

OCTOBER 2009 VOLUME NO. 34 ISSUE NO. 7



# MEDICAL IMAGE

Monthly Bulletin of INDIAN MEDICAL ASSOCIATION - MUMBAI WEST BRANCH  
website: [www.imamumbaiwest.com](http://www.imamumbaiwest.com)

President: DR. JAYESH LELE

Hon. Secretary : DR. S.K.JOSHI

Editor : DR. B.M.INAMDAR

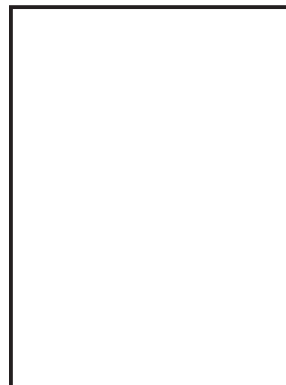
SUNDAY, 11<sup>TH</sup> OCTOBER 2009  
EARLY CANCER DIAGNOSIS AND PRECAUTIONS  
13, 14, 15 NOVEMBER 2009  
MASTACON - 2009

SUNDAY 1<sup>ST</sup> NOVEMBER 2009  
THE MOTHER OF ALL SHOWS  
22ND OCTOBER 09  
CME : BONE MARROW TRANSPLANT AT JASLOK HOSPITAL

*Wish you all  
A Happy Diwali &  
Prosperous New Year*

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

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Send sms to 9819812996 or email to : drjayeshlele@yahoo.com	<b>DR. S.K. JOSHI</b> Hon. Secretary



## INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

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

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FROM  
**THE PRESIDENT'S DESK.....**



*Dear Friends,*

It is a festival season now. Navratra Dussera and now it's Diwali. This year we are planning a major programme for members and families on **18th October, Sunday morning**. It is unique event where all the members and their families can meet greet each other. This is going to be held in the morning after 6.30 am onwards, Grand music followed by special Diwali snacks and many lucky draw gifts as well as early bird prizes are the attractions for this event. This concept is new as well as different than our usual practice wherein we can't visit many of our friends during Diwali due to busy schedule so we have thought of this novel idea. Dr Rohini Badwe is working hard to give you the very best. She has already given us 3 cultural events this year. This shall be very innovative. Please register in large nos as ultimate success is how the members appreciate the programme.

This year **WORLD HEART DAY** programme was observed on 2 Sundays, 20th & 27th September. On 20th September was **Cardiology CME**, and was attended by nearly 185 delegates. On 27th September we had arranged **FREE CARDIAC CHECK UP CAMP**, wherein we checked 190 patients; we were helped by nearly 20 doctors. We thank them for their valuable contribution on both the days. We had invited **Shri Jayesh Choksi for Parle educational society and Fourteen societies** to inaugurate this event.

Our branch is gearing up with the **GRAND MASACON 2009**, and I am sure you make a point to attend it. Tentative programme is enclosed in this **IMAGE** issue. This year another unique feature is we shall be installing our nominated **DR BAKULESH MEHTA at the helm of IMA Maharashtra state branch as President** It will be a special occasion for all of us. It is surely a rare event wherein branch is installing their own member as state President, in its own premises.

Let us all show our strength, unity and solidarity towards IMA movement, and receive the guests from all over Maharashtra. The tentative 3 days scientific activity schedule is given in the **IMAGE**. Also register for the conference early as seats are limited due to many delegates coming from outstation for the conference.

Dr. Baldwa, who is our committee member and having good legal backup, has prepared the High Court petition about the **Anti Quackery** law is available with our office. Please do visit and give us your valuable suggestions. It is also the IMA HQ directives to file such applications to all the state Branches and local branches. We have been trying very hard for quite some time but the government is not taking appropriate action as needed and this petition shall be an eye opener to all the concerned authorities.

We have been following continuously with the Charity commissioners' office about the documentation work about constitution, Name change and the property matters. We are visiting frequently to MCGM about the various works about the CC, OC and Municipal taxes problem & water charges. This has been very long awaited and difficult task but we hope that the work will be done as early as possible. This has taken lot of time of almost 2-3 years of continuous follow-ups with the authorities.

Friends we celebrate **DIWALI**, send greetings or sweets to our friends & relatives every year but let us do something different this year may be a visit to an orphanage or old aged home where our wishes shall go long way. They shall remember us throughout the year.

**HAPPY DIWALI**

**DR JAYESH M. LELE**

Cell : 981 981 2996

E mail : drjayeshlele@yahoo.com

## WEEKLY SCIENTIFIC PROGRAMME

**Lectures on Every Thursday  
at 02.30 p.m. sharp**

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

DATE	TOPIC	SPEAKER
01.10.2009	<b>ANTI QUACKERY DAY</b> Social Evil of Quackery Legal Aspect of Quackery Anti Quackery Movement	Advocate R. B. Jaiswal Advocate Rashmi M. Oza Dr. Mahesh Baldwa
08.10.2009	Pain in Abdomen	Dr. Rashid Merchant
15.10.2009	<b>Holiday – Diwali</b>	
22.10.2009	Cardio Pulmonary Resuscitation	Dr. Seema Pandya
29.10.2009	101 Tips to Improve Pediatric Practice	Dr. Hemant Joshi

## G. P. FORUM

### ADDITIONAL C.M.E. PROGRAMME FOR GENERAL PRACTITIONERS

**Every Tuesday  
at 02.30 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
06.10.2009	Incretins-Newer Paradigms in Treatment	Dr. Manoj Chawla
13.10.2009	Clinical Cases in Diabetes	Dr. Manoj Chawla
20.10.2009	<b>Holiday – Diwali</b>	
27.10.2009	Renal Cell Cancer An Update	Dr. T. Yuvaraja
03.11.2009	Epilepsy	Dr. P. P. Ashok

- **WORKING LUNCH WILL BE SERVED FROM 01.30 PM TO 02.30 PM BEFORE EACH CME.**
- **CGP & IMA Members who have paid Annual Fees : (CGP: Rs.750/- & IMA : Rs.1000/-) Free.**
- **CGP & IMA Members : Rs. 50/- (Not Paid Annual Fees) (Weekly Lectures).**

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

- **We highly appreciate and thank the following pharmaceutical companies for sponsoring our weekly CMEs Programmes :**

- 1) M/s. Lupin Ltd. for Dr. Salil Bendre's lecture on the occasion of World T.B. Day on 31.03.2009.
- 2) M/s. Zydus Medico for Dr. Rajiv Kovil's lecture on 25.06.2009.
- 3) M/s. Organon (India) Ltd. for Dr. Agam Vora's lecture on 21.07.2009.
- 4) M/s. FDC Ltd. for Dr. Ravindra Chittal's lecture on 23.07.2009.
- 5) M/s. Organon (India) Ltd. for Dr. Sanjeev Shah's lecture on 28.07.2009.
- 6) M/s. USV Ltd. for Dr. Vaishali Naik's lecture on 30.07.2009.
- 7) M/s. Zydus Alidac Corza for Dr. Mangesh Tiwaskar's lecture on 04.08.2009.
- 8) M/s. GSK Pharma Ltd. for Dr. Basade's lecture on 13.08.2009.
- 9) M/s. Zydus Respicure for lecture on 18.08.2009.
- 10) M/s. Nair Medico for Dr. Suhas Parikh's lecture on 24.09.2009.
- 11) M/s. GSK-entro Plus Division for Dr Jagruti Sanghavi's lectures on 1-9-2009

<b>DR. JAYESH LELE</b> President	<b>DR. S. K. JOSHI</b> Hon. Secretary	<b>DR. SUBODH KEDIA</b> Asst. Director of Studies	<b>DR. PRITI BHARGAVA</b> Asst. Secretary
IMA - Mumbai West C.G.P. Sub Faculty			



## FROM THE HON. SECRETARY'S DESK.....



*Dear Colleagues,*

At the outset I convey my sincere Diwali greetings to you & your families & wish you all happy, healthy, prosperous & businessful new year.

I have an increased feeling in my mind regarding the current contribution of our culture & festivals. I strongly feel our festivals in present time play important role in national unity & integration inspite of diversity of religion, language, culture & food habits etc. I have known Parsis bringing Ganesh idol, religiously worshipping & lastly immersing the same in exactly same way as Maharashtraians. I have seen Christians, Jains, Muslims praying at the Sarverjanak Ganesh Ustav & even keeping "NAVAS", OR "MANNAT" & coming to thank God whenever their wishes are fulfilled or their problems are solved. Similarly many Hindus have great faith in famous fakirs & peers & dargahs & they regularly visit & offer prayers there. Many Hindus also pray at Velankani church at Irla & reputed church at Mahim. Similarly the festivals of Rakhee, Holi, Christmas are observed & enjoyed by people all castes & all religious of our country. Thus I feel present festivals contribute a lot in national integration & making us truly non – secular. This is in quite contradiction to our politicians who many a times instigate the people and create various divisions & groups in the people on the basis of language, state, place one hails from & religion & exactly follow old policy of the British – "Divide & Rule".

It is really pathetic to note that rainy season this year is almost telling us bye bye with an exceptionally low rainfall this year (30% less than average). It is almost draught in the interior of Maharashtra & similarly in many parts of the country. I feel this year we should celebrate Diwali in simple way with very very minimal purchase of clothes, furniture, jewellery etc. We should exchange our compliments on phone without giving various gift- articles and presents. We should light crackers collectively & symbolically eg. Common lighting of crackers in an open

ground by all residents of one street instead of everybody lighting crackers individually & generating sheer waste of money & unbearable sound pollution to the sick, aged, exam going students etc. I feel "**Money Saved Is Money Earned**" & part of this savings we should donate to Prime Minister's draught Relief Fund to help the needy & draught victimized population of our country.

I strongly urge our members who have still not joined IMA State & IMA National Social Security Schemes to join these schemes. Friends, have the principle of "More The Merrier" works. More the members, bigger is the corpus & higher is the amount given by the scheme to the survivors of deceased member. I earnestly plea our members who have yet not joined these schemes to consider joining seriously and promptly.

We are presenting this month an interesting CME on Cancer (11/10/2009) & Preventive Psychiatry (04/10/2009). We also present interesting cultural programme of Diwali Swarprabhat on 18/10/2009 on Sunday. We also have an interesting Anti Quackery programme. Please attend these programme in large members.

Mastacon 2009 is fast approaching. We are committed to present an excellent & unparalleled conference this year. Please extend your helping hand to us in organising this conference in whatever best capacities you can e.g. registration, arranging sponsors, collecting ads for souvenir, registering your name as conference committee member in various conference committees. Please register if you have not registered yet. Please spread your word of recommendation to your colleagues & other eligible non member friends to register for MASTACON – 2009.

I will welcome your suggestions.

With best regards & season's greetings.

**Dr. S.K. Joshi** Hon. Secretary



FROM

## THE EDITORIAL DESK.....



### MANAGING MEDICAL ETHICS

Every medical professional makes his or her decisions and bases actions guided by a definition for medical ethics. Earliest form of "ethics statement" was of course "Hippocratic Oath". Many of our text books had it printed on first page or the last page so that we would see it after opening them. The idea was to imprint it in our minds so that we do not ever forget it in future. Today, in principle, the oath has not changed. What has probably changed is the way of looking at it in our own "practical" way!

#### What is Medical Ethics?

Medical ethics can be defined as written and unwritten codes of principles and values that govern decisions and actions within a medical field. In the most basic terms, a definition for medical ethics boils down to knowing the difference between right and wrong and choosing to do what is right. The phrase 'medical ethics' can be used to describe the actions of doctors within this industry, as well as the industry as a whole. Obviously, it means variety of decisions that we take in our dispensaries, hospitals and other medical establishments and our behavior towards our patients. However, I believe, that in medical field, more than any other field, the ethical behavior must encompass what we "think, say or do" while treating our patients. This certainly broad bases the definition of medical ethics. Unless we absorb the ethical behavior totally in our "mind, body and spirit", it is difficult to practice ethically "off the cuff". **Ethical behavior in medicine must be a reflex and not just a thoughtful reaction!**

#### How do we ensure Ethical Behavior?

Different people have different beliefs about what constitutes ethical behavior. The law defines what is and is not legal, but the distinctions between moral right and wrong

are not always so clear. In many situations lines between right and wrong are blurred. Such situations can lead to ethical dilemmas.

How do we deal with any situation involving ethical dilemmas? How do we respond so that every time we will pursue the correct and moral path? When faced with ethical dilemmas, it's important to consider outcomes of the decision-making process.

Many people have suggested many ideas. However, I believe that there are **three "time tested" tests** which, if applied to our behavior, will uniformly lead to the practice of ethical medicine.

A very simple way to decide what is "ethically correct" in any situation is by using the "**Four Way Test**" to evaluate decisions. **This test involves asking four questions:**

1. **Is my decision a truthful one?**
2. **Is my decision fair to everyone concerned?**
3. **Will it build goodwill for the medical field and my institution?**
4. **Is the decision beneficial to all parties who have a vested interest in the outcome?**

When these four questions can truthfully be answered with a "yes," it is likely that the decision is practically an ethical one.

Another way of making decisions which are truly ethical is by using the "**Publication Test**". Ask yourself how you would feel if your actions were published in the peer reviewed journals. If you would be comfortable having your teachers and other experts find out what you did, chances are that your decision is an ethical one. However, if you would not want these individuals to learn about your actions, you probably need to rethink your decision.

The third test is called as **“Relative Test”** and was impressed upon us by almost every senior when we were juniors! It involves asking ourselves a simple question – “Will my treatment differ if the patient is my sister or brother or parent?” Obviously the answer should be “No”, but if the answer is “yes”, then probably you need to reassess the situation and also to find out the reason for the difference! Because only then you will be able to weed out unwanted “influences” in your medical decision-making process!

Only when you put these tests in your day-to-day practice, you will develop an attitude of reflex ethical practice.

### **Hospital Management and Medical Ethics**

A word here about hospitals is in order. A hospital management plays an important role in establishing its ethical tone. A hospital’s leaders are responsible for setting standards for what is and is not acceptable employee behavior. It’s vital for doctors/managers to play an active role in

creating a working environment where employees are encouraged and rewarded for acting in an ethical manner. Treatment in hospitals does include “treatment” given by the employees to patients. Patients are going to have a “holistic” impression of their “experience” in a hospital. I have seen many instances where the ultimate credibility of a doctor depended on the behavior of the hospital employees, whatever the expertise shown by the doctor while treating the patient. Whether we like it not, we must understand this wholesome approach while taking our ethical decisions.

Modern Medicine is no longer only about drugs and surgeries; it does include the 4-M Management – “Man, Mind, Material and Method”

**Indeed, we are what we repeatedly do! “Excellence, then, is not an act, but a habit.”**

Warm regards,

**Dr. B. M. Inamdar**  
Vice President and Editor

# DEEPAWALI SWARAPRABHAT

## MELODIOUS MUSICAL MORNING

COME ONE, COME ALL !!!!!



**Cultural subcommittee** invites you  
for Great Celebration  
on occasion of **DIWALI 2009**



Fellowship, Feast (Faral), Flowers, Fragrance,  
Gifts, Prizes And Surprises !!!!!!!!!!!!!!!

## Rangoli, Diyas and Akashkandils

### PROGRAMME

06.30 am to 07.00 am	Registration and Tea
07.00 am to 09.00 am	Morning Melodies by Medicos : Hindi, Marathi, Gujarati Songs
09.00 Onwards	Breakfast (Diwali Faral)
Dress code : Traditional - Festival Mood !!!!!	
Early Bird Lucky draw prizes.	

**Time & Date : Sunday 18th October 2009 from 6.30 am onwards**

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

**Rangoli Exhibition.** Please contact:

**IMA Office or Dr. ROHINI BADWE** for Participation

### ORCHESTRA WITH CELEBRITY ARTISTS

Music arranger : Surmani Mr. Rajan Mashelkar  
Star Keyboard artist : Mr. Satyajit Prabhoo  
Rhythm : Mr. Jagdish Mayekar - Performed in many reality  
shows on ZEE, STAR etc.  
Sutradhar : Dr. Shrikant Badwe & Dr. Vijay Bhawe



### SINGERS :

Dr. Darshana Kulkarni  
Dr. Prashant Naik

Dr. Sunil Paranjape  
Runzun Pandit  
and Dr. Rohini Badwe.

Dr. Vaijayanti Bhawe  
Dr. Shrirang Tendulkar

**Damages : FREE** but compulsory IMA Members / Family & Friends.

**DR. JAYESH LELE**  
President  
98198 12996

**DR. S. K. JOSHI**  
Hon. Secretary  
93246 07663

**DR. ROHINI BADWE**  
Chairperson  
93210 24708

# INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

of

## ANTI QUACKERY SUB COMMITTEE

*Presents*

### "ANTI QUACKERY DAY"

**Day and Date** : Thursday, 01<sup>st</sup> October 2009.

**Time** : 02.30 p.m. to 04.00 p.m.

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

### PROGRAMME

Time	Topic	Speaker
1.30 pm to 02.30 pm	Registration and Lunch	
2.30 pm to 02.35 pm	Inaugural Address	Dr. Jayesh Lele
2.35 pm to 02.55 pm	Welcome and Introduction	Dr. Narendrakumar
2.55 pm to 03.15 pm	Social Evil of Quackery	Advocate R. B. Jaiswal
3.15 pm to 03.35 pm	Legal Aspect of Quackery	Advocate Rashmi M. Oza
3.35 pm to 04.00 pm	Anti Quackery Movement	Dr. Mahesh Baldwa
4.00 pm	Vote of thanks	Dr. S. K. Joshi

**MODERATOR : DR. NARENDRAKUMAR**

**REGISTRATION FREE : BUT A MUST**

**R.S.V.P. : MUST BEFORE 29<sup>TH</sup> SEPTEMBER 2009**

**FOR REGISTRATION CONTACT :**

MS. APARNA / MS. SEEMA / MS. SUNITA  
IMA OFFICE, TEL. NOS.: 2620 6517 / 2625 4368

**Dr. Jayesh Lele**  
President

**Dr. S. K. Joshi**  
Hon. Secretary

**Dr. Narendrakumar**  
Chairman

**Anti Quackery Sub Committee**

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

Cordially invites you to

A Symposium on

**"EARLY CANCER DIAGNOSIS AND PRECAUTIONS"**

On

**Day and Date : SUNDAY, 11<sup>TH</sup> OCTOBER 2009**

**Time : 09.30 a.m. onward**

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

**PROGRAMME**

<b>Time</b>	<b>Topic</b>	<b>Speaker</b>
09.30 am-09.45 am	<b>Registration and Tea</b>	
09.45 am-10.10 am	Welcome Inaugural Address	Hon. Secretary-Dr. S.K. Joshi President - Dr. Jayesh Lele
10.00 am - 10.30 am	Cancer Diagnosis	Dr. Indu Ambulkar
10.30 am - 11.00 am	Cancer Treatment	Dr. Avinash Deo
11.00 am - 11.30 am	Role of PET CT Scan	Dr. Shweta Bansal
11.30 am-12.00 noon	Surgical Management	Dr. Kamran Khan
12.00 noon-12.30 am	Vote of Thanks	Dr. Subodh Kedia
12.30 pm onwards	Lunch	

**REGISTRATION FREE : BUT A MUST**

**R.S.V.P. : MUST BEFORE 09<sup>TH</sup> OCTOBER 2009**

**EARLY BIRD LUCKY DRAWS FOR MEMBERS WHO REGISTER BY 09.45 AM**

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

**This programme is Sponsored by M/S. INTAS BIOPHARMACEUTICALS LTD  
Makers of NEUPEG, PEMMET, TAXOCARE**

**DR. JAYESH LELE**  
President

**DR. S. K. JOSHI**  
Hon. Secretary

**DR. SUBODH KEDIA**  
Asst. Director of Studies

**DR. PRITI BHARGAVA**  
Asst. Secretary

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

**IMA - MUMBAI WEST CGP SUB FACULTY of  
INDIAN MEDICAL ASSOCIATION - MUMBAI WEST  
and  
DEPARTMENT OF PSYCHOLOGICAL MEDICINE  
R. N. COOPER MUNICIPAL GENERAL HOSPITAL**

*Jointly organize and invite you to celebrate*

**MENTAL HEALTH WEEK with a symposium  
AWARENESS FOR STRESS PREVENTION**

**Day and Date : SUNDAY, 04<sup>TH</sup> OCTOBER 2009**

**Time : 09.30 a.m. onwards**

**Venue : IMA Auditorium, I.M.A. Building, J. R. Mhatre Marg,  
J.V.P.D. Scheme, Juhu, Mumbai - 49.**

**PROGRAMME**

<b>Time</b>	<b>Topic</b>	<b>Speaker</b>
09.30 am - 09.45 am	<b>Registration and Tea</b>	
09.45 am - 10.00 am	Welcome	President - Dr. Jayesh Lele
10.00 am - 10.20 am	Presentation on Stress	Dr. Avinash and Dr. Mohit
10.20 am - 10.30 am	Opening Address	Dr. Vishal Sawant
10.30 am - 10.40 am	Inauguration by Chief Guest	Kalpana Laymi Producer / Director
11.00 am - 11.30 am	Alternate Modalities of Stress Prevention	Mr. Micky Mehta Celebrity Fitness Guru
11.30 am - 11.50 am	Confession of an Agony Aunt	Dr. Junaid Alam Renowned RJ & Script Writer
12.00 noon-12.15 pm	Votes of Thank	Dr. Subodh Kedia
12.15 pm onwards	Lunch	

**MODERATOR : DR. VISHAL SAWANT**

Head of Department and Honorary,  
Department of Psychological Medicine,  
Dr. R. N. Cooper Municipal General Hospital

**No Damages– But prior registration is **MUST** on or before **2<sup>nd</sup> October 2009.****

**EARLY BIRD LUCKY DRAWS FOR MEMBERS WHO REGISTER BY 09.45 AM**

**FOR REGISTRATION CONTACT : MS. APARNA / MS. SEEMA / MS. SUNITA**

**IMA OFFICE, TEL. NOS.: 2620 6517 / 2625 4368**

**DR. JAYESH LELE**

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**DR. PRITI BHARGAVA**

Asst. Secretary

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

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

and  
**ASSOCIATION OF FELLOW GYNAECOLOGISTS**

Proudly Present **GYNAECON - 2009**

**Day and Date : SUNDAY, 06<sup>TH</sup> DECEMBER 2009**

**Time : 09.00 a.m. to 04.00 p.m.**

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

**PROGRAMME**

Time	Topic	Speakers	Chairpersons
09.00 - 09.30 am	Registration and Breakfast		
<b>SESSION</b>	<b>CHANGING TRENDS</b>		
09.30 - 10.00 am	Recent Advances IN Infertility	Dr. Amit Patki	Dr. Sudhir Naik
10.00 - 10.30 am	Fibroids-Recent Management	Dr. Pravin N. Mhatre	Dr. Nitin Rao
10.30 - 11.00 am	Newer Concepts IN Pelvic Floor Surgery	Dr. Ajit Virkud	Dr. S.N. Agrawal
11.00 - 11.45 am	Inauguration! Life Time Achievement Award Key Note Address : "WHEN TO REFER THE PATIENT?"	Dr. Jayesh Lele Dr. R. P. Soonawala	Dr. B.M. Inamdar
<b>SESSION</b>	<b>UNDERSTANDING BASICS</b>		
11.45 - 12.15 pm	PYREXIA IN PREGNANCY	Dr. Sandhya Kamat Dean and Physician Sion Hospital	Dr. Bipin Pandit
12.15 - 12.45 pm	MENOPAUSE	Dr. Rajendra Saraogi	Dr. Unnati Shah
01.15 - 02.00 pm	LUNCH		
02.00 - 04.00 pm	TETE-A-TETE WITH EXPERTS 1. Hypertension in Pregnancy 2. Evolution of OC Pills 3. Nutrition in Pregnancy	Dr. Shyam Desai Dr. Ashwini Bhalerao Dr. Rakesh Pandia	Dr. Hemant Dugad Dr. Mukesh Gupta Dr. Kartik Bhagat
04.00 pm	Vote of Thanks	Dr. Balkrishna M. Inamdar	

**REGISTRATION CHARGES :**

- CGP & IMA Members who have paid ANNUAL Fees = **Free.** (Only if Registered in Advance)
  - CGP / IMA Members & AFG Members : **Rs.100/-** ● Eligible Non Members : **Rs.150/-**
- 100 "Early Bird Prizes" for those who register by 09.30 am on SUNDAY, 06<sup>TH</sup> DECEMBER 2009.**

**Programme will Start and END ON TIME.**

**FOR REGISTRATION CONTACT : MS. APARNA / MS. SEEMA / MS. SUNITA**

IMA OFFICE, TEL. NOS : 2620 6517 / 2625 4368

<b>DR. JAYESH LELE</b> President	<b>DR. S. K. JOSHI</b> Hon. Secretary	<b>DR. DR. B. M. INAMDAR</b> Convener
<b>DR. RAKESH PANDIA</b> President	<b>DR. BIPIN PANDIT</b> Co-convener	<b>DR. KARTIK BHAGAT</b> Hon. Secretary and Co-convener

**ASSOCIATION OF FELLOW GYNAECOLOGISTS**

**TENTATIVE PROGRAMME**  
**INDIAN MEDICAL ASSOCIATION - MUMBAI WEST BRANCH**  
*proudly announces*  
**MAHARASHTRA STATE - ANNUAL SCIENTIFIC CONFERENCE**

**"MASTACON - 2009"**

**ON : FRIDAY, 13<sup>TH</sup> NOVEMBER 2009, FROM 01.00 PM ONWARD**

**AT : IMA HALL, IMA Building, J. R. Mhatre Marg, JVPD Scheme, Juhu, Mumbai - 49.**

<b>Time</b>	<b>Topic</b>	<b>Speaker</b>
01.00 pm - 02.00 pm	<b>Registration &amp; Lunch</b>	
02.00 pm - 02.30 pm	Welcome Address Inaugural Address <b>Lighting The Lamp</b>	Hon. Secretary - Dr. S. K. Joshi President - Dr. Jayesh Lele
<b>"FAMILY PHYSICIANS DELIGHT"</b>		
02.30 pm - 05.00 pm		<b>Dr. Arun Shah</b> Consulting Nephrologist
		<b>Dr. Shashikant Apte</b> Consulting Haematologist Dermatologist
		<b>Dr. Vikas Agarwal</b> Consulting ENT Surgeon
		<b>Dr. Himanshu Mehta</b> Consulting Ophthalmologist
05.00 pm - 05.10 pm	Vote of Thanks	Early Bird Lucky Draws

**ADDED ATTRACTION**

**INDIAN MEDICAL ASSOCIATION - MUMBAI WEST**  
*Presents tips for Diabetes Recipes on occasion of* **WORLD DIABETES DAY**

**On SATURDAY, 14<sup>TH</sup> NOVEMBER 2009**  
**BETWEEN 03.00 PM TO 04.00 PM**

By Leading Chef of India - **SHRI. SANJEEV KAPOOR**

**Venue : MEDICAL CLUB OF VILE PARLE**, Ground Floor, A/C Hall,  
J.V.P.D. Scheme, Juhu, Mumbai - 400 049.

**PUBLIC HEALTH AWARENESS EXHIBITION**

on  
**Saturday 14th November 2009 &**  
**Sunday 15th November 2009**

**TENTATIVE PROGRAMME**  
**INDIAN MEDICAL ASSOCIATION - MUMBAI WEST BRANCH**  
*proudly announces*  
**MAHARASHTRA STATE - ANNUAL SCIENTIFIC CONFERENCE**  
**"MASTACON - 2009"**

ON : SATURDAY, 14<sup>TH</sup> NOVEMBER 2009, FROM 08.00 AM ONWARDS

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

Time	Topic	Speaker	Chairperson
<b>INTERVENTIONAL MEDICINE</b>			
<b>08.00 am-08.45 am</b>	<b>Registration &amp; Breakfast</b>		
08.45 am-09.00 am	Welcome Address Inaugural Address	Hon. Secretary - Dr. S. K. Joshi President - Dr. Jayesh Lele	
09.00 am- 09.30 pm		Dr. Vihang Vahia	
09.30 am- 01.00 pm	Live transmission from Nanavati Hospital, various cases of Coronary Angioplasties, Bronchoscopy, Gastroscopies, etc	Dr. Lekha Pathak Dr. Samir Parekh Dr. Shirish Shah	Dr. Ketan Mehta
01.00 pm-02.00 pm	<b>LUNCH</b>		
<b>WORLD DIABETES DAY</b>			
<b>02.00 pm</b>	<b>INAGURATION</b>	<b>DR. ADHAO, DR. PAWADE</b>	
02.00 pm-02.30 pm			
<b>02.30 pm-02.45 pm</b>	<b>DR. C.L. JHAVERI AWARD</b>		
02.45 pm-05.15 pm		Dr Mangesh Tiwaskar Dr Ashutosh Shetty Dr. Umesh Khanna	
05.15 pm	Vote of Thanks		
<b>06.30 pm</b>	<ul style="list-style-type: none"> <li>● Prize distribution</li> <li>● Installation of Incoming president Dr. B.S.Mehta &amp; his team</li> <li>● Inauguration of MASTACON 2009</li> </ul>		
<b>08.00 pm</b>	<b>Banquet</b>	<b>Early Bird Lucky Draws</b>	

**ATTRACTIVE DELEGATE GIFT**

**Dr. Anil Suchak**  
Organising  
Chairman

**Dr. Akil Contractor**  
Organising  
Secretary

**Dr. Jayesh Lele**  
Organising  
Co-Chairman

**Dr. S. K. Joshi**  
Organising  
Co-Secretary

# INDIAN MEDICAL ASSOCIATION-MUMBAI WEST BRANCH

*proudly announces*

**MAHARASHTRA STATE - ANNUAL SCIENTIFIC CONFERENCE**

**"MASTACON - 2009"**

ON

**SUNDAY, 15<sup>TH</sup> NOVEMBER 2009,  
FROM 08.00 AM ONWARDS**

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

TIME	TOPIC	SPEAKER	
<b>ACADEMIC EXCELLENCE</b>			
<b>08.00 am - 08.45 am</b>	<b>Registration / Breakfast &amp; Welcome</b>		
08.45 am - 09.00 am	Welcome Address	Inaugural Address	
09.00 am - 09.30 am			
<b>09.30 am - 09.45 am</b>	<b>DR. C. T. THAKKAR ORATION AWARD</b>		
09.45 am - 10.15 am		Dr. N. H. Banka	
10.15 am - 10.45 am		Dr. Ketan Mehta	
<b>10.45 am - 11.00 am</b>	<b>TEA BREAK</b>		
11.00 am - 01.00 pm		Dr. Ashok Kripalani Dr. Lekha Pathak	
<b>01.00 pm - 02.00 pm</b>	<b>Lunch</b>		
<b>MEDICINE BEYOND 2010</b>			
02.00 pm - 04.30 pm		Dr. Mufuzzal Lakdawala Dr. Pratiksha Dr. Y. K. Amdekar	
<b>04.30 pm</b>	<b>Votes of Thanks &amp; Early Bird Lucky Draws</b>		
<b>ATTRACTIVE DELEGATE GIFT</b>			
<b>Dr. Anil Suchak</b> Organising Chairman	<b>Dr. Akil Contractor</b> Organising Secretary	<b>Dr. Jayesh Lele</b> Organising Co-Chairman	<b>Dr. S. K. Joshi</b> Organising Co-Secretary

A/C consulting Rooms available for all specialities  
except Gynaecologist at Seven Bungalows, Andheri (West),  
Fully Equipped O.T. and admission Facility Available.

**Contact : Dr. Malhotra : 98208 44217**

MEMBER'S WELFARE SUB COMMITTEE,  
PUBLIC HEALTH & WELFARE SUB COMMITTEE OF  
**INDIAN MEDICAL ASSOCIATION - MUMBAI WEST**

&

**MEDICAL CLUB OF VILE - PARLE**

*jointly present*

**THE MOTHER OF ALL SHOWS**

***From Magic to Mentalism***

encounters of a different kind....

Presented by

**DR. PRAKASH MAVINKURVE** - MD (Anaesthesia)

& his friends from the world of Magic

MEMBERS & THEIR FAMILY ARE INVITED TO ATTEND THIS AMAZING SHOW.

on **SUNDAY 1<sup>ST</sup> NOVEMBER 2009**

**VENUE** : IMA BUILDING, J. R. MHATRE MARG,  
JVPD SCHEME, JUHU, MUMBAI - 400 049.

**PROGRAMME**

10.00 am to 10.30 am : Registration / Tea / Coffee.

10.30 am to 12.30 am : Stage Show : from Magic to Mentalism

12.30 pm onwards : Lunch

**REGISTRATION** : **FREE** but compulsory. Please attend in large numbers.

- Surprise Lucky Draw for Member who registers by 10.00 am.
- ENTRY STRICTLY against prior registration.
- Registration only for 200 people on first cum first basis.
- Register Early to avoid disappointment.
- Programme will start and end in time.

**Show sponsored by THE SHAMRAO VITHAL CO-OP. BANK LTD.**

**DR. JAYESH LELE**  
President

**DR. S. K. JOSHI**  
Hon. Secretary

**DR. AKIL CONTRACTOR**  
Chairman,  
Medical Club of Vile Parle

**DR. BIPIN KAMDAR**  
Chairperson  
Members' Welfare  
Sub Committee

**DR. SANDEEP KHAKHARIA**  
Hon. Secretary  
Medical Club  
of Vile Parle

**DR. MANOJ CHAWLA**  
Chairperson  
Public Health &  
Welfare Sub Committee

## Report : 2<sup>ND</sup> STATE EXECUTIVE MEETING

- The 2<sup>nd</sup> State Executive Meeting was held at Wardha on Sunday, 6<sup>th</sup> September 2009 at 11 am.
- IMA - Wardha Branch President Dr. Kiran Borker welcome all the delegates at WARDHA. All the office bearers were felicitated by flowers.
- IMA – MS, President - Dr. Arun Pawade welcomes all the delegates and requested Hon. State Secretary Dr. Suhas Pingle to conduct meeting.
- After condolence the minutes of the 1<sup>st</sup> State Executive meeting were passed.
- Business arising out of minutes:-
  1. All elected members were gazatted on MMC.
  2. Regarding MMC house opined MMC elected members should meet the High Court C. J & Governor to look in to the matter to inquire with the Government.
  3. All elected members decided to donate the sum of Rs. 25,000/- to IMA - MS.
  4. Auangabad court case is going to be dismissed.
  5. There is complaint file with the Charity Commissioner at Pune by Dr. Lalmalani and Dr. Padmakar Pandit for recent IMA MS election.
- 6. Regarding Swine Flu there was a demonstration lecture by Dy. Director of Health and Govt. has sought the help of IMA MS. and the Pharma Co. WANBURY is going to help and coordinate with IMA MS and Govt. They will bear all the expenses.
- 7. Dr. Akil Contractor gave the details & reports about MASTACON & IMA – CGP.
- 8. Reports of all sub committee were presented.
- A resolution was passed to take action against members who formed Parallel IMA - MS and Show cause notice will be sent to all.
- A letter to Charity Commissioner will be given by IMA - MS stating the IMA - MS has a Tribunal and election commission and all complaints should go to them first.
- The meeting ended with a Vote of Thanks to Wardha Branch IMA for excellent arrangements and Hospitality.

**Dr. Niranjana R. Vaidya**

Chairperson

State & Central Co-Ordinator Sub Committee

### **CME on 22nd October 09**

#### **on Bone Marrow Transplant at Jaslok Hospital**

Department of Medical Oncology, Jaslok hospital (Dr. S.H.Advani, Dr. Tapan Sakia, Dr. Maheboob Basade, Dr. Reetu Jain, Dr. Anjana Sainani) celebrates the completion of 200 bone marrow/ stem cell transplantation till date.

All are invited for a Scientific Session which includes procedure, experience and future of stem cell transplant followed by a patient survivor programme.

The programme is on **22<sup>nd</sup> Oct 09** between 2.00 - 5.00 pm

at **3<sup>rd</sup> floor Auditorium, Jaslok Hospital**

**Registration is free but compulsory.**

**Please contact:**

**Sharmista Nandi - 9820774534**

**Deepu Jose - 9224615393**

## IMPORTANT ANNOUNCEMENT

### OUR MEMBERSHIP FEES WILL INCREASE FROM 01/01/2010!!

IMA – HQs has increased the HFC share with effect from 1<sup>st</sup> April 2007. We wish to give chance to all the eligible doctors in our area to become member at lesser rate. This will be applicable till 31-12-2009.

Please inform all your friends who are not IMA members about the increase in fees.

Old Rate	Concrete til 31.12.2009	New Rate from 01.01.2010
Single Life Membership	Rs. 6,000/-	Rs. 7500/-
Couple Life Membership	Rs. 9,750/-	Rs. 11,000/-

**DR. JAYESH LELE**  
President

**DR. S. K. JOSHI**  
Hon. Secretary

## Achievements!

- Leading Gynecologist - and Medical Legal Expert – **Dr. Nikhil Datar** has been awarded prestigious Common Wealth Professional Fellowship. Under the auspices of the fellowship Dr. Datar will be going to UK and WHO Head Quarters at Geneva for 3 months to Studying Maternal Health and Patient safety issues.
- **Miss Janhavi Ashok Soneji**, daughter of our life member from Andheri - **Dr. Ashok Soneji** represented Maharashtra Team in Chess at 54<sup>th</sup> National School Games held at Guntoor (A.P) & won Gold Medal Plus Scholarship from Government of India. She also won Gold Medal and Rolling Trophy at the Inter-School Chess Championship conducted by Mumbai School Sports Association.
- **Miss. Prerna Khar** daughter of our life member from Andheri – **Dr. Rita Khar**, has secured 93% in PCB in class HSC exam of March 2009. Besides she also a recipient of Amul Vidhya Shree Award for academic excellence.

***Our hearty congratulation to all off the above.***

## WELCOME NEW MEMBERS

Andheri	Dr. Saraogi Mohit Rajendra	Dr. Shastri Deven Pinakiprasad
Borivli	Dr. Mhatre Hemashree Deepak	
Santacruz	Dr. Gautam Nilesh Dr. Pandhare Ashok S.	Dr. Gautam (Mrs.) Ritu N. Dr. Pandhare (Mrs.) Ashwini A.
Malad	Dr. Mehta Shetal Haresh	Dr. Mehta Kaushik J.
	<b>DR. JAYESH LELE</b> President	<b>DR. S. K. JOSHI</b> Hon. Secretary

*We Wish All Our Members  
& their families*

***A Happy and Healthy Diwali***

**And**

**A prosperous new year**

**Dr. Jayesh Lele**  
President

**Dr. S. K. Joshi**  
Hon. Secretary

**Dr. Anil Suchak**  
Imp. Past President

**Dr. B. M. Inamdar**  
Vice President

**Dr. Ajay Hariani**  
Hon. Treasurer

**Dr. (Mrs.) Alka B. Mehta**  
Hon. Joint Secretary

**&**

**All Members Of Board Of Trustees**

**And**

**Managing Committee Members  
of**

**INDIAN MEDICAL ASSOCIATION  
MUMBAI WEST**

## **Report of MANAGEMENT OF PAIN - BEYOND PHARMACOTHERAPY**

Our branch had organised an excellent programme on **"MANAGEMENT OF PAIN-BEYOND PHARMACOTHERAPY"** on **SUNDAY, 30<sup>TH</sup> AUGUST 2009** from 7.00 pm onwards at **Hotel Novatel, Juhu Mumbai – 400 049.**

President Dr. Jayesh Lele welcomed the delegates and the dignitaries. Consulting Pain Management Expert from Canada Dr. Aslam Khan gave excellent presentation an innovative therapy of giving relief in cervical, dorsal and lumber backache.

Mr. Geoff Desmoulin of Canada – enlightened audience on mechanics of Weight Transmission in the spine & its applied influence in relieving the spinal pain.

The programme was excellently moderating by leading physician of western suburb – Dr. Ketan Mehta.

We were privileged to have the graceful presence of honorable National President – Dr. Ashok Adhao, honorable State President - Dr. Arun Pawade and Hon. MLC and Nominate Member of MCI – Dr. Vasant Pawar and many many distinguished Office Bearers of IMA - Maharashtra State and Senior leaders from various branches of Maharashtra. We convey our sincerest thanks for to all of them for attending the programme.

The Programme was attended by more than 150 delegates and was highly informative and thought provoking.

We thank M/s. KKT International Centre for the Spine for sponsoring this programme.

**Dr. S. K. Joshi**  
Hon. Secretary

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### **Report : Cultural Sub Committee**

Karaoke Singing Club of members of IMA – Mumbai West was inaugurated on Sunday, 20<sup>th</sup> September 2009 at 02.00 pm after the cardiology seminar.

Sixteen members displayed their singing talent in front of 25-30 audience. They were pleasantly surprised at the abundance of talent members possess. Members who are interested in singing are invited to join the group by registering their names in the office. Others members are welcome to attend. Next programme will be announced through medical image shortly.

Committee is thankful to Dr. Bipin Pandit for letting us use his karaoke equipment free of charge.

<b>DR. JAYESH LELE</b>	<b>DR. S. K. JOSHI</b>	<b>DR. ROHINI BADWE</b>	<b>DR. ASHOK BALSEKAR</b>
President	Hon. Secretary	Chairperson	Programme Co-ordinator

**CULTURAL SUB COMMITTEE**

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### **REPORT : SPORTS SUB COMMITTEE**

Due to very few entries on forthcoming scrabble tournament was postponed.

On Sunday, 08<sup>th</sup> November 2009, Carom & Chess tournament for children and grand children of members is scheduled tournament starts at 09.30 am.

**Dr. Nilesh Shah**  
Chairman, Sports Sub Committee

## **REPORT OF "WORLD HEART DAY CME PROGRAMME"**

CGP Sub Faculty of our branch in Association with IMA - Maharashtra State had presented an excellent joint CME Programme on the occasion of "**WORLD HEART DAY**". We had preponed programme on **SUNDAY 20<sup>TH</sup> SEPTEMBER 2009** as there are numerous programmes on actual **WORLD HEART DAY** which falls on **SUNDAY, 27<sup>TH</sup> SEPTEMBER 2009**.

President Dr. Jayesh Lele welcomed the dignitaries & delegates. Hon. President IMA Maharashtra state – Dr. Arun Pawade inaugurated the programme & addressed the gathering on this occasion.

This CME Programme was addressed by leading cardiologists of the Mumbai. Dr. Sushil Kumbhat gave excellent insight into an post stent care & precautions to be observed by the patients Dr. Nilesh Gautam presented an interesting presentation about Lipids & strategy for their optimum control Dr. Haresh Mehta updated on various issues in cardiology & presented an interesting information on what's new in cardiology Dr. Jamshed Dalal delivered an excellent lecture on pre - hospital treatment by Family Physician in the first crucial hour after the onset of chest pain suggestive of myocardial infarction Dr. Prasanna Nyayadhish enlightened the audience excellently on the topic of diet & Life Style modifications for cardiac patients especially after Angioplasty & CABG.

The programme was well moderated by Ex President & Director IMA CGP Ms Dr. Akil Contactor. The conference was well attended by more than 200 delegates & was well appreciated by each & every one. We thank all the delegates for making this event as great success.

We were fortunate to have with us following office bearers of IMA MS & various leaders of other IMA CGP Sub Faculties of Maharashtra–Dr. Suhas Pingle (Hon. Secretary IMA-MS), Dr. Thoravade Pratibha (Vice-president IMA MS), Dr. Dharia (Vice President – IMA – MS), Dr. Rajendra Trivedi (Hon. Secretary, IMA – Mumbai Branch), Dr. Hozie Kapadia (Editor – MAHIMA), Dr. Shrikant Kothari (Hon. Secretary- IMA–MS - SSS), Dr. S.C. Mehatalia (Hon. Treasurer & Hon. Jt. Secretary–IMA–MS–SSS), Dr. Utture (Hon. Treasurer – IMA – MS – SSS). We thank them for their graceful presence on this occasion.

We thank following chief sponsors for their unrestricted educational grant towards organising this mega event.

- i) Biosensors Internationals makers of "Biomatrix"– Biodegradable Polymer Coronary Drug Eluting Stent
- ii) HDFC Bank
- iii) M/s. Ipca Laboratories for sponsoring Aztor Prizes.
- iv) Nestle – Maker of Innovative Nesvita Pro Heart Milk.
- v) Marico Industries Makers of Saffola Rice.

### **"INTRODUCTION TO SCRABBLE"**

Interactive talk by **DR. VARISHT HINGORANI**

On **WEDNESDAY, 14<sup>TH</sup> OCTOBER 2009**

from 3 pm to 4 pm.

Kindly register your name with IMA Office – 26254398 / 26206517

**DR. SHAH NILESH**

Chairman, Sports Sub Committee

**DR. VARISHT HINGORANI**

## REPORT OF CARDIAC CHECK – UP CAMP

The Public Health & Welfare Sub Committee of our branch organised an excellent free cardiac check up camp on the occasion of **“WORLD HEART DAY”** on **SUNDAY, 27<sup>TH</sup> SEPTEMBER 2009** from **8.00 AM TO 12.00 NOON** at our branch premises.

President - Dr. Jayesh Lele welcomed everybody. President Parle Education Society & Proprietor – M/s. Gufic Labs - Mr. Jayesh Choksi was chief guest at this programme. He addressed the gathering & inaugurated the camp.

The camp held an excellent response. More than 200 people attended and took benefit of this camp. Every person was checked for the following

- i) Physical check up, BP Check up & counseling of patients.
- ii) E C G
- iii) Fasting Blood Sugar
- iv) Lipid profile
- vi) Cardiologist’s opinion & advice
- vii) Check-Up To Detect Peripheral Neuropathy

Leading International Cardiologist – Dr.G.P. Ratnaparkhi evaluated & assessed all the participant & guided them & gave his invaluable tips & suggestions.

We express our sincerest thanks to following members of our branch who helped us in conducting this camp by volunteering their services.

Dr. Jayesh Lele, Dr. Akil Contractor, Dr. S. K. Joshi, Dr. S. C. Mehtalia, Dr. B. S. Mehta, Dr. Alka Mehta, Dr. Smita Lele, Dr. Pratibha Thoravade, Dr. J. G. Sampat, Dr. Razia Mansuri, Dr. Rita Ghoushal, Dr. Priti Bhargava, Dr. Sunil Vaswani, Dr. B.M. Parekh, Dr. Kusum Doshi, Dr. Shailaja Rane, Dr. Sabira Karmali, Dr. Shobha Dasgupta, Dr. B. G. Mehta, Dr. R. N. Kamat, Dr. K. B. Joshi, Dr. J. P. Uchil, Dr. Vijay Kulkarni & Dr. K. N. Gandhi.

We thank following for sponsoring this mega event.

- i) Biosensors Internationals makers of “Biomatrix”-Biodegradable Polymer Coronary Drug Eluting Stent
- ii) Marico Industries makers of innovative saffloa rice which is weight & sugar friendly
- iii) Thyrocare for Lipid Profile testing assistance.
- iv) M/s. Piramal Health Care for Blood Sugar testing assistance
- v) M/s. Uni-EM for ECG arrangements for the participants
- vi) M/s. Nestle Makers of Nest Vita Pro Heart Milk for Dietary Counseling our participants.

We also thank Ms. Sarayu Maniar for helping us in taking ECG’s of female participants in this heavily crowded camp.

We also thank – Associate Prof. & HOD Biomedical ECG Dept.-Mrs. Manali J. Godse of SVKM’s D. J. Sanghavi College of engineering for assisting us in checking up for the presence of absence of the peripheral neuropathy among the participants of camp.

We thank are all those who helped us in organizing this mega camp although it is difficult to acknowledge and thank them individually.

### Matrimonial

Suitable postgraduate match required for Mumbai based Gujarati Vaishnav, doctor parent’s 1983 born, B. Pharma., MBA (Pharma Mgmt), 5 feet 3 inches, 66 kg, career-oriented daughter, currently working in a Multinational Pharmaceutical Company. Mumbai based parents may contact with birth date, Janmakshar, biodata, etc.

Contact

**Dr. Parimal Shah**

parimalshal1@in.com or  
0-9869516553

## REPORT OF CANCER OF THE FEMALE GENITAL TRACT

Public Health and Welfare and Women's Wing Sub-Committee of our branch in association with Andheri Medical Association and Medical Club of Vile Parle are jointly organised an excellent Public Awareness Programme on "**CANCER OF THE FEMALE GENITAL TRACT**" at our branch premises on **WEDNESDAY, 2<sup>ND</sup> SEPTEMBER 2009** at 2.00 pm onwards.

President Dr. Jayesh Lele inaugurated the programme. Leading Onco Surgeon Dr. Sandeep Goyle presented an excellent account on "Cancer of Ovary". Leading Gynecologist Dr. Bipin Pandit enlightened audience on "Cancers of Uterus and Cervix", various issues regarding these cancers which arise in the minds of common man were discussed in panel discussion where in Dr. Bipin Pandit, Dr. Sandeep Goyle and Sr. Family Physician from Malad and our Life member – Dr. Chetna Doshi participated in this panel discussion.

The panel discussion was excellently moderated by Gynecologist Dr. Pankaj Teliwala. The whole programme was well conducted by Mrs. Krutika Bimal Shah.

The programme was attended by more than 200 participants and was a great success. Each delegate was given kit which included Educational CDs and informative Materials.

We highly acknowledge the invaluable help we received from leading ENT Surgeon from Andheri - Dr. Bimal Shah in organising this programme.

We also thank President and Secretary of Medical Club of Vile Parle and Andheri Medical Association for their assistance in organising this programme.

We convey our thanks and appreciation to M/s. Dr. Reddy's Laboratories for providing Educational Grant towards this programme.

**Dr. S. K. Joshi**

Hon. Secretary

*With Best Compliments from*

**Dr. R.D. Kharkar**

M.D. (Skin), D.V.D. (Mum) AIDS MED (Luxembourg)

**CONSULTANT FOR SKIN, HAIR, COSMETOLOGY & AIDS**

Panel Consultant : O.N.G.C.

**DR. KHARKAR'S SKIN CLINIC**

55, 5th Floor, Dattani Chambers, Opp. Shantinath Shopping Centre,  
S.V. Road, Malad (W), Mumbai - 400 064.

Tel. : 2882 4593 Morning Daily : 10.30 a.m. to 1.00 p.m.

Evening Mon., Wed., Fri. : 4.30 p.m. to 7.00 p.m.

**SUCHAK HOSPITAL**

Munchhubhai Road, Malad (East), Mumbai - 400 097.

Tel. : 2888 3729 Evening Daily : 8.00 p.m. to 10.00 p.m.

**SUNRAY'S DIAGNOSTIC CENTRE**

Above Amar Electronics, J.P.Road, Before Bon Bon,  
7 Bungalow's, Andheri (W), Mumbai - 400 053.

Tel. : 2635 0252 / 5698 9778 Tue., Thu., Sat. : 4.30 p.m. to 7.00 p.m.

## **Report of Programme on "NUTRITION"**

We had organised an excellent & interesting CME programme on "Nutrition" keeping in mind the increasing significance of nutrients, micro-nutrients, Vitamins & other essential elements of food & diseases & morbidities caused by deficiencies of these elements.

President **Dr. Jayesh Lele** welcomed the delegates. Leading physician from Malad – Dr. Arvind Ghongane presented an excellent review on "The Menace of Hidden Hunger – Problems & Solutions". Leading Pediatrician from Vile-Parle-Dr. Jagruti Sanghvi enlightened audience excellently on "Countering Micro Nutrient Deficiencies in Toddlers: Bargaining for a Healthier Tomorrow".

The programme was excellently moderated by leading General & Laparoscopic Surgeon-**Dr. Parthiv Sanghvi**

The programme was well attended by over 100 delegates & was well appreciated by one & all.

We appreciate & sincerely thank "M/s. Horlicks Nutrition Academy" for their kind gesture of providing educational grant towards this programme.

**Dr. Jayesh Lele**  
President

**Dr. S. K. Joshi**  
Hon. Secretary

## **REPORT : WOMEN'S WING SUB COMMITTEE**

Women's Wing Sub Committee of our branch and Medical Club of Vile Parle had organized an excellent programme on the demonstration of making served "Bengali Sweets" like Rasgulla, Chamcham, Rasmalai, Rasmadhuri, Malai Sandwich, Rajbhog etc. at our branch premises on Friday, 11<sup>th</sup> September 2008 from 02.30 pm onwards. Well known cook Mrs. Bhavna Valia gave excellent practical demonstration of how to make Bengali sweets in simple way and in a short time. Her tips made everybody feel confident in making Bengali sweets themselves at home in coming festival season.

This programme was well attended by more than 80 ladies and was well appreciated.

**Dr. Bhavna Patel**  
Chairperson  
Women's Wing Sub Committee

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## **REPORT OF DIABETES AND HYPERTENSION DETECTION CAMP on 30<sup>TH</sup> AUGUST 2009**

Diabetes and Hypertension Detection Camp at Golibar Santacruz (East). More than 200 people were checked and there were at least 20 newly diagnosed Diabetes and 20 new hypertensive Patients.

Two weeks Medicines were given to the newly diagnosed patients. We are thankful to Sanofi Aventis for checking the sugars for all. Camp was conducted by Dr. S. K. Joshi, Dr. Akil Contractor, Dr. Razia Contractor, Dr. Anil Pande, Dr. Dhawal Pandya.

We propose to arrange follow up camp of the same patients after 3 months.

**DR. AKIL CONTRACTOR**  
Co-ordinator

**DR. MANOJ CHAWLA**  
Chairman  
Public Health & Welfare Sub Committee

## **EMR A COGNITIVE PROSTHESIS IN MEDICAL PRACTICE**

Practicing in the major cities of India where time is premium, care is competitive, accountability being implemented and you the physician are no longer a "God" for the patients, has forced the Doctors to slow down, shut down or practice defensive medicine by involving in a series of investigations and referrals, which ultimately increases the health care cost.

Coming in of corporate has intensified the competition and patients are demanding value for money.

For you to sustain this competition your Clinic needs to be neat and tidy, well equipped with essential life saving equipment, in-house pharmacy and a blood collection centre with a smiling and polite staff and a Physician.

Electronic Health care systems has evolved over a period of time, from a simple Database management system to Knowledge based systems, from acute care management system to integration with chronic disease management system. It has evolved into a cognitive prosthesis (a tool that extends the human mind).

### **Why do we "super intelligent Beings" need this cognitive prosthesis?**

Years of practice, and all your patients' records on paper, some thrown away, some misplaced and some bundled and put away in one corner, a lost gold mine!

A Diabetic Patient with Peripheral vascular disorder was put on a beta blocker and had developed Gangrene in one of the lower extremity. After extensive management the Doctors could manage to save the leg of the patient. The mistake was repeated, and this time the patient had to go for an amputation.

This could have been prevented had the Physician been using a system that would have alerted him about the Patients Previous medical problem.

In fact the Physician had documented that the patient was suffering from PVD. But this information was not available at the time of care.

Patient is G-6-PD and the physician prescribes Chloroquine with Primaquine! Can you imagine the chaos?

Evidence obtained from large clinical trials would be of limited value, if such evidence does not reach the provider of care, and even when it reaches them, if they do not change their clinical behavior accordingly. Around a thousand of Generic drugs and around twenty five thousand brands with different combinations to choose from, keeping in mind the drug-drug interaction, drug-food interaction,

Dosing weight wise or by body surface area, side effects, adverse effects and at the same time keeping in mind the allergies and the existing chronic problem before prescribing.

A prescriber's ability to electronically send an accurate, error-free and understandable prescription directly to a pharmacy from the point-of-care - is an important element in improving the quality of patient care.

Blood tests are done to help make a medical diagnosis. Symptoms generally lead to blood tests and radiographs, depending on the situation. Blood tests are a key step in the evaluation.

Blood tests can have false positives and false negatives. Interpretation of blood tests takes knowledge of the underlying disease process and experience.

The medical curriculum has no dedicated time for teaching the selection and interpretation of laboratory tests. The medical system pays a price for this lack of instruction. For any given patient, too few or too many tests may be ordered, and the tests that are ordered may not be interpreted correctly. As a result, we see (1) unnecessary costs to the medical system and (2) increased patient morbidity or mortality due to missed diagnoses or unnecessary treatments.

Patient lab reports are usually disposed off by the patients, and if kept, cannot be called when wanted.

Imaging and non imaging tests (x-rays, USG, MRI, Bone densitometry, Spirometry...) are also disposed off and difficult to call for when wanted.

Every time the Patient visits the Physician, precious time is lost in inquiring about his previous medical problems and the medication going on for the chronic diseases. Time is lost in going through a pile of reports arranged in a haphazard manner. This time could be utilized for patient care.

Most of the time the patient can only recollect the shape and color of the medicines and never the name.

### **The benefits of the EMR would be seen in**

Reduction in Medication Errors and Adverse Drug Events

*Enhancing Prescribing Behaviour*

**IMPROVED QUALITY OF CARE BY HAVING A POINT OF CARE SUMMARY  
POINT OF CARE INFORMATION**

***Time Released for Patient Care***

EMR can help streamline workflow and encourage more efficient data gathering Can maintain & improve consistency of care

Can supply clinical information anytime, anywhere it's needed

**An ideal EMR should have**

- Knowledge-based systems
- Alerts and reminders
- Therapy critiquing and planning
- Prescribing decision support systems
- Information retrieval
- Image saving

**Factors to be kept in mind before choosing an EMR for clinical practice**

- Cost
- Ease of use - time needed to learn to use and to use
- Type, timing, length of training to be provided
- Availability of support and maintenance
- Interoperability: ease/extent of integration with legacy systems (hardware, other devices) and existing software programs (integration with patient record and/or any relevant clinical terminologies would avoid need to re-enter patient data)
- Legal and ethical issues
- User interface: design, structure, number of forms
- Style, manner of presentation of advice/recommendations/ results to user

- Patients' attitudes to use
- Provision of evidence justifying advice and/or recommendations
- Involvement of Physicians during development phase
- The quality and reliability of a system and its knowledge base which should be populated with trusted, up-to-date and maintainable knowledge

Electronic medical records companies **provide physicians with a computerized improvement over paper charts. However, EMRs offer far more than a new way to chart**

While Physicians understands that they need to move toward an EMR and "go paperless," few have a well-defined idea of what a full-featured EMR can do and how it can benefit them beyond "going paperless."

There are over 300 electronic medical record and electronic health record programs. It can be difficult to navigate the market as some are designed specifically for certain specialties and sizes of clinics.

How to choose is always a dilemma & this is what I aim to address in my concluding article.

Till then Happy Dusshera and a very Happy Diwali

**by Dr Amit Vithlani**

## FOR YOUR HEART STRINGS

### Dear Friends!

In the 1980s there were multiplexes in Manila, Philippines where you could buy a ticket for a movie, enter any hall you wished, to watch any movie at any time. It didn't matter whether you walked in the middle of the movie or at the end of it. You could continue to sit with your popcorn through the next show and finish the movie till the point where you had stepped in.

Utopia, right? What more could one want? Any movie, any time, any show... Sit back and reflect on this process a bit. Take it a step further and imagine walking from one movie to another and yet another... non-stop. Imagine walking into a restaurant, feasting on a big meal, then walking immediately into another restaurant and ordering another meal... imagine carrying on this routine mindlessly without a break. Does it begin to strike a strange chord somewhere?

Are't we living our life more controlled by unadmitted habits? In reality we are a prisoner of our own habits. Over time we have become a slave to these habits without even being aware of it. We are oblivious to whether they are logical, right or even progressive. We do them mechanically, and rather unconsciously label them as a part of us. We justify that a combination of these habits makes us what we are. Any comment on the habit is taken as criticism and a personal attack on our personality. We prefer to live with these habits, no matter how illogical, regressive or meaningless they might sound to others.

Each one of us is pre-programmed, in accordance with the culture, family, society or religion we are born into and grow up with. Initially the free spirit we are born with wanted to experiment, feel and experience every aspect of life. But life does not always dish out the consequences we expect and there are times we get hurt. Each negative experience leads us to build a thicker layer over the emotional cocoon we shield ourselves with. And to avoid pain, we begin to live in our self-made prison. We condemn ourselves to a life of suppressed desires, unfulfilled dreams and incomplete existence.

Is this prison too difficult to break?  
Are we condemned to live in it forever?

### Dr. Rajiv Anand



Consider this story... Once upon a time countless prisoners were held in a prison for years together. Resigned to their fate, they moulded their lives to the prison routine. One fine day however, the government decided to demolish this jail to make way for a shopping mall. Gates of the prison were opened and the prisoners were asked to leave as free souls. Guess what? Not one prisoner got up to leave. When questioned why, they proclaimed they were so used to the ways of the prison, they wouldn't know what to do outside of it. They were ready to live with the unpalatable food, the unhygienic living conditions, strict wardens, absence of entertainment and complete lack of freedom. Ironically, they feared stepping into a society that was alien to them fearing it might just get too hostile for them. This event actually happened. However, if you think about it, this is our story as well.

Are we not like the prisoners, who despite knowing the absurdity of the conditions we are in, our habits, our behaviour patterns, refuse to change even when we are accorded an opportunity? Some of us smoke endless packets of cigarettes, while others down large pegs of alcohol lest sleep elude us in the wee hours of the morning. I know some friends who ritually play cards every Sunday for 8-10 hours, oblivious to their family and the outside world. Some other friends have graduated from these small habits and have turned into workaholics. If one were to ask them the purpose of the work, they dole out silly logic; accumulating money for a child's education, wedding, retirement... the list is endless. Each in his ignorance forgets that the only purpose of life is to LIVE JOYFULLY.

So, Friends, wake up! Find out where are we going, what are we doing. It is high time we take a break in between the movies, the meals, the mechanical indulgences and introspect. Let's review our life and understand the bigger purpose. Let's reset our priorities and strive to live in joy, in awareness, in totality.

Your feedback is welcome at [drrajivanand@gmail.com](mailto:drrajivanand@gmail.com) or 98192 66862.