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MEDICAL e IMAGE

OF IMA MUMBAI WEST

President : DR. RASHMI MEHTA

Hon. Secretary : DR. MADHUBALA CHINCHALKAR



SATURDAY, 19TH JULY 2025

**Webinar :
IMPACTING MANAGEMENT OF
UPPER RESPIRATORY INFECTIONS
SUNDAY, 20TH JULY 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/- } 30th June
- 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...

Dear Friends,

"It is our choices Harry that show what we truly are far more than our abilities".

This is a statement by Prof. Dumbledore in Harry Potter.

It is truly our choices and our vision that take us higher and the Universe then helps us unfold our dreams.

We at IMA Mumbai West have taken strides to improve ourselves and do more for our members. We have started regular Quiz on our website. The topics are common and stimulate one to study and look for answers. Do visit our website on www.imamumbaiwest.com and click on Medical Quiz to answer the questions. 2 prizes are awarded for correct answers every time.

We have also started indoor sports - Carrom and Chess. Our Sports subcommittee with our branch member Dr Shailaja Savale who won the National Carrom championship during IMA HQs sports in 2024 is helping us make this interesting and popular. We have received 2 other games also from our managing committee member Dr Nitin Mehta. Please avail of these facilities at the branch.

Our scientific activities are in full swing, spearheaded by Dr Akil Contractor. We had a very informative and enlightening Transplant update CME very ably arranged by Dr Bhavika Hotchandani.

1st of July is the birth and death anniversary of Bharat Ratna Dr. Bidhan Chandra Roy. He was a great freedom fighter and former Chief Minister of West Bengal. Despite his busy schedule, he continued to serve his patients, inspiring generations of doctors. We celebrate Doctors Day in his memory, and acknowledge the appreciation and



recognition given by society. The theme of Doctors' day this year is " Behind the Mask - Who will heal the healers?"

This year's celebrations are marred by fear and uncertainty. There have been several incidents of violence against healthcare providers in the past year. The brutal murder of a young female doctor at Dr. R G Kar Hospital in West Bengal, the vandalism at Dr Sushrut Ghaisas's hospital in Pune, and the suspension of a senior doctor by a minister are some examples.

The regulations governing hospitals are becoming more and more unworkable, resulting in the closure of many small, independent hospitals. This has deprived society of accessible, affordable and responsible healthcare.

The decision of the Maharashtra Medical Council to register homeopathic graduates to allow them to prescribe allopathic medicines is unscientific, illogical and harmful to public health. We hope good sense prevails and policymakers, representatives, bureaucrats recognize this harsh reality and act swiftly.

Friends,

Maha-Gericon 2025, the IMA Maharashtra State Conference is being hosted by us. Please register in large numbers and enjoy the academic extravaganza.

Long live IMA

Jai Hind

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
10.07.2025	MEDICINE UPDATE	
	Diet and Cancer	Dr. Shreya Gattani
	Topical Antifungals in 2025, Why Luliconazole Deserves your attention	Dr. Kirti Jangid
	When to go for Kidney Transplant	Dr. Prashant Rajput
17.07.2025	OBESITY UPDATE	
	Obesity in the Indian Context	Dr. Dheeraj Kapoor
	Clinical Assessment	Dr. Girish Parmar
	Nutrition & Lifestyle Therapy	To be announced
	Pharmacotherapy Updates	Dr. Girish Parmar
	Bariatric Surgery: When and How	Dr. Manoj Jain
24.07.2025	MEDICINE UPDATE	
	ORS	Dr. Zubin Vaid
	To be announced	
	To be announced	
31.07.2025	SCIENTIFIC DISSEMINATION	
	Constipation	Dr Jayant Barve
	Early Diagnosis of Haematological Malignancies in OPD	Dr. Sameer Tulpule
	Panel Discussion: Mastering the Spin Moderator : Dr. Bimal Shah	Dr. Ashutosh Shetty Dr. Ketan Mehta Dr. Akil Contractor

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

- ❑ 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,

**Medicines Cure the Disease, but only
doctors can Cure the Patients'**
– Carl Jung.

Wishing you all a very happy Doctor's Day. The theme of this year is 'Behind the mask, who heals the healers?' Doctor's Day is observed to honor doctors in India for their dedication, tireless efforts and commitment to selfless service & kindness that makes a difference to the society and positive impact on the community.

This year, IMA Mumbai West in a dazzling event felicitated such great personalities whose contribution means more than words can express! Dr. Sudeep Gupta, professor of Medical Oncology & Director, Tata Memorial Hospital was felicitated for his contributions to the field & society. Dr. Bhavesh Kotak, Orthopedic Surgeon & VP Medical affairs DRL, Dr. Dattaben Shah, a general physician, Shri. Satishbhai Kazi, a philanthropist associated with Hari Aum Charitable Trust & Dr. Ravi Wankhedkar were felicitated for their commitment to health & Humanity.

Excellent CME's is the pride of Mumbai West branch. 'Oncology Update', a joint venture with MOC, Hybrid CME's on Migraine, jointly organized by IMA HQs, Hyderabad City Branch and IMA MW was attended by a large number of delegates at our branch. 'Cough Update' webinar jointly

organized by IMA HQs & IMA Mumbai West was a huge success attended by a record number from all across.

Special CMEs- Transplant CME and Ophthalmic Update were very informative & interesting by eminent speakers who excel in their own fields.

A good initiative by our branch is that on every Thursday of June, our members could avail the facility of Quadriflu vaccination at discounted rates.

Exciting news for the members this June was the initiative of the Sports subcommittee on every Thursday, under the guidance of renowned champion members to get training in indoor sports of Carrom, Chess and Othello.

July 6th, we have a mega event - and IMA Maharashtra State conference - **MAHAGERICON** - on the theme "Advancing Geriatric Care Together".

Always dream BIG and do not let anyone limit your dreams because the possibilities are 'Endless'

Jai Hind!

Long Live IMA !!

DR. MADHUBALA CHINCHALKAR
Hon. Secretary

24.06.2024

ADDITIONAL GENERAL BODY MEETING

NOTICE

An Additional General Body Meeting of the Members of Indian Medical Association - Mumbai West Branch shall be held on Friday, 15th August 2025, at 09.00 am at IMA Building, Behind Chandan Cinema, J. R. Mhatre Marg, JVPD Scheme, Juhu, Mumbai 400 049 to transact the following business.

AGENDA

- 1) To adopt the audited statement of accounts and the balance sheet of the branch for the previous year ending 31st March 2025.
- 2) To appoint statutory auditors for the current year starting from 1st April 2025 to 31st March 2026 and to fix the remuneration of the auditor.

Dr. Madhubala Chinchalkar

Hon. Secretary

N.B.

1. The meeting, if adjourned for the lack of quorum, will be held at the same place after half an hour in which case, members present will form the quorum.
2. Documents pertaining to ACCOUNTS will be available for inspection from Tuesday, 12th August 2025 between 3.00 p.m. to 4.00 p.m. and any queries regarding the same can be sent in writing to the office upto 4.00 p.m. on or before 12th August 2025, these only shall be entertained.

"Consulting Rooms Available"

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**INDIAN MEDICAL ASSOCIATION
MAHARASHTRA STATE LEVEL CONFERENCE**

“MAHA-GERICON 2025” (Advancing Geriatric Care Together)

Host : IMA - MUMBAI WEST BRANCH

Day & Date : SUNDAY, 6TH JULY 2025, 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
08.15-08.55 am	Registration & Breakfast	
08.55-09.00 am	Welcome	President : Dr. Rashmi Mehta Hon. Secy. : Dr. M. Chinchalkar
09.00-09.25 am	Sarcopenia	Dr. Subhash Sonawala
09.25-09.50 am	Back Pain in the Elderly	Dr. Abhay Nene
09.50-10.15 am	Depression in the Elderly	Dr. Akshata Bhat
10.15-10.40 am	Arrhythmias in the Elderly	Dr. Santosh Dora
10.40-11.05 am	Dementia Care Paradigm	Dr. Naganath Narsimhan Prem
11.05-11.50 am	Inauguration	
11.50-12.15 pm	Parkinsonism	Dr. Manish Baldia
12.15-12.40 pm	Cancer Care in the Elderly : How & How Much	Dr. Bhavna Parikh
12.40-01.05 pm	Vaccination in the Elderly	Dr. Hemant Thacker
01.05-02.00 pm	Lunch	
02.00-02.25 pm	Sleep Problems in the Elderly	Dr. Akanksha Rathi
02.25-02.50 pm	Polypharmacy Deprescribing	Dr. Zubin Vaid
02.50-03.15 pm	Osteoporosis	Dr. Shailaja Sabnis
03.15-03.40 pm	Diabetes in the Elderly	Dr. Tejas Shah
03.40-04.05 pm	Thyroid Problems	Dr. Assim Maldar
04.05-04.25 pm	Hypertension in Geriatrics	Dr. Ketan Mehta
04.25-04.50 pm	Skin Problems in the Elderly	Dr. R D Kharkar
04.50-05.00 pm	Vote of Thanks / Lucky Draw	

PROGRAM CONVENOR : DR. AKIL CONTRACTOR / CO-CONVENOR : DR. MANOHAR BACHANI

- **REGISTRATION FEES :** - Physical : IMA Members : **FREE, but a must**
- Physical : Eligible non members : **Rs. 500/-**
- Online : IMA Members & Eligible Non Members : **Rs. 300/-**
- 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.

**FOR REGISTRATION
SEND SMS ON
7045452656**

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President, IMAMS

DR. DINESH THAKARE
IPP, MS

DR. SANTOSH KULKARNI
President Elect, IMAMS

DR. ANIL AVHAD
Hon. Secretary, IMA MS

DR. SAURABH SANJANWALA
Hon. Treasurer, IMA MS

DR. RASHMI MEHTA
President, IMA MW

DR. MADHUBALA CHINCHALKAR
Hon. Secretary, IMA MW

DR. AJAY HARIANI
Hon. Treasurer, IMA MW



MEMBER'S WELFARE & WOMEN'S WING SUB COMMITTEE
of
INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

Organizes

"HEALTH & WEALTH UPDATE"

Day & Date : **SATURDAY, 19TH JULY 2025**

Time : 01.30 am onwards.

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

PROGRAM

Time	Topic	Speaker
01.30 - 02.15 pm	Registration & Lunch	
02.15 - 02.30 pm	Welcome & Introduction	President / Hon. Secretary
02.30 - 03.00 pm	Role of Protein in Healthy Aging	Dt. Aditi Khanduri
03.00 - 03.30 pm	Senior Citizen Bank Facilities	Vikas Agarwal
03.30 - 04.00 pm	How to write a will	Adv. Sandesh Kadam
04.00 - 04.15 pm	Questions & Answers	
4.15 pm onwards	Vote of Thanks	

REGISTRATION : FREE FOR IMA MEMBERS

FOR REGISTRATION CONTACT :

SMS FOR MOBILE NO.: 70454 52656

DR. RASHMI MEHTA

President

DR. MADHUBALA CHINCHALKAR

Hon. Secretary

DR. ANUSHREE MEHTA

Chairman, Member's Welfare

DR. SHOBHA AHUJA

Chairperson, Women's Wing

INDIAN MEDICAL ASSOCIATION
HEAD QUARTERS & MUMBAI WEST BRANCH

Have jointly organised

**Webinar : "IMPACTING MANAGEMENT OF
UPPER RESPIRATORY INFECTIONS"**

on
SUNDAY, 20TH JULY 2025

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	Transforming AOM Management in India : Right Antibiotic, Right Dose	Dr. Tanu Singhal
10:45-11:15 am	ABRS Breakthroughs Hamessing Local Evidence in India	Dr. Divya Prabhat
11:15-12:15 am	Antimicrobial Stewardship in URIs (Interactive Panel Discussion) + Audience Q & A MODERATOR : DR CAMILLA RODRIGUES	Dr. Umang Agrawal
12:15-12:30 pm	Summary, Closing & Vote of Thanks	GSK Medical / IMA

PROGRAM COORDINATOR : DR. JAYESH LELE

REGISTRATION : FREE FOR IMA MEMBERS

FOR REGISTRATION CONTACT :
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Hony. Secretary General,
IMA HQs

DR. PIYUSH JAIN
Hony. Finance Secretary,
IMA Hqs

DR. RASHMI MEHTA
President, IMA MW

DR. MADHUBALA CHINCHALKAR
Hon. Secretary, IMA MW

DOCTOR'S DAY



REPORT : DOCTOR'S DAY

Doctor's Day is celebrated on July 1st to honour the renowned physician and second Chief Minister of West Bengal Dr. Bidhanchandra Roy to recognize the contributions of the physicians to individual lives and communities.

IMA Mumbai West celebrated Doctor's Day on the 29th June. This year theme is 'Behind the mask, who heals the healers!'

The celebration was held at 6.00 pm in the evening. Hon.Secretary, Dr. Madhubala Chinchalkar welcomed the delegates and guests. President, Dr. Rashmi Mehta escorted the Special Guest, Dr. Ravi Wankhedkar to the dais, this was followed by lamp lighting by office bearers, trustees and felicitates.

President, Dr. Rashmi Mehta delivered Presidential address. Managing Trustee, Dr. Sanjay Dudhat delivered his address.

We felicitated the following dignitaries:

- **Dr. Sudeep Gupta**, Professor of Medical Oncology & Director- Tata Memorial Centre, since June 2001. He is internationally renowned Breast & Gynaecological Cancers Oncologist. He is prolific clinical researcher and he has published more than 380 papers in peer reviewed journals. He is a member of several National and International Committees. Dr. Sudeep Gupta shared his experiences and his journey from AIIMS to Tata Memorial with the audience & it was a very inspiring talk.
- **Dr. Bhavesh Kotak**, Orthopedic Surgeon and Vice President of Medical affairs DRL was felicitated. His achievements : change management, building high performing teams, new product launches, building Governance framework, clinical research etc. He shared his thoughts with the audience and enthralled them all with his interesting journey from clinical practice to pharmaceutical companies , from the OT to Board room. He reaffirmed that he remains a clinician first.
- **Dr. Dattaben Shah**, a general physician was felicitated for her commitment to health and humanity. Guided by ethical principles and obligations, including a commitment to patient care and well-being, she continues to offer service in General Medical Practice in letter & Spirit. Her philanthropic mission is equally adorable. She has been working for social causes for many years. Her talk was very humble, honest & heartfelt.
- **Shri Satishbhai Kazi**, a philanthropist – 'Hari Aum Charitable Trust' which works for the School Children of the villages around Borgaon, in Raigad District was honored for his noble work. Besides education, nutrition hygiene and overall well being of the Adivasi Children is looked after by them IMA Mumbai West is associated with Hari Aum Charitable trust for 'Aao Gaon Chalen' project. Mr Kazi narrated his experience from Electrical engineering to business to full time philanthropy.



DOCTOR'S DAY



- **Dr. Ravi Wankhedkar**, our Special Guest for this evening was felicitated for his contribution to the fraternity and IMA as well. He talked of the challenges faced by the medical profession at various levels, but we remain doctors who continue to serve humanity.

Vote of thanks was delivered by Hon. Joint Secretary, Dr. Bhavna Patel.

Dr. Madhubhala Chinchalkar

Hon. Secretary

DOCTOR'S DAY



REPORT : OPHTHALMOLOGY UPDATE



MA Mumbai West branch organized CME ophthalmology Update on the occasion of DOCTORS DAY on SUNDAY, 29.06.25. The eminent speakers delivered talk on the important topics :

Dr. Vaishal Kenia : Outlined lucidly newer techniques in Cataract surgery. Such as Bifocal, Trifocal and Continuous focus intraocular lenses, it's advantages. Femtosecond laser assisted cataract extraction and it's reduced morbidity. He dwelt on newer options in LASIK surgery to get rid of spectacles, Lasik surgery for Presbyopia.

Dr. Hazare : Took us through the causes and treatment modalities for Diabetic retinopathy, which in near future will be major problem, as India will be predicted Diabetes capital of the World. Advantages and limitations of intravitreal injections of immunomodulators and uses of Green Lasers in treating retinopathy.

Dr. Sneha Maru : Explained Common Corneal Diseases, seen by general physicians. Such as Corneal foreign bodies, Conjunctivitis, Pterygium, Acid and Alkali burns in eye, Diagnosis and treatment thereof, she also emphasized on eye donation and different types of Keratoplasties, which has tremendously improved outcomes of corneal transplants.

DR. MADHUBALA CHINCHALKAR

Hon. Secretary



QUADRIFLU VACCINATION



IMA HQs had arranged Fluquadri Vaccine at discounted rates for all IMA Members across the country. Members filled the form and registered. Upto 5 vaccines were made available at their doorsteps. A large number of members benefitted from this noble initiative.

IMA Mumbai West arranged vaccination on every Thursday of June for our members & their families. Many members availed of this facility.

DR. RASHMI MEHTA
President

DR. MADHUBALA CHINCHALKAR
Hon. Secretary

REPORT : IMA CGP SUB FACULTY

- On **8th June, ONCOLOGY UPDATE** a joint venture between MOC and IMA Mumbai West was held at Hotel Ginger, Vile Parle. Over 300 delegates attended. Dr Ashish Joshi and his team of doctors updated the delegates on the various treatments available in Oncology. After each lecture there were Quiz questions. The entire CME was in the form of panel. discussions that were very informative and interactive.
- On **10th June** there was a **hybrid CME on MIGRAINE** jointly organised by IMA HQs, Hyderabad City and Mumbai West branch, where 109 delegates attended the physical CME.

How migraine can affect multiple aspects of individual's life was explained. Multiple factors acting as triggers for migraine attack like stress, irregular sleep, caffeine, dehydration etc. were explained too. Differential diagnosis of migraine were discussed e.g. Acute Glaucoma, subdural hematoma, Acute severe hypertension, Intracranial neoplasm, sinusitis etc. The goals of managing acute attack were told including pharmacological management, life style advice etc. Neuro modulation devices and Botox..... recent advances in Migraine treatment were told.

- **12th June, Thursday CME was held at IMA Juhu.**
 - **Dr. Tushar Shah** discussed Multivitamins Role in our Daily Diet and various preparations available today.
 - **Dr. Samir Parikh** explained the differences between GU and DU...and that between PPI and Vonaprazan and what to use when.
 - Lastly **Dr. Akil Contractor** gave a talk on Ethical Avenues for Better Revenues. He emphasized on constant upgrade of knowledge and providing facilities for blood tests, nebulization and ECG in GP clinic.
- **Cough Update Webinar** held on **17th June**. Speakers were Dr. Ketan Mehta and Dr. Agam Vora.
- **19th June CME :**
 - **Dr Bimal Shah** explained Management of CSOM and Allergic Rhinitis in great detail with a power packed PPT presentation showing the various ENT surgery procedures
 - Then **Dr Firdous Sheikh** discussed challenges in Diabetes Care.... Emphasized to keep in mind the financial burden on patient while writing prescription.
 - **Dr Amit Gawande** gave a talk on Sleep and Sleep Disorders and enlightened delegates about various aspects of sleep studies and patterns of sleep.... insomnia being the commonest sleep disorder. Sleep apnea should be ideally treated with CPAP machine to prevent long term ill effects of low SPO2 during sleep.
- **26th June:**
 - In the first session Gastrointestinal Surgeon **Dr Imran Shaikh** explained in great



detail various aspects of Robotic Surgery. He predicted the cost is likely to come down as the patent for Robot with Da Vinci company is coming to an end very soon. As of today, there are Eleven Centres in Mumbai performing Robotic GIT Surgery.

- Then **Dr. Nimesh Mehta** gave PPT presentation on Ocular Trauma, explaining in great detail various eye injuries and their medical and surgical treatment. MRI is contraindicated for metallic Foreign body. The Aim being to preserve and salvage precious gift of sight.

- **Dr. Manan Sheth** guided on the latest protocol followed in Ovarian Stimulation in IUI and IVF. Infertility is due to:

40% attributed to Female partner

30% to Male

20% Combined in both.

10% Unexplained..

Use of Letrozole, Clomiphene and Gonadotropin was explained.

All in all, the CME'S held in June 2025 were well appreciated by delegates as they imparted practical knowledge to GP.

Dr. Pranita Bhatte-Worlikar

Asst. Secretary, IMA CGP Sub Faculty

OBITUARY

We condole the sad demise of our life members



DR. PANCHAL GANGARAM J.

from **Andheri - East**

on **14th June 2025**

DR. BHALCHANDRA RAMKRISHNA

from **Andheri - West**

on **16th June 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

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

MIGRAINE DISEASE BURDEN & THERAPEUTIC GAPS IN ITS TREATMENT



SPORTS SUB COMMITTEE



IMA Mumbai West Sports Sub Committee started Carrom and Chess at IMA Mumbai West on Thursdays 4.00 - 5.00 pm from 19th June. Training / Guidance is being given by champion members. Prior Registration is required for this.

Dr. Shalin Soni Chairperson of IMA Mumbai West and IMA HQs National Sports Carrom Champion Dr. Shailaja Savale, member of our branch are guiding the members.

Board games Othello and Sequence were donated by Dr. Nitin Mehta and were initiated along with the above indoor games!

DR. RASHMI MEHTA
President

DR. MADHUBALA CHINCHALKAR
Hon. Secretary

ONCOLOGY UPDATE



REPORT : TRANSPLANT UPDATE

We had an excellent conference on **Organ Transplant** on **Sunday, 22nd June 2025**. Dr Madhubala Chinchalkar, Hon. Sec. of the branch welcomed everyone and invited President Dr. Rashmi Mehta on the Dias. Dr. Rashmi Mehta updated the delegates on the Program and upcoming events and invited Convenor - Hon. Sec. AMS Dr. Bhavika Hotchandani to convene the event.

1. Dr. Mayur Shah gave an insightful talk on Brain Death

- Take home points -
- On rounds in ICU - Intensivist/ Neurologist / Treating Consultant) evaluates patient
- First information to FSG (Family Support Group)
- Rapport building/Family support & help to NOK in terms of security pass, ICU visit, communication with Intensivist conveys irreversible loss of all brain functions or poor outcome
- to family/NOK. (Need of Apnea test for BSD confirmation)
- Grief support to family
- Designated area for family members, Knowledge about further stops (FSG)| Doctors (intensivist / Neurosurgeon / Treating consultant) counsels family for
- organ donation
- Verbal consent taken
- First Apnea Test
- Intimation & coordination with respective Authorities/dept
- ZTCC| • Police/ PM team
- Security ICU floor manager
- Housekeeping • BSD Team
- Billing/ Finance/
- TPA OT/Lab/ Blood

- Ambulance • bank
- ER • Admission
- Miscellaneous • Second Apnea Test
- Written consent & BSD certification (Form 8 & 10)
- Police NOC (For MLC)
- Information sharing & coordination with other hospitals for the retrieval
- Shifting to OT for retrieval
- Body handover

2. Dr Niteen Dedhia gave an excellent talk on Recent trends in corneal transplant-key points -

- Corneal transplantation has evolved significantly from traditional PK to selective layer-specific techniques like DALK, DSEK and DMEK, offering better outcomes and lower rejection risks
- Advances in eye banking, tissue preservation, and surgical technology (e.g., femtosecond lasers, intraoperative OCT) are refining surgical precision
- Emerging therapies such as cultured endothelial cell injection, limbal stem cell transplantation and iPSC-derived tissue engineering are redefining the future
- Artificial corneas (keratoprotheses) offer hope for patients with multiple graft failures and complex ocular surface disease
- The integration of AI, gene therapy & regenerative medicine is expected to transform corneal care into a more personalized, accessible and less invasive field

3. The dynamic Dr. Madhuri Gore gave an excellent talk on Skin Donation after death

TRANSPLANT UPDATE



- Key points -
- ROTO-SOTTO - Skin Allograft Donor Guidelines
- Age above 16 yrs.
- No upper age limit. □ Either gender. Behavioral and medical history.
- Death certificate. • Shortest delay.
- Contraindications
- Hepatitis, AIDS □ Transmissible diseases.
- Skin cancer, Skin infections, Damaged skin. • Systemic sepsis.
- > Positive test for HIV, HCV, Hep B, STD, CMV (?)
- Expressed wish.
- Consent from prioritized relative.

Deceased Donor/Cadaver Tissue Donation
Bone, Dura, Blood vessels, Heart valves

- Harvesting during postmortem.
 - Not possible with body donation.
 - Preservation and banking
4. Dr. Sharad Sheth shared valuable insights in his talk on Pre & post renal transplant management.
5. Dr. Sanjay Pandey spoke on Renal transplantation- Advances Milestones and need of the hour with the take home messages -
- Best therapy to manage end-stage kidney failure- transplant
 - Barriers limiting this therapy which prevent transplant
 - scarcity of donors
 - comorbidities of patients with ESRD
 - Living Donor Transplant, numbers, results
 - Best indication of LDT " Preemptive Transplantation"
 - Absolute contraindications for living donation: Receptient Diseases with high risk of graft failure / disease

relapse in them

- focal and segmental hyalinosis (early relapse in first Tx)
- Atypical hemolytic Uremic syndrome (deficient complementary proteins)
- Alport syndrome (anti GBM antibody & early Glomerulonephritis)
- Primary hyperoxaluria (Needs simultaneous Liver Tx)

6. Organ Shortage : Though a Crisis, has a cure with society

- Improved Network, sharing resources, expertise and organs
- Set up of training for the same to practitioners
- Media for Promotion of this Noble cause
- Religious heads Participate in Unison
- A Transparent, vibrant programme in place
- Round the clock - Round the year awareness □ Simple changes are making all the difference.

7. Dr. Kanchan Motwani gave an excellent talk on Demystifying liver transplant - Key Pointers -

- Cirrhosis is a ticking time bomb
- Any patient with cirrhosis can decompensate at any time- its unpredictable
- Timing of referral is the key
- If you see MELD > 15 : Refer. □ If you see decompensation : Window's losing. □ If you wait for MELD 30+ : might be too late
- Life saving operation
- Restores the quality of life
- 90% success rate
- Donor liver grows back to normal size
- Robotic surgery is the future

8. Dr. Somnath Chattopadhyay spoke on

- Pushing boundaries in liver



transplant- innovations, robotics and real world cases - with the following take home messages -

- Liver transplant is needed for patients with liver cirrhosis, liver failure and liver cancer
- Living donor operation is very safe for the donor
- Donor liver grows back to normal size in 6 weeks
- Success rate for liver transplant is 90%
- Safe operation in high volume centers
- Robotic surgery improves the precision of HPB surgery and improves recovery of patients

9. Mr Dhaval Harsora from Platinum Corp gave a presentation.

The Program ended with a vote of thanks to the President Dr. Rashmi Mehta, Hon. Sec. Dr. Madhubala Chinchalkar, Dr. Rohini Badwe, Dr. Sujata Ashtekar from ROTTO SOTTO, speakers, educational partners and the enthusiastic delegates. Lucky draws followed the vote of thanks

DR. BHAVIKA HOTCHANDANI

Hon. Sec. IMA AMS - Mumbai West

Program Director - Romila Palliative Care, SNEHA

WELCOME NEW MEMBERS

Andheri : Dr. Akshay Harish Saheti
Dr. Shreya Chandrashekhar Gattani

Santacruz : Dr. Ramnath Bindu

DR. RASHMI MEHTA
President

DR. MADHUBALA CHINCHALKAR
Hon. Secretary

REPORT : IMA MUMBAI WEST MISSION PINK HEALTH



On 6th June 2025, IMA Mumbai West conducted Mission Pink Health Session at Abha bai Nanshi Mahila Vidyalaya Gulmohar Road Vile Parla West. Session was arranged by Dr.Hansa Bheda

It was attended by 40 girls (5th to 10th Std) as well as their teachers. The talk was on personal hygiene, Menstrual hygiene, Puberty, Nutrition, Physical as well as psychological well being. Good Touch and Bad Touch etc. were discussed.

Dr. Madhubal Chinchalkar

Hon. Secretary

Dr. Hansa Bheda

Program Co-ordinator

REPORT OF INTERNATIONAL YOG DAY

International Yog Day was celebrated with great enthusiasm in IMA Mumbai West Branch on Saturday, 22nd June 2025. This event was organised jointly by Cultural & Women's Wing Sub Committee.

Programme started with welcome address by Hon. Secretary Dr Madhubala Chinchalkar and President Dr. Rashmi Mehta. Senior Yog Teachers from Yog Vidya Niketan were invited to conduct the workshop. Mrs Anuradha Patwardhan conducted the session. She is qualified yog teacher and yog therapist. She gave instructions how to go into Asans and also explained the benefit of various asanas. Ms. Purva demonstrated the exact technique of asanas.

A unique feature this year was Chair Yoga for members who could not sit on the floor. The highlight was Chair Surya Namaskar.

Our esteemed members performed the yogasanas with enthusiasm. Session ended with chaitanyasan Satvik breakfast was served.

DR. ROHINI BADWE

Chairperson, Cultural Subcommittee

DR. SHOBHA AHUJA

Chairperson, Women Doctor's Wing

YOG WORKSHOP



REPORT : HYPERTENSION DETECTION CAMP



Indian Medical Association Mumbai West branch joined for a **Hypertension Detection Camp** along with a Multi Speciality Camp organised by Rotary Club of Bombay West.

The camp was at Shruti School, Near PVR Cinema, Juhu on **Sunday, 15th June, 2025** from **9.00 am to 1.00 pm**. Members Dr. Bhavna Patel, Dr. Subash Gajria and Dr. Vinodini Karnik participated in the camp. Approximately 100 people were examined.

60 were senior citizens out of which 5 were above 80 yrs, in these 5 BP was in control, other 30 seniors had good control. 10 had not taken their morning dose of BP & hence BP was high while 5 did not have high BP. 20 young people were seen. 10 had high normal BP. They were taking tobacco & were advised to stop, rest 10 had normal BP. 20 on medications had average reading 134/94 mm hg

Some of young persons 5 to 7 in nos were having HIGH BP without family history & without being aware. They were on to mobile all the time, sacrificing their night sleep also.

With their clinical history it appeared -they had stressful life, fast food habits and lack of exercise - may be leading to high BP. Living Healthy Lifestyle with balanced diet, regular exercise, weight control and Medical check ups were suggested to them.

DR BHAVNA PATEL

Joint Secretary

DR SUBASH GAJRIA

Chairperson, Public Health and Welfare Subcommittee



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