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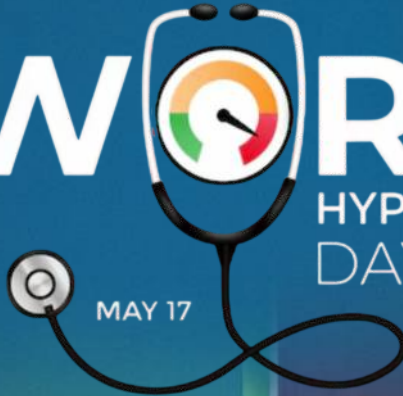
MEDICAL e IMAGE

OF IMA MUMBAI WEST

President : DR. BIMAL N. SHAH

Hon. Secretary : DR. BHAVNA PATEL

WORLD



HYPERTENSION DAY



MAY 17



WORLD ASTHMA DAY

10TH MAY 2026



MDI with Spacer



Metered Dose Inhalers



Breath Actuated Device

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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 2026 - 2027

- IMA - CGP / AMS Life Members of our Branch : Rs. 1,770/- } before
- IMA Members : Rs. 3,540/- } 31st May
- IMA Members - per program } (Tues., : Rs. 200/-
- Eligible Non Members - per programme } Thurs. & Sun.) : Rs. 500/-
- Charges for MMC Accreditation : Rs. 100/-
 (For the accredited CMEs - per programme)
- 18% GST Charges are included in the above rates

DR. BIMAL N. SHAH
President

DR. BHAVNA PATEL
Hon. Secretary





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From the President's Pen...

Dear Esteemed Members,

It gives me immense pleasure to present yet another edition of Medical Image, a reflection of our shared commitment to knowledge, compassion, and progress in the field of medicine. Each month, this magazine stands as a testament to the dedication and dynamism of our branch IMA Mumbai West.

Since the time I have taken over as President, our association has witnessed a series of enriching academic programs, health initiatives and collaborative events. These activities not only strengthen our professional knowledge but also reinforced our shared mission of delivering quality health care to the society. I extend my heartfelt appreciation to all the members who contributed their time, expertise and enthusiasm in making these programs successful.

IMA MW in collaboration with Sanofi did an event with International speaker Dr.Prof. Emilia Ghelardi on Gut Microbiota Summit on 26.03.2026 at Hotel Taj, Santacruz.

Apart from our regular CMEs on Thursdays, we had a conference on WHO Day on Sunday, 05.04.2026 on Pain Management by Dr. Mahesh Menon. Another event was a cultural program led by convenor Dr. Rohini Badwe on Sunday, 19.04.2026 at Goregaon Sports Club with theme - **Jal hai to kal hai, aur fit hai to Hit hai**, with enthusiastic participation of Dr. Nilesh Panchal & Dr.Kshama Vibhakar.

We had our MMC Elections scheduled on 26.04.2026 & entire managing committee contributed to the best of their capacity.

Our recent events have highlighted the spirit of collaboration and excellence. From insightful CMEs to impactful health initiatives, every effort reflects our



unwavering commitment to patient care and professional growth. I extend my heartfelt appreciation to all members who contributed their time and expertise.

Looking ahead, we have an exciting lineup of academic programs, workshops, and social initiatives.

1. Conference on account of World Asthma Day, Sunday, 10.05.2026, Convenor : Dr.Kinjal Modi
2. Hypertension Conclave on account of World Hypertension Day, Sunday, 17.05.2026, Convenor: Dr. G.P. Ratnaparkhi
3. A Tribute to Asha Bhosale : a musical event, Sunday, 17.05.2026, 2.00 pm onwards, Convenor : Dr. Rohini Badwe

I encourage each one of you to actively participate and make the most of these opportunities.

Medicine is not just a profession - it is a noble calling that binds us with responsibility and purpose. As we move forward, let us continue to uphold the values of integrity, compassion, and excellence that define IMA. Together, we can inspire change and make a meaningful difference in society.

“चलो कुछ ऐसा करें कि वक्त भी याद रखे,
हमारी कोशिशों को ये जहां आबाद रखे।”

Wishing you all good health, success, and continued enthusiasm in your professional journey.

Warm regards,

DR. BIMAL N. SHAH

President

Indian Medical Association

WEEKLY SCIENTIFIC PROGRAMME

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

TUESDAY - THURSDAY at 2.30 p.m. Sharp.

DATE	Topic	Speaker
07.05.2026	MEDICINE UPDATE	
	Lifestyle Modifications as front line Therapy: MASLD	Dr. Jayant Barve
	Beyond the Wheal Management of Urticaria	Dr. Kshama Vibhakar
	Transplant Versus Dialysis making the right Choice	Dr. Sharad Sheth
12.05.2026	WORLD CHRONIC FATIGUE SYNDROME AWARENESS DAY	
	Chronic Fatigue Syndrome	Dr. Sanjith Saseedharan
	AntiVEGF Era and Beyond – Emerging Therapies for Diabetic Macular Edema and Proliferative Retinopathy	Dr. Vaishal Kenia
	Diabetic Hypertension Cardio Renal Metabolic Cross Fire	Dr. Girish Parmar
14.05.2026	MEDICINE UPDATE	
	Semaglutide in CKD : Navigating Renal Protection Role of Robotic Surgery in Renal Mass Portfolio Construction for Doctors "From Symptoms to Scans"Warning signs in Neuro and CT/MRI made easy	Dr. Arun Shah Dr. Devendra Patil Mr. Vinit Jain Dr. Yash Gore

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

- ▶ CGP, AMS & IMA Members : **Rs. 200/-** (Not Paid Annual Fees) (Weekly Lectures).
- ▶ Eligible Non Members : **Rs.500/-** per lecture.
- ▶ CHARGES FOR MMC CREDIT HOURS (FOR THE ACCREDITED CMES) **Rs. 100/-**.
- ▶ 18% GST Charges are included on the above rates.

DR. BIMAL N. SHAH

President

DR. BHAVNA PATEL

Hon. Secretary

DR. KINJAL MODI

Chairman

IMA - Mumbai West AMS Branch Chapter

DR. RENU BUDHWANI

Hon. Secretary

DR. PRANITA BHATTE-WORLIKAR

Asst. Director of Studies

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

DR. HEMAL MEHTA

Asst. Secretary





From Hon. Secretary's Desk...

Hello Friends,

The summer heat is scorching, increasing day by day. Hope all are well hydrated and taking good care of health.

It is indeed a pleasure to update the members of the branch with the activities at IMA MW during last month.

Our IMA CGP Sub Faculty and AMS Branch Chapter have been regularly arranging important "Scientific Dissemination" updates and are also playing a lead role to raise funds for various activities at IMA. The other sub committees are also trying to arrange sponsored programs.

The year has started with excellent Academic Feast, as all the 5 Thursdays of April month we had CMEs with 4 or 5 talks. We celebrated "WHO Day" on Sunday, 5th April by arranging a seminar on "Pain Management". The theme was, "Personalised Pain Medicine : Precision Meets Compassion", Bringing Awareness about Empathetic Care and Tailoring Treatment Covering Multimodality".

All the CMEs and Scientific updates were well attended and have been appreciated for the speakers and the topics covered. I would take this opportunity to thank entire scientific team for their relentless efforts to conduct knowledge imparting CMEs.

Public Health & Community Welfare Sub Committee - IMA Mumbai West organized Free HPV Vaccination Camp for Special Children of Shruti School, Juhu in collaboration with Rotary Club of BW on 9th April 2026, to bring awareness regarding the importance of giving HPV Vaccine to

Girls & boys to prevent HPV related diseases and Cancer.

IMA Mumbai West Cultural & Sports Sub Committees organised super Swimming Meet followed by Breakfast at Goregaon Sports Club on Sunday, 19th April 2026, having awesome cause: 'Conserve Water & Fit hai to Hit hai' – all for Free for our IMA Members & family. Under membership drive committee enrolled 22 new members.

A variety of CMEs and Cultural programs are planned for the 2 weeks, ahead till 17th May i.e. before vacation.

I urge all members to attend the CMEs and various programs in large numbers to support and we welcome your valuable inputs for innovative events.

I thank all the Trustees, President, Office Bearers and Managing Committee Members for unstinted support.

Enjoy the summer vacations. We will be back soon with new event.

As rightly said, 'Learning to Pause' before taking a decision is called, 'A super power'. We live in an era, where we are all in a hurry. And we think about speed. Speed is good but learning to pause allows you to get new information, frame your response and will make you look wiser...

Thanking all,
With warm regards,
Long live IMA!

DR. BHAVNA PATEL
Hon. Secretary

REPORT : HPV VACCINATION

Public Health & Community Welfare Sub-committee of Indian Medical Association- Mumbai West branch in association with Rotary Club -BW organised **HPV Vaccination Camp for Shruti School Students on 9th April, 2026** from 10 am onwards, with cost being sponsored by the IMA Dr. Sarita Kapoor & Dr. Amita Desai.

Dr. Jyoti Soneji & Dr. Jagruti Sanghvi - the Pediatricians, Dr. Subash Gajria, Dr. Rashmi Chopra, Dr. Nitin Mehta & few of our team doctors administered the HPV vaccine to the students.

Vaccines were administered to 30 students with the consent of their parents in their presence. A special counselling session was arranged earlier for their parents to make them aware of the pros and cons of the HPV Vaccination by IMA Secretary Dr. Bhavna Patel

We made all children sit for some time, gave a glass of glucon-electral drink. Public Health and Community Welfare Sub-Committee Chairman of IMA-MW Dr. Akil Contractor distributed chocolates to all children. The Emergency tray with medicines was also kept ready. The vaccination process went off very smoothly. Also, the Executive Health Officer - BMC Dr. Daksha Shah was informed about our worthy Project.

RCBW President Rtn Jayant Sanghvi together with the Medical Director attended the camp. IMA President Dr. Bimal Shah thanked the Convener Dr. Akil Contractor and appreciated the sincere & dedicated efforts of Dr. Bhavna Patel & Dr. Manoj Patel for their initiative and for organising this Free vaccination drive. In the end, Shruti School Principal presented token (Things made by Shruti Children) of appreciation to our Doctors.



DR. BIMAL SHAH
President

DR. BHAVNA PATEL
Hon. Secretary

WHO DAY



WHO DAY REPORT - IMA Mumbai West Conference on "Pain Management" | 5th April 2026

A WHO Day Conference on **Pain Management** was successfully conducted at IMA Mumbai West on **5th April 2026**. The program was academically enriching and highly relevant to daily clinical practice. The International Association for the Study of Pain (IASP) has declared 2026 as the Global Year of Neuropathic Pain, highlighting the growing importance of effective pain evaluation and management.

The conference began with a talk by Dr Deepak Chaturvedi on "Teamwork in Pain Medicine: How to Integrate Pain Medicine into Practice." He emphasized the importance of a multidisciplinary approach in managing pain. Today, various interventional nerve blocks are performed by trained experts for conditions such as knee osteoarthritis, migraine, and spondylitis. The goal is to achieve effective pain relief with minimal complications, thereby improving quality of life. Timely interventional pain management also helps reduce the economic burden on families.

The second talk was delivered by Dr Sweta Salgaonkar on "Shocking & Burning: How to Identify and Treat Various Types of Neuropathic Pain." She elaborated on clinical features such as allodynia, hyperalgesia, paraesthesia, hypoesthesia, and dysesthesia, and discussed challenging conditions like trigeminal neuralgia and severe dental or wisdom tooth pain, often considered neurological nightmares. She highlighted the diverse causes of pain, including inflammation, infection, nerve entrapment, neuropathy, trauma, metabolic disorders, toxins, and drug-induced mechanisms. She stressed that India is currently witnessing an epidemic of pain, and that physical, emotional, social, psychological, and spiritual aspects must all be addressed. Effective pain management is an ethical responsibility of every doctor.

The third lecture by Dr Dhvani Walavalkar, titled "Painkiller: A Mechanism-Based Treatment Approach," focused on identifying the underlying mechanism of pain to guide therapy. She classified pain into nociceptive, neuropathic, mixed, and nociplastic types. She discussed both opioid and non-opioid analgesics, emphasizing the principle of "Start low, go slow" to ensure safety and efficacy while improving patient quality of life.

The fourth session by Dr Aparna Ramkrishnan explored "Pain and Depression - A Two-Way Street." She highlighted that pain is not only a physical sensation but also an emotional and psychosocial experience, as recognized by IASP. With over 332 million people worldwide suffering from depression, and approximately 1 in 20 individuals affected in India, the overlap between pain and mental health is significant. She explained that somatic symptoms, such as migraine and chronic back pain, are common presentations in India. Neurobiological pathways involving the amygdala, neurotransmitter dysregulation, and neuroinflammation contribute to both depression and pain. Depression further aggravates central sensitization, while sleep disturbances impair the body's restorative processes.

This was followed by an interactive panel discussion involving all speakers, where practical clinical scenarios were discussed, providing valuable insights into real-world pain management strategies.

The final three talks were delivered by Dr Mahesh Menon, covering important advances in interventional and supportive pain care.

WHO DAY



In his first talk on Orthobiologics, he explained the role of autologous and allogenic biological substances that promote healing and tissue regeneration. These therapies have potential applications in conditions such as tennis elbow, rotator cuff tears, plantar fasciitis, wrist pain, and pain while standing. Orthobiologic injections, often derived from platelet-rich plasma (PRP) containing concentrated growth factors, are administered under imaging guidance and have shown success in nearly 80% of cases.

His next lecture focused on Radiofrequency Ablation, a technique that enables precise delivery of controlled energy to targeted tissues, resulting in selective nerve destruction to relieve chronic pain, particularly back pain. He also discussed genicular neurotomy for osteoarthritic knee pain and emphasized the importance of strengthening the quadriceps and hamstrings as a preventive and supportive strategy.

In his concluding talk on “Palliative Care in the 21st Century - The Art of Home-Based Pain and Palliative Care,” he highlighted the growing need for compassionate end-of-life care in view of increasing life expectancy. Home-based palliative care enables patients to spend their final days in comfort, dignity, and in the presence of their loved ones.

The Pain Management Conference witnessed full-house attendance and was highly appreciated by the delegates for its practical insights and academic depth.

DR. PRANITA BHATTE WORLIKAR

Asst. CGP Director, IMA Mumbai West

WHO DAY



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**INDIAN MEDICAL ASSOCIATION - MUMBAI WEST
ACADEMY OF MEDICAL SPECIALITIES BRANCH CHAPTER**
Presents **“WORLD ASTH(MA) DAY”** GINA theme 2026
**“Access to Anti-Inflammatory Inhalers for Everyone with
asthma - Still an Urgent Need”**



Day & Date : SUNDAY, 10TH MAY 2026

Time : 08.30 A.M. Onwards.

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

PROGRAM

Time	Topic	Speaker
08.30 - 09.00 am	Registration & Breakfast	
09.00 - 09.05 am	Welcome & Inauguration	President, Dr. Bimal N. Shah Hon. Sec., Dr. Bhavna Patel
09.15 - 09.35 am	Why do I need to learn Asthma in My Practice?	Dr. Agam Vora
09.40 - 10.00 am	How to Quickly Diagnose Asthma for Family Physician	Dr. Tampi P S
10.05 - 10.35 am	Panel Discussion : Dilemma of Devices in Drugs (Moderator : Prof. Dr. Salil Bendre)	Dr. Parag Mehta Dr. Aya Bansal Dr. Prajay Lunia
10.40 - 11.00 am	How to Interpret Spirometry: Practical Approach	Dr. Kinjal D Modi
11.05 - 11.25 am	Steroids: Real Dhurandhar of Asthma Management?	Dr. Jayalakshmi
11.30 - 11.55 am	Key Note Speaker: Asthma in India from My Eyes	Dr. Anuradha Shah
12.00 - 12.30 pm	Panel Discussion : Asthma at War withother Systems (Moderator : Dr. Kinjal Modi)	Dr. Ketan Mehta Dr. Bimal Shah Dr. Rashmi Mehta
12.30 - 01.00 pm	Panel Discussion : Asthma Attack in OPD and Later (Moderator : Dr. Saurabh Mandilwar)	Dr. Anuradha Shah Dr. Arvind Kate Dr. Caroline Simon
01.00 - 01.10 pm	Can Asthma be Managed Beyond Medicines?	Dt. Noopur Mehta
01.10 pm onwards	Vote of Thanks / Lucky Draw & Lunch	

- **REGISTRATION CHARGES :**
 - All IMA Members : **FREE** but a must
 - Eligible Non Members : **Rs. 500/-**
- MMC ACCREDITATION HAS BEEN APPLIED FOR.
- CHARGES FOR MMC CREDIT HOURS (FOR THE ACCREDITED CMEs) Rs. 100/- APPLICABLE TO ALL IMA MEMBERS DESIROUS OF CREDIT HOURS.
- 18% GST Charges are included in the above rates.

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DR. BIMAL N. SHAH

President

DR. BHAVNA PATEL

Hon. Secretary

DR. KINJAL MODI

Chairman, IMA AMS & Program Convenor

DR. RENU BUDHWANI

Hon. Secretary, IMA AMS



INDIAN MEDICAL ASSOCIATION - MUMBAI WEST of AMS BRANCH CHAPTER & C.G.P. SUB FACULTY

Presents **“WORLD HYPERTENSION DAY”**

theme 2026

“Controlling Hypertension Together!”

Day & Date : SUNDAY, 17TH MAY 2026

Time : 08.30 A.M. Onwards.

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



PROGRAM

Time	Topic	Speaker
08.30 - 09.15 am	Registration & Breakfast	
09.15 - 09.25 am	Welcome & Inauguration	President / Hon. Secretary
09.30 - 10.10 am	Hypertension Management : What you must Know ?	Dr. G P Ratnaparkhi
10.15 - 10.40 am	Approach towards Management of Hypertension: Investigations and Treatment	Dr. Nitesh Karnire
10.45 - 11.10 am	Kidney And Hypertension	Dr. Sandip Prabhakar Bhurke
11.15 - 11.40 am	Endourological Causes of Hypertension : Approach & Management	Dr. Madhur Maheshwari
11.45 - 12.00 noon	Newer Anti Hypertension Drugs	Dr. Ramesh Dargad
12.05 - 12.20 pm	Role of Interventional Cardiology in Hypertension	Dr. G P Ratnaparkhi
12.25 - 12.40 pm	PANEL DISCUSSION : ASK ANY THING ABOUT HYPERTENSION	
12.45 pm onwards	Vote of Thanks / Lucky Draw & Lunch	

- **REGISTRATION CHARGES :**
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- CHARGES FOR MMC CREDIT HOURS (FOR THE ACCREDITED CMEs) Rs. 100/- 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 SMS / WA : 7045452656

DR. BIMAL N. SHAH

President

DR. BHAVNA PATEL

Hon. Secretary

DR. GAJANAN RATANAPARKHI

Program Convenor

DR. KINJAL MODI

Chairman

IMA - Mumbai West AMS Branch Chapter

DR. RENU BUDHWANI

Hon. Secretary

PRANITA BHATTE WORLIKAR

Asst. Director of Studies

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

DR. HEMAL MEHTA

Asst. Secretary



CONGRATULATIONS



President, Dr. Bimal N. Shah is bestowed upon the most Prestigious Honour of Andheri Medical Association, **"AMA RATNA"** on 26.04.2026 on account of Exemplary work and services in the field of Medicine, Academic achievements, active contribution in Social & Charitable organizations and above all sincere, meritorious & dedicated contribution towards Andheri Medical Association since 1990 onwards.



DR. JAYESH LELE sir, Past HSG IMA HQ & Trustee IMA Mumbai West branch for having delivered a comprehensive talk on **'Young Doctors' Guide to lead with authority'** at the recently concluded **"YOUTHCON 2026", IMA JDN NATIONAL CONCLAVE EAST ZONE on 19TH APRIL, 2026**. The talk covered a spectrum of topics on leadership skills including communication, difficult conversations and high pressure situations, conflicts, burnouts, resilience stress and time management.



Past President & Hon. Secretary, **DR. RASHMI MEHTA** was felicitated at the hands of President FOGSI Dr. Bhaskar Pal & Immediate Past National President IMA Dr. Dilip Bhanushali (for being part of the commitment towards elimination of Cervical Cancer in our country that led to the mammoth completion of training 31,500 IMA members in HPV vaccination) at the **'Felicitation and Celebration Ceremony'** of the joint collaboration of **FOGSI-IMA-ACS-CFI on 1st May, 2026** at The Orchid Hotel, Mumbai



We are proud of you.

DR. MADHUBALA CHINCHALKAR
Vice President

DR. BHAVNA PATEL
Hon. Secretary



REPORT : 235TH CENTRAL WORKING COMMITTEE MEETING



The 235th Central Working Committee meeting of IMA HQ was held on 2nd & 3rd May, 2026 at Ramoji Film City, Hyderabad. Important issues were discussed such as IMA HQ New Building, CPA & Criminal Negligence, Clinical Establishment Act, PCPNDT, Mixopathy, IMA Job portal for IMA members and IMA JDN members, HPV vaccination.

Launch of Consensus Adult Immunization Guidelines was done by National President IMA HQ Dr Anil Kumar Nayak. IMA Mumbai West is one of the lead organisations in the formulation of this booklet."

Dr. Jayesh Lele, Chairman National Health Scheme, IMA HQ made a presentation on CPA (Consumer Protection Act) & Criminal Negligence.

Dr. Shobha Ahuja presented her report as Dean CGP.

The following members attended the meeting : Dr. Jayesh Lele, Dr. Shobha Ahuja & Dr. Rashmi Mehta.

DR. RASHMI MEHTA

Imm. Past President



IMPORTANT ANNOUNCEMENT

IMA HQS & MAHARASHTRA STATE & MUMBAI WEST BRANCH have reduced their contribution from the **membership fees as a Special Membership Drive** to be conducted from **01ST APRIL 2026 TO 15TH MAY 2026**. It is a golden opportunity to become a member of this esteemed organisation at reduced rates.

	Current Rates	Discounted Rates including 18% GST from 01.04.2026 - 15.05.2026
Single Life Membership	Rs. 21,188/-	Rs. 16,187/-
Couple Life Membership	Rs. 32,665/-	Rs. 24,943/-
Club Life Membership	Rs. 12,701/-	Rs. 9,563/-

DESCRIPTION	01ST APRIL 2026 TO 15TH MAY 2026 (incl. tax)	
Single Life Membership	Rs. 16,187/-	
Cheque in favour of	IMA Mumbai West	: Rs. 5,133/-
	IMA Maharashtra State	: Rs. 11,054/-
Couple Life Membership	Rs. 24,943/-	
Cheque in favour of	IMA Mumbai West	: Rs. 8,372/-
	IMA Maharashtra State	: Rs. 16,571/-
Club Life Membership	Rs. 9,563/-	
Cheque in favour of	IMA Mumbai West	: Rs. 3,456/-
	IMA Maharashtra State	: Rs. 6,107/-

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. BIMAL N SHAH
President

DR. BHAVNA PATEL
Hon. Secretary

REPORT OF CULTURAL AND SPORTS SUB COMMITTEE JAL HAI TO KAL HAI AND FIT HAI TO HIT HAI



19th April was a day of joint venture by Cultural and sports committee for the first time in IMA MW branch. Saving water by judicious use of water is highly essential because it is a finite source. That is why **JAL HAI, TO KAL HAI...**



Also it is highly essential for doctors to take care of their own health. Swimming is an exercise with unique features that IMPROVES circulation, ENHANCES lung capacity, STRENGTHENS the joints and IMPROVES flexibility. Swimming also imparts a feeling of well being due to release of ENDORPHIN. It is also very helpful to reduce backache. That is why **FIT HAI, TO HIT HAI...**



Today we are fortunate to have huge Swimming pools to enjoy these benefits. It is our duty to conserve water and prevent misuse of water, so that our future generations will have privilege of ample water and Swimming pools. With this idea, this event was organised at prestigious Goregaon Sports Club. 35 IMA members and family (all swimmers) participated in this event.



After a warm up guided by Dr. Kshama Vibhakar, our doctors plunged into the pool.

Our member Dr. Kshama Vibhakar, Dr. B.C. Chinchalkar and our guest Dr. Charusheela Apsangikar (BSA member) swam continuously for one hour to spread the awareness of fitness and conservation of water. Thanks to Dr. Kshama for organising a gift of swimming cap, moisturizer and lotion. Everyone enjoyed delicious breakfast with hot beverages. We are grateful to Goregaon Sports Club authorities, President Mr. Vinod Poddar, Vice president Dr.M.G. Agarwal and swimming pool in-charge Mr. Bharat Gala for superb hospitality totally free of cost. They also felicitated Past HSG and veteran swimmer Dr. Jayesh Lele, President Dr. Bimal Shah and Cultural Secretary Dr. Rohini Badwe with a Memento. Thanks to CGP HQ Dean Dr.

Shobha Ahuja who specially came to encourage the participants.

Thanks to President Dr. Bimal Shah and Hon Secretary Dr. Bhavna Patel and all enthusiastic participants for making this event a great success. We shall continue this theme throughout the year with your support.

Long live IMA...

DR. ROHINI BADWE

Chairperson, Cultural Sub Committee

DR. NILESH PANCHAL

Chairperson. Sports Sub Committee

MONTHLY CGP REPORT

- **Thursday, 2nd April 2026 : SCIENTIFIC DISSEMINATION**

Dr. Bimal Shah delivered a lecture on Diabetes and ENT. He provided insightful information on diabetes and its effects on ear, nose, and throat diseases, along with their complications. He emphasized the importance of maintaining normal blood sugar levels in the treatment of various ENT conditions. He also explained different ENT diseases and their treatment approaches.

Dr. Jagruti Sanghvi delivered a lecture on the Rational Use of Antibiotics in Pediatric Practice. She provided valuable information about various antibiotics, including their usage, coverage, dosage, and side effects commonly encountered in pediatric practice. She clearly explained the importance of cautious antibiotic use in different diseases to prevent resistance, especially concerning over-the-counter use of medications like azithromycin.

Dr. Riya Bimal Shah delivered a lecture on Googlies in Dentistry. She presented several cases with varied symptoms that ultimately turned out to be dental conditions. She explained dental problems and their treatment approaches very effectively.

Dietitian Nupur K. Mehta delivered a lecture on Nutritional Support in the Era of Anti-Obesity Treatment. She discussed the use of GLP-1 medications and the nutritional requirements during GLP-1 analogue therapy. She also explained the importance of adequate protein intake to prevent sarcopenia in patients receiving GLP-1 analogues.

- **Thursday, 9th April 2026 : SCIENTIFIC DISSEMINATION**

Dr. Jay Goyal, an ophthalmologist, delivered a lecture on "Femtosecond Lasering in Cataract and LASIK: Enhancing Safety and Precision." He explained newer techniques in cataract surgery and LASIK, and also discussed the role of robotic surgery, highlighting its safety and precision.

The second lecture was delivered by Dr. Anoop Dhamangaonkar on the topic of "My Toolkit to Treat Knee Pain in 2026." He explained knee preservation techniques and their indications, as well as the indications and benefits of total knee replacement (TKR). He also highlighted the role of robotic surgery in TKR and its advantages in terms of precision and safety.

The third lecture was delivered by Dr. Trinanjan Basu, a radiation oncologist. His topic was "Update on Radiation Oncology." He discussed the role of radiation in oncology treatment, patient evaluation, and treatment protocols, providing in-depth insights into the field.

The fourth lecture was delivered by Dr. Bineet Ahluwalia, a chest physician. Her topic was "Understanding the 3 B's of LRT: Bronchitis, Bronchiolitis, and Bronchiectasis." She explained the initiation of cough, its pathophysiology, and the differences between these three conditions. She also discussed how to evaluate pulmonary function test (PFT) reports and the importance of impulse oscillometry.

● **Thursday, 16th April 2026 : MEDICINE UPDATE**

Dr. Salil Bendre, a chest physician, delivered a talk on “COPD and Asthma.” He elaborated on the diagnosis and management of COPD, emphasizing the importance of spirometry in diagnosis and the use of bronchodilators. He also provided valuable insights into the initiation and treatment of asthma in newly diagnosed patients.

Dr. Rahul Shah, a gastroenterologist, spoke on “Constipation: Newer Insights in Management.” He discussed the various causes of constipation and highlighted newer treatment options in addition to laxatives, including prucalopride, linaclotide, and elobixibat.

Dr. Prashant Dhole, an orthodontist, presented on “Temporomandibular Disorder: Diagnosis and Management – An Orthodontist’s Perspective.” He explained the various causes of temporomandibular disorders and the importance of orthodontic intervention. He also discussed the use of splints in the treatment of temporomandibular joint subluxation and presented several case studies demonstrating the benefits of splints, supported by pre- and post-treatment images and videos.

● **Thursday, 23rd April 2026 : SURGICAL ONCOLOGY UPDATE**

Dr. Praveen Kammar, an oncosurgeon, delivered a lecture on the topic: “Stage 4 Cancer: Think Beyond Chemotherapy – Don’t Count the Surgeon Out.” He presented a case of a stage 4 cancer patient and discussed the outcome after surgery. He explained how to evaluate and plan surgery in stage 4 cancer patients.

Dr. Kaival Gundavda, oncosurgeon, delivered a lecture on the topic: “It Was All Yellow: Decoding Obstructive Jaundice in Everyday Practice.” He explained the importance of investigations in diagnosing obstructive jaundice and elaborated on the role of CT scans and MRCP in patient evaluation.

Dr. Niharika Garach delivered a lecture on the topic: “How to Evaluate Gynecological Malignancies.” She discussed various malignancies and newer investigative techniques, such as the SPY-PHI ICG camera system in combination with blue dye, to evaluate metastatic lymph nodes.

● **Thursday, 30th April 2026 : SCIENTIFIC DISSEMINATION**

Dr. Vishal Kundnani, a spine surgeon, delivered a lecture on “Back Pain and Neck Pain Management for Family Physicians and What Is New in Spine Surgery.” He explained the various causes of back pain with case presentations and discussed the evaluation of patients for spine surgery. He also demonstrated various in-clinic tests used to assess patients and emphasized the importance of MRI in severe spinal conditions such as tuberculosis and metastasis. Additionally, he highlighted newer minimally invasive surgical techniques and their benefits.

Dr. Firdous Shaikh, a diabetologist, delivered a lecture on “Diabetes and MAFLD.” She explained the pathophysiology of MAFLD and provided a clear overview of treatment strategies for MAFLD in diabetic patients. She also discussed the beneficial effects of millets.

DR. HEMAL MEHTA

Asst. Secretary, IMA CGP IMA Mumbai West Sub Faculty

IMA MOVIE CLUB

CHHAAVA

On Sunday, 10th May 2026

Time : 02.00 pm

Venue :
IMA Lupin Hall,

Registration :
FREE, Bust Compulsory

Open for all IMA MW members
and their family



DR. BIMAL N SHAH
President

DR. BHAVNA PATEL
Hon. Secretary

DR. ROHINI BADWE
Chairperson, Cultural Sub Committee



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WELCOME NEW MEMBERS

Andheri : Dr. Ghongade Sanjay Jaywant
Dr. Inamdar Sankrutee Vivek
Dr. Joshi Priyanka Sharad Dipti
Dr. Nadkarni Varad Manoj
Dr. Sabnis Adity Aneesh
Dr. Sabnis Niharika Aneesh
Dr. Sabnis Ruguvedi Aneesh
Dr. Sawant Santosh Digambar

Bandra : Dr. Khampara Jigar Jaysukhlal

Dahisar : Dr. Chaudhary Neelam Rammilan

Goregaon : Dr. Khopkar Jayashree Abhijeet
Dr. Pareek Anilkumar Hanumanprasad

Jogeshwari : Dr. Trivedi Prachi Ashok

Kandivali : Dr. Gala Isha Vipul
Dr. Verma Seema Vivek

Santacruz : Dr. Agrawal Shalini
Dr. Gupta Siddesh Tribhuvan
Dr. Vajifaker Kaitav Jayantilal

Vile Parle : Dr. Dewan Rhea Mohan
Dr. Lokhande Anil Balkrishna

DR. BIMAL N SHAH
President

DR. BHAVNA PATEL
Hon. Secretary

MONTHLY BULLETIN OF OUR BRANCH "MEDICAL e IMAGE"

ADVERTISEMENTS TARIFF

SIZE OF PAGE
24 CM X 18 CM

Page	For IMA Members		For Other Advertisers	
	Colour	B/W	Colour	B/W
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2 nd Cover page	5,000.00	-	8,000.00	-
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PLUS 5% GST

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.**"

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

For Announcement of Information Pertaining To Our Nursing Home/ Hospital / Polyclinic / Diagnostic Centre / Corporation / Pharmaceuticals / Company / Firm in the IMA – Mumbai West Branch, Monthly Bulletin "Medical e Image"

I enclose payment for the same being cash /cheque no. _____

dtd. _____ drawn on _____ Branch of _____

Dated:

Signature :

The bank details for the payments are as follows:

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