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MEDICAL e IMAGE

OF IMA MUMBAI WEST

President : DR. RASHMI MEHTA

Hon. Secretary : DR. MADHUBALA CHINCHALKAR



RESPIRATORY UPDATE

SUNDAY, 17TH AUGUST 2025



FLAG HOISTING CEREMONY

On the occasion of
INDEPENDENCE DAY

15 AUGUST

At 09.00 am sharp



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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 August
- 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,

Beyond the clinic, doctors must also treat the system, and that's where Associations come in. Doctors unite to heal more than patients, they heal professions, policies and public trust.

The month gone by has seen Indian Medical Association, Maharashtra State united as one in order to fight and stand up against policies that are detrimental to public health. The CCMP or the Homeopathy issue came to a head after the notification of the Maharashtra government on 30th June, 2025 allowing CCMP-qualified homeopaths to register under a separate MMC register for practicing modern medicine.

IMA Maharashtra State took action:

On 6th July, an Emergency Special Executive meeting of IMA MS was held in Mumbai West branch and plan of action was decided.

July 7-9, 2025: There was a strong backlash from Indian Medical Association (IMA), Maharashtra Association of Resident Doctors (MARD), MAGMO (Maharashtra Association of Gazetted Medical Officers) & AMC (Association of Medical Consultants), warning of strikes and stating concerns over dilution of MBBS standards and patient safety. Memorandum to CM Shri Devendra Fadnavis was submitted by IMA branches through the Collector of each district on 8th July. Mumbai West delegation submitted a memorandum to Collector, Mumbai Suburban, Shri Saurabh Katiyar on 8th July. We were ready to lead a protest march too. The matter is ongoing with reversal of the notification by the government pending a committee report.

Why are we agitating? Years of hard work



and toil put in by a medical student in the form of first doing extremely well in the NEET exam and then burning the midnight oil by studying for MBBS and then MD/MS should not be put at par with a certificate course done over few weekends in one particular subject only. We are standing up for patient safety, we know that this haphazard move by the government in a matter that is sub-judice since the year 2014 can raise legal and insurance nightmares that are beyond comprehension.

Hope good sense prevails. IMA Mumbai West is ready to go in agitation mode whenever required.

Meanwhile, we had a fantastic IMA Maharashtra State Conference **Maha-Gericon 2025** at our branch and I am filled with gratitude for all who contributed immensely to it. We have had good scientific programs this last month and all our subcommittees have also worked very hard to give us excellent programs.

IMA Maharashtra State elections for the post of President Elect and Vice President will be conducted this month as mandated. Our State Executive members will be attending the 2nd State Executive meeting of IMA MS on 3rd August at Chiplun.

We move forward on the twin pillars of unity and hard work to build upon our achievements.

Jai 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
07.08.2025	SYMPOSIUM ON VASCULAR & ENDOVASCULAR SURGERY	
	Why Vascular Diseases should be Treated by Vascular & Endovascular Surgeons	Dr. Raghuram Sekhar
	Are all Venous Diseases Varicose Veins	Dr. Aniruddha Bhuiyan
	Diabetic Foot: Why Vascular Surgery is the Core of the Multidisciplinary Team	Dr. Simit Vora
	Vascular Emergencies: Is your Vascular Surgeon on your Speed Dial	Dr. Amish Mhatre
14.08.2025	SCIENTIFIC DISSEMINATION	
	Newer Developments in Care of CKD Patients	Dr. Sharad Sheth
	Retinal Diseases: The Silent Thieves of Sight	Dr. Saumil Sheth
	Going Beyond Numbers - Hypertension & CV Continuum	Dr. Harish Bajaj
19.08.2025	MEDICINE UPDATE	
	Newer Insight in Bone Marrow Transplant	Dr. Nishant Zindal
	Overview of Molecular Imaging in today's oncology	Dr. Mary Anne J. Joseph
	Peritoneal Dialysis: Home Based Dialysis	Dr. Prashant Rajput
21.08.2025	MEDICINE UPDATE	
	Financial Wellness	Mr. Rahul Sharma
	Unmasking Perimenopause - Bringing Clarity to the Silent Transition	Dr. Priti Vyas
	Dry Cough	Dr. Kapil Rathi
28.08.2025	HOLIDAY ON THE OCCASION GANESH JAYANTI	

• 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,

**'Real Change, enduring Change
Happens one Step at a time'.**

– Ruth Bader Ginsburg

With early onset of monsoon this year and incessant rains in most of July, we have had interesting academic activities at our branch.

We proudly hosted MAHA-GERICON 2025 and our branch also hosted the important Special Executive Meeting of IMA Maharashtra State. We are facing the burning issue of lateral entry of Homeopathy doctors in Maharashtra Medical council at present. Our branch is at forefront and doing its best in this matter – may that be submitting a memorandum to the collector or visiting Mantralaya and presenting the same to the ministers.

Our other sub committees have been active too ! Aao Gaon Chalen visit by IMA Mumbai West to Village, Borgaon Khurd, Khalapur taluka, District Karjat on 13th July for Health Checkup of 672 school children from various schools is both a humbling and exhilarating experience.

IMA Mumbai West is grateful to collaborating with us in this noble venture. Women Doctor's Wing & Members' Welfare Committee planned a fantastic program on Saturday. Very interesting topics like writing a Will, bank Schemes and Role of Proteins for Senior Citizens which were of great interest to the delegates.



We have a lot of interesting programs in store for us in August. Marked by the presence of fantastic speakers.

Webinars by IMA HQs hosted by IMA Mumbai West and a special Sunday CME on Respiratory Update are important Highlights.

A very proud moment to celebrate Independence Day at our branch on the 15th August. Our team is working hard to organize all their events. I take this opportunity to thank each & everyone. My earnest request to each & every member to take advantage of it by registering and attending in large numbers, so as to update our knowledge & skills, encourage the organizations and the sponsors of the events.

- When we strive to become better than we are, every thing around us becomes better too'
- Panlo Coelho

Jai Hind!

Jai IMA!

DR. MADHUBALA CHINCHALKAR

Hon. Secretary, IMA MW

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 09.15 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.

23.07.2024

SPECIAL GENERAL BODY MEETING

NOTICE

An Special General Body Meeting of the Members of Indian Medical Association - Mumbai West will be held on Sunday, 17th August 2025 at 08.45 a.m. at IMA Building, Behind Chandan Cinema, J. R. Mhatre Marg, J.V.P.D. Scheme, Juhu, Mumbai - 400 049 to transact the following business.

AGENDA

- 1) To appoint Chief Election Officer and Election Committee.
- 2) To conduct the Election for one post of President Elect & Vice Presidents for the Maharashtra State of I.M.A. for the next Association year i.e., 2025 - 20256

Dr. Madhubala Chinchalkar

Hon. Secretary

Note :-

- 1) Election will be from 9.00 am to 3.00 pm.
- 2) The ballot boxes will be remain open upto 3.00 p.m. IMA I-Card or Govt. Recognized Photo Identity Card Mandatory.
- 3) Members upto 31st March 2025 are eligible to Vote.

MATRIMONIAL

Looking for suitable match for
DENTAL SURGEON (MDS) girl, 1997, 5'4",
practicing in Andheri, from Mumbai based Aggarwal doctors family.

Call or WhatsApp : 98204 97061

Memorandum against Government notification allowing MMC registration to Homeopathy doctors who have done CCMP course was given to Collector Mumbai Suburban Mr. Saurabh Katiyar by team from IMA Mumbai West branch.



WELCOME NEW MEMBERS

Andheri : Dr. Vishwanath Gangaram Marshivanikar

Vile Parle : Dr. Jay Sunil Shah

Dr. Rashmi Mehta
President

Dr. Madhubala Chinchalkar
Hon. Secretary

REPORT : SPECIAL EXECUTIVE MEETING & PRESS CONFERENCE



IMA Mumbai West branch hosted an important, urgent Special Executive Meeting called by IMA Maharashtra State on 6th July 2025 afternoon.

The agenda was to chalk out a plan of action for the burning issue of a government notification dated 30th June 2025, allowing Homeopathy doctors to register in Maharashtra Medical Council after completing the CCMP Course which is a short-term weekend course in Pharmacology only. The meeting was presided by President, IMA Maharashtra State Dr Santosh Kadam. Office bearers of IMA Maharashtra State were

present as well as representatives from various branches across Maharashtra.

In addition, we had representatives from AMC (Association of Medical Consultants), MAGMO (Maharashtra Association of gazette medical officers), MARD (Maharashtra Association of Resident Doctors). We also had students from JDN and MSN wings of IMA Maharashtra State.

There were fruitful deliberations and the course further was decided about presenting a protest memorandum to the district collector on 8th July, token strike on 11th July and Chalo Azad Maidan on 19th July. We were honored to have hosted the important meeting and are thankful to President IMA Maharashtra State Dr Santosh Kadam and Hon. Secretary Dr Anil Avhad for having confidence in us to arrange this meeting at a short notice of 24 hours.

DR. RASHMI MEHTA

President

OBITUARY

**We condole the sad demise of
our Senior life members**



DR. SATISH M. NAIK

from **Andheri - East**

on **9th July 2025**



DR. RASHID MERCHANT

from **Bandra - West**

on **19th July 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**



Congratulations

Managing Trustee
DR. SANJAY DUDHAT
 delivered a talk on
**Cancer Awareness &
 Advances in Cancer Treatment**
 at the Club House of
 Raj Bhavan
on 17th July, 2025.
 About 100 people attended.

DR. RASHMI MEHTA
 President

DR. MADHUBALA CHINCHALKAR
 Hon. Secretary

REPORT : HEALTH & WEALTH UPDATE

On 26th July 2025, an interesting program "Health and Wealth Update" was conducted jointly under the Women's Wing Committee and the Member's Welfare Committee under the guidance of the respective Chairpersons Dr. Shobha Ahuja and Dr. Anushree Mehta.

The program was well received with almost 80 attendees. Dietician Aditi Khanduri informed about the importance of protein in healthy aging and gave great insights on the quantity and quality of proteins needed. Mr Nainesh Sukale and his colleagues from Axis Bank made the audience aware of the need for retirement planning and the various schemes available for the same. Advocate Sandesh Kadam and his team had an interactive session on the nuances and steps of making a will.

We would like to thank Dr. Rohini Badwe, our Secretary Dr Madhubala Chinchalkar and President Dr Rashmi Mehta for their help and support.

DR. ANUSHREE MEHTA
 Chairperson, Member's Welfare Sub Committee

DR. SHOBHA AHUJA
 Women's Wing Sub Committee

HEALTH & WEALTH UPDATE





INVITATION

All are cordially invited for the
FLAG HOISTING CEREMONY

On the occasion of
INDEPENDENCE DAY
on
FRIDAY, 15TH AUGUST 2025

At 09.00 am sharp
at our branch premises

Please join us in time



DR. RASHMI MEHTA
President

DR. MADHUBALA CHINCHALKAR
Hon. Secretary

REPORT : DERMATOLOGY UPDATE - PART I & II

Indian Medical Association Mumbai West branch collaborated with AAD, American Association of Dermatology for the second consecutive year and was accreditation partner for 'India Conclave', a premium Dermatology conference held at Hotel Grand Hyatt on 25th & 26th July, 2025.

There were insightful sessions and impactful panel discussions by leaders in Dermatology both Indian and International. This academic feast was attended by about 300 plus delegates from all over the Western India region.

We are grateful to IPP Dr Ketan Mehta for facilitating this collaboration.

Dr. Rashmi Mehta
President

Dr. Madhubala Chinchalkar
Hon. Secretary

REPORT : MISSION PINK HEALTH



- IMA Mumbai West Branch along with Rotary Club of Bombay Airport. Youth service 2 year 2025-26 conducted a program at BPM School, Khar on Menstrual Hygiene and health awareness for teenage girls on 19th July, 2025.
- Beneficiaries were 190 Girl Students. Discussed Puberty, Menstrual Cycle, Menstrual Hygiene, Personal Hygiene, Nutrition, Physical and Psychological well being, Good touch and Bad touch, HPV Vaccine.

Hon. Secretary Dr Madhubala and Dr Rashmi Chopra also participated and were very helpful.



- I M A Mumbai West Branch along with Rotary Club of Bombay Airport. Youth Service conducted this program at Gandhi Shikshan Bhavan school Juhu on Menstrual Hygiene, puberty, good touch, bad touch etc. on 21st July 2025. Girls of std 6,7 & 8 attended. Beneficiaries : 120 girls.

DR. HANSA BHEDA

Chairperson, Mission Pink Health

"CONSULTING ROOMS AVAILABLE"

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

Contact : 9322258159 / 9819750275

REPORT: MAHA-GERICON 2025

Rapid strides in basic and advanced healthcare in the country has led to a population demographic that is increasing in age. Geriatrics as a specialty in medical practice is now a reality. It behoves us to update our knowledge in Geriatric care.

Under the aegis of IMA Maharashtra State, IMA Mumbai West proudly hosted Maha-Gericon 2025. The program Convenor was Dr Akil Contractor and co- convenor was Dr Manohar Bachani. They curated a program featuring didactic talks related to the field of Geriatrics that were educative, enlightening and very informative. We also had a trade mediexhibition.

The following is a brief report:

Inauguration:



The Chief Guest for the conference was President IMA MS Dr. Santosh Kadam. We had a Special Guest, MP Rajya Sabha Dr. Ajeet Gopchade who inaugurated the Conference to the backdrop of Vithal Bhajans, it being the holy day of Ashadhi Ekadashi. We also felicitated Hon. Secretary IMA MS Dr Anil Avhad and Hon. Treasurer IMA MS Dr. Saurabh Sanjanwala.

Convenor Dr. Akil Contractor and Co-Convenor Dr. Manohar Bachani were also felicitated.

Important points related to the issue of registrations of Homeopathy doctors in Maharashtra Medical Council were discussed and deliberated upon.









Academics :

We had 15 superb lectures in our main hall on the ground floor of IMA building. The topics ranged from Sarcopenia to Osteoporosis, Depression to Insomnia, Dementia to Parkinsonism. Talks on Diabetes and Hypertension care in the Elderly were comprehensive and thorough. A detailed scientific report is attached. There was so much to learn that we felt that we could have had the conference for 2 days.

Trade exhibition :

We had organized a medi exhibition on the ground floor of the neighboring Vile Parle Medical Club. There were 23 stalls featuring various Pharmacological and non-pharma industries. It was very popular with the delegates.





Culinary Delights:

Many of the delegates were fasting due to Ashadhi Ekadashi. We ensured that there was upvas breakfast, lunch and high tea for them. The fasting and non-fasting sections were in different halls - second floor of IMA building for fasting section and first floor of Medical Club of Vile Parle for non-fasting section.

Gifts:

There were 150 early bird gifts, lucky draw gifts in plenty and a lovely delegate gift for all.

275 delegates attended physically and many more were logged in virtually. We are grateful to our Convenors, all those who contributed in getting talks, stalls, standees as well as our managing committee members who helped in the smooth running of the conference. Our sponsors deserve a special thanks from us. Gratitude to our partners - the audiovisual team led by Mr Everton Fernandes, our photographer, the excellent Amantran caterers and decorators with hands on help by Mr Ashok Vithlani. Our office staff have been exemplary in their work and support and deserve all the praises.



DR. RASHMI MEHTA

President



DR. MADHUBALA CHINCHALKAR

Hon. Secretary

MAHA-GERICON 2025

Scientific report & take home message

**Sarcopenia : Dr Subhash Sonawala,
Dr Joseph Sanal
Clinical Pearls for Optimal Cardiac,
Muscular, and VO₂Max Health**

Key Takeaways:

1. Preserve Cardiac Health with Endurance Training
2. Start slowly & follow a structured session:
Warm-up : 5 minutes
Peak activity : 5-30 minutes
Cool-down : 5 minutes
3. Gradually increase peak duration by 5 minutes every 3-4 weeks
4. Prevent Sarcopenia with Strength Training (Initiate 4-6 weeks after beginning endurance work)
5. Aim for 10 sets per muscle group per week
6. Light loads recruit only Type I fibers; progressive overload is necessary to engage Type II fibers and stave off muscle loss
7. Enhance VOMax via High-Intensity Interval Training (HIIT)
(Begin 4-6 months after strength training initiation)
Follow the Norwegian 4x4 protocol as your template
8. Maintenance Weekly Plan - after all the above 3 have been initiated
Monday & Wednesday: Endurance
Tuesday & Thursday: Strength
Friday: HIIT
Saturday & Sunday: Rest & Recovery

Caution : Benefits of HIIT may outweigh the risks in patients with severe coronary artery disease or brittle diabetes.

• **BACK PAIN by DR ABHAY NENE**

Most of Back Pain is due to Aging.

Sitting leads to Loss of Lordosis and puts more load on Disc which is less on standing.

Causes : Mechanical or Osteoporotic -
Cartilage is without Blood Supply

Disc has Cartilage and Jelly which is lost due to Aging. Mostly backache in Middle and old age is due to Degeneration. Initial Pain due to Spasm of Back Muscle which is protective, hence do not exercise in that phase. Otherwise will lead to nerve damage. Thereafter can strengthen back Muscles after a week or so. Also strengthen abdominal muscles by exercise by pulling inside stomach while sitting at edge of seat, intermittently. Extension by lying on stomach.

80% of Back Pain will Resolve only 20% require intervention. Prevent Osteoporosis by strengthening muscles.

Increase stamina by Nutrition balance. Increase Calcium & proteins. Most important, all this is best done before 20 yrs of age.

Drugs have to be used later. SO EXERCISE / NUTRITION / OSTEOPOROSIS PREVENTION

• **DEPRESSION IN ELDERLY by DR AKSHATABHAT**

Depression in the elderly is a common mental health condition that can manifest differently than in younger adults. Key aspects include:

Symptoms

1. Persistent sadness or emptiness
2. Loss of interest in activities
3. Changes in appetite or sleep
4. Fatigue or low energy
5. Difficulty concentrating or making decisions

Risk Factors

1. Social isolation
2. Chronic health conditions
3. Cognitive decline
4. Loss of loved ones
5. Medication

Depression in the elderly can lead to:

1. Decreased quality of life
2. Increased risk of dementia
3. Poor health outcomes
4. Increased risk of suicide

Management includes

1. Medications : Antidepressants
2. Therapy: Cognitive-behavioral therapy (CBT), interpersonal therapy (IPT)
3. Social support: Encourage social interaction and connection
4. Lifestyle modifications: Regular exercise, healthy diet, stress

Dr Bhat explained in detail the different drugs used to treat depression in the Elderly.

Take Home Message:

Feeling of sadness for more than two weeks needs assessment

• ARRHYTHMIAS IN THE ELDERLY by DR SANTOSH DORA

Arrhythmias refer to abnormal heart rhythms that can occur due to age-related changes, underlying medical conditions, or medications. Common types include

1. Atrial fibrillation
2. Ventricular Tachycardia
4. Premature ventricular contractions (PVCs)
5. Atrial Flutter
6. Heart Block

Causes and Risk Factors

1. **Ageing:** Age-related changes in the heart's electrical system
2. **Underlying medical conditions:** Heart disease, hypertension, diabetes, thyroid disorders
3. **Medications :** Certain medications can trigger arrhythmias

Symptoms

1. Palpitations
2. Shortness of breath
3. Dizziness or lightheaded
4. Chest pain or discomfort
5. Fatigue

Management

1. **Medications:** Anti-arrhythmic medications, beta blockers
2. **Cardio-version :** Electrical shock to restore normal rhythm
3. **Pacemakers:** Devices to regulate heartbeat
4. **Lifestyle modifications:** Healthy diet, regular exercise, stress management

Take Home Message

Arrhythmias can increase the risk of stroke, heart failure and other complications. Prompt medical attention is essential for proper diagnosis, treatment and favourable outcome.

• DEMENTIA CARE PARADIGM by DR NAGANATH NARSIMHAN PREM

Dementia is a broad term that describes a decline in cognitive function, including memory loss, difficulty with communication, problem-solving, and other thinking abilities, that interferes with daily life.

It's not a specific disease, but rather a syndrome or a group of symptoms caused by various underlying conditions.

Symptoms

1. **Memory loss :** Difficulty remembering recent events, learning new information, or recalling familiar words and names
2. **Communication difficulties:** Trouble with speaking, writing or understanding language
3. **Problem-solving challenges:** Difficulty with abstract thinking, decision-making, or judging time and space
4. **Mood changes:** Depression, anxiety, agitation, or aggression
5. **Personality changes:** Changes in personality, such as becoming more passive or suspicious.

Dementia can significantly impact daily life, relationships, and overall well-being.

Dementia care focuses on supporting

individuals with dementia, improving their quality of life, and helping them maintain their independence for as long as possible.

Key Aspects

1. **Person-centered care:** Tailoring care to the individual's needs, preferences & values
2. **Supportive environment :** Creating a safe, comfortable & stimulating environment
3. **Social interaction:** Encouraging social engagement and connection
4. **Meaningful activities:** Engaging in activities that bring joy and purpose

Care Strategies

1. **Validate their feelings:** Acknowledge and validate the person's emotions and experiences
2. **Use clear communication:** Speak clearly, simply and respectfully
3. **Encourage independence :** Support the person in performing daily tasks and activities
4. **Provide emotional support:** Offer reassurance, comfort & emotional support.

Dementia Care Paradigm includes

1. **Dementia support groups :** Connecting with others who understand the experience
2. **Home care services:** Providing support and care in the person's own home
3. **Adult day programs:** Offering socialization, activities & support during the day
4. **Respite care:** Providing temporary relief for caregivers

• PARKINSONISM by DR MANISH BALDIA

Parkinsonism is a neurological syndrome characterized by a set of motor symptoms, including:

1. **Tremors :** Shaking or trembling of hands, arms, legs, or head
2. **Bradykinesia :** Slowness of movement
3. **Rigidity :** Stiffness or inflexibility of

muscles

4. **Postural instability :** Impaired balance and coordination

Parkinsonism starts on one side. There is Asymmetric distribution - one side is more affected than the other.

There are various causes

Medications, toxins, head trauma, or other medical conditions like multiple system atrophy, progressive supra-nuclear palsy, cortico-basal degeneration, etc.

Symptoms include:

1. Motor symptoms (tremors, bradykinesia, rigidity, postural instability)
2. Non-motor symptoms (cognitive impairment, mood changes, sleep disturbances)

Treatment

1. Medications (dopamine replacement therapy, anti-cholinergics)
2. Deep brain stimulation surgery (DBS)
3. Physical therapy and rehabilitation

DBS is a surgical invasive neuro modulation procedure performed by a Functional Neurosurgeon. There are strict eligibility criteria and Contraindications for DBS.

Important is to recognize Parkinsonism early and start treatment early for better outcome.

• DR BHAVNA PARIKH spoke on CANCER CARE IN THE ELDERLY - HOW & HOW MUCH.

She explained the importance of "Geriatric Assessment" and stressed that it should be done as it can improve the outcome of the patient.

She also explained about

- Practical Geriatric Tool
- Assessment of function - by questioning daily activities of the patient, whether the patient can use any gadgets.
- History of:
 - 1) Any comorbidity



- 2) Any falls - Even a single fall is important
- 3) Depression
- 4) Cognition: Mini - Cog tool
 - a] Patient is asked to repeat any 3 words
 - b] Patient is asked to draw clock and show time.
 - c] Patient is then asked to repeat those 3 words.
- 5) Nutrition is also important.

In conclusion :-

- Geriatric Oncology is an established specialty now
- In view of increasing geriatric population in India, it is necessary to have elderly centric Healthcare policies and Healthcare facilities.
- Every geriatric cancer patient must undergo geriatric assessment before starting Cancer Treatment.
- This will result in informed treatment decision, avoidance of over or under treatment and better communication.
- This geriatric assessment by an Oncologist will certainly help decide "How" and "How much" treatment for every Elderly Cancer patient.

• DR HEMANT THACKER spoke on VACCINATION IN THE ELDERLY.

It is a well known fact that those who suffer from Herpes Zoster are prone to getting Post Herpetic Neuralgia. The burning and pain along the affected dermatome, after the lesions have healed can be so severe and can last for even 6 months to 1 year.

So, Dr Thacker emphasized that Prevention is better than Cure

He explained in detail about the vaccine Shingrix. All persons above 50 years of age, especially those with co-morbidities are advised to take this vaccine, which is administered as two doses. This vaccine can be administered along with other vaccines on the same day.

• SLEEP PROBLEMS IN THE ELDERLY by DRAKANKSHA MAHESHWARI - RATHI

Insomnia can be Acute, Chronic and insomnia along with psychiatric disorder.

Restless leg syndrome and Obstructive Sleep Apnoea can also lead to Insomnia.

Evaluation of sleep history:

It is very important to ask every patient about night time sleep as sometimes patients inadvertently end up detailing about daytime sleep.

Management of insomnia is a multi pronged approach.

A) Non pharmacological strategies (Cognitive behavioral intervention) recommended as first line approach for management of Insomnia by various guidelines.

- Sleep hygiene
- Stimulus control instructions
- Relaxation training
- Sleep restriction therapy
- Sleep hygiene
- Cognitive therapy • Chronotherapy

B) Pharmacotherapy

Dr Rathi detailed about different drugs available for management of Insomnia and their mechanism of action. She gave a good comparison between Z-drugs and BDZs using parameters like mechanism of action, next day sedation, cognitive & psychological impairment, REM sleep, Slow wave sleep and Sleep architecture.

She detailed molecules like Melatonin, Zolpidem, Doxepin, Quetiapine, etc - their action, side effects and the correct method to choose the right drug for the patients.

• DR ZUBIN VAID spoke on a interesting topic of POLYPHARMACY DEPRESCRIBING

5 or more drugs is polypharmacy and 10 or more drugs is Extreme polypharmacy.

Dr Vaid explained that today patients are given multiple drugs for multiple symptoms. Many a times, a patient visits

number of specialists for various ailments and in turn they end up taking multiple drugs of same category of drugs.

He said, it is the duty of treating physician to reduce the drugs from the prescription which are unwarranted or repeated.

Deprescribing Polypharmacy is necessary as it can lead to:

- 1) Adverse Drug Reactions
- 2) Drug to drug interactions
- 3) Drug to disease interaction
- 4) Poor compliance
- 5) Hospital admissions
- 6) Increased costs
- 7) Increased Mortality

Take Home Message:

All of us must consciously make effort to Deprescribe Polypharmacy so as to reduce burden on patient and improve outcome.

• **OSTEOPOROSIS by DR SHAILAJA SABNIS**

There is Primary Osteoporosis and Secondary Osteoporosis.

Ratio of Osteopenia: Osteoporosis is 3:1

T score - It is the score which is compared with younger individual whereas Z score is compared with same age individual.

Osteoporosis is characterized by:

1. Weakened bones: Reduced bone density and quality
2. Increased fracture risk: Higher risk of breaks, especially in hips, spine and wrists

Risk Factors

1. Ageing
2. Hormonal changes
3. Family history
4. Low calcium and vitamin D intake
5. Sedentary lifestyle
6. Smoking & excessive alcohol consumption

Prevention and Management

1. Calcium and vitamin D supplements
2. Regular exercise: Weight-bearing and resistance training
3. Healthy diet
4. Medications:

Dr. Sabnis gave a detailed presentation on different drugs used in management of Osteoporosis, Antiresorptives like

Bisphosphonates, Calcitonin, Estrogen & Progestin, Selective estrogen receptor modulators (SERMs), Teriparatide, Denosumab, etc.

Take Home Message

Osteoporosis can significantly impact quality of life, increasing the risk of fractures, disability, and mortality. Early detection and management are crucial.

• **DIABETES IN THE ELDERLY by DR TEJAS SHAH**

Diabetes in the elderly can lead to various complications and challenges.

Key aspects include

1. Increased risk of complications: Cardiovascular disease, kidney disease, neuropathy, and vision problems
2. Polypharmacy: Managing multiple medications for diabetes & other conditions
3. Cognitive decline: Diabetes may contribute to cognitive impairment or dementia
4. Functional decline: Increased risk of disability and loss of independence

Management Considerations:

1. **Individualized care:** Tailoring treatment plans to the individual's needs and health status
2. **Blood sugar monitoring :** Regular monitoring to prevent hypoglycemia and hyperglycemia
3. **Lifestyle modifications:** Healthy diet, regular exercise, and stress management
4. **Medication management :** Careful selection and monitoring of medications to minimize side effects and interactions.

Dr Tejas Shah gave a detailed presentation about oral hypoglycemic agents as well as various options & guidelines to initiate insulin in the elderly. Proper management of diabetes in the elderly can help prevent complications, improve quality of life, and maintain independence.

Take Home Message

- Do not be very strict with lowering HbA1c but rather take care of symptomatic

hyperglycemia.

- Regular Foot Examination

• **THYROID PROBLEMS by DR ASSIM MALDAR**

Thyroid problems in the elderly can be subtle and may manifest differently than in younger individuals.

1. **Hypothyroidism:** More common in older adults, often presenting with fatigue, weakness, and cognitive decline.
2. **Hyperthyroidism:** Can be caused by thyroid nodules, Graves' disease, or excessive thyroid hormone replacement.

Challenges

1. **Atypical symptoms:** Elderly individuals may exhibit non-specific symptoms, such as cognitive decline, depression or weight loss.
2. **Comorbidity :** Thyroid problems can be masked by or contribute to other age-related health issues.

Importance

1. **Regular screening:** Periodic thyroid function testing can help identify thyroid problems in older adults.
2. **Proper diagnosis and treatment:** Timely diagnosis and treatment can improve quality of life and prevent complications.

Thyroid hormone results can be affected by various medications, which can alter thyroid function tests or thyroid hormone levels.

1. Amiodarone: Anti-arrhythmic medication that can cause hypothyroidism or hyperthyroidism
2. Lithium: Mood stabilizer that can cause hypothyroidism
3. Interferons: Immunomodulatory medications that can cause hypothyroidism or hyperthyroidism
4. Tyrosine kinase inhibitors: Cancer medications that can cause hypothyroidism
5. Estrogen: Can increase thyroxine-binding

globulin (TBG) levels, affecting thyroid hormone measurements

6. Androgens: Can decrease TBG levels, affecting thyroid hormone measurements
7. Glucocorticoids: Can suppress TSH production, affecting thyroid function tests
8. Dopamine: Can suppress TSH production, affecting thyroid function tests

Most commonly used medications like Metformin and Biotin can affect thyroid assay levels.

• **HYPERTENSION IN GERIATRICS by PROF DR KETAN MEHTA**

Hypertension in geriatrics is a significant concern due to its impact on cardiovascular health and potential for complications.

Challenges

1. Increased risk of cardiovascular disease: Hypertension can lead to heart failure, stroke, and kidney disease.
2. Age-related changes: Vascular stiffness & decreased baroreceptor sensitivity can affect blood pressure regulation.
3. Poly-pharmacy: Older adults often take multiple medications, increasing the risk of interactions and side effects.

Management

1. Lifestyle modifications: Healthy diet, regular exercise, stress management, and weight control.
2. Medication management: Careful selection and monitoring of anti-hypertensive medications to minimize side effects and interactions.
3. Regular monitoring: Frequent blood pressure checks to adjust treatment plans as needed.

Things to remember - Pointers during Management

- History of any falls
- Check for underlying Dementia
- Check for Frailty
- Keep in mind Systolic Blood pressure

- Postural Hypotension
- Polypharmacy

Take Home Messages

- Correct method to check blood pressure is in the standing position.
- Proper management of hypertension in older adults can help reduce the risk of cardiovascular complications and improve quality of life.

• Skin Problems in the Elderly by Dr R D Kharkar

The various problems seen in old age :

- 1) Thinning of skin
- 2) Sagging of Skin
- 3) Wrinkles
- 4) Broken blood vessel leading to easy bruising
- 5) Dryness and Itching
- 6) Skin Infection
- 7) Pressure or Decubitus ulcers
- 8) Skin cancers

Co-morbidity of heart and kidney affects skin health.

Dr Kharkar showed photos of common skin

conditions in the elderly and elaborated about the treatment and its outcome.

Some of the skin conditions which were discussed included:

- 1) Idiopathic Guttate Amelanosis
- 2) Rosea
- 3) Seborrheic Keratosis
- 4) Delayed Birth marks or Nevi
- 5) Ichthyosis
- 6) Cherry Angiomas
- 7) Tinea Incognito
- 8) Acanthoma
- 9) Exfoliative dermatitis
- 10) Bullous Pemphigus

Routine Skin Care

- Gentle Cleaning
- Moisturizing
- Use of Anti oxidants
- Retinoid cream to stimulate Collagen
- Oral Collagen
- Exfoliate gently

Take Home Messages

- SPF in sunscreen prevents from sun burns whereas PA (Protection grade of UVA rays) protects from skin ageing and long term damage
- Best moisturizer is Coconut Oil







DR. MADHUBALA CHINCHALKAR
Hon. Secretary

DR. BHAVANA PATEL
Hon. Jt. Secretary

DR. BHAVIKA HOTCHANDANI
Hon. Secretary, IMA AMS

DR. ABHILASHA PATNEKAR
Managing Committee Member

DR. NITIN MEHTA
Managing Committee Member

INDIAN MEDICAL ASSOCIATION - MUMBAI WEST ACADEMY OF MEDICAL SPECIALITIES BRANCH CHAPTER

Presents

“RESPIRATORY UPDATE”

Day & Date : **SUNDAY, 17TH AUGUST 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 - 09.15 am	Registration & Breakfast	
09.15 - 09.30 am	Welcome & Inauguration	President, Dr. Rashmi Mehta Hon. Secy., Dr. M. Chinchalkar
09.30 - 10.00 am	What has pep devices to offer for bronchiectasis?	Dr Pranali Patil
10.00 - 10.30 am	To be announced	
10.30 - 11.00 am	Has triple therapy changed the airway disease management?	Dr Tejas Deshpande
11.00 - 11.30 am	Solution for Difficult Mucus	Dr Vaibhav Kubal
11.30 - 12.00 noon	Role of Newer LABAs on COPD	Dr Pankaj Bang
12.00 - 12.30 pm	How Maxiflo maximizing the scope of Asthma Management	Dr Saurabh Mandilwar
12.30 - 01.00 pm	India's Contribution to the Airway Device World	Dr Amit Gawande
01.00 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.

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DR. RASHMI MEHTA

President

DR. MADHUBALA CHINCHALKAR

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DR. KINJAL MODI

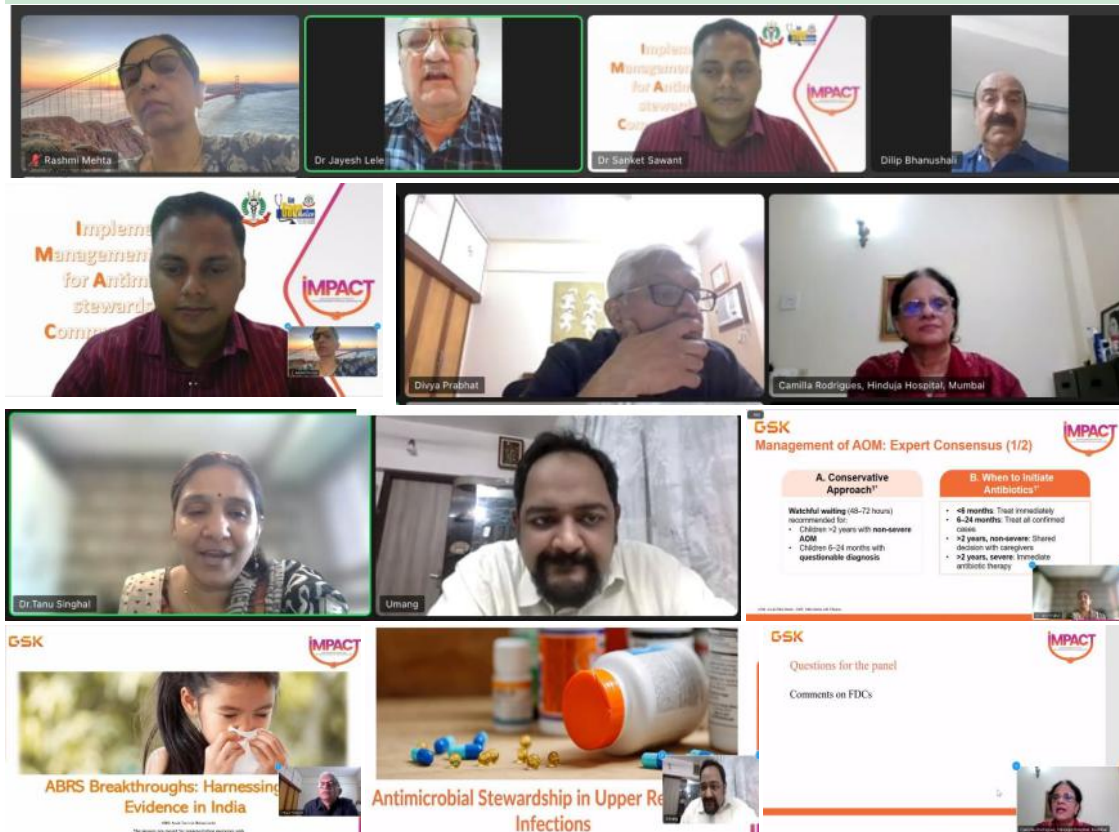
Program Convenor & Chairman

DR. BHAVIKA HOTCHANDANI

Hon. Secretary

IMA Mumbai West AMS Branch Chapter

Report : Webinar "IMPACTing Management of Upper Respiratory Tract Infections"



IMA Mumbai West in collaboration with IMA HQ & GSK hosted the second webinar **"IMPACTing Management of Upper Respiratory Tract Infections"** on **Sunday, 20th July, 10 am onwards**.

Dr Jayesh Lele, past HSG & Trustee IMA Mumbai West was the convenor. He welcomed everyone. National President IMA HQs, Dr. Dilip Bhanushali joined the webinar and gave his blessings. The GSK team then introduced all the speakers and panelists.

Dr.Tanu Singhal, Paediatrician & Infectious Diseases Specialist was the first speaker. She very clearly and lucidly took us through the diagnosis, clinical signs and symptoms of acute otitis media management and discussed about the right antibiotic & the right choice for the same.

The next speaker was Dr. Divya Prabhat, ENT

surgeon. He talked about Acute Bacterial Rhinosinusitis & the management for the same. For the panel discussion, we were joined by Dr. Camilla Rodrigues, Consultant Microbiologist. The moderator was Dr. Umang Agrawal, Infectious diseases specialist.

The discussions were on antimicrobial stewardship and topics such as FDCs and OTC menace in fostering anti microbial resistance, use of antibiotics in bacterial v/s viral infections and Vaccination were covered.

Over 5000 delegates had joined from all over India. An interesting question and answer session followed. GSK team thanked everyone. Vote of thanks was given by President IMA Mumbai West Dr.Rashmi Mehta.

DR. RASHMI MEHTA
President

AAO GAON CHALEN



REPORT : AAO GAON CHALEN



The first visit of the year under the Aao Gaon Chalen project was organised by IMA Mumbai West on Sunday, 13th July, 2025 at Village Borgaon Khurd, Khalapur Taluka, near Karjat. In partnership with Hari Aum Trust, a group of philanthropists, IMA Mumbai West conducted the following activities:

1. Health Check up of about 672 school students. They were screened for illnesses by their teachers and brought for check up
2. Apart from General check up, Dental and Eye check up was done for children with those complaints;
3. Packed lunch boxes were given for 3242 school children from 65 schools in the area with mainly tribal population.

We are grateful for the following doctors and volunteers who attended the camp:

IMA Mumbai West members:

Dr. Akil Contractor, Dr. Razia Contractor Dr. Subash Gajria, Dr. Rashmi Mehta, Dr. Madhubala Chinchalkar, Dr. Shobha Ahuja, Dr. B. C. Chinchalkar, Dr. Neeta Shah, Dr. K B Joshi, Dr. S K Joshi, Dr. Renu Budhwani, Dr. Hansa Bheda, Dr. Samiksha Sheth, Dr. Ashok Kothari & Dr. Hemant Raul.

IMA Mumbai West staff: Sandeep Bhadwalkar. In addition, we had 1 doctor & 2 Optometrists from Dr. Kulin Kothari and a team of Dental surgeons & Hygienists.

The following items were distributed to all the Children as done every year

- Toothpaste, School Bags, English Learning Books, Footwear, Hygiene pads
- Bicycles were given to all the senior children of 9th & 10th standards.
- Smart watches & track suits were given to the remaining children (those who were not give last time.
- Sholapuri chaddars were Given to all the children.
- Along with Hari Aum Trust, Steel Cupboards were given to Schools, fund were given to School roof / toilet repair.
- Rooftop solar was provided to all schools.



DR. RASHMI MEHTA

President

DR. SUBASH GAJRIA

Chairperson,
Public Health &
Community Welfare

AAO GAON CHALEN



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1. No concession is applicable for colour pages except bulk booking.
2. The tariff for 6 monthly and annual insertions will be applicable provided the matter is not changed and full payment is made in advance. (for 5 months - 1 month free)
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.**"

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