



May 2025

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MEDICAL e IMAGE

OF IMA MUMBAI WEST

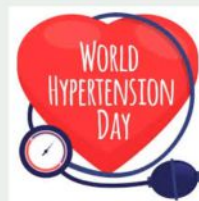
President : DR. RASHMI MEHTA

Hon. Secretary : DR. MADHUBALA CHINCHALKAR



NURSES TRAINING PROGRAM

SAT., 17TH MAY 2025



WORLD HYPERTENSION DAY

SUN., 18TH MAY 2025

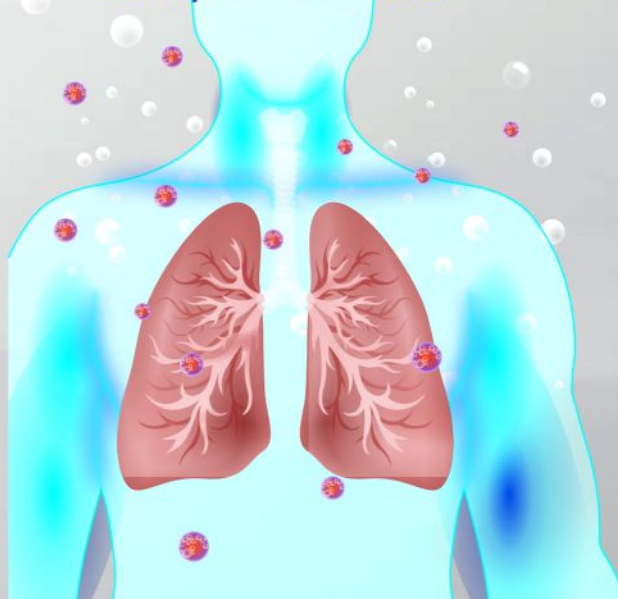
**MAHA
GERICON 2025**
SUN., 6TH JULY 2025

Webinar : IMPACTING MANAGEMENT OF COMMUNITY -ACQUIRED PNEUMONIA

SUN., 25TH MAY 2025

WORLD ASTHMA DAY

SUN., 11TH MAY 2025





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

ANNOUNCEMENT

ANNUAL CME FEES FOR THE YEAR 2025 - 2026

- IMA - CGP / AMS Life Members of our Branch : Rs. 2360/- } before
- IMA Members : Rs. 3540/- } 31st May
- IMA Members - per programme } (Tues., : Rs. 240/-
- Eligible Non Members - per programme } Thurs. & Sun.) : Rs. 500/-
- Annual Fees include IMA Mumbai West Annual Scientific Conference if held at our branch premises.
- Charges for MMC Accreditation : Rs. 60/-
- (For the accredited CMEs - per programme)
- 18% GST Charges are included on the above rates

DR. RASHMI MEHTA
President

DR. MADHUBALA CHINCHALKAR
Hon. Secretary



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From the President's Pen...

There is a line in The Wizard of Oz:
**"There is nothing in this world
that you could not handle".**



This ability of ours to handle adversities was tested to the fullest last month when we witnessed and were part of a dramatic turn of events on 3rd April, the day of MMC elections. Months of hard work, canvassing, touring all over Maharashtra by the candidates and senior leaders was marred by a suspenseful day prior to the date of elections - court stay & Government orders. The elections did start on 3rd April at 8.00 am but were stopped midway in an unprecedented manner due to a stay by the Hon. Supreme Court. The backbreaking work and efforts of 3 months of all were suddenly halted with a jolt that was monumental.

What has followed is speculation, intervention in court cases and 'tareekh pe tareekh'. Let us hope that good sense prevails and the MMC elections will take place in a timely and appropriate manner. Patience and persistence are necessary virtues that are taught in "The Secret". In the end, you really need to trust the process and we are doing just that.

Our branch activities have started for this year in full swing. We hope to have a year full of interesting and innovative projects and events - scientific and others. Apart from our regular CMEs we look forward to hosting the IMA MS Conference MahaGericon 2025 on Sunday, 6th July 2025.

We are part of India's largest medical NGO. The 233rd CWC (Central Working Committee) meeting of IMA HQs was held in Dehradun.

Our branch was well represented at this meeting. Deliberations and discussions on various issues relevant to Medical Practice for members of IMA were considered, ongoing schemes and benefits of IMA members were talked about.

An event that has shaken up all of us is the dastardly terrorist attack on tourists in Pahalgam in Jammu and Kashmir. It is amongst the worst strike on civilians in recent years and is a pointed attempt to disrupt the return of peace and normalcy in the Valley. Peace and democracy were gaining an upper hand in the region. The attack is an attempt to pull it back to the dark days of militancy of the 90s. We should totally trust the Government of India to do the right thing with all its might and maturity.

We will be taking a short CME break in May, as is custom every year but only after the 3rd week.

Gautam Buddha has said : "Avoid extremes and work towards finding a middle path that allows you to live a full filling and meaningful life".

Jai Hind

Long live IMA

DR. RASHMI MEHTA

President, IMA MW



WEEKLY SCIENTIFIC PROGRAMME

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

Every THURSDAY at 2.30 p.m. Sharp.

DATE	Topic	Speaker
01.05.2025	Holiday on the occasion of Maharashtra Day	
06.05.2025	Webinar: Nitti-gritties of Indemnity Insurance for Clinical Practitioners	Dr. Priti Jayakar
08.05.2025	MEDICINE UPDATE	
	Case Presentation and Approach to A.K.I.	Dr. Ishan Parekh
	Over view of Arthritis and introduction to antiphospholipid syndrome	Dr. Soham Chatterjee
	ACC Highlights 2025	Dr. Ramesh Dargad
	Nicotine Deaddiction	Dr. Akanksha Rathi
15.05.2025	MEDICINE UPDATE	
	Pneumococcal Vaccine	Dr. Prashant Chhajed
	How to identify IVF PT and Multiple Abortions	Dr. Narhari Malgaokar
	Advances in IVF Treatment	Dr. Teena Desai
20.05.2025	RECOVERY GUIDELINES	
22.05.2025	SCIENTIFIC DISSEMINATION	
	Dual Pathway Inhibition in Chronic Coronary Syndrome	Dr. Anil Ballani
	Colorectal Cancer Part 1 - Etiology, Prevention, Screening Staging	Dr. Sasmita Vadgoankar
	Worsening Heart Failure	Dr. Nilesh Gautam
	The Journey of a Liver Transplant Patient A Story of Hope & Healing	Dr. Vibha Varma
29.05.2025	SUMMER VACATION	

• WORKING LUNCH WILL BE SERVED FROM 01.00 TO 02.00 PM BEFORE EACH CME

- ▶ CGP, AMS & IMA Members who have paid Annual Fees:
(CGP / AMS : Rs. 2,360/- & IMA : Rs. 3,540/-) **FREE.**
- ▶ CGP, AMS & IMA Members : **Rs. 240/-** (Not Paid Annual Fees) (Weekly Lectures).
- ▶ Eligible Non Members : **Rs.500/-** per lecture.
- ▶ CHARGES FOR MMC CREDIT HOURS (FOR THE ACCREDITED CMES) **Rs. 60/-**.
- ▶ **18% GST Charges are included on the above rates.**

DR. RASHMI MEHTA
President

DR. MADHUBALA CHINCHALKAR
Hon. Secretary

DR. KINJAL MODI **DR. BHAVIKA HOTCHANDANI**
Chairman Hon. Secretary
IMA - Mumbai West AMS Branch Chapter

DR. RENU BUDHWANI **PRANITA BHATTE WORLIKAR**
Asst. Director of Studies Asst. Secretary
IMA - Mumbai West C.G.P. Sub Faculty



From Hon. Secretary's Desk...

Dear Friends,

When we actively pursue and strive for goals and ambitions that we deeply desire with determination and resilience we can dream big for our association and work toward achieving the dream.

Excellence in our CMEs as well as scientific programs is a result of perfect planning and systematic execution. We have had excellent programs in the first month of the new team starting with WHO Day on 6th April. We would like to thank Dr Akil Contractor for convening this fantastic program

We have planned every month at least one grand thematic conference. 'World Asthma Day' and 'World Hypertension Day' will be celebrated in our branch with excellent scientific Dissemination and stalwart speakers and delegates attending in large numbers.

International Nurses day is upon us and like last time. Dr. Rohini Badwe with her team has come up with an excellent 'NURSES TRAINING PROGRAM' on Saturday, 17th May from 2.30 pm onwards. Do encourage your nurses and paramedical staff to enroll in large numbers for the same.

We will be taking a short CME break like

every year after 3rd week of May we will be back again with more zeal with interesting and innovating academic as well as non academic projects.

It's we are proud to host IMA Maharashtra State Conference "MAHA-GERICON 2025" this year. It is heartening to see that more and more of our members are coming forward and giving their humble and valuable contribution towards IMA HQs Building Fund.

"Alone we can do so little, together we can do so much".....Helen Keller

Jai Hind!

Long Live IMA !!

DR. MADHUBALA CHINCHALKAR
Hon. Secretary

ACHIEVEMENTS



Our President, **DR. RASHMI MEHTA**
for being **selected** as a Member of
IMA HQs Standing Committee for Socio-Cultural for
the term of 2024 - 2025 & 2025 - 2026.



Our Hon. Secretary, **DR. MADHUBALA CHINCHALKAR**
for being **felicitated** by **Inner Wheel Club of Bombay North - West.**



Our Past Vice President & Present Managing Committee Member,
DR. BIMAL SHAH for being bestowed upon
Lifetime Achievement Award by Andheri Medical Association.

Congratulations ! We are proud of you !

DR. VIKRAM PAL DR. AJAY HARIANI DR. BHAVNA PATEL DR. SANJAY DUDHAT

Vice President

Hon. Treasurer

Jt. Secretary

Managing Trustee



IMPORTANT ANNOUNCEMENT

IMA HQs has increased the HFC share with effect from 6TH APRIL 2025.

The new membership charges as follows:

DESCRIPTION	6 TH APRIL 2025 (incl. tax)
Single Life Membership	Rs. 21,188/-
Cheque in favour of	IMA Mumbai West : Rs. 6,844/- IMA Maharashtra State : Rs. 14,344/-
Couple Life Membership	Rs. 32,665/-
Cheque in favour of	IMA Mumbai West : Rs. 11,163/- IMA Maharashtra State : Rs. 21,502/-
Club Life Membership	Rs. 12,701/-
Cheque in favour of	IMA Mumbai West : Rs. 4,609/- IMA Maharashtra State : Rs. 8,092/-

INSTRUCTIONS

1. Membership form must be filled with signature on both the copies in original.
2. 2 Xerox copies of M.M.C. Registration Certificate must be attached with the membership form.
3. 2 Xerox copies of Degree Certificate.
4. For change in name (in case of female member). A Xerox copy of marriage certificate or gazette notification must be attached with membership form.

DR. RASHMI MEHTA

President

DR. MADHUBALA CHINCHALKAR

Hon. Secretary

"Consulting Rooms Available"

at Vaibhav Polyclinic, Irla, S.V. Road,
Prime Location, fully furnished.

Contact : 93222 58159 / 98197 50275

WORLD HEALTH ORGANIZATION DAY





WHO DAY REPORT

WHO Day Celebration - IMA Mumbai West

Date: 6th April 2025

IMA Mumbai West celebrated World Health Day with a house-full and highly successful academic event on 6th April 2025. The event was graced by Dr. Sudhir Medhekar, Dean of Cooper Hospital, as the Chief Guest, who appreciated the academic fervor and active participation.

Academic Highlights:

- **Dr. Arun Shah** from Hinduja Hospital opened the session with a talk on "Anemia in Chronic Kidney Disease (CKD)".
 - He emphasized the strong correlation between optimal hemoglobin (Hb) levels and better therapeutic response in CKD patients.
 - Beyond iron deficiency, he highlighted the importance of correcting Vitamin B12 and Folate deficiencies.
 - Nutritional management was also stressed, recommending a protein intake of 1.2 g/kg body weight in anemic patients with CKD.
- **Next, Dr. Abhishek** (Consultant Hinduja Hospital) delivered an insightful lecture on the use of intravenous (IV) iron complexes in CKD-related anemia.
 - He explained the clinical differences between the innovator Ferric Carboxymaltose (FCM) and its generic (copy) versions.
 - Innovator FCM, he noted, has the least immunogenicity and better molecular stability, resulting in minimal free iron (Fe^{++}) release and thus lower risk of allergic reactions.
 - In contrast, copy versions can release a high number of free radicals, potentially leading to oxidative stress, atherogenesis and organ toxicity.

- He aptly pointed out that "Drugs meant to treat the pathology can paradoxically contribute to its progression if not chosen judiciously."

Dr. Abhishek also elaborated on the unique characteristics of Iron Isomaltoside (IRNY), a next-generation IV iron formulation:

- The carbohydrate shell of IRNY is robust and stable, ensuring that ferrous ions (Fe^{++}) are not released prematurely before the complex reaches the reticuloendothelial (RES) system.
- The molecule carries a positive surface charge, which facilitates its entry into the RES, which is negatively charged - a crucial feature for targeted iron delivery and minimal systemic exposure to free iron.
- He emphasized that during IV administration, the iron concentration must be maintained between 2 to 5 mg/ml for safety and efficacy. For a 500 mg dose, it should be diluted in 100 ml of Normal Saline (NS) and infused over 15 to 20 minutes.
- A strong caution was given: NEVER prolong the infusion, as this may result in premature release of free Fe^{++} in the NS, increasing the risk of oxidative damage and adverse effects.

This detailed pharmacological insight highlighted the importance of correct preparation and administration techniques to ensure maximum therapeutic benefit and patient safety.

- **Dr. Rakhi Dhotre**, an eminent ENT Surgeon specializing in Micro-Endoscopic Ear Surgery, delivered an engaging session on the interplay between Allergic Rhinitis and Obstructive Sleep Apnoea (OSA). In



children, OSA is often linked to increased nasal inflammation, resulting in poor sleep quality, daytime sleepiness, and chronic fatigue

Medical Management:

- Avoidance of allergens is the first line of defense.
- Fexofenadine was recommended as an effective antihistamine for symptomatic relief.
- CPAP (Continuous Positive Airway Pressure) therapy is effective in both adults and children.
- Lifestyle modifications, especially weight reduction in obese patients, are essential for long-term management.

Surgical Management:

- The focus of surgical intervention is to correct anatomical blockages in the airway.
- Procedures include:
 - Mucosal and turbinate surgeries
 - Sinus surgery
 - Tonsillectomy
 - Adenoidectomy

Dr. Dhotre's talk provided a comprehensive overview of both medical and surgical approaches to managing these conditions, emphasizing a holistic and patient-specific treatment strategy.

Next up was a very informative session by Dermatologist **Dr Ajay Kedia**. He showed several slides and explained the SPOT DIAGNOSIS.

This was followed by Inauguration Ceremony. **Chief Guest Dr Sudhir Medhekar** spoke about the importance of good health in infancy and childhood. He emphasized on HEALTHY BEGINNINGS, HOPEFUL FUTURE.

Sixth talk was by the renowned

Endocrinologist **Dr Archana Juneja**. She spoke about the importance of tackling Diabetes and Obesity - the Dual Epidemic threatening India today. She highlighted the important role of GLP-1RS & Semaglutide. Bariatric Surgery being the last resort.

The final lecture of the program was delivered by **Dr. Sanjay Pandey**, who enlightened the audience on Recent Advances in Uro-Andrology. His comprehensive talk covered a wide spectrum of issues, including:

- **Male Urology**: Congenital and Adolescent Urology in adults, Urinary Tract Infections (UTIs), Male Factor Infertility, Erectile Dysfunction, Epidemiology, Urinary Calculi, Benign Prostatic Hyperplasia (BPH), Carcinoma Prostate, and Urosepsis.
- **Female Urology**: Overactive Bladder (OAB), Stress Urinary Incontinence, Recurrent UTIs, Vesico-Vaginal Fistula (VVF), and Interstitial Cystitis.

He also discussed a variety of treatment modalities, offering valuable insights into contemporary clinical approaches.

This was followed by a captivating session by **Dr. Bishwanath Gauda** on the Joys of Laparoscopic Surgery. His presentation featured live surgical videos, which kept the audience thoroughly engaged & impressed.

The program concluded on a high note - an excellent blend of academics & camaraderie, leaving the delegates enriched by the academic feast and delighted by the culinary feast thereafter!

DR. MADHUBALA CHNINCHALKAR

Hon. Secretary

DR. PRANITA BHATTE

Asst. Secretary,
IMA MW CGP Sub Faculty



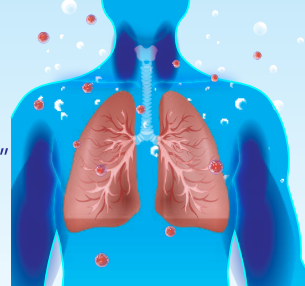
INDIAN MEDICAL ASSOCIATION MUMBAI WEST ACADEMY OF MEDICAL SPECIALITIES BRANCH CHAPTER

Presents

"WORLD ASTHMA DAY"

GINA theme 2025 :

"Make Inhaled Treatments Accessible for All"



Day & Date : **SUNDAY, 11TH MAY 2025**

Time : 08.30 am onwards.

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

PROGRAM

Time	Topic	Speaker
08.30-09.00 am	Registration & Breakfast	
09.00-09.15 am	Welcome & Inauguration	President, Dr. Rashmi Mehta Hon. Secy, Dr. M. Chinchalkar
09.15-09.45 am	Why do we need to discuss Asthma?	Dr. Avya Bansal
09.45-10.05 am	How do I diagnose Asthma Clinically?	Dr. Jayalakshmi T. K.
10.05-10.25 am	What tests I use to Diagnose Asthma?	Dr. Mehul Thakkar
10.25-10.45 am	How do I treat Stable Asthma Patients?	Dr. P. Shyamsunder Thampi
10.45-11.05 am	What I should not do while treating acute Asthma attack?	Dr. Priti Meshram
11.05-11.15 am	What should I advise for Diet in Asthma?	Mrs. Rutu Dhodapkar
11.15-11.45 am	Panel Discussion: ASTHMA & OTHER SYSTEMS Moderator: Dr. Kinjal Modi	Dr. Bharesh Dedhia Dr. Manoj Bharucha Dr. Sanjay Bhatia Dr. Abhisek Nerurkar
11.45-12.05 pm	OCS Dependent Severe Asthma: End of Road	Dr. Snehil Mishra
12.05-12.25 pm	United Airway Disease - Newer Concepts in Allergic Rhinitis & Asthma Management	Dr. Prashant Chhajed
12.25-12.45 pm	Shaping a Healthier Tomorrow - S. Pneumoniae Burden & the Imperative of Vaccination	Dr. Avya Bansal
12.45-01.05 pm	Does Steroids define the End of Road for the OCS Dependent Severe Asthma?	Dr. Swapnil Mehta
01.05-01.15 pm	Can Asthmatics Exercise?	Dr. Mrinmayee Koltharkar
1.15pm onwards	Vote of Thanks / Lucky Draw & Lunch	



REGISTRATION FEES :

- IMA Members : **FREE**
- Eligible non members : **Rs. 500/-**
- MMC Accreditation has been applied for.
- CHARGES FOR MMC CREDIT HOURS (FOR THE ACCREDITED CMEs) **Rs. 60/-**
APPLICABLE TO ALL IMA MEMBERS DESIROUS OF CREDIT HOURS.
- **18% GST Charges are included in the above rates.**
- Assured Delegate Gift to all members who register at venue before 09.15 am.

REGISTRATION FOR SMS : 7045452656

DR. RASHMI MEHTA

President

DR. MADHUBALA CHINCHALKAR

Hon. Secretary

DR. KINJAL MODI

Program Convenor
& Chairman

DR. BHAVIKA HOTCHANDANI

Hon. Secretary

DR. AKIL CONTRACTOR

Trustee &
Program Co-convenor

IMA Mumbai West AMS Branch Chapter

OBITUARY

We condole the sad demise of our Senior life members.



DR. RAMESH M. SHAH

from Vile Parle (W)
on 6th April 2025



DR. SUNIL CHAUBAL

from Borivali (E)
on 17th April 2025.

May God give strength to their family members to
withstand this immense loss.

May their souls rest in eternal peace!

Dr. Rashmi Mehta

President

Dr. Madhubala Chinchalkar

Hon. Secretary

Jointly with the Office Bearers, Trustees &
Members of Managing Committee



INDIAN MEDICAL ASSOCIATION MUMBAI WEST



“NURSES TRAINING PROGRAM”

SATURDAY, 17TH MAY 2025
FROM 02.30 PM ONWARDS

PROGRAM



Time	Topic	Speaker
02.30 pm	Registration	
02.30 - 02.45 pm	Welcome & Introduction	President / Hon. Secretary
02.45 - 03.15 pm	Common Instruments in the Ward	Dr. Rashmi Mehta
03.15 - 03.45 pm	Stoma Care	Tata Memorial Hospital
03.45 - 04.15 pm	Basic Cardiac Life Support	Dr. Alpa Mehta Dr. Rohini Badwe Dr. Madhubala Chinchalkar
4.15 pm onwards	Vote of Thanks followed by High Tea	

Venue

IMA Hall,

IMA Mumbai West Building,
J R Mhatre Marg,
Behind Chandan Cinema, Near PVR Cinema,
JVPD Scheme, Juhu, Mumbai - 400 049

Registration Charges : Rs.100/-

Last date for Registration : 15th May

SMS registration details with name &
WA number to : 7045452656

Name: INDIAN MEDICAL ASSOCIATION
Pay Directly to: imamum@indianbk



DR. RASHMI MEHTA
President

DR. MADHUBALA CHINCHALKAR
Hon. Secretary

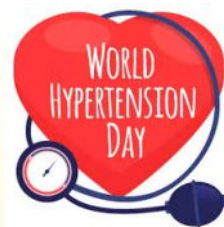
DR. ROHINI BADWE
Chairperson, Cultural Sub Committee



INDIAN MEDICAL ASSOCIATION MUMBAI WEST BRANCH

Presents

"WORLD HYPERTENSION DAY"



Day & Date : SUNDAY, 18TH MAY 2025

Time : 08.30 A.M. onwards.

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

PROGRAM

Time	Topic	Speaker
08.30 - 09.15 am	Registration & Breakfast	
09.20 - 09.30 am	Welcome & Inauguration	President, Dr. Rashmi Mehta Hon. Secy., Dr. M. Chinchalkar
09.35 - 09.55 am	Latest Guidelines Update: AHA, ESH, ISH, Indian Hypertension In young, masked & white coat Hypertension, what family physicians should know	Dr. Manish Shetty
10.00 - 10.15 am	Ambulatory Blood Pressure Monitoring	Dr. Suresh Sawardekar
10.20 - 10.40 am	Dialogues in Hypertension and Kidneys	Dr. Sharad Sheth
10.45 - 11.05 am	Combination Therapy in Hypertension	Dr. Mahesh Shah
11.10 - 11.25 am	Diuretics in Hypertension	Dr. Subhash Sonawala
11.30 - 11.50 am	Post-Stroke Hypertension : The Journey from Crisis to Control	Dr. Ashok Sirsat
11.55 - 12.15 pm	Hypertension and Cardiac Arrhythmias	Dr. Venkat D Nagarajan
12.20 - 12.40 pm	Panel Discussion : Hypertension in Elderly & Resistant Hypertension Moderator : Dr. Subhash Sonawala	Dr. Jayesh Desai Dr. Rohan Jayesh Desai
12.45 - 12.55 pm	Newer Drugs in Hypertension	Dr. Ramesh Dargad
1.00 pm onwards	Vote of Thanks / Lucky Draw & Lunch	

- **REGISTRATION FEES :** - IMA Members : **FREE**
- Eligible non members : **Rs. 500/-**
- MMC Accreditation has been applied for.
- CHARGES FOR MMC CREDIT HOURS (FOR THE ACCREDITED CMEs) **Rs. 60/-**
APPLICABLE TO ALL IMA MEMBERS DESIROUS OF CREDIT HOURS.
- 18% GST Charges are included in the above rates.

REGISTRATION FOR SMS : 7045452656

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President

DR. MADHUBALA CHINCHALKAR

Hon. Secretary

DR. SUBHASH SONAWALA

Program Convenor

DR. AKIL CONTRACTOR

Program Co-Convenor



INDIAN MEDICAL ASSOCIATION HEAD QUARTERS & MUMBAI WEST BRANCH

Jointly organised

Webinar : "IMPACTING MANAGEMENT OF COMMUNITY-ACQUIRED PNEUMONIA"

Day & Date : SUNDAY, 25TH MAY 2025

Time : 10.00 A.M. onwards.

PROGRAM

Time	Topic	Speaker
10.00 - 10.15 am	Welcome & Introduction	GSK MEDICAL
		DR. DILIP BHANUSHALI National President, IMA HQs
		DR. SARBARI DUTTA Hony. Secretary General, IMA HQs
10:15 - 10:45 am	Current Trends in Antibiotic Susceptibility in India	Dr Aruna Poojary
10:45 - 11:15 am	Adult CAP Unveiled: Critical insights in Management Practices	Dr Prashant Chhajer
11:15 - 11:45 am	Optimizing Approach to Management of Pediatric CAP	Dr Vijay Yewale
11:45 - 12:45 am	Antimicrobial Stewardship in CAP (Interactive Panel Discussion)+Audience Q & A MODERATOR: DR LAXMAN JESSANI	Dr Aruna Poojary Dr Vijay Yewale Dr Prashant Chhajer
12:45 - 01:00 pm	Summary, Closing & Vote of Thanks	GSK Medical / IMA

PROGRAM CONVENOR : DR. JAYESH LELE

REGISTRATION : FREE FOR IMA MEMBERS

FOR REGISTRATION FOR SMS : 7045452656

● **MMC Accreditation has been applied for.**

DR. DILIP BHANUSHALI

National President, IMA HQs

DR. SARBARI DUTTA

Hony. Secretary General, IMA HQs

DR. RASHMI MEHTA

President, IMA MW

DR. MADHUBALA CHINCHALKAR

Hon. Secretary, IMA MW



INDIAN MEDICAL ASSOCIATION MAHARASHTRA STATE



SAVE THE DATE
Sunday,
6th July 2025

from 8.30 am - 5.00 pm



ADVANCING GERIATRIC CARE TOGETHER

Hosted by : **IMA Mumbai West**

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President, IMA MS

DR. ANIL AVHAD
Hon. Secretary, IMA MW

DR. SAURABH SANJANWALA
Hon. Treasurer, IMA MW

DR. RASHMI MEHTA
President, IMA MW

DR. MADHUBALA CHINCHALKAR
Hon. Secretary, IMA MW

DR. AJAY HARIANI
Hon. Treasurer, IMA MW

DR. AKIL CONTRACTOR
Program Convenor

DR. MANOHAR BACHANI
Program Co-convenor

CGP Report

27th March 2025 - SCIENTIFIC DISSEMINATION

The following talks were delivered as part of the CME :

- Organ Donation - Lecture by Ms Sujata Ashtekar, Consultant, ROTTO SOTTO. She gave detailed rules and regulations about Organ Donation. Also added: "Why burn when one can save lives."
- Endometriosis – Session by Dr. Bal Inamdar. Dr. Bal Inamdar emphasized: Pain during periods should not be ignored; suspect endometriosis and give treatment to patient.
- Dr. Shalmali Inamdar – Talk on Emerging Antibiotics

10th April 2025 - SCIENTIFIC DISSEMINATION

The following sessions were conducted :

- Dr. Anshu Warade spoke about recent advances in Neurosurgery. He displayed slides of MRI and CT scan to explain surgery in detail.
- Dr. Abhiroop Banerjee showed slides and videos of Hepatobiliary Surgery. He also spoke about management of pancreatic cancer.
- Management of Heart Failure Patient – Dr. Nilesh Gautam

17th April 2025 - MEDICINE UPDATE

The following talks were delivered during the CME:

- Dr. Salil Bendre explained causes and treatment of COPD with interesting slides, comparing it with current affairs!
- Dr. Muzzamil Shaikh, Medical Oncologist, explained various types of treatment of cancer including the latest ADC (antibody drug conjugate) treatment. It's available in India but very expensive.
- Dr. Archana Juneja spoke about the importance of starting Dapagliflozin in diabetics with CKD.
- Surgery in Urologic and Gynaecologic Cancer – Dr. Hemant Tongaokar

Dr. Akil Contractor was the Program Convenor for the CME.

Dr. Pranita Bhatte Worlikar

Asst Secretary,
IMA MW CGP Sub Faculty

REPORT : 233RD CENTRAL WORKING COMMITTEE MEETING



The 233rd Central Working Committee meeting of IMA HQs was held on **5th & 6th April, 2025** at Dehradun. Important issues were discussed such as Violence against doctors, Clinical Establishment Act, PCPNDT, Mixopathy, IMA Job portal for IMA members and IMA JDN members, HPV vaccination, GST, IMA New building etc.

It was a good opportunity to understand and gain insights into the workings and policies of our parent organisation when dealing with issues pertaining to the day to day practice of practitioners of Modern Medicine. Interactions with members from branches all over the country gave us further inputs to make our branch function better.

The following members attended the meeting:

Dr Jayesh Lele, Dr Shobha Ahuja, Dr Rashmi Mehta, Dr Bimal Shah & Dr Bakulesh Mehta.

DR. RASHMI MEHTA, President

WELCOME NEW MEMBERS

Andheri :	Dr. Bachaspatimayum Romita	Dr. Diddi Vishal Tukaram
	Dr. Motwani Kanchan Murlidhar	Dr. Sharma Bhairavi Abhijeet
	Dr. Verma Amrita Virendra	
Borivali :	Dr. Atrey Anjalika	Dr. Mohanty Prabhojit
Kandivali :	Dr. Bharadi Siddhesh Suhas	Dr. Khunadia Parth Haresh
	Dr. Parekh Ishan Kishor	
Malad :	Dr. Shah Ashish Vivek	Dr. Shah Parthna Sunil
	Dr. Shetty Akash Ramakrishna Prama	

DR. RASHMI MEHTA
President

DR. MADHUBALA CHINCHALKAR
Hon. Secretary

**TERROR IN PAHALGAM****Indian Medical Association
Mumbai West**

**We condemn the terrorist
attack on innocent tourists in
Pahalgam**

**Our heartfelt condolences to the
families of the victims**

"Switzerland of India"

"Mini Switzerland - Baisaran Valley, Pahalgam"

22nd April 2025, marked it permanently as a bloody site - the most dastardly act of communal terrorism - targeted against male Hindus. Violence finds no legitimacy in a humane society. These were simple tourists visiting a beautiful place. What harm had they caused to anyone? What makes one human being kill the other? The promise of 72 virgins in heaven? The pawns have done their work but the plotters - will they be exposed? Is it a question of economy and weapons sales after all?

The return to peace and prosperity of Jammu and Kashmir, after decades of militancy, has been disrupted by the heinous killing of 26 tourists. The Indian State has started its retaliatory measures - diplomatic and strategic to start with. For reasons of security and intelligence, the common man is not aware of its military plans. There is a cry for revenge / retaliation/war.

However, we must say "No" to any communal passions that we may harbor. In this hour of grief and anger, we do pledge our solidarity and support to the Government. But while preparing for war, we should not crave for one. As the Bhagvad Gita says, "Violence is not glorified, but righteous war is seen as a necessary act of duty only when all peaceful options have failed."

Our heartfelt condolences to the families of the victims.

DR. RASHMI MEHTA

President

DR. MADHUBALA CHINCHALKAR

Hon. Secretary

Office Bearers, Trustees, Managing Committee members and all branch members



WORLD TUBERCULOSIS DAY

World TB Day is celebrated on 24th arch every year.... essentially to raise public awareness that TB is CURABLE. The theme for this year is 'YES! WE CAN END TB, commit, invest, deliver! IMA Mumbai West celebrated WORLD TB DAY on 22nd April 2025 in co-ordination with Brihanmumbai Mahanagar Palika (BMC).

There were exceptional talks by the team of doctors with superb presentations, enriching our knowledge, expanding our learning via Interactive Lectures on

1. Introduction to NTEP guidelines. Explained the Nodal and District Centres, Detection methods and Diagnostic Tools.
2. Guidelines for Drug Sensitive TB
3. Guidelines for mono and multiple drug-resistant TB. BPaLM regime consisting of Bedaquiline, Pretomanid, Linezolid and Moxifloxacin was explained. So were the adverse drug reactions to the treatment and how to handle them. Towards the end there was a good question and answer session by BMC doctors explaining all protocols and systems in place to ensure timely treatment of TB.

CME was initiated by Dr Rachna Vishwajit, a TB Consultant at WHO. Other speakers were Dr. Prajay Lunia, Consultant Chest Physician, Dr Parth Shah, Consultant Chest Physician & Dr Sunil Savalkar, BMC Medical Officer.

The following is a synopsis of the talks & discussions:

Prevalence of TB cases:

Global:133 per lakh population

India. :199 per lakh

Maharashtra:250 per lakh (attributed to better detection facility)

Mumbai: 450 patients per lakh population

There could be several more undiagnosed cases.

ALARMING NEWS!

26% of World TB cases in India.

27% of MDR TB cases in India.

There are 80 NTEP districts in Maharashtra. Out of which Mumbai alone has 24 NTEP districts.

JJ Hospital is the Main Centre.

Sputum AFB possible is the best diagnostic test.

Sputum Culture is Gold Standard Test

TruNAAT is Indigenous test giving result in 2 hours!

Every Sample is also tested for Rifampicin resistance. Regimen advised is as per RESISTANCE and SENSITIVITY pattern of patient.

For Extra Pulmonary TB and non-Sputum producing pulmonary TB BIOPSY tissue is tested.

ALL TESTS and TREATMENT is FREE at BMC TB Centres.

Bacteriologically confirmed TB : where the Biologic specimen is tested to be AFB positive.

CLINICALLY DIAGNOSED TB : A presumptive TB which is not microbiologically confirmed but has been diagnosed by a Clinician on basis of Xray, Histopathology or Clinical signs.



DIAGNOSTIC TOOLS FOR Confirmation of TB

1. Sputum smear for AFB
2. Sputum Culture
3. Drug Sensitivity Testing
4. Rapid Molecular diagnostic test
5. Radiography.

TB is a notifiable disease and notification incentives are given to doctor.

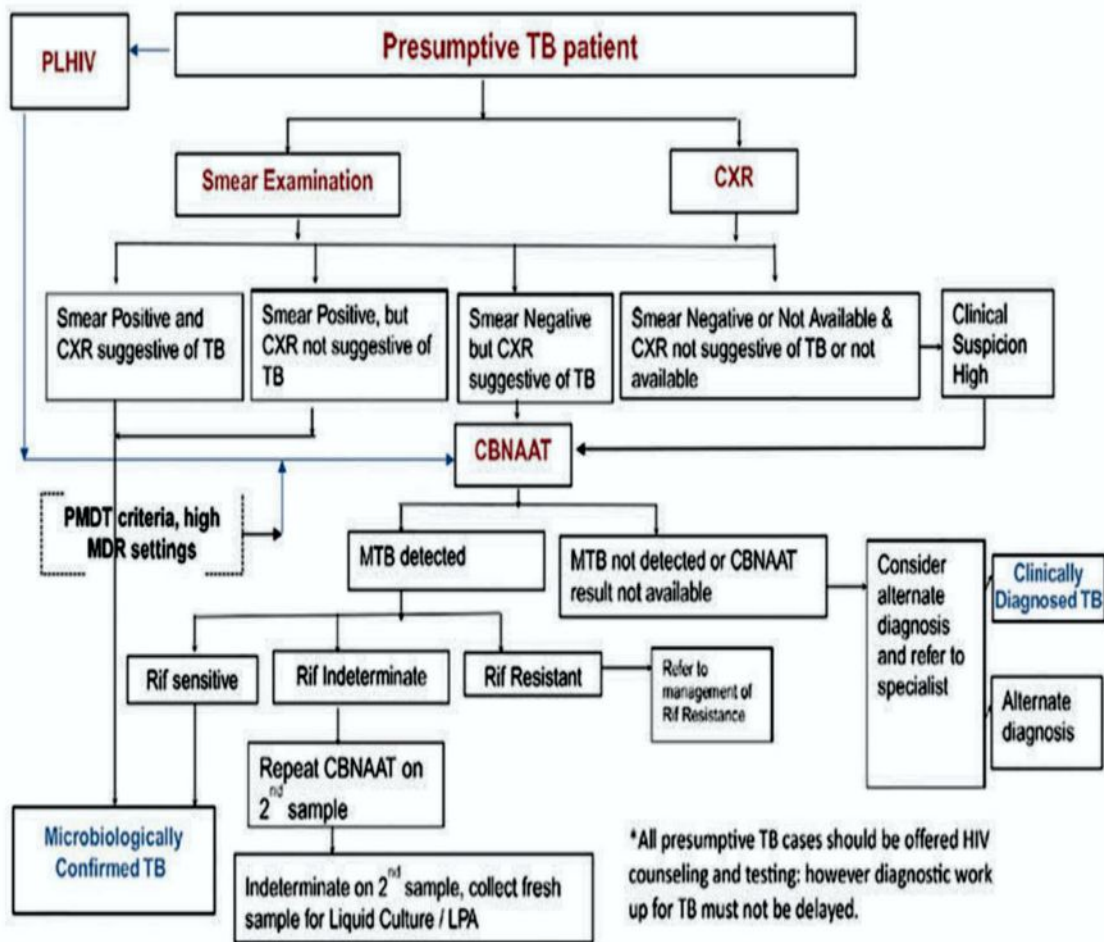
Apart from free testing and medicines, a TB patient receives rupees one thousand per month to support nutrition.

TB preventive treatment is given to contacts of TB patient to prevent them from getting the disease.

CYTb is skin test for latent TB. If positive person is eligible for TB preventive treatment.

If Xray Chest is normal but Montoux is positive look for Extra Pulmonary TB in children.

Diagnostic Algorithm for Drug Sensitive TB





Drug Dosages for anti-TB drugs

Drugs	Adult	Children
Isoniazid	5 mg/kg (4 to 6 mg/kg) daily	10 mg/kg (7-15 mg/kg) daily
Rifampicin	10 mg/kg (8-12 mg/kg) daily	15 mg/kg (10-20 mg/kg) daily
Pyrazinamide	25 mg/kg (20-30 mg/kg) daily	35 mg/kg (30-40 mg/kg) daily
Ethambutol	15mg/kg (12-18 mg/kg) daily	20 mg/kg (15-25 mg/kg) daily
Streptomycin	15 mg/kg (15-20 mg/kg) daily	15 mg/kg (12-18 mg/kg) daily

INDICATIONS FOR STEROIDS in TB patient

1. If patient becomes breathless due to pleural effusion.
2. CNS TB
3. In Pericardial Effusion to avoid pericarditis in future.
4. Hypoxic TB patient.

Regimen, Dosage and Administration

- BPaLM regimen is to be administered orally with food and adequate water intake using dosages as follows :
- Bedaquiline
 - Weeks one to two: 400 mg once daily
 - Weeks 3 to 26/39*: 200 mg 3 times a week; plus
- Pretomanid: - Weeks one to 26/39*: 200 mg daily; plus
- Linezolid: - Weeks one to 26/39*: 600 mg once daily
- Moxifloxacin: - Weeks one to 26/39*: 400 mg once daily
- Extension criteria has been described in subsequent section
- All patients above 14 years of age would receive the above standard dosage.
- **There will be no weight bands.**

FDC (Fixed Drug Combination) :- One Tablet has all 4 drugs. So that therapeutic drug levels are achieved. It is to be taken on EMPTY stomach or ONE hour after breakfast and no food intake for one hour after the FDC tab intake.

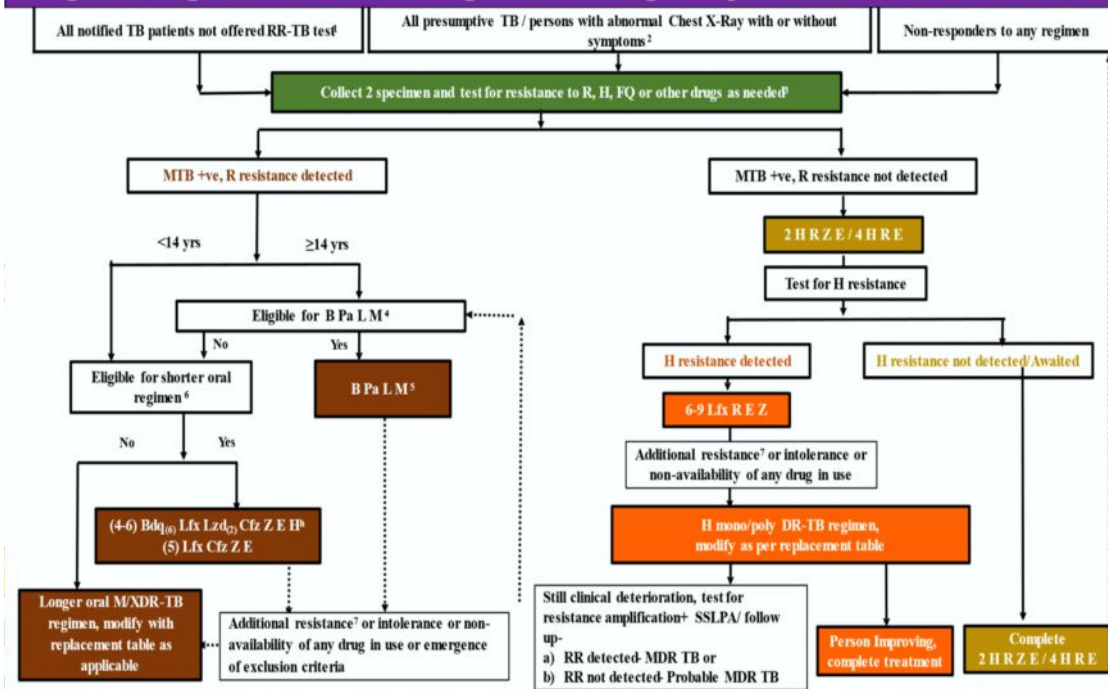
BPaLM regimen for drug sensitive TB patients is given for 6 months but can be extended up to 9 months.

Treatment of MDR Rifampicin resistant TB is a 5 drug Modified BPaLM regimen. Different Regimen followed for initiating treatment of H Mono/ poly DRTB.

Refer the chart for Diagnostic & Treatment Algorithm for Drug Susceptible and Resistant Tuberculosis.



Integrated Diagnostic and Treatment Algorithm for Drug Susceptible and Resistant Tuberculosis



IMPORTANT TAKE HOME MESSAGES

1. ALL Doctors to support NTEP to eradicate TB from India by diagnosing more and more latent cases and guiding them to enrol in BMC TB Centre.
2. Empirical treatment of TB is not allowed. Each TB case has to be proved with diagnostic tests.
3. Bedaquiline is available only in BMC TB Centres
4. Test TB patients for Co-existing immunity lowering diseases like HIV, Diabetes etc.
5. Diagnosis and Treatment is totally FREE at BMC TB Centres.

With All out efforts by Govt, Doctors and public we can look forward to eradicate TB from India.

WE CAN, WE WILL!!

Complied by.....

Dr. Madhubala Chinchalkar

Dr. Pranita Bhatte - Worlikar

WORLD TB DAY





K/WEST WARD / ANDHERI WEST DISTRICT

TB SERVICES



1. Free Sputum AFB testing at all Dispensary Laboratories.

DMC Centers Name:

1) DR.R.N.COOPER HOSPITAL (LED FM STAINING) - OPD No.40, Gulmohar Road, Juhu Scheme, Juhu, Vile Parle (W),	2) JUHU DISPENSARY (Z.N. STAINING) - OPP. Bharat Ngr, Nr. Karima Hotel, Versova link Road, Andheri (W),
3) VILE PARLE MARKET DISPENSARY (Z.N. STAINING) - Vile Parle Municipal Market, V P Road, Vile Parle (W),	4) N J WADIA DISPENSARY (Z.N. STAINING) - 1st Flr, S V Road, Gajdhar Hall, Nr. Andheri Station, Andheri (W),
5) OSHIWARA DISPENSARY (Z.N. STAINING) - Oshiwarra Maternity Home , Gr. Floor, Behind Ajit Glass Works, Jogeshwari (W),	6) VERSOVA DISPENSARY (Z.N. STAINING) - Nr. Municipal School, Gr.Floor. , Yari Road, Mumbai - 400061

2. Free CBNAAT / Genexpert Lab services at – OPD No. 40
3. Free C & DST Services Diagnostic / Follow Up Culture at JJ / SUBURBAN LAB -
4. Free Pre Treatment Evaluation of all DRTB Patient at Outsource Lab / Cooper Hospital.
5. Free TB OPD at Dr. R.N. Cooper Hospital - daily at OPD No. 40
6. Free DRTB OPD at Dr. R.N. Cooper Hospital OPD No. 40 – Every Tuesday and Saturday.
7. Free Treatment services for all Drug Sensitive / Drug Resistant TB patients at all Health Post & Dispensaries.

DOTS Center:

1) DR.R.N.COOPER HOSPITAL – JUHU TU - - OPD No.40, Gulmohar Road, Juhu Scheme, Juhu, Vile Parle (W),	2) VILE PARLE MARKET – JUHU TU - Vile Parle Municipal Market, V P Road, Vile Parle (W),
3) NEHRU NAGAR HP – JUHU TU - Vaikunthlal Mehta Rd, Nehru nagar, Opp. Mithibai College,	4) TATA COMPOUND HP – JUHU TU - Tata Compound, Near Fire Brigde, S. V. Road,
5) JUHU HP – JUHU TU - OPP. Bharat Ngr, Nr. Karima Hotel, Versova link Road, Andheri (W),	6) N.J.WADIA HP – NJW TU - 1 st Flr, S V Road, Gajdhar Hall, Nr. Andheri Station, Andheri (W),
7) BHARDAWADI HP – NJW TU - Kewani Pada, Parwati Tower , Gr. Floor, Amboli, Andheri (W),	8) OSHIWARA HP – NJW TU - Oshiwarra Maternity Home, Gr. Floor, Behind Ajit Glass Works, Jogeshwari (W),
9) LOKHAND WALA HP – SAMARTH TU - 1 st FLR., Urban Hleath Center, Department of Community Medicine., HBT Medical college, Lion sol Marg., Kavi Basakhetre Road., Next tu Samarth Aishwaraya Tower., Opp.High Land Park. Millat Nagar., Lokhandwala, Jogeshwari West	10) MILLAT NAGAR HP – SAMARTH TU - Shantiwan Mhada, Parth Bldg No.43, Gr. Floor, Near Oshiwarra Police station /Shantiwan Mhada, Parth Bldg. No.43, 1st Floor, Near Oshiwarra Police station
11) ANAND NAGAR HP – SAMARTH TU - Shantiwan Mhada, Parth Bldg. No.43, Gr. Floor, Near Oshiwarra Police station/Shantiwan Mhada, Parth Bldg No.43, 1 st Flr, Nr. Oshiwarra Police stn.	12) VERSOVA HP – SAMARTH TU - Nr. Municipal School, Gr. Floor , Yari Road, Mumbai - 400061

8. Patients referred from Private Practitioner / Hospitals can avail for Free Diagnostic / treatment services at MCGM Facility.
9. Free HIV testing for all TB patients at all Health Post / Dispensaries / Hospital.
10. Free Diabetes testing for all TB patients at all Health Post / Dispensaries / Hospital.
11. Free Nutrition (Ration Bags) to all Drug Resistant patients and All Drug Sensitive Patients in IP Phase.
12. Free Counseling services for all DRTB Patients.

"TB HAREGA DESH JITEGA"



IMA & FOGSI HPV VACCINATION PROGRAM

Dear Doctor,

We are pleased to introduce the IMA & FOGSI HPV Vaccination Program, a significant initiative aimed at eradicating cervical cancer through widespread HPV vaccination awareness and training. As key members of the medical community, your participation in this program will play a vital role in protecting future generations from this preventable disease.

Why is this Important?

Cervical cancer is one of the leading causes of cancer-related deaths in women.

HPV vaccination is a proven, effective preventive measure.



**INDIAN MEDICAL ASSOCIATION
&
FEDERATION OF OBSTETRIC AND
GYNECOLOGICAL SOCIETIES OF INDIA**

HPV VACCINATION PROGRAM



We are pleased to introduce the IMA & FOGSI HPV Vaccination Program, a significant initiative aimed at eradicating cervical cancer through widespread HPV vaccination awareness and training. As key members of the medical community, your participation in this program will play a vital role in protecting future generations from this preventable disease.

We strongly encourage all General Practitioners, Gynaecologists, Community Medicine Specialists and Paediatricians to enroll in this training and be part of this national movement toward cervical cancer eradication.

For registration or further details, fill your Google form or connect with your State Coordinator.

Let's work together for a cervical cancer-free future!

Dr. Dilip Bhanushali, National President, IMA
Dr. Sarbari Dutta, Hony. Secretary General, IMA
Dr. Nomeeta Shiv Gupta, National Convener, IMA
Dr. Sunita Tandulwadkar, President, FOGSI
Dr. Suvarna Khadilkar, Secretary General, FOGSI
Dr. Priya Ganeshkumar, National Convener, FOGSI
Dr. Sarita Shyamsunder, Co-Convener, FOGSI
Dr. Supriya Jaiswal, Co-Convener, FOGSI

Why is this Important?

- Cervical cancer is one of the leading causes of cancer-related deaths in women.
- HPV vaccination is a proven, effective preventive measure. As healthcare providers, we have the opportunity to educate, advocate, and implement vaccination strategies within our communities.

Benefits of this Training Program:

- **Expert-Led Training** - Conducted online by FOGSI- certified trainers.
- **Certification** - Participants will receive a certificate of completion, recognizing their expertise in HPV vaccination awareness.
- **Felicitation** - Active participants and contributors will be honored by IMA & FOGSI for their role in this critical public health initiative.
- **No Financial Liability** - This training is completely free of cost with no financial obligations for participants or IMA members.

Training Details:

Mode: **Virtual (Zoom)** - No physical presence required.





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Donation upto 28th Feb. 2025 : Rs. 8,58,111/-


Donations from 1st March 2025 to 30th April 2025

No	Name	Amount
1	IMA Mumbai West	5,00,000/-
2	Dr. Bakulesh S. Mehta	51,000/-
3	Dr. Shailaja Rane	51,000/-
4	Dr. Rashmi Mehta	25,000/-
5	Dr. Madhubala Chinchalkar	5,000/-
6	Dr. Pradeep Sud	1,000/-
7	Dr. Ramesh Savla	1,000/-
8	Dr. Shrinivas Patil	1,000/-
9	Dr. Shailaja Patil	1,000/-



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MEDICAL
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for Future Generations to Come

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3. The material for printing should be sent to our office on or before 15th of the previous month.
4. All the advertisements should be booked through **IMA - Mumbai West** only. The cheque must be drawn in favour of "**I.M.A. - Mumbai West.**"

Kindly Reserve Back Cover Page / Inside Back Cover Page / Inside Front Cover Page / Four Colour Page / Bottom Box / Single Colour Full Page / _____

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Cheque in favour of "**IMA - Mumbai West**"

Bank Name : Indian Bank,

Bank Branch & Address : Juhu Vile Parle Dev. Scheme, 12 A, Sagar Villa,
JVPD Branch, Juhu, Mumbai - 400049

Bank Account No. : 794379560 **Account Type** : SB

Bank IFSC Code : IDIB000J020