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& G.P. Forum pg. 04**



WORLD HEALTH ORGANISATION DAY

Pg. No. 16



Medical Image : Published by **Satish Sinnarkar**, co-ordinator **Sachin Soman** of **Campaign Masters** on behalf of the **Indian Medical Association - Mumbai West** and printed by him at **Unity Art Offset**, 302, Wadala Udyog Bhavan, Wadala, Mumbai-31.

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

Dear friends,

We want to reach you better please update your contact details like

Name

Residence Address

.....Telephone

Clinic Address

.....Telephone

Mobile Blood Group

Email ID/s.

Send sms to 9821220519 or email to : drjayeshlele@yahoo.com

Your
stamp
size
Photograph

Dr. Jayesh Lele
Hon. Secretary



INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

I.M.A. Bldg., Behind Chandan Cinema, J. R. Mhatre Marg, J.V.P.D. Scheme, Juhu, Mumbai - 400 049.

Phone : 2620 6517 / 2625 4368 / 6523 5579 * PCO : 2670 5590

E-mail: imamumbaiwest@yahoo.com / imamumbaiwest@yahoogroups.com

MANAGING COMMITTEE 2008 - 2009

		Clinic	TELEPHONE NOS.	
			Residence	Mobile
President	Dr. Suchak Anil	28891484	28801555	9820080151
Imm. Past President	Dr. Contractor Akil	2612 7481	2649 9870	98920 84360
Vice President	Dr. Balsekar Ashok	2682 4409	2683 9164	98205 35802
Hon. Secretary	Dr. Lele Jayesh M.	2882 3408	2807 0340	98212 20519
Hon. Treasurer	Dr. Patel Manoj	2614 6027	2612 3889	98210 27131
Hon. Jt. Secretary	Dr. Joshi S.K	2670 1418	2671 2254	93246 07663

MEMBERS

	Clinic	Residence	Mobile		Clinic	Residence	Mobile
Dr. Badwe Shrikant	2686 3773	2874 6648	93240 51779	Dr. Kharade Mohan	2834 5619	2636 4699	98691 47459
Dr. Baldwa Mahesh	2865 9737	2805 0268	93229 90138	Dr. Mehta Ketan	2882 7500	2805 4406	98200 51849
	2806 3402			Dr. Naik Satish	2821 6595	2642 0796	98922 45272
Dr. Bhagtani Kishore	2671 5684	2682 2361	98210 90633	Dr. Pandit Nitin	2841 4347	2840 1871	98693 33138
	2620 7481			Dr. Parikh Hitesh	2644 1395	2641 8778	98200 22154
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Dr. Chalmela Dharanikumar	2836 0578	2866 1248	98193 66189	Dr. Rege Narendra	2636 5500	2637 5500	98212 11155
	5588 6534			Dr. Sanghvi Parthiv	2671 1873	2671 4722	98203 04284
Dr. Chawla Manoj	2630 2288	2623 7955	98200 02333		5697 0707		
		2624 6161		Dr. Shah Nilesh	2614 7457	2614 8606	98206 71776
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Dr. Ghongane Arvind	2876 3873	2888 4338	98201 82451	Dr. Upadhyaya Jagdip R.	2828 4271	2848 2425	93210 31220
Dr. Hariani Ajay	2889 1484	2886 3982	98202 88508	Dr. Vaidya Niranjan R.	-	2646 2122	-
Dr. Kalambi Suresh S.	2679 6556	2683 5719	98191 62278	Dr. Vora Agam	2892 4811	2893 0010	98200 70054
Dr. Kamdar Bipin	2612 6699	5691 9933	98200 26093		ext. 21	2893 5215	
Dr. Kate Suhas	2683 3939	2834 8401	98201 47041				

MUMBAI - WEST SUB FACULTY OF IMA - CGP

Asst. Director of Studies	Dr. Kedia Subodh	26443276	26511297	98204 04753
Asst. Secretary	Dr. Bhargava Priti	-	2633 0653	98338 87603

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Chairman	Dr. Doshi Kusum	26411334	26145316	98213 77654
Asst. Secretary	Dr. Thoravade Pratibha	-	-	98218 65203

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	Dr. Doctor Jayesh	2628 4103	2610 5344	
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	Dr. Umarjee Saeed	2889 1523	2636 6284	



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

Dear friends,

I am very happy to write to you as President of this IMA Mumbai West branch, one of the best in India.

I have something to share with you all, which I firmly believe in —

A traveler asked a shepherd,

“How do you think the weather will be today?”

“Oh, it will be weather that I like.”

“How do you know? How can you say that?”

The shepherd answered: “Long ago I decided that whatever weather comes, I will like it. Now I am always sure that I will get weather that is to my liking 365 days of the year. Instead of always trying to get only things that I like, I decided that it is wiser to like whatever thing I get. Therefore, I always like the weather I get.”

So it was not the weather that mattered, it was his inner state of looking at it, relating himself to it, perceiving it, that mattered. And thus, he had the **key to Happiness**.

I thank each and every one of our members for having elected me uncontested as the President of the Mumbai West Suburban branch of the IMA. It is indeed a great honour to be given an opportunity to lead this great Association and I am grateful to all our members for showing their faith in me. Indian Medical Association — is a biggest and most reputed association for practising doctors Our Association has built up a formidable reputation for being one of the most vibrant, vocal and dynamic Associations with an excellent track record. I promise to discharge the responsibility entrusted to me to the best of my ability.

It is the dedication and hard work of all our past presidents and managing committees over the years — that has helped earn this reputation. I would like to take this opportunity — to pay my tribute to all our seniors, who by



I thank each and every one of our members for having elected me uncontested as the President of the Mumbai

West Suburban branch of the IMA. It is indeed a great honour to be given an opportunity to lead this great Association and I am grateful to all our members for showing their faith in me.

their hard work and single-minded devotion laid down the foundations of this great Association as it exists today.

I congratulate our out-going President Dr. Akil Contractor and his team who have done an outstanding job last year and we will remember his achievements for a long time to come, I am conscious of the fact that my team and I will have to put in tremendous efforts to surpass the excellent work done last year.

I have passion, — I have desire, — I have the sincerity, — I have the ability to work hard and above all, I have a great team to achieve my dreams for this association and together we shall take the Association to even greater heights. I am confident that with your cooperation and help we can make new paths, break new grounds and create new records!

Friends, I promise to maintain the pride, honour and dignity of doctors and medical association to the highest level.

New discoveries in the field of Medicine are very rapid. The Knowledge explosion is mind boggling and one can be easily left behind if one does not keep pace with the rapid

Continued on pg. 5



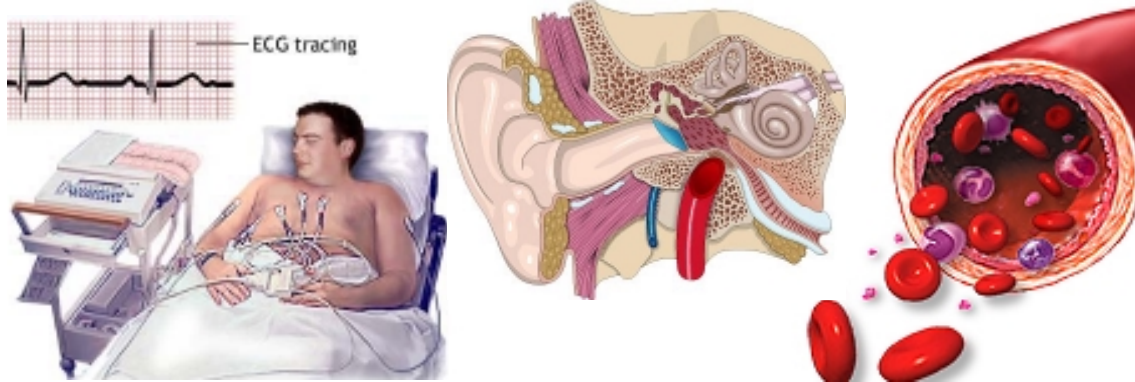
WEEKLY SCIENTIFIC PROGRAMME

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

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

DATE	TOPIC	SPEAKER
03.04.2008	G.P's Role In Acute Coronary Syndrome	Dr. Venkat Goyal
10.04.2008	Interventions in IHD Which? When? & Why?	Dr. Venkat Goyal
17.04.2008	Malaria	Dr. Mangesh Tiwaskar
24.04.2008	Oily Skin, Acne & Dandruff	Dr. Kanan Shah

**Working Lunch will be served from 1.30 p.m. to 2.30 p.m. from 3.4.08 to 24.4.08.
Each Lecture Carries Credit of 1 Hour for FCGP Examination**



G. P. FORUM - ADDITIONAL C.M.E. PROGRAMME FOR GENERAL PRACTITIONERS

**Every Tuesday
at 2.30 p.m. sharp**

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

DATE	TOPIC	SPEAKER
01.04.2008	E.N.T. CARE	DR. BIMAL SHAH
08.04.2008	PROTECTING HEALTH FROM CLIMATE CHANGE	DR. RAMESH CHATURVEDI DR. AGAM VORA
15.04.2008	BLEEDING DISORDERS	DR. ABHAY BHAVE
22.04.2008	LEARNING ABOUT "LEARNING DISABILITY"	DR. SAMIR DALWAI
29.04.2008	APPROACH TO BACKACHE	DR. VINOD AGARWAL

**Working Lunch will be served from 1.30 p.m. to 2.30 p.m. from 1.4.08 to 29.4.08.
Each Lecture Carries A Credit of 1 Hour Each For FCGP Examination.**

Dr. Anil Suchak
President

Dr. Jayesh Lele
Hon. Secretary

Dr. Subodh Kedia
Asst. Director of Studies

Dr. Priti Bhargava
Asst. Secretary

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



President's Message continuation...

progress taking around us.

Friends, the basic objective of this association then, is to keep you in the front seat — and make sure, you do not miss out on the exciting new developments in Medicine.

My team and I will make all efforts to promote the advancement of medical sciences to reach to our members all the year around through regular C M Es, Panel discussions, seminars and conferences. We are planning mini conferences every month on different subjects and would be useful for practising doctors. As you are aware our Maharashtra state office has come to our branch we can have joint CGP conference. One of the objective of any association should be to create fellowship & social bonding between its members. And what better way there is then ensuring participation of family members as well.

I would like to make special efforts towards the **cultural** events so that the family members are involved in the association. For example, we could organise Antakshari competitions, arrange Musical evenings, Personality Developments programs for children, and many more cultural events.

I wish to assure you – I will work very hard to improve the Public Health, medical camps, education and increased public awareness by arranging lectures, Seminars in our own auditorium / seminar halls with special focus on Diabetes, hypertension, child Psychology, and senior citizen issues - I will also like to arrange lectures by our doctors at schools, colleges and public places. As you are aware that Geriatric Cell has been recently formed, I would like to make it functional and effective in full force to the community.

Another area that is of concern to me is our membership strength. The jurisdiction of our Association extends from Bandra to Dahisar & we have 2650 members. I sincerely believe the number of potential members is quite large and I don't see any reason why they cannot be brought to our fold. I would to see our

association become more representative and inclusive. The strength of numbers cannot be underestimated, hence I will make all efforts to launch an aggressive membership drive and hope to improve our membership strength substantially.

Our excellent Social Security Scheme needs to include more members so that the deceased members family can be given a more meaningful amount. It will my endeavour to motivate more members to join the scheme and I request all of you to make special efforts in this regard.

I would also like our association to be Socially responsive body particularly in times of natural or man made calamities like Earthquake, floods, epidemics, war etc...I have been witness to quite a few of these even as a child since both my parents were doctors & I have seen the medical profession rise to the occasion magnificently. I would like our association to formulate disaster management plan so that the noble tradition of our profession are upheld.

I would like to start a website of our branch so that we can communicate better with each other as well to the outside world globally.

In recent years the image of doctors has taken a severe setback and beating. It is our utmost duty as a responsible and respected association to make all efforts to improve and change the image and restore the dignity of this profession which has always been considered as the most noble and respected profession. It is incumbent upon us to try to regain the trust of our patients. My team and I will put in all efforts to achieve this goal.

I thank you all once again and have great pleasure in presenting to you my Office bearers and managing committee members for the year 2008-09. Please welcome them. I wish all of you an enjoyable and pleasant evening and a great year.

Jai Hind
Long Live IMA

Dr. Anil Suchak
President



BREAST CANCER SURGEON



DR. (MRS.) REKHA P. SHAH
(M.S.)



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2) Dr. Bhavana Patel's Lab

Near Milan Subway, Santacruz (W),
Phone : 2614 6027

3) Mehta Polyclinic

Andheri (E).
Phone : 2683 8652 / 2682 7809

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Jambali Galli, Opp. Jain Temple, Off. S.V.Road, Borivali (West), Mumbai - 400 092.

Cell No. : 98202 86871, 98201 44132



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

Dear friends

It is time to interact with you again.

I am very thankful to you for electing me as **Honorary Secretary** again for the year 2008-2009 unopposed.

The year 2007-2008 was very eventful and successful under the leadership of President Dr Akil Contractor and I am quite sure we continue to make further progress during the year 2008-2009 under guidance of **President Dr Anil Suchak**.

This year we plan to have good communication with all our members by way of launching web site and this will effectively have our presence on the internet. Today we are in the days of mass media and it is very important for us to be known to all doctors' community as well as our work will be shown to people.

We have in mind to regularize certain statutory requirements with Municipal Corporation as well as Charity Commissioner. Our building project as on today is more or less complete; So far we have not been able to get permission for badminton Court from the concerned authorities. As and when we get it we shall try about the badminton court. On the completed premises we need to pay the appropriate taxes, which we plan to do this year.

Our CME lectures shall continue with same strength. We shall try and add variety to it.

This is year we plan to have more events for the family members especially some programmes for the children.

We plan to especially focus to increase the membership strength and increase

This year we plan to have good communication with all our members by way of launching web site and this will effectively have our presence on the internet. Today we are in the days of mass media and it is very important for us to be known to all doctors' community as well as our work will be shown to people.



awareness about our Social Security Schemes being run by IMA MS and IMA National. Members at the AGM have proposed that this year also the fees shall not increase for life membership, so please take advantage and tell about our prestigious branch to your at least 1 eligible doctor friend. Please give his address or telephone no to us, and we shall send the membership form to him as well as we shall personally call him as guest to our events and encourage him to be member of our branch.

Another very important issue we think about is to develop **Geriatric Cell** and have some events for the senior citizens. We have thought lot of activities for this new project.

Friends we hope to receive good support from you this year like last year. Please give your valuable suggestions, and views to perform better.

Dr Jayesh Lele

Cell: **98212 20519**

e-mail: drjayeshlele@yahoo.com



**Indian Medical Association - Mumbai West Branch
presents**

**“ WORLD HEALTH ORGANIZATION DAY
PROGRAMME ”
on this year’s C.M.E theme**

PROTECTING HEALTH FROM CLIMATE CHANGE

Day & Date : Thursday, 8th April 2008.

Time : 2.30 p.m. to 4.00p.m.

Venue : Lupin CME Auditorium, I.M.A. Building, J. R. Mhatre,
Behind Chandan Cinema, J.V.P.D. Scheme, Mumbai - 400 049.

PROGRAMME

Time	Topic	Speaker
01.00 p. m. – 02.30 p.m.	Lunch	
02.30 p.m. - 02.45 p.m.	Welcome President’s Address	Dr. Jayesh Lele Dr. Anil Suchak
02.45 p.m. – 03.20 p.m	Environment & Autoimmune Diseases	Dr. Ramesh Chaturvedi
03.20 p.m. – 04.00 p.m.	Air Pollution	Dr. Agam Vora
04.00 p.m. - 04.05 p.m.	Vote of Thanks	Dr. Anil Suchak

- Kindly Register Early to Avoid Disappointment.
- No Registration Charges, but Advance Registration is Compulsory.
- Lunch : 1.30 to 2.30 p.m.

Dr. Anil Suchak **Dr. Jayesh Lele**
President Hon. Secretary

Dr. Subodh Kedia **Dr. Priti Bhargava**
Asst. Director of Studies Asst. Secretary
IMA - Mumbai West C.G.P. Sub Faculty



**INDIAN MEDICAL ASSOCIATION - MUMBAI WEST BRANCH
IMA-CGP MUMBAI WEST SUB FACULTY
&
IMA-CGP MAHARASHTRA STATE FACULTY**

Presents

“UPDATE ON GYNECOLOGICAL CANCERS”

Day & Date: Sunday, 27th April 2008.

Time : 08.30 p.m. to 12.30 p.m.

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

PROGRAMME

Time	Particulars	Speaker
08.30 am. to 9.00 am.	Registration & breakfast	
09.00 am. to 09.05 am.	Welcome	Dr. Anil Suchak
9.05 am to 10.05 am	Common Gynecological cancers	Dr. Vijay Ambiyee Hon. Gynecologist, Sion Hospital
10.05 am to 10.50 am	Approach to management of Gynecological Cancers with special emphasis on Ovarian Cancers	Dr. Suvarna Achrekar Medical Oncologist, Jaslok Hospital
10.50 am to 11.35 am	Surgical concerns in Common Gynecological Cancers	Dr. Mahima Billore MS (Onco) Oncologist Jaslok Hosp.
11.35 am to 12.20 pm	Radiation Therapy in Gynecological Oncology	Dr. B.C. Goswami Radiation
12.20 pm. to 12.30 pm.	Vote of Thanks	Dr. Jayesh Lele

Convenor & Moderator: Dr. B.M. Inamdar

- NO REGISTRATION CHARGES, BUT ADVANCE REGISTRATION IS COMPULSORY.
- PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT.
- NON-MEMBERS : Rs. 150/-
- PROGRAMME WILL START AND END IN TIME. LUNCH AT 12.30 pm.
- Early Bird Lucky Draw.

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DR. ANIL SUCHAK
President

DR. B.M. INAMDAR
Vice – President, IMA – MS

DR. JAYESH LELE
Hon. Secretary

DR. AKIL CONTRACTOR
Hon. Secretary, IMA-CGP MS

DR. SUBODH KEDIA
Asst. Director, IMA-CGP

DR. PRITI BHARGAVA
Asst. Secretary, IMA-CGP



ELECTION - 2008

MANAGING COMMITTEE 2008-2009

OFFICE BEARERS

PRESIDENT

DR. SUCHAK ANIL ELECTED UNOPPOSED

VICE PRESIDENT

DR. BALSEKAR ASHOK ELECTED UNOPPOSED

HON. SECRETARY

DR. LELE JAYESH ELECTED UNOPPOSED

HON. TREASURER

DR. PATEL MANOJ ELECTED UNOPPOSED

HON. JOINT SECRETARY

DR. JOSHI S.K. ELECTED UNOPPOSED

I.M.A. – C.G.P. B.W.S. BRANCH OF SUB FACULTY

ASST. DIRECTOR OF STUDIES

DR. KEDIA SUBODH ELECTED UNOPPOSED

ASST. SECRETARY

DR. BHARGAVA PRITI ELECTED UNOPPOSED

IMA – AMS BWS BRANCH CHAPTER

CHAIRMAN

DR. DOSHI KUSUM ELECTED UNOPPOSED

HON. SECRETARY

DR. THORAVADE PRATIBHA ELECTED UNOPPOSED

MANAGING COMMITTEE MEMBERS

BANDRA :

DR. PARIKH HITESH ELECTED UNOPPOSED

KHAR :

DR. VAIDYA NIRANJAN ELECTED UNOPPOSED

SANTACRUZ :

DR. KAMDAR BIPIN ELECTED UNOPPOSED

VILE PARLE :

DR. PATEL HEENA ELECTED UNOPPOSED

DR. SANGHVI PARTHIV ELECTED UNOPPOSED

DR. SHAH NILESH ELECTED UNOPPOSED

ANDHERI :

DR. BHAGTANI KISHORE ELECTED UNOPPOSED

DR. CHALMELA DHARANIKUMAR . ELECTED UNOPPOSED

DR. CHAWLA MANOJ ELECTED UNOPPOSED

DR. DESAI ASHOK ELECTED UNOPPOSED

DR. KALAMBI SURESH ELECTED UNOPPOSED

DR. KATE SUHAS ELECTED UNOPPOSED

DR. NAIK SATISH ELECTED UNOPPOSED

DR. REGE NARENDRA ELECTED UNOPPOSED

JOGESHWARI :

DR. KHARADE MOHAN ELECTED UNOPPOSED

GOREGAON :

DR. BADWE SHRIKANT ELECTED UNOPPOSED

DR. PANDIT NITIN ELECTED UNOPPOSED

MALAD :

DR. BHATT MEHUL ELECTED UNOPPOSED

DR. HARIANI AJAY ELECTED UNOPPOSED

DR. GHONGANE ARVIND ELECTED UNOPPOSED

DR. MEHTA KETAN ELECTED UNOPPOSED

KANDIVALI :

DR. SHAH RASHMIKANT ELECTED UNOPPOSED

BORIVALI :

DR. BALDWA MAHESH ELECTED UNOPPOSED

DR. VORA AGAM ELECTED UNOPPOSED

DAHISAR :

DR. UPADHYAYA JAGDIP ELECTED UNOPPOSED

DR. JAYESH LELE

HON. SECRETARY



**FOR THE POST OF REPRESENTATIVE
ON CENTRAL COUNCIL (HEADQUARTERS)
(26 POSTS):**

- 1) DR. SUCHAK ANIL
- 2) DR. AITHAL K.S.
- 3) DR. AWARADE S.R.
- 4) DR. BALSEKAR ASHOK
- 5) DR. CONTRACTOR AKIL
- 6) DR. DESAI ASHOK
- 7) DR. GUPTA K.C.
- 8) DR. INAMDAR BALKRISHNA
- 9) DR. JOSHI C.R.
- 10) DR. JOSHI S.K.
- 11) DR. KHARADE MOHAN
- 12) DR. KEDIA SUBODH
- 13) DR. LELE JAYESH
- 14) DR. MEHTA (MRS). ALKA
- 15) DR. MEHTA KETAN
- 16) DR. MEHTALIA S.C.
- 17) DR. NARENDRAKUMAR
- 18) DR. PANDIT NITIN
- 19) DR. PATEL HEENA
- 20) DR. PATEL MANOJ
- 21) DR. REGE NARENDRA
- 22) DR. SALGAR RAMESH
- 23) DR. SHAH SUBHASH
- 24) DR. SHENOY VASANT
- 25) DR. SHETTY VASANT
- 26) DR. THORAVADE PRATIBHA
- 27) DR. WADEKAR SHASHIKANT

**DR. JAYESH LELE
HON. SECRETARY**

**FOR THE POST OF REPRESENTATIVE ON
STATE EXECUTIVE
(MAHARASHTRA) (26 POSTS) :**

- 1) DR. AITHAL K.S
- 2) DR. AWARDE S.R.
- 3) DR. BALSEKAR ASHOK
- 4) DR. CHALMELA DHARNIKUMAR
- 5) DR. DESAI ASHOK
- 6) DR. GUPTA K.C.
- 7) DR. HARIYANI AJAY
- 8) DR. JOSHI C.R.
- 9) DR. JOSHI S.K.
- 10) DR. KALAMBI SURESH
- 11) DR. KHARADE MOHAN
- 12) DR. KEDIA SUBODH
- 13) DR. MEHTA (MRS). ALKA
- 14) DR. NARENDRAKUMAR
- 15) DR. PANDIT NITIN
- 16) DR. PATEL HEENA
- 17) DR. REGE NARENDRA
- 18) DR. SALGAR RAMESH
- 19) DR. SHAH SUBHASH
- 20) DR. SHENOY VASANT
- 21) DR. SHETTY VASANT
- 22) DR. SUCHAK ANIL
- 23) DR. THORAVADE PRATIBHA
- 24) DR. TRIVEDI BHARAT
- 25) DR. UPADHAYAYA JAGDIP
- 26) DR. WADEKAR SHASHIKANT

**DR. JAYESH LELE
HON. SECRETARY**



Congratulations

Dr. Abhay Agrawal have been invited as a faculty speaker for the forthcoming Asia Pacific Obesity Conclave (APOC 2008) in Shanghai China on March 25-28 2008. He is Invited to deliver a talk on 'Laparoscopic Sleeve Gastrectomy' which is a new solution in Bariatric (Obesity) Surgery.

Dr. Naresh C. Wadhwa had been invited to Bangladesh by IMPACT – UK to conduct a workshop on Hypospedios. He also operated 16 patients.

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

Dr. Anil Suchak
President

Dr. Jayesh Lele
Hon. Secretary

Report of Public Health & Welfare Sub Committee

- We had organized a lecture on "Awareness of HIV / AIDS" on 21st February 2008, Thursday from 10 am to 12.30 pm at Shiv Krupa School, Shivtekdi, Jogeshwari (E).

It was attended by more than 100 students of 8th and 9th standard.

Programme was followed by high tea.

Dr. Suresh Kalambi, Dr. Devesh Desai, Dr. Varsha Ssawant, Dr. Kamlesh Gandhi were present for the programme.

The principal and teachers of the school appreciated the programme.

- We had conducted Public Health Welfare event on 6th March 2008, Thursday at Shiv Mandir, Gumph Road, Jogeshwari (East), on Mahashivratri festival from 8.00 am to 10.30 pm.

Our Hon. Secretary Dr. Jayesh Lele graced the occasion by visiting the spot from 8.00 am to 9.00am

Following people were kind enough to provide us a good ambience and excellent facilities to conduct the above event.

- 1) Mr. Jaspal Singh Ragi – Incharge of Meghwadi Police Station
- 2) Ms. Ujwala Modak – Local Councilor
- 3) Mr. Surendra Kumar Tiwari – Leading BJP Leader
- 4) Mr. Raj Kumar Khanna
- 5) Mr. Ramrao Dinkar Kadam
- 6) Mr. Pandurang Patil – Temple Priest of Shiv Mandir
- 7) Mr. Gajanan Patil - Temple Priest of Shiv Mandir

Following Doctors attended the Festival:

- 1) Dr. Pramila Lodaya – Morning Session
- 2) Dr. Sudha Suraiya - Morning Session
- 3) Dr. Kamlesh Gandhi – Evening Session
- 4) Dr. Varsha Sawant – Evening Session



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IMPORTANT ANNOUNCEMENT

IMA - NATIONAL SOCIAL SECURITY SCHEME

Dear Members,

You must have received notice of payment of D.F.C. No. 11 dated 25.03.2008 by now. We would like to continue the service of collection of D.F.C. payment to our members. Please send your contribution as mentioned in your notice to our office latest by 10.05.2008. Please note that no payment will be accepted at our office after 5.00 p.m. on Saturday, 10.05.2008 as the last date of payment at Ahmedabad is 15.05.2008.

You are requested to enclose.

a) A crossed a/c payee cheque in the name of "IMA - B.W.S.B." of the exact amount as mentioned in your notice with your full name, address, telephone number and N.S.S.S. number mentioned in legible handwriting at the back of your cheque.

b) Blank document of "NOTICE-CUM-MONEY RECEIPT" received by you.

A temporary receipt will be issued by our branch. A composite demand draft will be prepared by our branch and dispatched along with a list of contributing members to the Headquarters if I.M.A.- National Social Security Scheme at Ahmedabad. You will receive your official receipts directly from the scheme.

We are sure you will avail of this facility like last few years.

Note: Cheques issued by GPA members for GPA - Social Security Scheme will also be accepted by our office till 24th June 2008 for the convenience of those members who are members of both our IMA-Mumbai West Branch and GPA. Please make cheque in the name of "GPA - Social Security Scheme" and write your name, Social Security Scheme Membership Number on the cheque. These cheques will be physically delivered to GPA office.

IMA-MS, S.S.S. cheques will also be accepted.

Dr. Anil Suchak
President

Dr. Jayesh Lele
Hon. Secretary

CLASSIFIEDS

Dr. Jitendra Trivedi

For newly started Polyclinic on seven bungalows,
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Contact : 9324246530



Dr. Akshay Mehta, Interventional Cardiologist will be on leave from 27th March till 18th April 2008. He will resume his practice from 19th April 2008.

MATRIMONIAL

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**INDIAN MEDICAL ASSOCIATION
-MUMBAI WEST-**

**MAHARASHTRA POLLUTION CONTROL BOARD
Bio-medical Waste (Management and Handling) Rules, 1998**

President Dr. Hozie Kapadia along with Dr. Suhas Pingle, Chairman of Action and Public Relation Subcommittee and Dr. Rajendra Trivedi met Dr. Y.V. Sontakke, Regional Officer at his Sion office on January 31, 2008 in response to a public notice in Times of India on the Maharashtra Pollution Control Board requesting for some more time.

On February 29, 2008 Dr. Suhas Pingle met Mr. Sanjay Khandare, Member Secretary of MPCB. Mr. Sanjay Khandare said that those doctors who have a practice of less than thousand patients a month have to give an affidavit to that effect and no authorization is required, however, they have to contact the nearest service providers in their locality to lift the bio-medical waste from their clinics.

Those doctors having practice of more than thousand patients a month are required to make an application for authorization and arrange for disposal of bio-medical wastes by nearest service providers. They have to apply for authorization to

Registration Officer Mumbai

Chhatrapati Shivaji Maharaj, Municipal Market Building,
4th Floor, Mata Ramabai Ambedkar Road (Crawford Market), Mumbai – 400001
Tel. No. 24526759, Mobile: 9869440149.

The draft affidavit has to be made on a Rs. 100/- non judicial paper and a specimen of the draft is given overleaf.

DR. SUHAS PINGLE

Convenor

IMA-MS, Action and Public Relations Sub-committee

As per rules 98 issued by the Central Government it is mandatory on the part of every Generator of Bio-Medical Waste that they should seek the approval from Maharashtra Pollution Control Board (M.P.C.B.) for the Generation, Transportation and Treatment of Bio-Medical Waste (BMW) generated in the Hospitals/Clinics/Dispensaries/Pathological Laboratories/Blood Banks and other institutions etc.

All the Private Generators of BMW are hereby requested to join M/s. SULBHA TRAVELS Services for collection, transportation and treatment of BMW on cost basis, signing an individuals agreement to that effect.

It is being informed to all the Private Generators that any consequences arising due to non follow up of the guidelines of Government notification, generators will solely be responsible for the disciplinary action taken by the M.P.C. board.

We are pleased to inform you that we have approved M/s. SULBHA TRAVELS for collection, transportation and disposal of BMW for our members after negotiations of rates with them.

M/s. SULBHA TRAVELS have promised to help the members for going new or renewals of MPCB authorization etc.

We have accepted the final quotation given by M/s. SULBHA TRAVELS which is as under:

- (1) Registration Fees (One Time) Rs.400.00 each Member
- (2) MPCB Undertaking Letter Rs.200.00 one time
- (3) Charges for BMW (0-15 Kg.) Rs.325.00 per month, Rs.24/- kg. thereafter
- (4) One time payment for 1 yrs. Rs.3600.00

The Members are request to contact M/s. SULBHA TRAVELS telephonically or personally and enter into an agreement with them at the earliest. The details of the agreement are with MMA.

Address:

M/s. Sulbha Travels, Shop No.10, Majestic Shopping Center,
J.S.S. Road, Girgaum, Mumbai - 400 004.
Tel. No.: 23850780 / 23890062, (M) : 09821470322 / 09224400909

For any queries, contact :
Dr. Jayesh Lele, Hon. Secretary
9821220519



WHO DAY 2008

World Health Day, on 7 April, marks the founding of the World Health Organization and is an opportunity to draw worldwide attention to a subject of major importance to global health each year. In 2008, World Health Day focuses on the need to protect health from the adverse effects of climate change.

The theme “protecting health from climate change” puts health at the centre of the global dialogue about climate change. WHO selected this theme in recognition that climate change is posing ever growing threats to global public health security.

Through increased collaboration, the global community will be better prepared to cope with climate-related health challenges worldwide. Examples of such collaborative actions are: strengthening surveillance and control of infectious diseases, ensuring safer use of diminishing water supplies, and coordinating health action in emergencies.

Climate change: an issue for the health sector

Health hazards from climate change are diverse and global in nature. The hazards range from higher risks of extreme weather events to changes in the dynamics of infectious diseases. Many of the leading killer diseases are sensitive to climatic conditions; their incidence and spread are likely to be affected by changing weather patterns.

The health impacts of climate change are already evident in different ways: more people are dying from excessive heat than before, changes are occurring in the incidence of vector-borne diseases, and the pattern of natural disasters is altering.

These impacts will be disproportionately greater in vulnerable populations, which include the very young, elderly, medically infirm, poor and isolated populations. Vulnerability is also high in:

- areas with a high endemicity of climate-sensitive diseases, severe water scarcity, and low food production;
- small-island developing



- states and mountainous regions; and
- megacities and coastal areas in developing countries.

Action needs to be taken now

The health impacts of climate change will be difficult to reverse in a few years or decades. Yet, many of these possible impacts can be avoided or controlled. There are established steps in health and

related sectors to reduce the exposure to and the effect of changing climate. For example, controlling disease vectors, reducing pollution from transport, and efficient land use and water management are well-known and tested measures that can help.

Moreover, many of the steps needed to prevent climate change have positive health benefits. For example, increased use of bicycles and





public transport instead of personal cars in industrialized countries will reduce greenhouse gas emissions. It will also improve air quality and lead to better respiratory health and fewer premature deaths. The increase in physical activity from cycling and walking may lead to less obesity and fewer obesity-related illness. The sooner these steps are taken, the greater their impact will be on public health.

It will also improve air quality and lead to better respiratory health and fewer premature deaths. The increase in physical activity from cycling and walking may lead to less obesity and fewer obesity-related illness.

Aims and objectives of World Health Day 2008

The objective of World Health Day 2008 is to catalyse public participation in the global campaign to protect health from the adverse effects of climate change. WHO aims to put public health at the centre of the UN agenda on climate change.

This is an opportunity for the international agencies, nongovernmental organizations, and governments as well as WHO to:

- Establish links between climate change and health and other development areas such as

environment, food, energy, transport;

- Hold events/activities in countries to publicize issues related to the impact of climate change on health;

- Involve as wide a spectrum of the world population as possible in efforts to stabilize climate change;

- Create advocacy campaigns for generating momentum that compels governments, the international community, civil society and individuals to take action;

- Protect poor and vulnerable populations from the effects of climate

change, especially in Africa.

Goals for World Health Day 2008

- **Raise awareness** and public understanding of the global and locally relevant health consequences of climate change.
- **Advocate for interdisciplinary and intersectoral partnerships** from the local to international level that seek to improve health through rapid deployment of mitigation strategies to stabilize climate change and development of

ceramco



proactive adaptation programmes to minimize health impacts.

- **Generate effective actions** by local communities, organizations, health systems and governments to reduce the impact of climate change on health through urgent application of mitigation and adaptation techniques.
- **Demonstrate the health community's role** in facing the challenges globally and in regions, countries and communities.
- **Spark commitment and action** among governments, international organizations, donors, civil society, businesses and communities (especially among young people) to anchor health at the heart of the climate change agenda.

Moreover, in many parts of the world, large populations will be displaced by rising sea level and affected by drought and famine. As glaciers melt, the hydrological cycle shifts.

responsible.

If current warming trends remain uncontrolled, humanity will face more injury, disease and death related to natural disasters and heatwaves; higher rates of foodborne, waterborne, and vector-borne illness; and more premature deaths and disease related to air pollution.

Moreover, in many parts of the world, large populations will be displaced by rising sea level and affected by drought and famine. As glaciers melt, the hydrological cycle shifts and the productivity of arable land changes.

We are beginning to be able to measure some of these effects on health even now.

The health impacts of climate change will hit the poor hardest

The physical effects of climate change will vary in different geographical locations. The human health impacts from climate change are further modified by such conditions as level of development, poverty and education, public health infrastructure, land use practices and political structure. Initially, developing countries will be hit the hardest. Countries with high

Key messages for World Health Day 2008

Health is one of the areas most affected by climate change – and it is being affected now

The science is clear. The earth is warming, the warming is accelerating, and human actions are

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- * KANDIVALI-WEST :
Shop No. 2, Samruddhi Shopping Centre, M G Rd, Kandivali (W), Mumbai-67, Ph-28625814
- * MALAD-WEST :
Saraswati Darshan, Opp New Era Talkies, S V Rd, Malad(W), Mumbai-64, Ph-28886116
- * GOREGAON -WEST :
A/1, R S Maurya Compound, Opp City Centre, S V Rd, Goregaon (W), Ph-28772368
- * ANDHERI-EAST :
Gr Fir, Sahakar Nivas, Opp Imperial Palace Hotel, Telli Park Rd, Andheri (E), Mumbai-69, Ph-26821968
- * BYCULLA-EAST :
132/134, Meharalli Mansion, Opp Rani Baug, Dr Ambedkar Rd, Byculla (E), Mumbai - 27, Ph- 23739518



levels of poverty and malnutrition, weak health infrastructures and/or political unrest will be the least able to cope. Moreover, if we fail to address climate change and its effects on health, we risk jeopardizing even further our ability to achieve the Millennium Development Goals.

Traditional public health tools are important components of effective response to climate change

Clean water and sanitation; safe and adequate food; immunization; disease surveillance and response; safe and effective disease vector control; and disaster preparedness are all critical components of public health practices that are also adaptations to climate change. These programmes need to be strengthened globally with special concentration of effort in high-risk locations and populations in order to prevent climate-related injury, disease and death.

Cross-sector, interdisciplinary partnerships are necessary to meet this global health threat

Climate change is wide ranging, and effective

These programmes need to be strengthened globally with special concentration of effort in high-risk locations and populations in order to prevent climate-related injury, disease and death.

adaptation will require the building of partnerships to leverage the expertise of government agencies, inter-governmental and nongovernmental organizations, industry and professional groups and local communities. Decisions affecting urban planning, transport, energy supply, food production, land use and water resources affect both climate and health. Collaboration across all these sectors is needed to find the innovative and effective solutions that will stabilize climate and protect health.

Action must begin now to protect health by applying both adaptation and mitigation

Scientific uncertainty persists about the possibility and timing of abrupt and catastrophic climate change if temperatures continue to rise. This makes it urgent for action to begin now to stabilize the climate through strong and effective mitigation undertaken simultaneously with adaptation activities to prevent increases in foreseeable climate-related illnesses. Full participation of the health sector in national and international processes for mitigation and adaptation to climate change is essential.

Dr. Hetal A. Chiniwala

M.S.D.N.B., D. Orth, A.F.S.A.(France), F.E.S.S.K.A. (Germany)

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3. Shoulder joint replacements.

• PROFILE •

1. **Master of Surgery in Orthopedics:** First in the Mumbai University.
2. **Diplomat of National Board,** New Delhi.
3. **Attestation de Formation Specialise Apprafondie.** Strasbourg, France. **Speciality training in shoulder surgeries.**
4. **Scholar of European Society of Sports traumatology, Knee surgery and Arthroscopy,** Berlin, Germany. **Speciality training in Knee Surgeries.**
5. **Fellowship** at Gyeonsang National University Hospital, Chinju, South Korea.

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21 MANTRAS COMPILED BY **Dr. Girish Rambhia**

ONE
Give people more than they expect and do it cheerfully.

TWO
Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.

THREE
Don't believe all you hear, spend all you have or sleep all you want.

FOUR
When you say, 'I love you,' mean it.

FIVE
When you say, 'I'm sorry,' look the person in the eye.

SIX
Be engaged at least six months before you get married.

SEVEN
Believe in love at first sight.

EIGHT
Never laugh at anyone's dreams. People who don't have dreams don't have much.

NINE
Love deeply and passionately. You might get hurt but it's the only way to live life completely.

TEN
In disagreements, fight fairly. No name calling.

ELEVEN
Don't judge people by their relatives.

TWELVE
Talk slowly but think quickly.

THIRTEEN
When someone asks you a question you don't want to answer, smile and ask, 'Why do you want to know?'

FOURTEEN
Remember that great love and great achievements involve great risk.

FIFTEEN
Say 'bless you' when you hear someone sneeze.

SIXTEEN
When you lose, don't lose the lesson.

SEVENTEEN
Remember the three R's:
Respect for self;
Respect for others;
Responsibility for all your actions.

EIGHTEEN
Don't let a little dispute injure a great friendship.

NINETEEN
When you realize you've made a mistake, take immediate steps to correct it.

TWENTY
Smile when picking up the phone. The caller will hear it in your voice.

TWENTY- ONE
Spend some time alone.

AWAIT FURTHER DETAILS
WORLD ASTHAMA DAY - 6TH MAY • UPDATE ON LYMPHOMAS - 11TH MAY



SAVE PETROL
This sounds like a good tip for all. Please read as it might save you some money

Here are some tricks to get more of your money's worth for every litre.

Only buy or fill up your car or bike in the early morning when the ground temperature is still cold. Remember that all service stations have their storage tanks buried below ground. The colder the ground the more dense the fuel, when it gets warmer petrol expands, so buying in the afternoon or in the evening....your litre is not exactly a litre. In the petroleum business, the specific gravity and the temperature of the petrol, diesel and jet fuel, ethanol and other petroleum products plays an important role. 1-degree rise in temperature is a big deal for this business. But the service stations do not have temperature compensation at the pumps.

When you're filling up do not squeeze the trigger of the nozzle to a fast mode. If you look you will see that the trigger has three (3) stages: low, middle, and high. In slow mode you should be pumping on low speed, thereby minimizing the

vapours that are created while you are pumping. All hoses at the pump have a vapour return. If you are pumping on the fast rate, some of the liquid that goes to your tank becomes vapour. Those vapours are being sucked up and back into the underground storage tank so you're getting less worth for your money.



One of the most important tips is to fill up when your tank is HALF FULL. The reason for this is, the more fuel you have in your tank the less air occupying its empty space. Petrol evaporates faster than you can imagine. Petroleum storage tanks have an internal floating roof. This roof serves as zero clearance between the petrol and the atmosphere, so it minimizes the evaporation. Another reminder, if there is a fuel truck pumping into the storage tanks when you stop to buy, DO NOT fill up—most likely the petrol/diesel is being stirred up as the fuel is being delivered, and you might pick up some of the dirt that normally settles on the bottom.

Hope this will help you get the most value for your money.

Dr. Sujit N. Korday

*MS Orth (Bom), MCh Orth (Liverpool), FRCS (Edin)
Fellowship-Orthopaedic & Arthritic Hospital (Canada)*

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PSYCHO-ONCOLOGY

**DR. SHERYL JOHN SENTHILNATHAN
(CONSULTANT PSYCHIATRIST)**

Cancer brings with it tremendous emotional, psychological and social distress, both to the patients and to their families. An estimated 2.5 million people suffer from cancer at any given time in India. At least 60% of these patients suffer from severe emotional distress that warrants psychological intervention.

Psycho-oncology deals with these factors. The need for psycho-oncology is also emerging against the background of the growth of palliative care.

Impact of Diagnosis

Diagnosis of cancer evokes a far greater emotional reaction than the diagnosis of any other disease. The following stages may be evident in the patient's responses:

Stage 1- Shock & Denial

They may appear dazed, refuse to believe the diagnosis and may even go from doctor to doctor.

Physicians must communicate to the patients and their families' respectfully and directly basic information about the illness, its prognosis and the available treatment options. For effective communication we must allow for patient's emotional responses and reassure them that they will not be abandoned.

Stage 2- Anger

They commonly ask "Why me?" They may displace this anger at the hospital staff and even the treating doctor. We must hence understand that the anger being expressed must not be taken personally.

Stage 3- Bargaining

They attempt to negotiate with physicians, family, friends or even God. The treatment of such patients involves, making it clear that they will be taken care of to the best of the doctor's abilities regardless of any action or behavior on the patient's part.

Stage 4- Depression

All persons feel some sadness at the prospect of their own death, and normal

sadness does not require biological intervention. But major depressive disorder and suicidal thoughts must not be taken lightly and should not be accepted as normal reactions to illness or impending death.

Stage 5- Acceptance

Many patients do finally reach this stage of acceptance.

Psychiatric morbidity is not only associated with the diagnosis of cancer but also with the treatment modalities. The common psychiatric conditions related to cancer are Adjustment disorder, Major Depression, Anxiety disorders, Delirium and occasionally even Psychosis.

Impact on Family

Cancer presents a crisis both for the patient as well as the family. Factors which contribute to the family's stress are the feeling of helplessness that arises when a family member is diagnosed to have cancer, the fear that accompanies the diagnosis and the lack of supportive resources.

Cancer can cause a significant strain in the marital relations because of the separations induced by hospitalization, repeated recurrences, physical and psychological withdrawal on the part of the patient. Sexuality and intimacy are also affected significantly, more so when dealing with breast and other gynecological cancers.

There is very little discussion and communication between the patient and the family regarding the emotional concerns, recurrences and in terminal patients about the impending death.

Why the psychological disorders are usually not treated?

There are two facets to this problem.

Patients are usually hesitant to voice feelings. They also fear being put on additional medications.

We as physicians focus mainly on the illness, assume that psychological distress is a normal





response and we also worry about various drug interactions and side effects.

Need to address psychological distress?

Health is not necessarily the absence of disease. There are healthy ways to live with the disease.

There are numerous benefits of mind-body interactions. It improves muscular strength, glucose tolerance, bone mineral density and most importantly affects length of survival.

The role of the team consisting of a psychiatrist, psychologist, counselor, occupational therapist and social worker would be to evaluate emotional and psychological coping mechanisms, normalizing relationships with caregivers, family and friends. They can also provide techniques and if need arise medications to deal with the psychiatric problems. Psychotherapy also helps in improving patient's



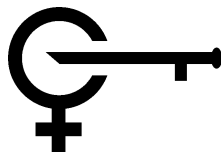
understanding, identifying strengths and coping strategies, reestablishing self worth, creating a different perspective and educating about modifiable factors.

Therefore in the treatment of cancer patients', particular sensitivity and competence is needed, not merely limited to the purely technical plan since the doctor looking after cancer patients must play a role which transcends the purely scientific field.

A good oncologist in the course of his already difficult and delicate work ought never to neglect the complex psychological problems that go with the course of a malignant tumor.

There is an increased need for psycho-oncology team to work for the patients.

(For any suggestions or discussion kindly contact drsheryjohn@rediffmail.com or call 9819541416)



Nalini Endoscopy Unit

Dr. Vivek S. Salunke

M.D. D.G.O. (Mumbai), Gynaec Endoscopy Surgeon

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Hysteroscopy Procedures

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- Operative Hysteroscopy
- Removal of Septum / Polya / Fibroids / Adhesions



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	Back Cover Page on Art Paper	10,000/-	-
	2 nd Cover Page on Art Paper	8,000/-	-
	3 rd Cover Page on Art Paper	7,500/-	-
	Ordinary Full Page	6,000/-	3,500/-
	Ordinary Half Page	3,000/-	2,000/-
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Tariff for classified advertisements

Members are welcome to send personal announcements in the above column.

Charges for the same will be as under:

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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.
3. The material for printing should be sent to our office on or before 15th of the previous month.
4. The cheque should be drawn in favour of "I.M.A. - Mumbai West Branch".

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For details contact our office.

Dr. Anil Suchak, President

Dr. Jayesh Lele, Hon. Secretary