personal reasons and managing committee filled the vacancy by co-opting Dr Anil Suchak.



The managing committee, in its first meeting held on Wednesday, 12.04.2007 appointed following members as Chairpersons of various sub - committees:

a	Action Sub - Committee	Dr. (Mrs.) Vani Kulhalli
b	Aids Cell Sub - Committee	Dr. Vinay Saraf
c	Anti Quackery Sub - Committee	Dr. Jagdip Upadhayaya
d	Building Sub - Committee	Dr. Ashok Balsekar
e	Constitution Sub Committee	Dr. B. M. Inamdar
f	Cultural Sub - Committee	Dr. Hitesh Parikh
g	Editor - Medical Image Sub - Committee	Dr. Jayesh Lele
h	Fund Raising Sub Committee	Dr. Manohar Bachani
i	Identity Card Sub - Committee	Dr. Vijay Bhave
j	Library Sub - Committee	Dr. S. K. Joshi
k	Media Relations Sub - Committee	Dr. Sanjeev Khosla
l	Medico Legal Sub - Committee	Dr. Suresh Kalambi
m	Members Welfare Sub - Committee	Dr. (Mrs.) Heena Patel
n	Membership Drive Sub - Committee	Dr. Bipin Kamdar
o	Public Health & Welfare Sub - Committee	Dr. Pratibha Thoravade
p	Social Security Scheme Sub - Committee	Dr. (Mrs.) Alka B. Mehta
q	State & Centre Co-coordinator Sub - Committee	Dr. Niranjana R. Vaidya
r	Sport Sub Committee	Dr. Nilesh Shah
s	Women's Wing Sub - Committee	Dr. (Mrs.) Bhavna Patel

On all the above sub committees, President Dr. Akil Contractor, Hon. Secretary Dr. Jayesh M. Lele & Hon. Treasurer Dr. Subodh G. Kedia are ex-officio members.

The managing committee in its first meeting held on Wednesday, 11.04.2007 co-opted following members in the managing committee.

- 1) Dr. Manohar Bachani, 2) Dr. Mehul Bhatt, 3) Dr. Arun Chaudhari, 4) Dr. S. K. Joshi and
- 5) Dr. Shashikant Sheth.

Up to 23rd January 2008, total 7 managing committee meetings were held. Attendance of each member was a under:

Dr. Contractor Akil 7	Dr. Joshi S. K. 6	Dr. Shah Rashmikant -
Dr. Saraf Vinay 3	Dr. Kalambi Suresh S. 5	Dr. Sheth Shashikant 4
Dr. Inamdar Balkrishna M. 5	Dr. Kamdar Bipin 4	Dr. Soomaney A. J. 4
Dr. Lele Jayesh M. 7	Dr. Khosla Sanjeev 3	Dr. Suchak Anil 3
Dr. Kedia Subodh G. 6	Dr. Kulhalli Vani 3	Dr. Thoravade Pratibha 7
Dr. Balsekar Ashok G. 7	Dr. Mehta (Mrs.)Alka B. 6	Dr. Tungare Rajiv S. -
Dr. Bachani Manohar 3	Dr. Narendrakumar 4	Dr. Upadhyaya Jagdip R. 5
Dr. Badwe Rohini 3	Dr. Pandit Nitin 3	Dr. Vaidya Niranjana R. 5
Dr. Bhave Vijay 6	Dr. Parikh Hitesh 5	Dr. Shah Subhash L. 7
Dr. Bhatt Mehul 4	Dr. Patel Bhavna M. 2	Dr. Trivedi Bharat 4
Dr. Chaudhari Arun S. 2	Dr. Patel Heena M. 4	Dr. Patel Manoj 6
Dr. Desai Ashok D. 7	Dr. Rege Narendra 1	Dr. Arshad Gulam Mohd. 4
Dr. Doshi Kusum 7	Dr. Shah Atul M. 4	
Dr. Gupta K. C. 7	Dr. Shah Nilesh 6	

All the trust board members attended the managing committees and guided the managing committee members on various delicate issues.

- This year, our branch had:**
- i. An Additional General Body Meeting held on Sunday, 05.08.2007.
 - ii. An Additional General Body Meeting held on Thursday, 06.09.2007.
 - iii. Urgent General Body Meeting held on Thursday, 18.10.2007.
 - iv. General Body Meeting held on Thursday, 18.10.2007.



HIGHLIGHTS OF THE YEAR (2007 - 2008)

1) **During the year we organized unique, innovative & unparallel mini conferences:**

- Obesity, Its Management including Surgery : 22nd April 2007
- Vitiligo : 20th May 2007
- Surgicon : 10th June 2007
- Respicon : 1st July 2007
- Pediatric Update : 22nd July 2007
- Gynaecon : 19th August 2007
- Glimpses In Cardiology : 23rd September 2007
- World Heart Day - Walk For Heart : 30th September 2007
- Eyecon – 2007 : 14th October 2007
- Pediatric Update – Part II : 18th November 2007
- Management of HIV at Family Physician's Level : 1st December 2007
- Rheumatocon 2007 : 9th December 2007
- Gericon 2008 : 10th February 2008
- World Kidney Day* : 13th March 2008
- ECG Workshop* : 16th March 2008
- World TB Day * : 20th March 2008

*** Proposed**

- 2) Throughout the year, regular weekly CME classes as well as monthly scientific programmes were conducted. **G. P. Forum programme** was conducted regularly on every Tuesday at 02.30 pm. Programmes were very well attended and appreciated by all. **IJCP CARDIOLOGY** series of 12 lectures was one of the best series. We also started giving working lunch to all the delegates so that they can come from Dispensary directly to IMA for lectures; this ensured that we could start the lectures on time.
- 3) Our monthly bulletin "**Medical Image**" **soft copy was** sent to all the members who could give us their e-mail id; this was for the **first time** that members could access the magazine on a computer, before they could receive the hard copy. Outsourcing of the printing was done through "Campaign Masters", making it free of cost to us including free distribution to our members.
- 4) We have refurbished the stage in the Lupin Auditorium. This has made our auditorium one of the best equipped auditoriums available for medical fraternity. This year our auditorium was also use by GPA GB and Gynecological association from suburbs. ROTARY International and Pharma industry have appreciated the get up and the audiovisual arrangement in our auditorium.

We negotiated with M/s Amantran Caterers and **got our entire 2nd Floor renovated without having to spend anything**. Also the terrace water proofing was done; again our branch did not spend. We could also get Hutch/Vodafone Cell Site on top of our Building. **This will fetch us good funds forever**. We also obtained TDS exemption certificate **for the first time** from IT Dept. to get full benefit from the Hutch Cell Site.

- 5) "**Doctor's Day Celebration**" on Sunday, 1st July 2007 in our premises. We felicitated

- **Dr. Rashid Merchant** - **Eminent Paediatrician.**
- **Dr. Anupam Desai** - **Senior Physician & Cardiologist.**
- **Dr. A. V. Mehta** - **Senior Family Physician.**

We had also invited **Dr. Vasant Pawar, Dr K.C. Mohanty and Dr F. E. Udwardia** but due to torrential rains on 30th June they could not attend.

The **DOCTOR'S DAY** was preceded by '**RESPICON**' and **Cultural** programme. In spite of the heavy rains on 30th Jun, members attended the entire day's events in good strength. The entire programme was awarded special prize by **IMA - HQ**.

- 6) **Our branch was awarded following prizes at the State level:-**

- Our beloved President - **Dr Akil Contractor** was chosen for prestigious appreciation award from **IMA Maharashtra State Branch**.



- Our **Hon. Secretary Dr. Jayesh Lele** has been judged **Best Secretary** amongst big branches in Maharashtra. This is **Second Time** Dr. Jayesh Lele has been awarded this honor.
 - We have been awarded the prestigious **Dr. J. S. Sikchi award** for the **Best Sub Faculty of IMA - CGP in the State of Maharashtra**.
 - Our Trust Board Member Dr. Bakulesh S. Mehta has been selected for the **prestigious “President Appreciation Award for Selfless Services”** by IMA – National Award Committee for the year 2006 - 2007.
 - Our life member **DR. ALAN ALAPAT** who has done lot of work in geriatric field at the general practitioners’ level shall be reading **DR. C. L. JHAVERI ORATION TROPHY** papers. Topic of **“CARE OF THE ELDERLY”** at IMA - MASTACON at Nagpur.
- 7) **Our branch was awarded following prizes at the National level:**
- **Our Branch (IMA – Mumbai West (B.W.S.B.))** has also been selected for the **“IMA – Doctor’s Day Celebration Award”** by IMA – National Award Committee for the year 2006 - 2007.
 - **Our president Dr. Akil Contractor** is chosen for **“IMA – National President Appreciation Award”** by IMA – National Award Committee for the year 2006 - 2007.
 - Our Hon. Secretary **Dr. Jayesh Lele** has been selected for the prestigious **“President Appreciation Award for Best Adjudged Hon. Secretary of a Local Branch”** by IMA – National Award Committee for the year 2006 - 2007.
 - Our Trust Board Member **Dr. K. S. Aithal** for receiving prestigious **“IMA – AMS Distinguished Service Award in Recognition of his Excellent Performance in Academic & Organizational Activities** for the year 2006 - 2007” by **National IMA Academy of Medical Specialties at Annual National Conference of IMA AMS - “AMSCON” – 2007 at New Delhi.**
 - Our Past President **Dr. Vasant G. Shenoy** for receiving prestigious **“IMA – AMS Distinguished Service Award”** in **Recognition of his Excellent Performance in Academic & Organizational Activities** for the year 2007 by **National IMA Academy of Medical Specialties. The Award was presented ceremoniously at Annual National Conference of IMA AMS - “AMSCON” – 2007 at New Delhi.**
 - Our past President & past Trust Board Member **Dr. Suhas Pingle** has been selected for the prestigious **“President Appreciation Award for Best State Hon. Secretary of Maharashtra State Branch”** by **IMA – National Award Committee** for the year 2006 - 2007.
- 8) **The current branch membership strength as on 28.02.2008**
- | | | |
|-----------------|----------------|---------|
| Life Membership | Single | = 1,756 |
| Life Membership | Couple 447 X 2 | = 894 |
| Grand Total | | = 2,650 |
- We have collected the list of registered doctors from MMC Mumbai and separated the list for western suburbs. We are requesting them to join our branch through appeal letter with the information about our branch.
- 9) **Our 20th Annual Scientific Conference** was arranged on Sunday, 06th January 2008 at Bhaidas Auditorium, Vile Parle – West, Mumbai - 56. We had a good attendance of more than 700 delegates. The conference was inaugurated by Chief Guest Prof. Dr. Yeolekar & Guest of Honour – Dr. D. K. Shirole, IMA – Maharashtra State Branch. The excellent scientific programme, a very useful gift, top class food and fantastic overall arrangements were appreciated by all.
- 10) **Our branch is well represented at Maharashtra State as**
- i) Dr. B. M. Inamdar : Vice President
 - ii) Dr. Suhas Pingle : Hon. Secretary IMA - MS
 - iii) Dr. Jayesh Lele : Hon. Jt. Secretary
 - iv) Dr. S. C Mehtalia : Jt. Secretary and Hon. Treasurer – SSS



- iv) Dr. Akil Contractor: Hon. Secretary, IMA - CGP Maharashtra State Faculty
- v) Regular CWC members : Dr. Jimulia, Dr. B. S. Mehta & Dr. N. R. Vaidya
- vi) Alternate CWC members : Dr. S. C. Mehtalia, Dr. K. C. Gupta & Dr. Alka B. Mehta
- vii) Dr. Subhash Shah CGP Governing Council

11) **REPORT OF GERICON 2008**

GERICON 2008 was held on 10th February, 2008 at our Branch. We had around 250 delegates attending this conference and many other were refused registration due to space constraint.

Lupin Hall and Hall on 2nd floor were packed to their capacity. Direct live audio-visual transmission was done from Lupin Hall to 2nd floor Hall.

The conference was inaugurated by Dr. P.S.Ramani. the idea of having a conference dedicated to Geriatrics was appreciated by Dr. Ramani, Dr. Ramamoorthy and all other speakers.

Various topics from different faculties were covered aptly by leading doctors in their respective fields.

President, Dr. Akil Contractor, announced the formation of a Geriatric Cell in our branch which will be managed by Dr. Bakulesh Mehta and Dr. Kusum Doshi.

Dr. Balkrishna Inamdar and Dr. Subodh Kedia were convenors for Gericon.

The conference was appreciated by one and all and there was a great demand to help extended by Dr. Deepak Jumani managing audio – visual and Dr. Manohar Bachani to organize finances.

- 12) President Dr Akil Contractor proudly announced the **GERIATRIC CELL** at our branch. Dr .Bakulesh Mehta and Dr Kusum Doshi shall be the convenors to look after the activities.

REPORTS OF VARIOUS SUB COMMITTEES ARE AS FOLLOW:

(A) REPORT OF I.M.A. - C.G.P. MUMBAI WEST SUB FACULTY

Report from 01.04.2007 to 31.03.2007

Introduction:

Asst. Director of Studies - Dr. Subhash L. Shah

Asst. Secretary - Dr. Bharat Trivedi

No. of new IMA – CGP Life Members enrolled during the year: 42

Total No. of IMA – CGP Life members as on 31st January 2008: 384

Total No. credit hours of CME and scientific activities:

HIGHLIGHTS:

- Total 224 credit hours of scientific and CME activities organized during the year.
- Innovative, Unique & Unparallel programme of "G. P. Forum Programme".
- Introduction of Clinical Series Programme.
- Introduction of Monthly Series on specific themes likes
- Mini Conferences on Sundays:
 - Surgicon : 10th June 2007
 - Respicon : 1st July 2007
 - Pediatric Update : 22nd July 2007
 - Gynaecon : 19th August 2007
 - Glimpses In Cardiology : 23rd September 2007
 - Pediatric Update – Part II : 18th November 2007
 - GERICON : 10th February 2008



BOARD OF STUDIES FOR THE YEAR 2007 - 2008:

The dignitaries constituting the board of the studies for the year 2007 – 2008 were as follows:

1) Ex – Officio Members :

- i) President - Dr. Akil Contractor
- ii) Hon. Secretary - Dr. Jayesh Lele
- iii) Hon. Treasurer - Dr. Subodh Kedia

2) Senior Consultants:-

- 1. Dr. Rajiv Anand
- 2. Dr. Balkrishna M. Inamdar
- 3. Dr. Sadanand Shetty

3) Teaching Faculties:-

- a) Dr. Jayant Brave
- b) Dr. Salil Bendre
- c) Dr. G. P. Ratnaparkhi
- d) Dr. M. D. Shah

4) Senior General Practitioners:-

- a) Dr. Manohar Bachani
- b) Dr. Navin Chatwani
- c) Dr. S. K. Joshi

VARIOUS SCIENTIFIC PROGRAMMES AND ACTIVITIES ORGANISED

Programmes	Credit Hours
1. G. P. Forum Programme	: 82
2. Weekly Scientific Programme	: 94
3. Monthly Scientific Programme	: 41
4. Annual Scientific Conference	: 07
5. Total Credit Hours	: 224

**a) G. P. FORUM PROGRAMME
(LECTURES ON EVERY TUESDAYS AT 02.30 PM SHARP)**

TOTAL CREDIT HOURS: 82

Sr. No.	Date	Topic	Speaker
CLINICAL SERIES ON "PAEDIATRIC"			
1	03.04.2007	Interesting Respiratory Cases	Dr. Sunil Jaisingh
2	10.04.2007	Fever In Paediatric	Dr. Jagruti Sanghavi
3	17.04.2007	Common Paediatric Surgical Problems	Dr. Pankaj Shroff
4	24.04.2007	Childhood Behavior Disorder	Dr. Samir Dalwai
5	01.05.2007	"World Asthma Day" "Advanced Management of Asthma in Office Practice"	Dr. Indu Khosla Dr. Pranjal Sathekale
6	08.05.2007	Rational Use of Antibiotic & Other Drugs in Paediatric	Dr. Rashid Merchant
7	15.05.2007	Prevention of Cardiovascular Events in General Practice	Dr. Subodh Kedia
8	05.06.2007	Diseases Surveillance and Monsoon Related Illness Reporting Methodology and Formats	Dr. Neera Kewalramani Dr. Daksha Shah

**CLINICAL SERIES ON "PHARMACOLOGY"**

9	12.06.2007	Update in Drug's Use in Family Practice - Part I	Dr. Tushar Shah
10	19.06.2007	Update in Drug's Use in Family Practice - Part II	Dr. Tushar Shah
11	26.06.2007	Update in Drug's Use in Family Practice - Part III	Dr. Tushar Shah
12	03.07.2007	O.H.A. in Diabetes Mellitus	Dr. Shashank Joshi
13	10.07.2007	Insulin Use in D.M. By General Practitioner	Dr. Shashank Joshi
14	17.07.2007	Urological Laparoscopy State of Art	Dr. Anup Ramani
15	24.07.2007	Diagnosis in Management of Depression in Adult	Dr. Rajiv Anand
16	31.07.2007	Prevention of Cardiological Events in General Practice	Dr. Subodh Kedia
17	07.08.2007	Pneumonias	Dr. Shirish Shah
18	14.08.2007	Chronic Fatigue Syndrome	Dr. Manoj Bhatavdekar
19	21.08.2007	Chronic Pain Management	Dr. Jitendra Jain
20	11.09.2007	Polio Status 2007 & Acute Flaccid Paralysis	Dr. Meeta Naik
21	18.09.2007	Pain in Abdomen	Dr. Jayant Barve
22	02.10.2007	On the occasion of Gandhi Jayanti "Ethics in Current Medical Practice"	Dr. B. T. Maskati
23	09.10.2007	Routine Urine Examination	Dr. Jayesh Desai
24	16.10.2007	Diagnosis & Management Lung Cancer	Dr. Sachin Almel
25	23.10.2007	Marketing in Medical Practice	Dr. Subodh Kedia
26	20.11.2007	Alzheimer's	Dr. Kishore Shetty
27	27.11.2007	Epilepsy	Dr. Ashutosh Shetty
28	04.12.2007	Stroke	Dr. Nitin Sampat
29	11.12.2007	Surgical Options For Epilepsy & Parkinson's Disease	Dr. Sanjay Mongia
30	18.12.2007	Management Of Headache	Dr. K. C. Shah
31	15.01.2008	Approach To Cough And Dyspnoea	Dr. Salil Bendre
32	22.01.2008	Everything About Pneumonia	Dr. Salil Bendre
33	29.01.2008	Interstitial Lung Disease : The Difficulties Made Simple	Dr. Salil Bendre
34	05.02.2008	What X – Rays Have To Tell	Dr. Salil Bendre
35	12.02.2008	Lung Function Tests : Uses And Application	Dr. Salil Bendre
36	19.02.2008	COPD And Asthma: How Best To Manage Them	Dr. Salil Bendre
37	26.02.2008	RNTCP Part I	-

CLINICAL SERIES ON "HAEMATOLOGY"

38	04.03.2008	Interpretation of CBC	Dr. Abhay Bhawe
39	11.03.2008	Early Detection of Haematological Malignancies	Dr. Abhay Bhawe
40	18.03.2008	Approach to a Case of Thrombocytopaenia	Dr. Abhay Bhawe
41	25.03.2008	RNTCP Part II	-



**b) REPORT OF WEEKLY SCIENTIFIC PROGRAMME
(EVERY THURSDAYS) Total Credit Hours : 96**

Sr. No.	Date	Topic	Speaker
1	05.04.2007	Inflammatory Bowel Diseases	Dr. Sanjeev Khanna
2	12.04.2007	Beauty & Art of Cosmetic Surgery	Dr. Ajay Hariani
CLINICAL SERIES ON "PEADIATRIC"			
3	19.04.2007	Physical Examination of Newborn & Infant Growth & Development of Child	Dr. Vasant Khatav
4	26.04.2007	Paediatric Cardiac Surgery – Perspective	Dr. Ashok Hishikar
5	03.05.2007	Common Orthopaedic Problems in Children	Dr. Atul Bhaskar
6	10.05.2007	C.K.D. & Family Physician	Dr. Arun Shah
7	17.05.2007	Pre-Hospital Management of Acute Myocardial Infarction	Dr. Darshan Jhala
8	07.06.2007	Rational Use of Antibiotic & Expectorant in Treating Cough	Dr. Rashid Merchant
9	14.06.2007	Management of Asthma in General Practice	Dr. N. S. Chatwani
CLINICAL SERIES ON "CARDIAC"			
10	21.06.2007	Management of Lipid Disorders	Dr. Navneet Kumar
11	28.06.2007	All About Hypertension	Dr. Bhaskar Shah
12	05.07.2007	Acute Coronary Syndromes	Dr. G. R. Kane
13	12.07.2007	Basics of Electrophysiology	Dr. Amit Vora
14	19.07.2007	Identification of Arrhythmias	Dr. Yash Lokhandwala
15	26.07.2007	Interventions in Cardiology	Dr. Brain Pinto
16	02.08.2007	Understanding Pacemakers	Dr. Suresh Vijan
17	09.08.2007	Sudden Cardiac Death	Dr. Ashish Nabar
18	16.08.2007	Congestive Heart Failure & Device Based Management	Dr. Suresh Vijan
19	23.08.2007	Management of Acute Myocardial Infarction	Dr. J. J. Dalal
20	30.08.2007	Atrial Fibrillation Beyond Medical Management	Dr. Amit Vora
21	06.09.2007	Advanced Intervention Cardiology	Dr. Bhaskar Shah
CLINICAL SERIES ON "ORTHOPAEDIC"			
22	13.09.2007	Approach to Neck Pain	Dr. Satish Mutha
23	27.09.2007	Knee Pain & Osteoporosis	Dr. Rakesh Nair
24	04.10.2007	Backache	Dr. Jawahar Panjvani
25	11.10.2007	Family Physician & CRF	Dr. Jayesh Desai
26	18.10.2007	Basics in Dialysis	Dr. Jayesh Desai
27	25.10.2007	OPD Procedure in Orthopaedic	Dr. P. S. Mamtora
28	30.10.2007	Depression	Dr. Paresh Trivedi
CLINICAL SERIES ON "MANAGEMENT OF DIABETES"			
29	15.11.2007	Target , Facts and Monitoring	Dr. Manoj Chawla
30	22.11.2007	Oral Drugs	Dr. Rajiv Kovil
31	29.11.2007	What's New	Dr. Tejas Shah
32	06.12.2007	Insulin Therapy	Dr. Manoj Chawla
33	13.12.2007	Diabetic Foot	Dr. Rajiv Kovil



34	20.12.2007	Panel Discussion : Case Studies and Management	Dr. Manoj Chawla Dr. Tejas Shah Dr. Rajiv Kovil
35	03.01.2008	Pre Conference CME	
CLINICAL SERIES ON "GASTRO-ENTEROLOGY"			
36	10.01.2008	Medical Management of GERD	Dr. Khurshid Vazifdar
37	17.01.2008	Hepatitis Update	Dr. Ajay Choksi
38	24.01.2008	Gastro-Intestinal Emergencies	Dr. Parthiv Sanghvi
39	31.01.2008	Fevers	Dr. Vinod Gidwani
CLINICAL SERIES ON "NEPHROLOGY"			
40	07.02.2008	Urine Analysis & Management of UTI	Dr. Umesh Khanna
41	14.02.2008	Acute Renal Failure	Dr. Umesh Khanna
42	21.02.2008	Glomerulonephritis	Dr. Umesh Khanna
43	28.02.2008	Diabetes & Kidney	Dr. Umesh Khanna
44	06.03.08	Travel Fitness	Dr. Abhishek Bhargav
45	13.03.08	World Kidney day	Dr. Umesh Khanna
46	20.03.08	World Tuberculosis Day	Dr. Mangesh Tiwaskar
47	27.03.08	Managemnt of Thyroid Disorders	Dr. Mangesh Tiwaskar

c) REPORT OF MONTHLY SCIENTIFIC PROGRAMMES

Total No. of Programes = 11
Total C.M.E. Credit Hours = 41

These programes are conducted once every month on a Sunday from 9.30 a.m. to 1.30 p.m. usually in our Air Conditioned Auditorium - Lupin CME Hall. These programes have a common theme and in this programme, consultant teachers are invited to speak on various topics related to the central theme. These programes are free for all members of I.M.A. - C.G.P. and at highly subsidized rates for I.M.A. members. They are very well attended by General Practitioners.

1) WORLD HEALTH ORGANIZATION DAY PROGRAMME

"INVEST IN HEALTH, BUILD A SAFER FUTURE"

Day & Date : Sunday, 8th April 2007.

Moderator : Dr. Akil Contractor.

Invest in Health Build a Safer Future	Dr. Brian Pinto - Consulting Cardiologist Nanavati Hospital & Lilavati Hospital
Vaccines for Safer Future	Dr. Indu Khosla Consulting Pediatrician, Hinduja Hospital

2) WORKSHOP ON "OBESITY, ITS MANAGEMENT INCLUDING SURGERY"

Day & Date : Sunday, 22nd April 2007

Moderator : Dr. S. K. Joshi

Diet in Obesity	Dr. Kanchan Jagwani - Consulting Dietician
Plastic Surgery in Obesity	Dr. Satish Arolkar - Consulting Plastic Surgeon
Bariatric Surgery in Obesity	Dr. Naresh Singhi - Consulting Bariatric Surgeon



3) A CERTIFICATE COURSE SYMPOSIUM ON “ADVANCED MANAGEMENT OF PAEDIATRIC ASTHMA IN OFFICE PRACTICE” - “WORLD ASTHMA DAY”

Day & Date : Tuesday, 01st May 2007 • Moderator : Dr. Akil Contractor

Diagnosis of Asthma Acute Management of Asthma Role of Preventers (Long Term Management)	Dr. Indu Khosla Consulting Pediatrician, Hinduja Hospital
Parent Education Home care in an Acute Episode Hands of Training on Devices in Asthma	Dr. Pranjal Sathekale Fellow in Pediatric Critical Care Hinduja Hospital

4) SYMPOSIUM ON “VITILIGO”

Day & Date : Sunday, 20th May 2007 • Moderator : Dr. Subhash Shah.

Diagnosis & Medical Management of Vitiligo	Dr. R. D. Kharkar Consulting Dermatologist, Holy Family Hospital
Surgical Management of Vitiligo	Dr. Vinay Saraf Hon. Dermatologist, Nanavati Hospital
Panel Discussion	Dr. R. D. Kharkar / Dr. Vinay Saraf

5) FOR FIRST TIME IN HISTORY OF IMA SURGICON MINI CONFERENCE DEDICATED TOWARDS SURGERY - “SURGICON 2007”

Day & Date : Sunday, 10th June 2007 • Moderator : Dr. S. V. Shetty

Thoracoscopy and its status in India.	Dr. B. S. Shastri
Minimally Invasive Surgery for PILES	Dr. S. V. Shetty
Current Status of Obesity Surgery in India	Dr. J. B. Agarwal
Management of Liver Tumour	Dr. Chetan Kantharia
Current Status of Liver Transplantation in India.	Dr. Prasad Wagle
MINIMAL ACCESS Surgery for Gall Bladder, Appendix and HERNIAS - Inguinal, Ventral and Hiatus Hernia.	<u>Panel Discussion:</u> Dr. S. V. Shetty, Dr. J. B. Agarwal, Dr. P. P. Rao, Dr. Hitesh Mehta, Dr. Manoj Bharucha, Dr. Arun Shetty, Dr. Satish Kukarni.

6) RESPICON - 2007 • Day & Date : Sunday, 1st July 2007

Do We Really Understand Respiratory System	Dr. Shirish Shah Senior Chest Physician, Nanavati Hospital
Treatment of TB, DRTB, MDR & XDRTB	Dr. Pralhad Prabhudesai Consulting Chest Physician, Lilavati Hospital
COPD	Dr. Sanjiv Mehta Chest Physician, Lilavati Hospital
Lung & Diabetes	Dr. Mangesh Tiwaskar Chest Physician, Karuna Hospital
Tickle Your Brains X-Ray Quiz	Dr. Salil Bendre Chest Physician, Nanavati Hospital
Lung : Mirror of Systemic Disease	Dr. Agam Vora, Chest Physician K. K. Somaiya Hospital



7) Symposium on "PEDIATRIC UPDATE"
Day & Date : Sunday, 22nd July 2007

Pediatric Update	Dr. Rashid Merchant, Eminent Paediatrician
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8) Symposium on "ART OF CLINICAL DIAGNOSIS"
Day & Date : Sunday, 05th August 2007

Art of Clinical Diagnosis	Dr. Ketan Mehta, Consulting Cardiologist
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9) GYNAECON - 2007
Day & Date : Sunday, 19th August 2007. Moderator : Dr. B. M. Inamdar

CHANGING TRENDS	
Changing Trends in the Management of PIH	Dr. Rajendra Saraogi
Changing Trends in Infertility (Special emphasis on ART)	Dr. Sadhana Desai
• Inauguration • Life Time Achievement Award • Key Note Address : "CLINICAL DIAGNOSIS IN GYNAECOLOGY-IS IT A DYING ART?"	Dr. Akil Contractor Dr. Shirish Sheth
TECHNOLOGICAL ADVANCES	
Stress Incontinence - TOT/ TVT	Dr. Vineet Mishra
Advances in Endoscopic Surgery	Dr. Rajendra Sankpal
Advances in bio-identical HRT in Gynaecology	Dr. Ali Mohammed-M.D. (Med.), (US)
HRT - Panel Discussion	Dr. Nayana Dastur / Dr. Rama Vaidya Dr. Mandakini Parihar / Dr. Ali Mohd.
"COFFEE WITH EXPERTS"	
Drugs in Pregnancy	Dr. P. K. Shah
Pelvic Inflammatory Diseases	Dr. Nozer Sheriar
Adolescent Gynaecology	Dr. Ashwini Bhalerao
Contraception Update	Dr. Suchitra Pandit

10) "GLIMPSES IN CARDIOLOGY"
A unique interactive programme to observe "WORLD HEART DAY" with a CME comprising of short films of cardiac patients and discussion of each case.
Day & Date : Sunday, 23rd September 2007.
Moderator : Dr. Subodh Kedia

"Glimpses in Cardiology"	Dr. Pradeep Vyas Interventional Cardiologist - Nanavati & Lilavati Hospitals.
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11) Symposium on "Pediatric Update - Part II"
Day & Date : Sunday, 18th November 2007.

Pediatric Update	Dr. Rashid Merchant, Eminent Paediatrician
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12) World Aids Day

Day & Date : Saturday, 1st December 2007. Moderator: Dr. Vinay Saraf

Approach to a case of HIV/AIDS	Dr. Rashmikant Shah Dr. R.D. Kharkar Dr. Salil Bendre Dr. Jaydeep Gogtey
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13) GERICON - 2008

Day & Date : Sunday, 10th February 2008.

Physiology of Ageing	Dr. K. Ramamoorthy
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1) XXTH - ANNUAL SCIENTIFIC CONFERENCE "IMACON - 2008" ON : SUNDAY, 06TH JANUARY 2008
AT : BHIDAS AUDITORIUM, VILE PARLE-WEST, MUMBAI - 400 056.
SCIENTIFIC PROGRAMME

Topic	Speaker
Registration & Breakfast	
Medical Management of Obesity	Dr. Shashank Joshi
Difficult Fever	Prof. Dr. K. Ramamoorthy
Inauguration Chief Guest : Dr. M. E. Yeolekar, Dean K. E. M. Hospital Guest of Honour : Dr. Devendra K. Shirole, President – IMA – Maharashtra State Branch	
Dr. Surabhai Sheth Memorial Oration Award - Keynote Address : "ENSURE CHILD HEALTH FOR SAFER ADULTHOOD"	
The Hip Joint Through The Keyhole	Prof. Dr. Y. K. Amdekar
Diagnosis & Management of Chronic Hepatitis - C	Dr. Vijay Shetty
Liver Transplant	Dr. Deepak Amrapurkar
Dr. C. T. Thakkar Oration / Free Papers	Dr. Subhash Gupta
Recent Advances in Psoriasis Management	Dr. Sudhesh Phanse
Laughter – The Best Medicine	Dr. Hemangi Jerajani
Surgical Management of Obesity	Dr. Tushar Shah
Difficult – Asthma	Dr. Muffazal Lakdawala
Laparoscopic Myomectomy	Dr. Sanjeev Mehta
Pitfalls in Nephrology	Dr. Rakesh Sinha
	Dr. Umesh Khanna

B) REPORT OF I.M.A. - A.M.S. MUMBAI WEST CHAPTER

Chairman : Dr. Manoj Patel • Members :Dr. Arshad Gulam Mohd.

1) "EYECON - 2007" Day & Date : Sunday, 14th October 2007.

Moderator : Dr. Subodh Kedia

Cataract – Past, Present & Future	Dr. Vinay Agrawal
Age Related Macular Degeneration (ARMD)	Dr. Ajay Dudani
Recent advances in Lasik	Dr. Kumar J. Doctor
Panel Discussion : Diabetes, Hypertension & Eye	Dr. Manoj Chawla Dr. Himanshu Mehta Dr. Snehal Kothari
Eye Donation & Family Physicians	Dr. Arun Chaudhari
Eye Donation & Family Physicians	Dr. Alan Alappat



ANNUAL DAY CELEBRATIONS

ALL ARE CORDIALLY INVITED WITH FAMILY AND FRIENDS
FOR OUR ANNUAL DAY CELEBRATIONS

ON
SUNDAY, 23TH MARCH 2008
FROM 6.00 P.M. ONWARDS



AT
**OUR AIR CONDITIONED
CONFERENCE HALL**
IMA BUILDING,
J. R. MHATRE MARG,
BEHIND CHANDAN CINEMA,
J.V.P.D. SCHEME, JUHU,
MUMBAI - 400 049.



PROGRAMME

ENTERTAINMENT PROGRAMME (ORCHESTRA)
INSTALLATION OF OFFICE BEARERS AND
NEW MANAGING COMMITTEE
DINNER - 9.00 P.M. ONWARDS.
SURPRISE LUCKY DRAW

REGISTRATION CHARGES

MEMBERS AND FAMILY MEMBERS : RS.50/- • GUESTS : RS.150/-

KINDLY REGISTER EARLY TO AVOID DISAPPOINTMENT
REGISTRATIONS AVAILABLE WITH OFFICE

Dr. Akil Contractor
President

Dr. Jayesh Lele
Hon. Secretary



INDIAN MEDICAL ASSOCIATION – MUMBAI WEST BRANCH
Public Health & Welfare Sub – Committee
&
Mumbai Nephrology Group

Presents

On the occasion of “WORLD KIDNEY DAY”

An interesting symposium on “Diabetes & Kidney”

Day & Date : Thursday, 13th March 2007 • Time : 01.30 p.m. to 04.00 p.m.
 Venue : Lupin CME Auditorium, I.M.A. Building, Behind Chandan Cinema,
 J. R. Mhatre Marg, J.V.P.D. Scheme, Juhu, Mumbai - 49.

Chairpersons : Dr. Ramesh Rao & Dr. Martin D’Souza

Time	Topic	Speaker
01.30 pm. to 02.15 pm.	Registration & Lunch	
02.15 pm. to 02.30 pm.	Welcome	Dr. Jayesh Lele
	Introduction	Dr. Akil Contractor
02.30 pm. to 02.45 pm.	Early Detection and Prevention of Diabetic Nephrology.	Dr. Arun Shah
02.45 pm. to 03.00 pm.	Role of Glycemic Control In Prevention & Established CKD.	Dr. Sharad Sheth
03.00 pm. to 03.15 pm.	Non – Diabetic Renal disease in Diabetics	Dr. Umesh Khanna
03.15 pm. to 03.30 pm.	Dialysis and Transplantation in	
	Diabetic Kidney disease	Dr. Bharat Shah
03.30 pm. to 04.30 pm.	Panel Discussion.	Dr. N. Kulkarni Dr. Rajesh Kumar Dr. Zope Dr. Jayesh Desai Dr. Mahendra Merchant
04.30 pm.	Vote of Thanks	Dr. Jayesh Lele

Early bird lucky draw for members who register by 2.00 p.m.

• **REGISTRATION FREE BUT A MUST.**

• **KINDLY REGISTER EARLY TO AVOID DISAPPOINTMENT.**

• **PROGRAMME WILL START AND END IN TIME.**

• **PLEASE CONTACT : IMA OFFICE, TEL. NO: 2620 6517 / 2625 4368**

DR. AKIL CONTRACTOR

President

DR. JAYESH LELE

Hon. Secretary

DR. PRATIBHA THORAVADE

Public Health & Welfare Sub- Committee.

DR. UMESH KHANNA

Convener



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

Presents on the occasion of "WORLD TUBERCULOSIS DAY"

**An interesting symposium on
"TUBERCULOSIS".**

Day & Date : Thursday, 20th March 2007.

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

Venue : Lupin CME Auditorium, I.M.A. Building, Behind Chandan Cinema,
J. R. Mhatre Marg, J.V.P.D. Scheme, Juhu, Mumbai - 49.

Time	Topic	Speaker
01.30 pm. to 02.30 pm.	Registration & Lunch	
02.30 pm. to 02.40 pm.	Welcome	Dr. Jayesh Lele
	Introduction	Dr. Akil Contractor
02.40 pm. to 04.00 pm.	1) Diabetes & Tuberculosis.	Dr. Mangesh Tiwaskar
	2) Current Trends in Management in Tuberculosis.	Dr. Agam Vora
	3) Atypical Presentation in Pulmonary Koch's.	Dr. Salil Bendre
04.00 pm.	Vote of Thanks	Dr. Subhash Shah

- **REGISTRATION FREE BUT A MUST.**
- **KINDLY REGISTER EARLY TO AVOID DISAPPOINTMENT.**
- **PROGRAMME WILL START AND END IN TIME.**
- **PLEASE CONTACT : IMA OFFICE, TEL. NO: 2620 6517 / 2625 4368**

DR. AKIL CONTRACTOR
President

DR. JAYESH LELE
Hon. Secretary

DR. SUBHASH SHAH
Asst. Director of Studies

DR. BHARAT TRIVEDI
Hon. Secretary

IMA - Mumbai West CGP Sub Faculty



**IMA-MUMBAI WEST Branch and
Bombay Orthopaedic Society (BOS)**
join hands to celebrate

INTERNATIONAL WOMEN'S DAY

SEMINAR ON Bone & Joint in Decade (2000-2010).

The musculoskeletal conditions that commonly affect women will be discussed.

Day & Date: Saturday 8th March

Time: 1 pm onwards

Venue: Lupin Auditorium

PROGRAMME:

1-2.30 pm	Lunch	
2.30pm	Welcome IMA-MW Branch	Dr. Akil Contractor
2.35pm	Welcome BOS	Dr. Rujuta Mehta
2.40pm	Back School	Dr. Arvind Kulkarni
3.00pm	Advances in the treatment of Rheumatoid Arthritis	Dr. Shubhada Kalke
3.20pm	Current treatment of Knee Osteoarthritis	Dr. Tushar Jimulia
3.40pm	Current treatment of Osteoporosis	Dr. Kaushik Bhojani
4.00pm	Your Queries	
4.15pm	Vote of Thanks & Lucky Draw	Dr. Jayesh Lele

- **REGISTRATION FREE BUT A MUST.**
- **KINDLY REGISTER EARLY TO AVOID DISAPPOINTMENT.**
- **PROGRAMME WILL START AND END IN TIME.**

Then the usual instructions regarding registration.
Early birds lucky draw for members registered by 2.30 pm

Dr. Akil Contractor
President IMA-MWB

Dr. Jayesh Lele
Hon. Secretary, IMA-MWB

Dr. V T Ingalhalikar
President BOS

Dr. S S Mohanty
Hon. Secretary, BOS

Dr. Tushar Jimulia
Programme Co-ordinator



2) "RHEUMATOCON - 2007"
Day & Date : Sunday, 09th December 2007.
Moderator : Dr. Ramesh Dargad

Approach to a patient with Arthritis.	Dr. V. R. Joshi
Laboratory Investigations & its Interpretation in Arthritis	Prof. Dr. Jyotsna Oak
Management of Arthritis.	Dr. Nimish Nanavati
Diagnosis & Management of Sero-Negative Arthritis.	Dr. Balkrishnan
Osteoporosis.	Dr. Niharika Gill

(C) REPORT OF ACTION SUB COMMITTEE

Chairperson : Dr. Vani Kulhalli

Members : Dr. Mehul Bhatt

Dr. Shashikant Sheth

- 1) We sent a letter to the Association of Hoarding owners to restrict advertisement of unsubstantiated medical remedies.
- 2) Letter to Hon Home Minister about stringent punishment for violence against doctors. was sent.
- 3) We took up the matter of one person injecting a tortoise blood to the patient and complaint was made to FDA & local police authorities.
- 4) There was very good response from the concerned authorities and we met them to explain our matter to them.

(D) REPORT OF AIDS CELL SUB COMMITTEE

Chairman : Dr. Vinay Saraf

A) The number of patients using the diagnostic & counseling facilities of AIDS CELL from 1st April 2007 to 10th January 2008 are given below :-

a) No. of Patients	:	60
b) No. of tests administered	:	60
1. Elisa, VDRL	:	10
2. Western Blot	:	18
3. CD4 Count	:	25
4. Viral Load	:	5
5. PCR	:	-
6. <u>HIV Monitor</u>	:	<u>02</u>
Total	:	60

Dr. Vinay Saraf and Dr. Rashmikant Shah leading Dermatologist were available on Mondays and Thursdays for free consultation to patients.

The AIDS CELL and the Anonymous Blood Testing Centre is rendering a wonderful service to the community at large and has earned a place of pride in the working of our organization. All other pathological tests are also available at 20% concession & Anti HIV Drugs (ARV) is made available to our patients (HIV / AIDS) at concessional rates. The AIDS cell has today more than 9000 patients registered with it. We have paid over Rs.50 lacs to various labs for investigations from the inception of the AIDS Cell & have made many drugs available at concessional rate to all our patients.

B) MDACS proposal was approved for AIDS cell. The grant was received for the period 1st January 2007 to 31st March 2007 Rs. 69 Thousand which includes one time grant Rs.24,000/- for the purchase of Refrigerator, Centrifuge, Micropipette, Cupboard and furniture for the counseling cabin and testing



laboratory & recurring grant of Rs.6 thousand for consumables and contingency expenses of 3 months and 39 thousand for 3 months salary of staff which includes one counselor & one technician. HIV testing is done free of cost. This is possible because of Dr. Rekha Jain; Joint Director of MDACS, brought this proposal to our Imm. Past President & Convener Dr. Vinay Saraf, who worked and guided through out the year.

MDACS has also given the facility of computer and printer to the VCTC of IMA. The computer was installed at VCTC on 23rd January 2008.

- C) On the occasion of “**World AIDS DAY**”. The **AIDS Cell Sub Committee & Public Health & Welfare Sub Committee** of our branch have organized an excellent programme about the awareness of HIV Management. It was held on Saturday, 1st December 2007 from 01.30 pm to 04.30 pm at our branch premises.

Leading dermatologists Dr. D. G. Saple, Dr. Rashmikan Shah & Dr. R. D. Kharkar, Leading Chest Physician Dr. Salil Bendre, Leading Pediatrician & HIV Expert Dr. Ira Shah & Leading Pharmacologist Dr. Jaydeep Gogtey enlightened the delegates about various issues in HIV diagnosis & management in panel discussion. Leading dermatologist Dr. Vinay Saraf excellently moderated the whole panel discussion. This programme was attended by more than 150 delegates. This Programme was very informative & interesting.

- D) On 19th December 2007, we had Diabetic Camp at Jogeshwari (W). The trust named “Rangoonwala Trust” had a camp with the help of IMA member Dr. Pratibha Throvide, Dr. Varsha Sawant & Dr. Preeti Bhargava. The arrangements were excellent. More than 200 patients were seen by the doctors. Trust had also arranged the separate room for HIV Counseling & Testing. Our Counselor Ms. Neha Bhatt Counseled & Technician Ms. Smita Jadhav tested the patients for HIV. According, to their report, out of 200 patients who attended Diabetic camp, 65 patients willingly came forward to know their HIV status & Pretest Counseling was also done. Confidentiality was also maintained. Even the trust people voluntarily came forward for HIV testing. The Post test Counseling was also done on 27th & 31st December 2007 at the trust. Patients were called for post test counseling in groups by trust people. Confidentiality was also observed on that day. And good number of patients were observed in the month of December.

(E) REPORT OF BUILDING SUB COMMITTEE

Chairman : Dr. Ashok Balsekar

Members: Dr. Suhas Pingle
Dr. Nitin Pandit

- 1) The most important work was the completion of renovation on the 2nd floor in record time. Of 2 months
- 2) Small area separated for the IMA Maharashtra State office.
- 3) Following major work was done along with the other repairs:
 - a. Separate electric meter taken for lawn for decoration. This will help us to divide the electric load and tripping the air condition.
 - b. 4 new ACs purchased for the guest rooms.
 - c. Guest Room locks were repaired.
 - d. Grills for the 1st floor, Board room office done.
 - e. All the electrical cutouts and connections done to cater to additional load.in the meter room was done.
 - f. Small hall on the ground floor electrical connections repaired.
 - g. Small storage area done on 3rd floor.
- 4) Building and compound wall painting with acrylic paint was completed.
- 5) Window Grills put up for the 2 halls, on the 2nd floor & 1st floor, for office, library & Lupin Hall.



- 6) Halls & Room hiring rates revised.
- 7) Main entrance shutter repaired.
- 8) Lupin Auditorium stage renovate.
- 9) Guest rooms are being decorated, once again without having to spend any amount
- 10) Entire terrace waterproofing is being done with china mosaic tiles and other chemicals.
- 11) Hutch tower put on the terrace. We negotiated well with the authorities and got the best deal of Rs 3 lakhs to be paid in advance with Rs 1 Lakh deposit. We again negotiated with I T authorities represented our case well and could get the **TDS exemption certificate**. Cheque of Rs. 3 lacs received without TDS cut.
- 12) Curtains for Lupin Hall & Board Room put.
- 13) Sofas repaired & put in the foyer.
- 14) Pest Control for full building and compound for white ants & rodents.
- 15) Water tanks cleaning work is ordered.

Most important the catering and decoration services were extended till 30th Nov 2012, so M/s Amantran caterer was very happy to do all the major renovations. Our branch has not spent anything on the repairs of terrace or 2nd floor renovations.

Small hall on the 2nd floor was joined to other 2 small halls to make a big hall of about 1800 sq ft. The entire decoration was done with lot of care.

We worked with the support from the trust board throughout the year. The bookings are improved to great extent.

We have accommodated IMA MS office on the 2nd floor.

(G) CULTURAL SUB COMMITTEE

Chairman : Dr. Hitesh Parikh

Member: Dr. Ashok Soomaney

- On Sunday, 1st July 2007 Cultural programme “**Munnabhai & Circuit**” skit was arranged **followed by DJ**, on “**Doctor’s Day**” in the evening.
- The **Gazal Nite** was organized by the Cultural Sub Committee on Sunday, 30th September 2007. To celebrate “**World Heart Day**”. The programme was well attended by more than 176 members. We had a really good time with Mr. Arnabkumar Chatterjee & his group various filmy & non filmy Gazals based on the topic “**Dil**” was sung by different singers members enjoyed the Gazals upto 10.30 p.m. This programme was arranged in association with BKMA. We would also like to thank Dr. Bhattacharya for arranging this programme.

(H) REPORT OF EDITOR - MEDICAL IMAGE SUB - COMMITTEE

Chairman : Dr. Jayesh Lele

Members : Dr. B. M. Inamdar, Dr. Mehul Bhatt, Dr. Arun Chaudhari

Dr. G. P. Ratnaparkhi, Dr. Ajay Hariani, Dr. Manoj Patel

- 1) This year we could procure lot of advertisements to make our monthly bulletin “Medical Image” self sufficient.
- 2) This year we have been able to out-source “Medical Image” to an out side publisher. Hence, we have been able to save on our expenditure on printing & courier charges.
- 3) **IMAGE soft copy** was sent to all the members who provided us with their **e-mail ids**. This was for the **FIRST time** that members could access the **IMAGE on their computers**.
- 4) We also started **imamumbaiwest@yahoogroups.com** which is being developed as an common platform to keep members informed about the branch, as well as all the activities are stored in the group location.

**(I) REPORT OF FUND RAISING SUB COMMITTEE****Chairman : Dr. Manohar Bachani**

Member : Dr. A. J. Sommaney

The fund raising committee raised funds for almost every major CME programme in the year. Dr. Manohar Bachani is always active and he is always helpful to arrange stall or advertisement sponsorship at various events.

(J) IDENTITY CARD SUB COMMITTEE**Chairman : Dr. Vijay Bhawe**

Members: Dr. Arvind Ghongane

Dr. Samir Dalwai

Dr. Rajiv Tungare

This is to inform you that we plan to issue new Identity Cards to all our branch members (who are not having the I. Cards) and find enclosed within the data sheet to be filled by you to give us necessary data, so as to finish this task. All the members whose applications are pending in the branch office will be given priority. Please fill the data sheet in legible hand writing and use only capitol letters to complete the formalities and submit them to the office at the earliest.

We have collected the data on the day of our annual conference. We also have finalized the quotations for printing. I am thankful to the Managing committee to negotiate and to get the best deal for our branch. We plan to print 1000 cards over next few months. We have collected about 400 applications so far.

(K) REPORT OF LIBRARY SUB - COMMITTEE**Chairman : Dr. S. K. Joshi**

Members : Dr. Parthiv Sanghavi,

Dr. Mehul Bhatt,

Dr. Navin Chatwani

Dr. Shashikant Sheth,

Dr. Sunil Vaswani

It gives me a great pleasure in presenting you annual report of my sub committee. This year we were fortunate enough to receive good no of books, journals, educational CD's etc as donations from our members. We express our sincere thanks to our donors. We were also thankful to our office bearers as they kindly sanctioned purchase of some needy books.

During the year we renovated our library premises into well furnished reading room for our members. We also launched following facilities for our members:

1. Home lending of books facility.
2. Free Internet facility with printer for our members.
3. Extending reading room facilities to the children of our member's studying in medicine.

We suggest:

1. More and more members should take benefit of our library.
2. Members should donate generously books of current edition / journals / CDs etc. to our library which will make it a good reference and knowledge and up-dating tool to our esteemed well read and well qualified members and also quench their thirst for seeking more and more information.



(L) REPORT OF MEDICOLEGAL SUB - COMMITTEE

Chairman : Dr. Suresh Kalambi

Members : Dr. Satish Naik, Dr. Manmohan Kamat, Dr. Nikhil Datar, Dr. Jagdip Upadhyaya
Dr. Rajan Walawalkar, Dr. Arshad Gulam Mohd., Dr. K. D. Dabholkar

Medico Legal Sub Committee conducted a panel discussion at IMA-Mumbai West, IMA Building on 28th October 2007 on "Medico Legal Challenges in Modern Medical Practice". Our branch Secretary Dr. Jayesh Lele welcomed all the guests and delegates. President Dr. Akil Contractor inaugurated the function. The panelists were Dr. P M. Bhujang - Medical Director of Harikishandas Hospital, Dr. Nikhil Datar - Gynecologist Represented Nursing Home, Dr. K. D. Dabholkar Consumer Activist and Family Physician, High Court Advocate Mr. Shekhar Prabhawalkar, Media Person of Times of India group Mr. Bharat Kumar Raut. The panel was moderated by Orthopedic Surgeon Dr. Rajan Walawalkar. The present scenario of Medico Legal Challenges was discussed in great length and the delegate's participation was an excellent one. All the delegates highlighted different points like, certification, death certificate, and doctor and patients relation. They also advised to take extra time with the patients and explains about the disease thus to minimize the misunderstanding, professional indemnity, mediclaim policy, how to take minimum with the media, all these advises were the vital to the participating delegates over 120.

In my frank and sincere opinion, I suggest that through the IMA branches every where in India there should be "24 hour help line" to the doctors. Thus to help and protect the doctors physically, financially, from medical negligence, to fight out the case in the court of law, for the doctors, for this team of doctors specialized in the different fields, well known legal experts, forensic experts, etc are very much necessary.

(M) REPORT OF MEMBERS WELFARE SUB - COMMITTEE

Chairperson : Dr. Heena Patel

Members : Dr. Bhavna Patel, Dr. Pratibha Thoravade, Dr. Nilesh Shah, Dr. S. K. Joshi

• On Sunday morning, 13th May 2007 programme on "**Mathemagic Show**" by **Mr. Minoo Jokhi**. He gave practical tips on Mathemagic Calculations. He solved complex number calculation and also focused on how to enhance memory power and sharpen skills. The programme was well attended by more than 120 members and their children.

(N) REPORT OF MEMBERSHIP DRIVE SUB COMMITTEE

Chairman : Dr. Bipin Kamdar

Members : Dr. Ashok Soomaney
Dr. Vijay Bhawe
Dr. Subhash Shah
Dr. S. K. Joshi

This year, we have been able to make **54 new life members** of which:

Single Life Members = 33

Couple Life Members = 9 (9 X 2= 18)

Converted = 2

Transfer Life Member = 1

- We have also inserted information about increase in the life membership subscription to **Rs.7500/- effective from April 2008**.
- We have procured list of **MMC Members** & segregated western suburbs doctors and we have sent them letter to join IMA. We have also sent complimentary **IMAGE magazine** along with letter requesting them to join IMA.
- It's a continuous process to encourage various local medical associations to send names of the doctors, so that we can enroll them with us. Present during the conference we made **20 new life members** & we also issued complimentary conference tickets to them.



(O) REPORT OF PUBLIC HEALTH & WELFARE SUB - COMMITTEE

Chairperson : Dr. Pratibha Thoravade

Members : Dr. Akil Contractor, Dr. Manohar Bachani, Dr. S. K. Joshi, Dr. Varsha Sawant

1. Indian Medical Association - Mumbai West Branch organised "W.H.O. Day" programme on Sunday, 8th April 2007 Eminent speakers, Dr. Indu Khosla, consulting Paediatrician from Hinduja Hospital, Dr. Brain Pinto – Consulting Cardiologist from Nanavati & Lilavati Hospital enlightened the theme & Dr. Shirish Malvankar, Consulting Microbiology & Serology from SRL Ranbaxy, spoke on this year's WHO theme – **"Invest in Health, Build a safer future"**. This programme was well attended by more than 100 delegates.
2. Indian Medical Association - Mumbai West Branch along with Rotary Club of Mumbai West Coast organised a multispeciality rural camp on Sunday, 15th April 2007. The camp was organised by Dr. Arun Choudhari at Manor Hospital. About 350 patients took advantage of this camp.
3. We had organised a certificate course symposium on "Advance Management of Paediatric Asthma in Office Practice" on the occasion of "World Asthma Day" on Tuesday, 1st May 2007. Eminent Speaker Dr. Indu Khosla & Dr. Pranjal Sathekale, from Hinduja Hospital gave an excellent talk. This programme was attended by more than 125 members & it was great success.
4. A free medical camp on the occasion of **"World Leuco-Derma Day"** on Saturday, 19th May 2007 at Govind Nagar, Malad (E). Leading dermatologists from western suburbs – Dr. Vinay Saraf & Dr. R. D. Kharkar examined more than 100 patients. Free medicines were distributed to the patients. Dr. Manohar Bachani for helping us to arrange for free medicines.
5. Indian Medical Association - Mumbai West Branch along with Khagol Academy organised "Visit to Vangani – Sky Watching" on Saturday, 19th May 2007 at Vangani Village, Near Karjat. 25 members attended the programme.
6. Our branch organised police camp in our premises on Sunday, 27th May 2007. Additional commissioner of Police Mr. Bipin Bihari spent more than 3 hours in our branch to discuss further programme. Dr. Sanjeev Khosla coordinator this very the camp was a grand success. We examined about 185 patient persons. ECG, Fasting Blood Sugar, Lipid Profile, Peak Flowmetry, BMD and General Check-up were done. Dr. Rajiv Anand & Dr. Satish Naik gave tips on stress management & life style modification. Dr. Vani Kulhalli prepared question for assent the stress.
7. We had organized a vaccination medical camp on Sunday, 08th July 2007 at Shivshakti society, Santacruz – East. Injection T.T. was given to 450 peoples. The camp was a great success and was even reported in news papers.
8. We had attended a National conference on "New Dimensions in Health Care" for doctors at Gyan Sarovan, Mount Abu, Rajasthan from 12th July to 16th July 2007. This programme was attended by 20 members. We had a conference cum picnic programme.
9. On Sunday, 26th August 2007 - Health checkups camp was organized at Patel Nagar, Santacruz (East) morning 09.30 am to 01.00 pm. Following members look part in this camp: Dr. Akil Contractor, Dr. S. K. Joshi, Dr. Navin Gupta, Dr. Pratibha Thoravade & Dr. Varsha Sawant. Almost 250 people took advantage of this camp and necessary medicines were given to the needy patients. Every body had a Blood Sugar Check up, General Check up and all patients above 50 had a B.M.D. check up. Programme was sponsored by Novartis, Panacca Biotech and Sanofi Aventis.
10. On Sunday, 30th September 2007, **"World Heart Day"**. We had a unique Cardiac Camp at our IMA Hall. Camp was inaugurated by our president Dr. Akil Contractor and trustee Dr. B. S. Mehta. It was well attended by almost 100 people. Every body had a 1) Blood Sugar Check 2) Lipid Profile 3) General Check up 4) ECG 5) Cardiologist's Opinion. Members who took part in this mega event
 - 1) DR. JAYESH LELE 2) DR. SUDHA SARAIYA 3) DR. ROHIT SUCHAK 4) DR. S. K. JOSHI
 - 5) DR. HEENA PATEL 6) DR. JAYANT SAMPAT 7) DR. BHARAT TRIVEDI 8) DR. SUNIL VASWANI
 - 9) DR. VINOD GIDWANI 10) DR. MALA NEVREKAR 11) DR. KUSUM DOSHI

Every body appreciated the good work of IMA and requested our president to arrange similar programmes regularly.



11. On Sunday, 04th November 2007, we had organized a Medical Camp at Golibar area, Santacruz (East). The camp was inaugurated by our President Dr. Akil Contractor. Following doctors attended the camp: Dr. Akil Contractor, Dr. S. K. Joshi, Dr. Varsha Sawant, Ms. Neha Bhatt & Ms. Smita Jadhav.
More than 300 patients were examined. We also had facilities for 1) Blood Glucose 2) ECG 3) Peak flow meter 4) Bone densitometry 5) Test for neuropathy. Medicines were distributed to the patients.
12. On the occasion of “**World AIDS Day**”. The **AIDS Cell Sub Committee & Public Health & Welfare Sub Committee** of our branch have organized an excellent programme about the awareness of HIV Management. It was held on Saturday, 1st December 2007 from 01.30 pm to 04.30 pm at our branch premises. Leading dermatologists Dr. D. G. Saple, Dr. Rashmikant Shah & Dr. R. D. Kharkar, Leading Chest Physician Dr. Salil Bendre, Leading Pediatrician & HIV Expert Dr. Ira Shah & Leading Pharmacologist Dr. Jaydeep Gogtey enlightened the delegates about various issues in HIV diagnosis & management in panel discussion. Leading dermatologist Dr. Vinay Saraf excellently moderated the whole panel discussion. This programme was attended by more than 150 delegates.
13. Site visit of members of the IMA – BWSB to senior citizens village on 02nd December 2007.
14. We had organized a “Hypertension & Diabetes detection camp on Wednesday, 19th December 2007 from 08.30 am to 12.30 pm at Rangunwala Community Centre at Meghwadi, Jogeshwari (East). 200 patients were screened for hypertension & diabetes. 60 HIV Detection tests were done.
15. We had organized a lecture on “**AWARENESS OF HIV / AIDS**” at Ismail Yusuf College, Jogeshwari (E), Mumbai – 400 060 on Monday, 21st January 2008 from 01.00 pm – to 04.00 pm for XI standard students. Our joint secretary Dr. Ashok Balsekar was the speaker on this occasion. It was well attended by 200 students.
Dr. Suresh Kalambi, Dr. Dharnikumar Chalmela, Dr. Kamlesh Gandhi, Mr. Krishna Kotate, Ms. Neha Bhatt & Ms. Smita Jadhav were present at this programme.
There was interesting interaction from the students. Programme was followed by high tea. We thank Mrs. Deshpande, Principal of the College and Mr. Patil supervisor for their help.
16. We had organized a “**Hypertension & Diabetic Detection Camp**” at Rangunwala Community Centre, Utkarsh Mandal, Azad Road, Gundawali Hill, Andheri (E) from 9.00 am to 12.30 pm on Wednesday, 6th February 2008. 100 patients were examined. 65 Diabetes estimation were done. 55 HIV testing were also done.
Camp was attended by following members: Dr. Priti Bhargava, Dr. Varsha Sawant., Miss Smita Jadhav from MDACS, Miss Neha Bhatt from MDACS, Trustee & Staff from Rangunwala Community Centre. We thank M/S. Zydus Medico for sponsoring the Diabetic tests kits. We also thank MDACS for sponsoring HIV testing.
17. We had organized a lecture on “**Awareness of HIV / AIDS**” at Ismail Yusuf College, Jogeshwari (E), Mumbai - 400 060 on Wednesday, 6th February 2008 from 2.00 pm to 4.00 pm. For 11th standard students. This is the second lecture of this nature.
Our Hon. Joint Secretary Dr. Ashok Balsekar was the Speaker on this occasion. It was well attended by 150 students. Dr. Suresh Kalambi, Dr. Jayant Sampat, Dr. Devesh Desai, Dr. Kamlesh Gandhi, Mr. Krishna Kokate, Miss Smita Jadhav, Miss Neha Bhatt, were present at this programme.
There was interesting interaction from the students. Programme was followed by high tea. Mrs. Deshpande, Principal of the college graced the occasion. We thanks following professors for their valuable help in organizing the programme. Mr. Patil, Mr. Pandey, Mrs. Subhada.
We thank Mr. Ashok Konal of Cambridge Readymade for sponsoring pocket calendars to the students.
18. We had organized a lecture on “**Awareness of HIV / AIDS**” at Shrameek School, Meghwadi, Jogeshwari (E), Mumbai – 400 060 on Wednesday, 13th February 2008 from 9.00 am to 11.00 am for 9th Std students. It was well attended by more than 300 students. Dr. Devesh Desai, Dr. Dharnikumar Chalmela, Dr. Kamlesh Gandhi, Mast. Mayur Thoravade, Mr. Krishna Kokate, Miss. Smita Jadhav, Miss. Neha Bhatt



were present at this programme.

There was interesting interaction from the students. We were really impressed by the excellent knowledge & information possessed by 9thstd students of this school. Programme was followed by high tea. We thank Mr. Ashok Konal of Cambridge for sponsoring Pocket Calendars to the students. We are also very thankful to Mrs. Chavan the Principal of the school who supported us and made the programme so successful.

(P) REPORT OF SOCIAL SECURITY SCHEME SUB COMMITTEE

Chairperson : Dr. (Mrs.) Alka B. Mehta

Members : Dr. S. C. Mehtalia, Dr. Niranjana Vaidya, Dr. N.S Chatwani, Dr. Subhash Shah

We are trying to contact as many members at all the mini conferences, and informing them about this unique scheme run by IMA, We also circulated the salient features in our monthly IMAGE magazine.

We are circulating the details of these 2 schemes in our magazine as well as at all events special stalls are put up to encourage members to join the scheme.

We had put up a stall at the annual scientific conference to give information about the Social security scheme, Dr Mehtalia had prepared special news letter for delegates.

(Q) REPORT OF STATE & CENTRE CO-ORDINATOR SUB COMMITTEE

Chairman : Dr. Niranjana R. Vaidya

Members : Dr. Subhash Shah, Dr. B. M. Inamdar, Dr. Ashok Desai, Dr. Pratibha Thoravade

- As per MMC Register our membership list is being updated. Our list is complete, and then same will be sent to IMA - HQ. Life membership Certificate will then be issued to members.
- Working committee report has been printed in our magazine which was held at BODH GAYA in April 2007.
- Working committee report was published in IMAGE which at held at Nandi Hills, Bangalore in November 2007.
- Report of State Council and Executive, at the same time Central Council Meeting which was held at Nagpur in December 2007 is being prepared.
- IMA CGP Annual Conference was held at Chennai.
- Dr. Arur Raj our Past President IMA - HQ was installed in Chennai as President of WONCA in November 2007.
- Dr. Ashok Adhao. Past President of IMA - MS was declared elected with record no. of votes. He was installed as president elect at the installations ceremony of IMA - HQ office bearers by Dr. Abbas, or National President.
- IMA – MS election were declared and Dr. Devendra Shirole was installed as president of IMA – MS along with Vice Presidents Dr. Nanada Shimpi – Senior Vice President, Dr. Bal M. Inamdar – Vice President, Dr. Vijay Ghate – Vice President & Dr. Y. S. Deshpande - Vice President.
- Dr. Suhas Pingle was elected as state secretary for 3rd times as Dr. Mohan Kharade retired from the election.
- Dr. Jimulia, Dr. B. S. Mehta & Dr. N. R. Vaidya were elected as Regular working committee members from our branch.
- Dr. Akil Contractor our President has been declared elected as secretary of IMA – CGP – MS.
- Dr. Jayesh Lele as has been nominated as Joint Secretary of IMA – MS by Dr. Devendra Shirole.
- Dr. S. C. Mehtalia reelected unanimously for the post of Hon. Treasurer cum Joint secretary for IMA – Maharashtra State Social Security Scheme.
- Dr. S. C. Mehtalia, Dr. K. C. Gupta & Dr. Alka B. Mehta were declared elected Alternate working committee members.
- IMA – MS office has shifted to our branch from Chembur branch in month of February 2008.



(R) REPORT OF WOMEN'S WING SUB COMMITTEE

Chairperson : Dr. (Mrs.) Bhavna Patel

Members : Dr. (Mrs.) Rohini Badwe, Dr. (Mrs.) Smruti Hora, Dr. (Mrs.) Alka Mehta, Dr. (Mrs.) Heena Patel

- 1) Women's wing programme was grand success. It was on "Cancer Breast Awareness" by "Helping Hand" - an initiative of Dr. Adwani on Wednesday, 08th August 2007 at 02.30 pm. at Medical Club of Vile Parle. This was a joint programme of women's wing of IMA- Mumbai - West Branch & Medical Club of Vile Parle. This programme was very well attended. There were 160 ladies attended this programme. This was sponsored by Dr. Reddy's Laboratories. The lunch was served and CDs for 1) Self examination of Breast & 2) Yoga were given free of charge to all. There was a speech by dietician as well who elaborated on healthy diet to maintain body weight.
- 2) Keeping in mind the health of the lady be had arrange for lecture by a well know Gynaecologist Dr. Rekha Agrawal on Friday, 10th August 2007 at 02.30 pm at Lupin Auditorium, IMA Building, Behind Chandan Cinema, Juhu. She covered Gynaecological problem of Female from Menarche to Menopause and she gave for very informative and educative talk on the same. It was made interactive with good participation by audience. This programme was well attended by 65 ladies.
- 3) On Friday, 07th September 2007 at 02.30 pm. It was a joint programme of Women's Wing of IMA - Mumbai - West Branch & Medical Club of Vile Parle. We had organized a demonstration on many varieties of Dhokla - Steam / Grill, Oil Free Dahiwada and use of Milk Powder in making sweets like Shrikhand, Basundi, Rabid, Kulfi etc. by well known to us Mrs. Hemlata Toprani. Her demonstration was excellent and was appreciated by each and everyone attended. It was well attended by more than 98 ladies. The venue for this programme was Medical Club of Vile Parle, Ground Floor Hall. The programme was held on Wednesday, 20th February 2008 at 2.30 pm. It was a joint programme of women's wing of IMA - Mumbai - West Branch & Medical Club of Vile Parle. We had organized a live demonstration on skin rejuvenation and skin care regimen covering use of natural filler, AHA peel's etc. by well known Dermatologist and Cosmetologist Dr. Kanan Shah, M.D. (Skin) Consultant. The programme was appreciated by each and everyone attended. It was well attended by more than 100 ladies. The venue of this programme was Indian Medical Association, 1st Floor Lupin Hall. The programme was sponsored by "AMBROSIA". It was ended by high tea and gift was also given to all.
- 5) Next Programmes: Wednesday, 05th March 2008 - "After Skin Rejuvenation If You Feel Good Why Not Look Great!!!"

ACHIEVEMENTS!!

- **Our senior life member Dr. Shailendrakumar C. Mehtalia** has been elected Alternate Central Working Committee members. He is also reelected unanimously for the post of Hon. Treasurer cum Joint secretary for IMA - Maharashtra State Social Security Scheme at the Annual General Body Meeting held on 25th December 2007 at Nagpur.
- Congratulations to **Dr. Ketan Mehta**, as he is the only physician amongst south-asian countries (India / Pakistan / Nepal / Srilanka / Bangladesh / Bhutan) to be nominated for HOPE-3 scholarship program for the year 2008.

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

Dr. Akil Contractor, President

Dr. Jayesh Lele, Hon. Secretary



**INDIAN MEDICAL ASSOCIATION - MUMBAI WEST BRANCH
WOMEN'S WING SUB - COMMITTEE**

Presents

**“After Skin Rejuvenation If You Feel
Good Why Not Look Great !!!”**

**For a beautiful surprise, improving your appearance
can open the door to present a new you !!**

The skilled hand of a highly trained sari wrapper can help you discover the new ideas that come with a visually attractive look.

A Demonstration on different ways of wrapping your saree &
Quick Hair Styling by Experts & Charming Girls **Ms. Vidishah & Ms. Sneha.**
on

Wednesday, 05th March 2008 at 02.30 pm onwards

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

Victuals : Rs.25/- per head.

R.S.V.P.: Kindly register by 03.03.2008 for making proper arrangements.

- KINDLY REGISTER IN LARGE NUMBER WITH FRIENDS AND GUESTS.
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• PLEASE CONTACT : IMA OFFICE, TEL. NO: 2620 6517 / 2625 4368

Dr. Akil Contractor
President

Dr. Jayesh Lele
Hon. Secretary

Dr. (Mrs.) Bhavna Patel
Chairperson
Women's Wing Sub-Committee
(93228 79555)



**INDIAN MEDICAL ASSOCIATION - MUMBAI WEST BRANCH
IMA-CGP MUMBAI WEST SUB FACULTY
&
IMA - CGP MAHARASHTRA STATE FACULTY**

is happy to invite you for

“AN INTERACTIVE SESSION ON E.C.G”

Day & Date : Sunday, 16th March 2008.

Time : 09.00 a.m. onwards

Venue : Lupin C.M.E. Auditorium, I.M.A. Building, J.V.P.D. Scheme,
Behind Chandan Cinema, J.R. Mhatre Marg, Juhu, Mumbai - 49.

PROGRAMME

Time	Topic	Speaker
09.00 a.m. - 09.30 a.m.	Registration & Breakfast	
09.30 a.m. - 10.00 a.m.	Introduction & welcome	Dr. Akil Contractor
10.00 a.m. - 12.30 p.m.	An Interactive Session on E.C.G	Dr. Yash Lokhandwala Dr. Amit Vora
12.30 p.m. - 01.00 p.m.	Your Queries	
01.00 p.m. - 01.10 p.m.	Vote of thanks & Lucky Draw	Dr. Jayesh Lele
01.10 pm. onwards	Lunch	

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PROGRAMME WILL START AND END IN TIME.

DR. AKIL CONTRACTOR
President & Hon. Secretary, IMA-CGP MH. State

DR. JAYESH LELE
Hon. Secretary

DR. SUBHASH SHAH **DR. BHARAT TRIVEDI** **DR. RAVINDRA JHARIA** **DR. MANGESH GULWADE**
Asst. Director of Studies Hon. Secretary Director of Studies, IMA-MS-CGP Jt. Secretary, IMA-MS-CGP
IMA - Mumbai West CGP Sub Faculty IMA - MS CGP



AUTOLOGOUS BLOOD TRANSFUSION

Dr. Abhay Bhave
Hemetologist, Oncologist, Lilavati Hospital

Blood is a very important life saving tissue. In this country there is always a shortage, with people either not willing to donate or beleaguered by myths of donations. Hence whatever is available should be utilized properly for the proper indications and settings. This way we can ensure that people who genuinely need blood get it at the right time to save lives

Autologous Blood transfusion is the collection and re-infusion of the patient's own Blood or Blood components. Recommended by the American Medical Association's Council on Scientific Affairs, and described as the safest Blood product by Blood banks themselves, it clearly should be the transfusion therapy of choice. The alternative, allogeneic Blood, on the other hand, is collected from a Blood donor other than the patient, and transfused into the same person.

Advantages are four fold,

1. Avoid exposure to someone else's blood that can potentially cause transfusion transmitted disease (your own blood is the safest blood)
2. Reduce or restrict the need of other's blood to the minimum by using most of your own blood (risk reduction),
3. Patients who have rare groups or have a constitution of blood that makes it difficult for them to have cross matched blood easily available, then the last minute problems of non-availability of blood or using blood that is closest matched to them (which can cause fatal reactions) can be overcome if the donation is pre planned.
4. (this advantage is actually a spin off of the benefits of doing autologous transfusion) blood will be available for patients who genuinely need surgery in say an emergency, accident or a situation where donation could not be planned, as also for patients who are on treatment for

cancers needing recurrent blood transfusions.

. Five categories of autologous transfusions are generally recognized

Preoperative autologous Blood donation, transfusion and storage (PABD): units of Blood are drawn from a patient usually starting (in the short term case) three to five weeks before an elective surgical procedure and stored for transfusion at the time of the surgery.

Intraoperative hemodilution: Blood is collected at the start of surgery and the fluid volume lost is replaced with appropriate IV solutions, and then finally, stored Blood is reinfused after surgery.

Intraoperative Blood salvage: Blood is salvaged from the surgical area during the operation for re-infusion during or after the surgical procedure

Postoperative Blood salvage: Blood is collected after the surgical procedure is complete by drainage of the operative area and re-infused

Autologous self stored Blood (Blood banking): your own Blood is preserved in a frozen state for use by you or your designee at a later time, in case your need of a Blood transfusion arises.

Anyone from age 18 to 70 can donate blood for themselves pre operatively as long as they are fit to donate as per routine criteria for any donor. In that they should have normal BP, normal sugar, no history of seizures (fits), should not be pregnant, have no fever or focus of infection and have no cardiac or other organ problems. **same stringent standards applied to the drawing of autologous blood as allogeneic blood.**

Autologous donation would be appropriate only for surgeries where blood loss is anticipated to be more than one unit of blood. By proper selection of such patients units going waste can be minimized. Unnecessary single unit transfusion of allogeneic blood should be discouraged, as when the blood loss is less than one unit of blood, there is no need for either autologous or allogeneic blood transfusion as the haemoglobin can be improved over a period of time by non-transfusional methods. Some



cardiac surgeries, orthopaedic surgeries, are best examples of use of autologous blood.

Since it is the patients own blood the risk is non existent for transmitting any infection, however, the risk of a reaction during transfusion due to bacterial contamination during collection or allergic reaction exists.

This topic has been dogged by controversies and lack of application in many centres all over the world. Some of these are fears that the blood may be not properly stored, wrong labeling, excess work for blood bank staff to maintain separate register, clerical errors of issuing this blood to the homologous pool (ie instead of patient who donated for himself, it has gone out as a routine blood bag to some other patient), wastage of units of blood if not utilized and finally the main problem of issuance of the blood unit to the homologous pool (common pool) if the blood has not been utilized or transfused to the patient. Unfortunately, the medical community has not warmed up to the idea especially our surgical and anaesthetic colleagues.

Intraoperative auto-transfusion using cell

salvage is effective in patients in whom large volumes of blood loss within a closed cavity (ie, the abdomen) are expected. Washing and return of shed blood with machines that can separate the red cells containing haemoglobin from the blood that is collected at the time of surgery on table provides the patient with another source of autologous blood. This is called red cell salvage.

Usually after donating one unit of blood the haemoglobin comes down by 1 gm. Normally, donors are allowed one donation in 3-4 months. In autologous donation we could be aiming for more than this, hence the haemoglobin is expected to drop and sometimes the patients are unable to fulfill the entire requirement (of required number of units of autologous blood) for the surgery. Hence we use haematenics (blood making vitamins and iron supplementation), and if affording, erythropoietin injections in order to improve the chances of collecting as much as possible and ensure that the patients health does not suffer in the meanwhile. ■

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ACUTE LEUKEMIA

Dr. Abhay Bhave
Hemetologist, Oncologist, Lilavati Hospital

Acute leukemia is a fast-growing cancer of the blood and bone marrow where the bone marrow makes many immature cells called blasts. While all of us have blasts they are in very minute amounts and rapidly mature into normal cells in the bone marrow environment. Sometimes the ability of these blasts do not mature due to genetic dysfunction leading to their accumulation, immortality and rapid multiplication, thereby preventing normal cells from forming or growing. We all need normal cells to fight infections, so if they are absent, life threatening infection can take place.

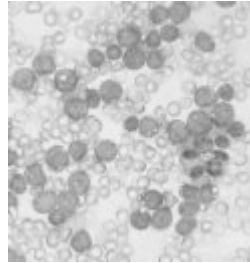
There are three main types of acute leukaemia namely, myeloid, lymphoid and mixed. It is essential to make the differentiation as the treatment, outcome and prognosis is different. Fortunately, we have the ability to accurately be able to make the differentiation with the help of very high tech tests. However, these tests are expensive and should be used only if there is a strang suspicion of leukaemia.

Symptoms

The symptoms of leukaemia are caused by low numbers of normal cells and high numbers of leukemia cells. The common symptoms include fever and frequent infections, feeling tired or weak, being short of breath and looking pale, easy bleeding or bruising of the skin (petechiae). Bone pains is very frequently noted due to abnormal cellular growth.

Diagnosis

Leukaemia is diagnosed when blood and bone marrow samples show a large number of leukemia cells. AML has eight subtypes, labeled M0 through M7. Acute lymphoid leukaemia has 3 main subtypes. The subtypes are based on the type of blood cells affected. To find out the sub type and how



well the leukemia might respond to treatment, the samples are subjected to very specialized tests namely, cytochemistry, cytogenetics, FISH and immunophenotyping.

These tests with very high precision can give us fool proof answers for the blast cells.

Several other tests are done to find out the extent of leukaemia outside the blood and bone marrow such as a chest X-ray , ultrasound of the abdomen a lumbar puncture (spinal tap) to find out whether there are leukemia cells in the fluid around the brain and spinal cord.

Treatment of leukaemia should be started as soon as possible after a proper diagnosis is established as per current guidelines. It goes through the following phases;

Phase I : ***Suitability of patient to undergo chemotherapy***

A number of factors determine the success of a treatment in that the patient's fitness, age, good general physical condition, the patient's diagnosis, the stage of the disease and most importantly, the patients financial status. A successful treatment requires an expert medical team - doctors, nurses, and other support staff - who are experienced in managing chemotherapy and its side effects. A full discussion of what chemotherapy means and its side effects, including life threatening complications is mandatory prior to starting this chemotherapy. The patients consent has to be taken.

Phase II: Actual chemotherapy administration: preferably carried out in an isolation room.

Here the patient is given a combination of one or more chemotherapy to destroy the underlying diseased marrow. Chemotherapy is chemical therapy given mostly through the vein and sometimes below the skin to achieve destruction of the

We have the ability to accurately be able to make the differentiation with the help of very high tech tests.



leukaemia cells. Extraordinary precautions will be taken to minimize the patient's exposure to viruses and bacteria. Visitors and hospital personnel will wash their hands with antiseptic soap and wear protective gowns, gloves and/or masks while in the patient's room. Fresh fruits, vegetables, plants and cut flowers will be prohibited in the patient's room since they can pose a risk of infection.

Chemotherapy kills not only the abnormal cells but also normal cells in the bone marrow which can cause a life threatening situation. Chemotherapy is given as infusion in drips in the dose calculated as per body surface area and general clinical condition. Most patients will get an induction chemotherapy followed by consolidation chemotherapy to see that the disease remains under control. This is called cyclical chemotherapy.

Phase III : Once the patient is assessed and chemotherapy protocols and the drugs with their doses are decided, then the period of wait begins before the drugs begin to act, destroy

the marrow and allow normal cells to grow.

Most important aspect is now the nursing care called ***supportive care*** with IV fluids, antibiotics, blood components, antifungal and anti-viral medications to see that the patient does not have severe infection, bleeding or complications so that the right environment to start producing normal cells is achieved.

As soon as the bone marrow regains its normalcy, the normal blood counts start increasing and patient recovers very rapidly. It must be remembered that the chemotherapy would have destroyed the patient's "immune" or defense system and hence a lot of care should be taken during this phase to nurse the patient to recovery. This is a very difficult time for the patient and the relatives and complications can take place during this period such as lung, heart or liver cell failure.

Phase IV: ***Monitoring the patient*** regularly on OPD basis to confirm that the disease is irradiated from the bone marrow by checking the bone marrow aspirate for remission

CERAMCO
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(control). Remission does not mean cure, but shows that the disease is sensitive and responding to the disease and is the criteria to continue on the protocol. If there is no remission, then the prognosis is not good and the protocol should be changed.

After being discharged from the hospital, the patient continues recovery at home. Patients usually cannot return to full-time work for up to six months after starting the treatment. Sometimes the response to chemotherapy may not be optimum or the patient has not responded well at all, in which case we have to perform a bone marrow transplantation to get rid of this disease. This is a labour intensive protocol and requires very specialized teams and environment and machinery.

GENERAL POINTS TO REMEMBER FOR leukaemia patients

- 1.No going out in crowded dirty areas.
- 2.Watch for rash / redness / fever (unexplained)
- 3.Avoid contact with persons suffering from viral infections.

- 4.Take all the regular medications on discharge at home.
- 5.Come for regular follow up at the centre as per the directions of the haematologist.
- 6.Blood tests as per recommendation.
- 7.Many patients will need to be given repeated chemotherapy as per the protocol and type of disease.
- 8.It is very common for patients to feel upset and fatalistic with a feeling of futility in such conditions but the benefit of leading a disease free life is the light at the end of the tunnel that guides the patient through this traumatic period.

Relapse

Induction therapy brings about a remission in most patients, but over time some patients relapse. A relapse is when the disease returns after a remission. Patients who relapse after chemotherapy may be treated with different chemotherapy drugs and/or more intense doses and are considered to have high-risk disease. For these patients, chemotherapy is less likely

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- * MALAD-WEST :
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- * BYCULLA-EAST :
132/134, Meharalli Mansion,Opp Rani Baug,Dr Ambedkar Rd,Byculla (E), Mumbai - 27, Ph- 23739518



to achieve a long-term remission, but a bone marrow or cord blood transplant may be effective.

Hence for those with high risk disease, the haematologist may take the decision for early transplant too reduce the risk of relapse. In the past a diagnosis of leukaemia was like a death warrant, but with the advent of talent, tests, machinery, availability of chemotherapy, awareness and insurance more people are opting to give their life a chance. But despite all the above, deaths do occur.

The community's expectations are sometimes too high leading to a lot of frustration and miscommunication between the doctors, nurses and the patient or their relatives. This creates ugly situations that should be prevented at all costs.

The community should know that the doctor is a human and not a god, while the doctor should give his best. The rest is in the hands of destiny.

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• 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.

• ROOMS •



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IMPORTANT
ANNOUNCEMENT

SOCIAL SECURITY SCHEME

Dear Members

You shall be receiving notice of payment of a contribution towards the Social Security Scheme from IMA Maharashtra and IMA HQ (Ahmdabad)

Kindly note that we shall collect the payments for their behalf, and make the necessary arrangement. So please contact our office for further details.

Dr. Akil Contractor Dr. Jayesh Lele
President Hon. Secretary

W. H.O. Day
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* Group home page: <http://groups.google.com/group/primary-immunodeficiency-india?hl=en>

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FOR YOUR HEART STRINGS



Dr. Rajiv Anand

Dear Friends!

Imagine if you are tied up with a huge, heavy bag on your neck or back and you have to carry it whole life, everywhere, how you will feel.....pain, discomfort, and miserable. Not only that everybody who will meet you will find you funny, and pity at you, wondering why you are carrying it. And asked what is inside it, you reply that it has everything whatever you have seen, heard, known which you call it me and mine. Recently, I met a senior Govt Officer, who in the course of 2 hours, did not stop informing me, about what he has achieved in life, how many people he has helped in coming up in life and how hundreds of people hold him in awe. You come across such people almost in every social circle, every walk of life, and every day. And some of us feel pity at them, carrying huge weight inside their head. What is this? They are unaware that it is ego!

What is the ego? It is everything we are personally aware of as being our self—physically, intellectually, and emotionally. It acts through our senses, feelings and thoughts. If we analyze the ego intellectually, we find that its first constituent is the body. All we know of the body is only our mental impression of it. We know it only in our consciousness.

"Ego", a Latin word which means I, is a psychological term evidently derived by Freud, which means 'that' part of us which is experienced in

perceptive relationship with the outside world, the real sensory world outside of our minds; it is the "sense" of self. The "Ego" is a necessity in our relating with others, whether that other is a person, place or thing.

Having a healthy balanced ego is paramount to good mental health. But most of us are unaware that in daily living, when the "Ego" is the center of our lives, when we have become the center of the universe, when the ego must be placated, caressed and allowed to be the manipulator of others, there is a noticed distancing from ideals like love, truth, God and concern for others, as experienced by you and me in situations like mentioned above.

I have experienced it personally that when there is a balance between what I know, have seen, heard, read and has become v/s the huge volume of what is still unknown to me, there is immense calmness and balance within.

We should watch ourselves a hundred times during the day and detach ourselves from whatever we may be doing or saying or feeling. Through long practice this will develop an amazing inner calmness.

We should try not to allow anything to disturb us. Even if others behave badly towards us, we should understand their bad actions as something they cannot help. They themselves are the result of all their past. They will go on from a lower stage of evolution to a higher one in time.

This is how we can convert our pity into compassion for those who still carry the weight of ego and are sentenced to suffer in remaining years of life.

WORDS OF WISDOM - "The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem." ■

Having a healthy balanced ego is paramount to good mental health. But most of us are unaware that in daily living, when the "Ego" is the center of our lives, when we have become the center of the universe, when the ego must be placated, caressed and allowed to be the manipulator of others, there is a noticed distancing from ideals like love, truth, God and concern for others, as experienced by you and me in situations like mentioned above.



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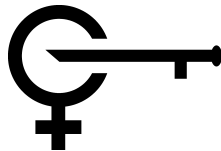
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Nalini Endoscopy Unit

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