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



DIABESITY CONFERENCE Pg. No. 09



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Hon. Secretary



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

Rejoice that God has given you a New Year, a blank book of 365 fresh, unwritten pages, in which you can write whatever you want.

You can write anything! You have it in your hands, each day a fresh page to be filled by you.

Will you smudge it with all manners of blackness ?

Fill it with letters of gold and become your own greatest well-wisher and friend

- Swami Chidananda (Divine Life Society)

Dear Friends,

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

Our mini conference **Orthocon 2008** was very successful on 12th October 2008. Our coordinator Dr Ram Prabhu had put in a lot of hard work. This conference was jointly organized with Mumbai Suburban Orthopedic Society. **Prof Dr B B Joshi**, a renowned orthopedic surgeon was awarded Life time achievement award. I thank all the speakers.

We celebrated **IMA FOUNDATION DAY** for the first time in our branch, where we called all our senior and active members, including past presidents, who have contributed in construction of the IMA building and raising our association to the highest level in the country.

On 28th September 2008, **World Heart Day** was celebrated in the most befitting manner. We joined hands with NSPHERE and MMA to organize "**Walk for your Heart**". **Shri Irrfan Khan**, renowned Indian film artist and **Dr Kaushal Pandey**, eminent Cardiac Surgeon, flagged off the march. After the walk we conducted **complete health checkup** for 350 patients. An **exhibition** for general public on Hypertension, Diabetes and IHD was organized. On the same evening of 28th September, we arranged to have a unique session on "Know your cardiac risk, where we are, and where can we go?" **Dr Haresh Mehta** (eminent interventional cardiologist) addressed the audience. This was followed by a **grand musical evening** with dinner.

On 2nd October 2008, (Shri Mahatma Gandhi Jayanti), we celebrated anti quackery day. Dr Mahesh Baldwa had arranged a special lecture. Advocate R B Jaiswal and Dr Rashmi Ojha were invited.

Our association **IMA - Mumbai west branch**, along with other associations like AMC, GPA was **most active** in the movement against the violence on doctors. We met various Ministers and Leaders of political parties, who were very helpful and supportive. We also met concerned officials and secretaries in Mantralaya for bringing about an ordinance / law, which will protect doctors from such violent incidents. We discussed the draft that will be enacted soon.

We are very thankful to all the members of our branch who joined the call of **Maharashtra doctor bandh** on 10th October 2008 and joined in the silent morcha in south Mumbai. First

time in the history of medical practice, all doctors (above one lakh docs) had shut their clinics in Maharashtra state on the call of **Dr Devendra Shirole** (President IMA-MS) and **Dr Suhas Pingle** (Secretary IMA-MS). The press conference thereafter was



very productive. We are sure our voices will be heard. The cabinet has discussed our proposal and approved it to be put forward as bill in the November session at Nagpur.

We explained to the authorities that if attacks on doctors such as these are not checked forthwith and patients and relatives continue to take the law in their own hands, it will be impossible for hospitals to continue functioning in this atmosphere of fear and insecurity. The Maharashtra Govt must intervene urgently before there is a serious setback the delivery of health care to the public.

As representatives of the medical profession, we are seriously concerned by the latest attack on a hospital and the doctors. Our demands for prompt action in the matter are as under:

1. All guilty persons in the present attack in Malad and other places be immediately arrested and prosecuted. **Exemplary and deterrent punishment** should be meted out to them.

2. Police Stations should be instructed **to act promptly** in case of threats to hospitals and requests for help.

3. An **Ordinance** may be promulgated, or **ACT** be made on the lines of ones passed in the other States, with immediate effect for protection of hospitals and doctors against aggrieved patients / relatives taking the law in their own hands instead of seeking redressal through legal channels. Such offences should be made non-bailable and compensation for damage to property made payable.

Our forthcoming **Diabetesity** Conference on **16th November 2008** will cover every aspect of Diabetes. This will help all doctors to update their knowledge and also help them in day to day practice. Dr Ketan Mehta, Dr Arvind Ghongane, Dr Mangesh Tiwaskar will moderate and Dr Akil Contractor and Dr Manohar Bachhani will coordinate this conference.

I thank all members for their participation in all the activities. I would appreciate your continued support.

Jai Hind

Long live IMA

Dr Anil Suchak
President

Happy Diwali – Thanks for your unity and support for Maharashtra Doctor bandh



WEEKLY SCIENTIFIC PROGRAMME

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

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

DATE	TOPIC	SPEAKER
06.11.2008	Syncope	Dr. Anil Balani
13.11.2008	Juvenile Diabetes	Dr. Vaishali Naik
20.11.2008	Acid Peptic Disorders	Dr. Samir Parikh
27.11.2008	IBD & IBS	Dr. Molina Khanna
04.12.2008	Constipation	Dr. Sanjeev Khanna
11.12.2008	Jaundice	



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**Every Tuesday
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Scheme, Juhu, Mumbai - 400 049.

DATE	TOPIC	SPEAKER
04.11.2008	Diet in Diabetes	Dr. Satish Naik
11.11.2008	COPD - Recent Advances	Dr. Prashant Chhajed
18.11.2008	Stress Management	Dr. Kiran Shandilya
25.11.2008	Breaking Bad News	Dr. Ashok Balsekar
02.12.2008	Counselling in HIV	Dr. Ashok Balsekar
09.12.2008	Cost Effectiveness in Family Practice	Dr. Subodh Kedia

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

Dr. Anil Suchak
President

Dr. Jayesh Lele
Hon. Secretary

Dr. Subodh Kedia
Asst. Director of Studies

Dr. Priti Bhargava
Asst. Secretary

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



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

Dear Friends

It is the time of festival of LIGHTS, and it will be followed by various conferences. We are geared up for our Annual Scientific conference on 11th January 2008. This year's unique feature will be we are planning to arrange the conference at our own premises. We shall have Pre Conference CME's on previous Tuesday and Thursday i.e. on 6th Jan and 8th Jan respectively. The conference will be held on 11th Jan Sunday from 9.00 onwards. Dr Umesh Khanna, Dr Ketan Mehta, Dr Arvind Ghongane, Dr B M Inamdar, Dr Parthiv Sanghvi, Dr Subodh Kedia and our scientific stalwarts are planning excellent lectures.

The last month was very hectic after the humiliation and manhandling of our doctor couple at Malad. All the concerned medical associations got together and our consolidated fight along with the support from others saw the **DOCTORS' STRIKE** on 10th Oct 2008. Most important feature of this strike was that it was held all over Maharashtra and was very successful. The Government of Maharashtra passed the much necessary and long awaited Ordinance against this hooligans like activity from the anti social ailments. We hope the law is confirmed at the winter session at Nagpur.

Dr Mahesh Baldwa had arranged lectures by eminent advocates Mr Jaiswal and Dr Rashmi Ojha on 2nd October 2008 on the occasion of **Anti Quackery day**

Last month we held **ORTHOCON** to celebrate the **WORLD ARTHRITIS DAY** on 12th Oct 2008. We also celebrated our IMA foundation day as about 20 years back we had IMA CGP formed as well as the foundation day was organized around the same time in 1989. We also invited all the past Presidents as well as leaders who contributed substantially to our association. Majority of our leaders came and blessed us. They were very happy to see the growth and the progress our branch has made.

Dr Ram Prabhoo leading Orthopedic Surgeon in Andheri took lot of pain to arrange this conference. The conference was jointly organized with help of **MUMBAI SUSRBAN ORTHOPAEDIC SOCIETY**. We take this opportunity to thanks President Dr Susheel Sabnis and the team. We felicitated **Dr B B Joshi**



*Last month we held
ORTHOCON to celebrate the
WORLD*

***ARTHRITIS DAY** on 12th Oct 2008.
We also celebrated our IMA
foundation day as about 20 years
back we had IMA CGP formed as
well as the foundation day was
organized around the same time
in 1989.*

great Hand surgeon with the **LIFETIME ACHIEVEMENT AWARD** during the inauguration.

Dr Ketan Mehta, Dr Arvind Ghongane, Dr Mangesh Tiwaskar and Dr Akil Contractor, Dr Manohar Bachani are working for the **DIABESITY** conference on 16th November 2008. It will be full day conference and remarkable as many leading Diabetologists will be speaking during the conference.

Our monthly scientific **CME's** on Tuesdays and Thursdays continue to attract the delegates and are being held regularly. Another batch of Identity cards is ready, so please enquire with the office.

Our last hearing with the MCGM authorities is over, we have been able to reduce the ratable value and thereby the Property taxes will be less. We are also taking up with them the part completion and part occupation of the building, which is much needed so as to get the more reduction in the taxes. This is being done with the help of experts in the field to get maximum benefit. The entire process is very lengthy but we are particularly following it up with the authorities.

WISH YOU ALL VERY HAPPY DIWALI AND PROSPEROUS NEW YEAR

Dr Jayesh Lele
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ACHIEVEMENTS !

- Our Life Member Dr. Ram Prabhu has been nominated as Executive Council Member & Treasurer in recently held SICOT-WOC meet at Hongkong.
- Dr. Ketan Mehta, is the only physician from India who visited Kuala Lumpur for "National Awareness Week" event as official state guest for Malasian Council.
- Ms. Rucha R. Walawalkar - daughter of our Couple life member Dr. Rajan Walawalkar & Dr. (Mrs.) Shanta Walawalkar has been awarded National Talent Search Scholarship conducted in std. VIII by NCERT.

ACHIEVEMENTS !

THE SR. M. ANNUNCIATA,
rgs GOLDEN JUBILEE AWARD
has been awarded to

DR. ALAN D. ALAPPAT

In recognition of his exceptional
commitment to the protection and
preservation of human life

April 6, 2008

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Archbishop of Bombay Director

Diocesan Human Life Committee
Archbishop's house, 21 N. Parekh Marg,
Colaba, Mumbai 400001.

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

Dr. Anil Suchak
President

Dr. Jayesh Lele
Hon. Secretary

Report of Public Health & Welfare Sub Committee

Hypertension and Diabetes detection camp was held on the 6th and 7th of October at Rangoonwala Community Centres – Jogeshwari [E]. 200 people were screened, examined for hypertension by taking their blood pressure. They were also screened for diabetes by blood sugar estimation. The results obtained are as follows :

Total no. of people screened = 200

Prehypertensive group = 52

People having frank hypertension = 22

People having Blood Sugar more 100 = 43

The effected group of patients were properly counseled.

We have planned similar camp in the month of November 2008. We thank Arkary Piramal Medical Pvt. Ltd. for sponsoring the expenses of pathological investigations. Dr. Priti Bhargava and Dr. (Mrs.) Intwala co-ordinated the camp in an excellent manner measurement.

Dr. Akil Contractor
Chairman

Public Health & Welfare Sub Committee

OBITUARY

We with great grief and sorrow announce the news of sad demise of following senior respectable members of our branch.

- 1) Dr. Mayank J. Patel – Andheri
- 2) Dr. Khem Chand Nagpal - Andheri.

We convey our utmost consolation to the bereaved families.

May their souls rest in eternal peace.

Dr. Anil Suchak
President

Dr. Jayesh Lele
Hon. Secretary



**Report of
IMA - FOUNDATION DAY**

Our branch had organized an unique and unparallel programme of "Foundation Day" which was held on Sunday, 12th October 2008 at our branch premises. This programme was to observe Foundation Day of our branch which falls on day of Dassera, but for the sake of convenience it was decided to hold on Sunday, 12th October following the day of Dassera.

On this occasion all the past presidents and our branch's veteran workers of our branch were invited & felicitated Veteran member of our branch and Past President Dr. C. R. Joshi was chief guest & he inaugurated this programme.

The luxuries of our branch which we enjoy today were the result of extreme hard work & invaluable services of all our past workers. We owe them a lot & we express our deep gratitude & respect to them.

Dr. Jayesh Lele
Hon. Secretary

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With the blessings of the LORD and my parents and the goodwishes of People at large I am pleased to announce the opening of a new branch of Dr Kovil's Diabetes Care Centre offering specialised Diabetes services in Lokhandwala, Andheri West. I cordially invite you to grace the occasion with your esteemed presence on the 2nd of November 2008 Sunday between 8.00am to 2.00pm

Regards

Dr Rajiv Kovil

MBBS, D. DIABETOLOGY

Consultant Diabetologist:

Holy Spirit, Arogyanidhi, BSES Global, Sushrusha & R K Mission Hospitals

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Tel No. 26340763 / 64404333

[Time : 7.30 pm. to 10.00 pm.]

Dr. Kovil's Diabetes Care Centre (Andheri Branch) : Gc. Floor D /17 Shiv Ashish, S. V. Road,
Andheri (W), Mumbai - 400 058. Tel. : 26287242 / 65048134

[Time : 9.30 am. to 1.00 pm. & 4.00 pm. to 7.00 pm.]

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Report of
PUBLIC HEALTH & WELFARE SUB COMMITTEE

Our branch & Young Star Trust, Saphale Committee had organized jointly grand medical health check-up camp at Saphale, Near Virar on Sunday, 19th October 2008. It was very meticulously organized. Nearly 1400 patients were screened. Various specialities like General Medicine, General Surgery, Ophthalmologist, Orthopaedic, Skin, ENT were arranged. Each patient was examined and counselled in detail. Wherever necessary Blood Sugar, ECG, Lung Function Tests were also carried out. The camp ran was from 09.00 am to 01.00 pm.

Following member of the our branch attended & offered their services at the camp

Dr. Ravi Patel, Dr. Naresh Thakker, Dr. Umesh Shetty, Dr. Arvind Kamath, Dr. B. M. Inamdar, Dr. Akil Contractor, Dr. Jayesh Lele, Dr. Smita Lele, Dr. Arun Chaudhari, Dr. Alka Mehta, Dr. Prabhu Solanki, Dr. S. K. Joshi, Dr. B. S. Mehta, Dr. Prashil Patil, Dr. Tushar Jimulia, Dr. N. R. Vaidya, & Dr. Rajesh Murudkar, Dr. Anil Dashputre.

We all felt that such medical camp in this area of Saphale are very badly needed. We also think of going and offering our services to this area on regularly basis. We sincerely thank & appreciate Young Star Trust the excellent arrangements, hospitality & co-operation. We specially thank Mr. Pravin Raut of Young Star Trust of Saphale Committee for his keen interest in initiating & excellently coordinating this grand project.

Dr. Akil Contractor
Chairman, Public Health & Welfare

Dr. Alka B. Mehta
Programme co-ordinator

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Wishing all a Happy Diwali and a Prosperous New Year

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- Laparoscopic Surgery.
- Gynaecological Work.

Dr. Seema Gadiwan,

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

Dr. Pradip Gadiwan,

M.S. (ENT) Consultant ENT & Cancer surgeon,
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REPORT OF ORTHOCON 2008

We had an excellent Orthopaedic Conference on Sunday, 12th October 2008 at our branch premises. This conference was jointly organized by our branch's IMA - CGP Sub Faculty & Mumbai Suburban Orthopaedic Society to observe WORLD ARTHRITIS DAY.

We had an opportunity of listening to leading orthopaedic surgeon of Mumbai at this conference. Dr. Ram Prabhoo gave an excellent presentation on "JESS in Fracture Treatment", Dr. Girish Dewnany enlightened as on Newer Options in the Hip Replacement. Dr. Sanjeev Jain spoke about Recent Advances in Total Knee Replacement, Dr. Tushar Jimulia gave an excellent presentation about scope of Arthroscopy in Diagnostic & therapeutic orthopaedics, Dr. Sujit Korday enlightened as on Recent Advances in the management of Various Disorder of Shoulder, Dr. Taral Nagda gave as an Indepth idea about Orthopaedics in children, Dr. Bipin Shah gave an interesting presentation on Various Imaging Modalities like X-Ray, USG, CT & MRI with their implications & comparisons many doubts with addition of information on his talk of Total Knee Replacement - Myths & Reality.

Another important feature of this

conference was felicitation of Veteran & First Orthopaedic Surgeon of Mumbai - Dr. B. B. Joshi by conferring on him **Life Time Achievement Award** for his outstanding services & contribution in the field of Orthopedics & Hand Surgery.

The conference was attended by more than 110 delegates of both the organizing bodies & was a grand success. Everybody found the conference very interesting & enlightening.

We express our sincere thanks to Dr. Ram Prabhoo & Dr. Sushil Sabnis of Mumbai Suburban Orthopaedic Society for their keen interest & involvement in organizing this joint programme. He also thanks Dr. Ram Prabhoo & Dr. Sushil Sabnis for moderating the programme in an excellent manner.

We thank following sponsors for their kind gesture of supporting this unique scientific conference.

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- 4) M/s. Parel Institute of Orthopedic Specialities.
- 5) Nicholas Piramal

Dr. Jayesh Lele
Hon. Secretary

ANNOUNCEMENT

State Executive, State Council & other business meeting of IMA - MS at IMA Nagpur branch. The proposed schedule is as follows:

1 Friday, 21 st Nov. 2008	1) Meeting of office Bearers IMA MS	Evening
	2) Annual General Meeting of Social Security Scheme	
2 Saturday, 22 nd Nov. 2008	1) State Executive Meeting	
	2) State Council Meeting	Morning To Evening
3 Sunday, 23 rd Nov. 2008	1) 1 st Ordinary State Council Meeting	Morning

Please give your names who wish to attend State Council Meeting before 5th November 2008 to our Office



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

Presents

ON THE OCCASION OF **“WORLD DIABETES DAY”**

THEME 2008

“DIABETES IN CHILDREN & ADOLESCENTS”

Day & Date : Thursday, 13th November 2008 • 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 - 400 049.**

PROGRAMME

Time	Topic	Speaker
01.30 pm. to 02.30 pm.	Registration & Lunch	
02.30 pm. to 02.35 pm.	Welcome	Dr. Anil Suchak
02.35 pm. to 02.45 pm.	Inauguration	Dr. D. K. Shirole - President IMA - Maharashtra State Br.
02.45 pm. to 02.50 pm.	Introduction	Dr. Akil Contractor
02.50 pm. to 04.00 pm.	Diabetes in Children & Adolescents	Dr. Vaishali Naik - MD. DM Eminent Diabetologist
04.00 pm.	Vote of Thanks & Lucky Draw	Dr. Jayesh Lele

- NO REGISTRATION CHARGES, BUT ADVANCE REGISTRATION IS COMPULSORY.
- PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT.
- PROGRAMME WILL START AND END IN TIME.

EARLY BIRD LUCKY DRAW FOR MEMBERS WHO REGISTER AT THE VENUE BY 02.00 PM.

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

Dr. Anil Suchak
President

Dr. Jayesh Lele
Hon. Secretary

Dr. Akil Contractor
Chairman, Public Health Welfare

Dr. Subodh Kedia
Asst. Director of Studies

Dr. Priti Bhargava
Asst. Secretary

IMA - Mumbai West Sub Faculty



Indian Medical Association
Mumbai West Branch
of

Members Welfare, Public Health & Welfare
and
Women's Wing Sub Committee



presents

*“Looking Good
 Feeling Great”*

Day & Date : Wednesday, 19th November 2008. • Time : 02.30 pm to 04.00 pm
Venue : Lupin CME Auditorium, I.M.A. Building, J. R. Mhatre Marg, Behind Chandan Cinema, J.V.P.D. Scheme, Juhu, Mumbai - 400 049.

• **Programme** •

Time	Topic	Speaker
01.30 pm to 02.30 pm	Registration & lunch	
02.30 pm to 02.35 pm	Welcome & Introduction	Dr. Akil Contractor
02.35 pm to 03.45 pm	“Looking Good Feeling Great”	Dr. Varun Dixit Eminent Plastic Surgeon
03.45 pm to 04.00 pm	Vote of Thanks	Dr. Alka Mehta Dr. Heena Patel

REGISTRATION FESS: NIL BUT A MUST

Dr. Anil Suchak
President

Dr. Jayesh Lele
Hon. Secretary

Dr. Akil Contractor
Chairman, Public Health Welfare

Dr. Alka B. Mehta
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Dr. Heena Patel
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**Suggested:
a “Vocabulary” for
Residents on Rounds:**

Dr Akshay Mehta
Interventional Cardiologist
bindusar@rediffmail.com

*“What is in the mind is in every cell of the body.
Happy thoughts create happy molecules and healthy
thoughts create healthy molecules.”*

-Dr Deepak Chopra

The other day, while I was on rounds with my resident doctors and nurses we came to the bed of a patient who had congestive heart failure and could understand English. A senior resident picked up the patient’s x-ray, saw it, and blurted out loudly enough for the patient to hear: “Sir, heart is enlarged!”

Oftentimes, while discussing the clinical condition of a patient in his or her presence, words are used which are frightening and depressing to the patient. One hears words like “BP is falling” or “he is in (heart) failure” within hearing distance of patients.

For a patient, a single word from a doctor can lift or dampen his spirits. Not only the words, but how they are spoken, and how the patients interprets them have profound impact on his mind, his belief system and hence his health. They have the power of being self fulfilling prophecies. In other words, what one deeply believes in, becomes true for him or her.

Hence, I strongly urge (esp. residents) to avoid saying scary or indicting words or phrases within hearing distance of the patient. If at all something has to be conveyed to other colleagues or seniors, one can use kinder and less damaging words from the following alternative ‘vocabulary’.

Thus :

Instead of “heart failure” - one can say-
“LVF or CCF ”

Instead of “slow or fast” heart rate - -
“Bradycardia or Tachycardia”

Instead of “low BP” - “Systolic or
Diastolic Hypotension”

Instead of “BP is falling” — “is developing
hypotension”

Instead of “low ejection fraction” or “low output” -
“Systolic LV dysfunction”

Instead of “heart enlargement” -
“cardiomegaly”

Instead of “shock” - “systemic hypo
perfusion”

Instead of “having high temperature” -
“having hyperthermia”

Instead of “low or no urine output” -
“oliguria” or “anuria”

Instead of “severe hypertension” -
“moderately elevated BP”

(Of course, the exact numbers can be conveyed
later)

Instead of “blocks” in coronary arteries -
“lesions”

Instead of “left main coronary artery disease” -
“LMCA disease”

Instead of “negative” report - “normal” report
“left or right bundle branch blocks” - “LBBB,
RBBB”

Instead of “complete heart block” - “CHB”

Instead of “diastolic failure” - “diastolic LV
dysfunction”

(although they don’t exactly mean the same thing)

Instead of “heart attack” — “AMI”

Instead of “extensive or large MI” — “good size
MI”

Instead of “valve” stenosis or regurgitation. —
“MS, MR, AS or AR”

Instead of “mitral valve prolapse” —
“MVP”

Instead of “feeble” pulse — “Low volume”
pulse

Instead of “cardiac arrest” (if revived) — “VF
or V tach” or “asystole”

The above list is from the field of cardiology, to
which one can add more as also from other
specialties.

All this is not to convey that one has to hide the
final diagnosis from the patient. That is beyond the
scope of present discussion. But there too, although
finally one has to tell the patient the diagnosis, one
can always give hope to the patient about the
effectiveness of the treatment and that with God’s
grace and the combined efforts of the doctor and the
patient himself or herself, the illness will be
conquered. In other words, one can always
emphasize the silver lining and not the dark cloud!

There is the famous story of a consultant who
after examining a patient exclaimed joyfully to his
students that the patient had “a beautiful S3 gallop”
(a sign of heart failure). Needless to say, the ‘happy’
patient made a quick recovery !



INDIAN MEDICAL ASSOCIATION - MUMBAI WEST
IMA – MUMBAI WEST CGP SUB FACULTY
is happy to invite you for

“DIABESITY CONFERENCE”

Day & Date : Sunday, 16th November 2008 Time : 09.00 am to 01.00 pm
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
08.30 am to 09.00 am	Registration & Breakfast	
09.00 am – 09.15 am	Welcome	Dr. Jayesh Lele
		Lighting the lamp
	Presidential Address	Dr. Anil Suchak
	Inaugural Address	Dr. Akil Contractor
09.15 am to 09.45 am	Cardio Metabolic Syndrome and Diabetesity - A lifestyle related disease	Dr. Ketan Mehta
09.45 am – 10.30 am	Clinical Features, Diagnosis, Diet, Exercise and SMBG	Dr. Shaila Shaikh
10.30 am – 11.15 am	What to target with oral agents? i. Beta cell preservation or insulin resistance. ii. Fasting or post prandial glycemia	Dr. Vijay Panikar
11.15 am – 11.45 am	Oral combination therapy in diabetes	Dr. Manoj Chaddha
11.45 am – 12.15 pm	Insulin and analogue	Dr. Anil Boraskar
12.15 pm – 12.45 pm	Newer targets in diabetes management - Incretins	Dr. Shashank Joshi
12.45 pm – 01.45 pm	Lunch	
01.45 pm – 02.30 pm	Panel Discussion: Complications in Diabetes Moderator - Dr. Arvind Ghongane	Panelists - Dr. Shaila Shaikh, Dr. Umesh Khanna, Dr. Agam Vora, Dr. Arun Bal
02.30 pm – 03.00 pm	Medical Management of Obesity	Dr. Mangesh Tiwaskar
03.00 pm – 03.30 pm	Surgical Management of Obesity	Dr. Naresh Singhi
03.30 pm – 04.30 pm	Interesting Cases, MCQ & Question Answers	Dr. Ketan Mehta / Dr. Arvind Ghongane
04.30 pm	Lucky Draw & Vote of Thanks	

MODERATORS

Dr. Ketan Mehta, Dr. Arvind Ghongane, Dr. Mangesh Tiwaskar

CO-ORDINATORS

Dr. Akil Contractor, Dr. Manohar Bachani

• REGISTRATION FEES:

- CGP & IMA Members who have paid ANNUAL Fees = FREE
- CGP & IMA Members : Rs. 100/- • Eligible Non – Members : Rs. 200/-
- EARLY BIRD & LUCKY DRAW FOR MEMBERS WHO REPORT TILL 08.45 A.M

Dr. Anil Suchak
President

Dr. Jayesh Lele
Hon. Secretary



Dr. Shirish Sheth presented with lifetime achievement award.



Dr. B.B. Joshi presented with lifetime achievement award.



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



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MEDIA AND MEDICINE

Dear Friends,

For the first time in the history of IMA – BWSB a totally innovative programme is planned on Sunday, 07th December 2008 from 10.00 am to 01.00 pm.

As you all know we always have poor representation in media. Whatever little that we have, is more negative than positive. This despite of the fact that all leading newspapers have a full page per week devoted to healthcare. Many newspapers also do have a separate person handling health. Electronic media as well as films too do exactly the same.

Let us try and know why this is so. Therefore we are meeting the leading lights from these

different branches of media. Mr. Ashok Pandit reknowned film producer (maker of maachis) and thinker; Journalist cum Public Representative Mr. Bharatkumar Raut (Advisor to Times of India Group & MP); and Star News Editor Mr. Rajeev Khandekar shall be with us. There will be many journalists in the audience too. Medical field shall be represented by Dr. Suhas Pingle, Secretary – IMA – Maharashtra State and Dr. Arshad Gulam Mohd. a Surgeon.

Please be in the audience so that you can interact with the eminent people from media.

So, go ahead and mark your date on the calendar. Programme shall be followed by lunch.

Registration is free but compulsory to avoid inconvenience.

Of course don't forget to bring in lot of questions to be asked to panelists.

Detail programme will be given in December 2008 image issue

- Dr. Satish Naik

“dekh tere doctor ki kya halat ho gaye
insaan
kitna badal gaya insaan.
seva karanewale haaton ko karana padata
hai khud ka gunndo se bachoo
kitna badal gaya insaan
hum toh chaale the karane unka jeevan
rangan sunder aur khushhaal
khud ko toh hum kaalik se na baacha sake
hey ram
kitna badal gaya insaan
doctor badala insaan badala ,nahi hai
badala humara sevabhav
hum bhi wahi insaan bhi wahi phir kyon
aagayi iss rishtey mein darar
kitna badal gaya insaan
ho gayi galti humse ho gayi galti aapse,
hum nahi choodenge aapka saath
aap humare jeevan mein ,aur hum aap ke
jeevan mein rahaenge saadiyon baad
chahe kitna bhi badale insaan chahe kitna
bhi badale insaan

- DR. V.S. BHAVE

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M.D. (Bom)
Consulting Physician
Res: 28055978
28071172

Dr. Nitin B. Shah
M.S. (Bom)
Consulting Laparoscopic
& General Surgeon
Res : 28055996, 28082316



FOR YOUR HEART STRINGS



Dr. Rajiv Anand

MOBILE MADNESS

Dear Friends ! Last few years have been a witness to an alarming phenomenon the world over. Be it New York city or Toronto, New Delhi or Mumbai, the mobile phone has become an inseparable extension of our anatomy. People are observed intensely engrossed in their digital devil while travelling in autos, driving their cars, in movie theatres, restaurants, and while walking on the streets. No place of prayer, rest, recreation, sports or gymnasium, schools & colleges are spared from this menace. High fliers have their phones buzzing in a cacophony of caller tunes, long before the aircraft comes to a halt at the gate. This trend is not confined to youngsters alone. Old and young, men and women; all are prisoners to this unnecessary bondage.

I have always enjoyed observing people and their lifestyle. It's common to see the younger generation engaged in extended conversations at night. I see my friends and acquaintances raving about the enhanced levels of communication, reachability and connectivity with their loved ones. But I often wonder if such extensive use of mobiles is actually bringing people closer to each other. Is it really helping them nurture and nourish each other? Talking for hours at night on phone between youngsters is becoming common.

I also have heard innumerable clients who complain of major fights almost leading to divorces due to mobile phones. There are other instances of constant friction: infrequent

communication despite having a cellphone handy, finding one inaccessible or getting no reply or cutting off the phone abruptly and making the other feel neglected, unwanted and unloved. I know people who talk 20 times a day to their loved ones and yet receive complaints. There are couples who make incessant calls to each other just to remain in touch.

I am privy to countless cases where the home environment is marred as school going children want, demand and pressurize parents for mobile phone while parents resist thinking it will distract them from their studies. We also receive cases referred from school authorities to help children to get rid of mobile addiction.

This leads to one nagging question that keeps cropping up. Weren't people till the mid 90s

happier when only the land line existed? Is this growing technology bringing us closer or increasing distances between us? Aren't we losing privacy in every aspect of life with this ever increasing accessibility? And in similar vein aren't we intruding into other people's lives at undesirable time and mood, thus finding our dismay

that people are growing distant from us. I feel delighted when someone send me an sms or makes a brief call to ask, when one can talk or inform how much time they would require. I try to do the same. That day is not far when people will seek solitude to breathe and live free from the mobile phone and will celebrate even a few hours of such solace. I receive on average 20-30 calls in an hour and anybody who is not attended well feels entitled to judge me as rude, curt and arrogant. I am afraid this is not my story alone.

Let's together find a solution to this mobile madness. Feel free to write back your thoughts in dealing with this growing epidemic at my email dr Rajivanand@gmail.com. I shall truly appreciate it. ■





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4. The cheque should be drawn in favour of "I.M.A. - Mumbai West Branch".

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Dr. Anil Suchak, President

Dr. Jayesh Lele, Hon. Secretary