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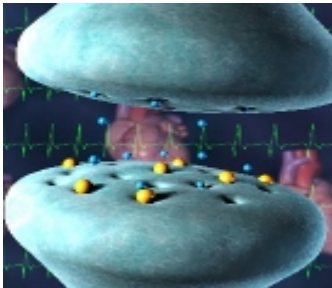


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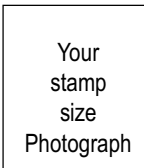
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**Dr. Jayesh Lele**  
Hon. Secretary



**INDIAN MEDICAL ASSOCIATION - MUMBAI WEST**

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

*You are unique in the eyes of God.  
No one can replace you in the role  
That you fulfil in God's creation.s  
Therefore, rejoice, and be grateful to the Lord  
That he has given you a role to perform.  
Swami Chidananda (Divine Life Society)*

Dear Friends,

I have completed six months in office. I am happy to have a team of great office bearers who put in all efforts for all programs.

Our mini conference on **Dermatology** was very successful on 21<sup>st</sup> September 2008. Our coordinator Dr Vinay Saraf had put in a lot of effort. A novel way of teaching was launched in this conference. I thank all the speakers - Dr Shashikant Gwalia, Dr Kalpana Sarangi and Dr Chitra Nayak, for sharing their experience and knowledge with the delegates.

On 28<sup>th</sup> September, **World Heart Day** is being celebrated in the most befitting manner. We have joined hands with NSPHERE, GSC and MMA to organize "**Walk for your Heart**", which will start at Goregaon sports club in the morning at 6.30 am. **Shri Irffan Khan**, renowned Indian film artist and **Dr Kaushal Pandey**, eminent Cardiac Surgeon, will flag off the march. After the walk we have arranged a complete health checkup for 350 patients. An exhibition for general public on Hypertension, Diabetes and IHD is organized from 10am to 6pm on Saturday 27<sup>th</sup> and Sunday 28<sup>th</sup> September. Our members with their family and friends will join in large numbers to bring about awareness in this matter.

On the same evening of 28<sup>th</sup> September, we have finalized to have a unique session on "Know your risk, where we are and where can we go"? at our IMA hall. **Dr Haresh Mehta** (eminent interventional cardiologist) has very kindly agreed to address our audience. We have organized a **grand musical evening** with dinner for you and your family from 8pm to 10pm.

On 2<sup>nd</sup> October 2008, (Shri Mahatma Gandhi Jayanti), we will be celebrating anti quackery day. Dr Mahesh Baldwa has arranged a special lecture in our hall. Adv R B Jaiswal and Dr Rashmi Ojha have been invited.

I express **deep shock and horror** at the inhuman brutal attack by workers of the MNS party along with relatives of a patient on Dr. Siddhartha Relan and his wife Dr. Sarita Relan (Jeevan Hospital) on the night of 22<sup>nd</sup> Sep. 2008 at their hospital in Malad (East), Mumbai. The attack by a mob of nearly 70 -80 persons on the defenseless doctors and the hospital property was witnessed and extensively photographed by cameramen of TV channels like Aaj Tak,



**On 2<sup>nd</sup> October 2008, (Shri Mahatma Gandhi Jayanti), we will be celebrating anti quackery day.**

**Dr Mahesh Baldwa has arranged a special lecture in our hall. Adv R B Jaiswal and Dr. Rashmi Ojha have been invited.**

Sahara Samay, Tez TV etc. This was widely telecast on Aaj Tak channel and several other channels. Such attacks are in fact increasing in frequency and severity essentially because no deterrent action has been taken in the past. If attacks on doctors such as these are not checked forthwith and patients and relatives continue to take the law in their own hands, it will be impossible for hospitals and doctors to continue functioning in this atmosphere of fear and insecurity. The Maharashtra Govt must intervene urgently before there is a serious set back in the delivery of health care to the public.

We had presented this case to **Honorable Shri R R Patil** (Deputy Chief Minister and Home minister), and he was kind enough to reassure us that a tough legislation to protect hospitals and doctors is being put in place shortly. Such legislation has already been enacted in other states like Andhra Pradesh, Karnataka, Tamil Nadu and Madhya Pradesh.

The Mini Conference **Orthocon** is scheduled for Sunday, 12<sup>th</sup> October 2008 at our premises. Dr Ram Prabhoo is coordinating and he has invited excellent speakers to speak on interesting topics for delegates. We are going to celebrate our IMA foundation day. We will like to call all the past presidents, seniors and active members, who have worked and contributed for making this association great.

I congratulate **Dr Alan Alappat**, who has been conferred with a prestigious golden jubilee pro-life award given by the Archbishop of Mumbai for his outstanding services to downtrodden and poor, amongst all the churches of Mumbai.

I thank all the members for their participation in all the activities. I would appreciate your continued support.

Jai Hind  
Long live IMA

**Dr Anil Suchak**  
President



**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
02.10.2008	Anti Quackery Day	Dr. Mahesh Baldwa
09.10.2008	<b>Dassera Hoilday</b>	
16.10.2008	Parkinson's Disease	Dr. P. M. Dalal
23.10.2008	Ca Prostate	Dr. Shrikant Badwe
30.10.2008	<b>Diwali Holiday</b>	
06.11.2008	Syncope	Dr. Anil Balani
13.11.2008	Juvenile Diabetes	Dr. Vaishali Naik

**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
07.10.2008	Fear Revisited	Dr. Harish Shetty
14.10.2008	Olympic Vision	Dr. Himanshu Mehta
21.10.2008	Osteoporosis	Dr. Sunilkumar Singh
28.10.2008	<b>Diwali Holiday</b>	
04.11.2008	Diet in Diabetes	Dr. Satish Naik
11.11.2008	COPD – Recent Advances	Dr. Prashant Chhajed

**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*



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

Dear friends

It is time of festival season and conferences.

This year we have thought of planning the **Annual conference at our IMA building**. We have considered many venues but finally the cost we thought was a prohibitive factor. It will require meticulous planning as the no will have to be restricted. But we will bring down the cost with great effect.

This year we are also celebrating **IMA BWSB foundation day on 12<sup>th</sup> October, Sunday** during the 'Orthocon'. We take this opportunity to invite all past presidents, office bearers who have contributed to our IMA BWSB branch in the past to come for this occasion and have look at our prestigious building , the various developments that have occurred during last about 22 years. I recollect many seniors telling us about how the collection was made when the building was being built, and the hardships they had suffered, and how the funds were collected by them.

The **Garba and Diwali** festival mark the great festival activities in this month. We must not forget the calamities that have occurred during last couple of months. Especially the Bihar floods and many bomb Blast victims. We request all to donate generously to the flood victims, which we will collect and give to the appropriate authorities. If we can curtail the festival activities by just **10%** and the amount saved can be given to the victims it will be appreciated very much.

Recently another shocking incident occurred when KEM doctor who had gone to help the Bihar victims got electrocuted and died instantaneous tragic death. He was to return after 3 days to Mumbai after doing great help at various camps. Many doctors have come and requested to give good donation to the family of the late **Dr Patil from Dhule, we appeal to all the members to donate**. We have started receiving amount the same shall be handed over to the family.

Another shocking incidence occurred at Malad, where doctor couple was bitten up in the nursing home by hooligans, but the shocking nature was the media gave undue attention as well as carried bias story. This kind of law breaking by people is not in good taste. We condemn this and we are uniting with all the neighboring medical associations to represent the matter to all the concerned authorities.



***The Garba and Diwali festival mark the great festival***

***activities in this month. We must not forget the calamities that have occurred during last couple of months.***

We, Dr Anil Suchak, Dr Bakulesh Mehta, Dr Lalit Kapoor, Dr Anand Parihar, Dr Suhas Kate, Dr Housie Kapdia, Dr Anil Pachnekar, Dr Ajay Hariani. Dr Raju Walawalkar and I met Hon Shree R R Patil. We carried with us the **CD** showing the reports from 'Aaj Tak' news and he was horrified to see the brutal beating to the doctor couple. He was very kind and realized the gravity of the case. He immediately gave appropriate instructions to the concerned police officers. He also assured us that government is taking steps to pass the necessary law and the ordinance.

In many states governments have become vary strict against such acts and have been passed as non bailable offence. We must stand united and such incidence must be curbed. We been communicating to various authorities and it is high time that our voice must be heard and some concrete law should be enacted.

This is the importance of the association and we must collectively fight the injustice done to friends. We must also take the association into confidence and timely sense our mistakes as well as try to correct with the help of the concerned authorities.

**HAPPY DIWALI and PROSPEROUS NEW YEAR**

**Please donate generously to BIHAR FLOOD VICTIMS & Late Dr Patil**

**Dr Jayesh Lele**

**Cell 981 981 2996**

**E mail: drjayeshlele@yahoo.com**



*With Best Compliments  
from*

## **Dr. Kartik V. Nadkarni**

M.S. Ortho (Bom.)

Ex-Hon. Asst. Orthopaedic Surgeon  
Bhagwati Municipal Hospital,  
Borivali (W), Mumbai - 400 092.

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**We Wish All Our Members**



**A Happy And Healthy Diwali**



**And**



**A prosperous new year**



**Dr. Anil Suchak**  
President

**Dr. Jayesh Lele**  
Hon. Secretary



**Dr. Akil Contractor**  
Imp. Past President

**Dr. Ashok Balsekar**  
Vice President

**Dr. Manoj Patel**  
Hon. Treasurer

**Dr. S.K. Joshi**  
Hon. Joint Secretary



**All Members Of Board Of Trustees**



**And**



**Managing Committee Members**  
**Indian Medical Association – Mumbai West**





## REPORT

### PUBLIC HEALTH & WELFARE SUB COMMITTEE

A free medical camp for the common public on BMD measurement {by PDXA} was organised at Rangoonwala Community Centre (R.C.C.), Meghwadi, Jogeshwari (E) on 30/08/08, in the presence of Dr. (Mrs.) R. Intwala and Dr. Priti Bhargava. Following data was obtained-

Total patients examined (all female) - 194 (age group-35 years upwards)

Osteoporotic-53, Osteopenic-105 & Normal 36.

The needy patients were given free medicines.

IMA with the cooperation of R.C.C. wishes to have similar camps in future for follow up & assessment of treatment of these patients. .

We are thankful to Pharmed Pharmaceuticals for their valuable help & contribution towards organizing this camp.

**Dr. Akil Contractor**  
**Chairman**

**Public Health Welfare Sub Committee**

### WELCOME NEW MEMBERS

Andheri Dr. Uday Ramesh Deotare  
Dr. Krishna Balwant Katkar  
Dr. Usha Vijay Ubale  
Dr. Indira Vohra  
Transferred Life Membership from  
Mumbai Branch

Kandivli Dr. Rakesh Piyush Kumar Pandia  
Dr. (Mrs) Sonal Rakesh Pandia

Dahisar Dr. Pratima Himanshu Anjaria

Malad Dr. Sonia Deepak Tekchandani

**Dr. Anil Suchak**  
President

**Dr. Jayesh Lele**  
Hon. Secretary

### ACHIEVEMENT !

Our sincere Life Member & Medical Director of Divyadrashti Eye Care Centre of Borivli (W) – **Dr. Nimesh P. Mehta** has been Official Selected as the “**Special Executive Officer (S.E.O.)**” by Government of Maharashtra in recognition of his social activities.

**CONGRATULATION! KEEP IT UP!! WE ARE PROUD OF YOU!!!**

**Dr. Anil Suchak**  
President

**Dr. Jayesh Lele**  
Hon. Secretary

### CORRECTION

Article of ACNE – Diagnosis and Management by Dr. Vinay Saraf  
Page no. 23

Under systemic agents it is mention that Isotretinoin is taken by mouth for 35 months. **Please read this has Isotretinoin is taken by mouth for 3 to 5 months.**

The error in printing is regretted.

Dr. Vinay Saraf & Dr. Jayesh Lele - Editor

### Obituary

We with great grief and sorrow announce the sad news of demise of our senior respectable members Dr. Vira Todiwala and Dr. Sharad Vaidya. We convey our heart felt consolation to bereaved Family members.





**INDIAN MEDICAL ASSOCIATION - MUMBAI WEST**  
of  
**MEDICO LEGAL SUB COMMITTEE**

**Presents**

**“ANTI QUACKERY DAY”**

**Day & Date : Thursday, 02<sup>nd</sup> October 2008.**

**Time : 02.30 p.m. to 04.00 p.m.**

**Venue : Lupin CME Auditorium, IMA Building, J. R. Mhatre Marg,  
Behind Chandan Cinema, J.V.P.D. Scheme, Juhu, Mumbai - 49.**

**Programme**

<b>TIME</b>	<b>TOPIC</b>	<b>SPEAKER</b>
01.30 pm to 02.30 pm	Registration & Lunch	
02.30 pm to 02.35 pm	Welcome	Dr. Jayesh Lele
02.35 pm to 02.55 pm	Spectrum Quackery	Dr. Mahesh Baldwa
02.55 pm to 03.15 pm	How to Curb Quackery	Dr. Rashmi M. Oza
03.15 pm to 03.35 pm	Anti Quackery Laws	Advocate R. B. Jaiswal
03.35 pm to 04.00 pm	Questions & Answers	
04.00 pm	Vote of thanks	

**REGISTRATION FEES: NIL BUT A MUST**

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

**Dr. Mahesh Baldwa**  
**Chairman, Medico Legal Sub Committee**



## HISTORY OF INDIAN MEDICAL ASSOCIATION

We belong to one of the noblest professions. We are the most humble servants of the Society. We are an army, which fights the battle against the diseases and against various health hazards, day in and day out. An army protects the frontiers of the countries, and fights the enemy when there is a War. Our battles are everyday.

Our last freedom struggle of India, most dynamically began around the year 1885. The roots of the Indian Medical Association were sown in the year 1895, almost concurrently with the advent of the freedom struggle.

The history began, when many members of the medical profession, who were inspired by the spirit of the freedom struggle, at a time when we were under the British Rule, came together and decided to get together and form a group of medical fraternity.

With a perfectly nationalistic outlook, it was the sincere desire that the medical profession looks after the health and welfare of people, and since we were a force with common objects, the resolve was to carve out atleast, a preliminary action Organisation, on the line of the British Medical Profession.

The roots of the Indian Medical Association were sown in the year 1895, almost concurrently with the advent of the freedom struggle.

It was Gandhiji's outlook to look after the sufferings of the poor people, and he used to preach that service to the suffering people, is the real service to God. There cannot be a greater example of selfless service to the human being, than a medical person, whose life is devoted to the task of alleviating the sufferings of the people, from diseases caused by age, caused by various organisms, by environments, by genetic factors and by the various

health hazards caused by blunders of man made factors like pollutions, wars and various accidents and also natural calamities etc, etc.

The Indian Medical Association is doing the most

wonderful work of consolidating and strengthening the spirit of unity and fraternity of medical colleagues, all over the country, and providing a wonderful forum and multiple opportunities to everyone to take part in various social service processes, meetings, discussions, conferences, seminars, C.M.E. programmes, research and development projects, and also in launching various medical welfare, medical ethics spreading, and various protection schemes for doctors, without any discrimination of caste, creed, religion or language biases. All members are equal in the Indian Medical Association.

Now directly coming to the developments, which ultimately resulted in formation of the present Indian Medical Association.

(1) First All India meeting was held at Calcutta by a body of medical men from various states (provinces) in India in the year 1895, at Calcutta, which was presided by Rai Bahadur Dr. Lal Madhab Mukherji and its Secretary as Dr. J.R. Wallace, who was editor of the "Indian Medical Record." That meeting, prepared preliminary foundation of an "All India Medical Men's" body.

(2) The First All India Medical conference was held at Calcutta in 1917 at the Michael Medical College under the auspices of Bengal Medical Association. President was Dr. Raghu Bindra Rao D.Sc. Dr. Nilratan Sircar was Chairman of the Reception Committee.

(3) Second All India Medical conference was held in Delhi, which proclaimed its urge and desire to form an "Independent Medical Profession Organisation" in 1918. Dr. Nilratan Sircar was the President, and Dr. J.K. Sen, was Chairman of the Reception Committee.

The conference declared the following objects:

(i) To examine some facets of the form of proposed organization.

(ii) To determine unification of different units of Medical profession.

(4) The third All India Medical conference was held at Amritsar in 1919, with Dr. Odhedar M.N. as President.

(5) The fourth All India Medical Conference was held at Nagpur in 1920 under Presidentship of Rai Bahadur Dr. Maharaja Krishna Kapur. Chairman of



Reception committee was Dr. Tambe.

Then there was no All India conference till 1928.

(6) A preparatory meeting was held at Calcutta on 30<sup>th</sup> July 1928 under Presidentship of Dr. Sundri Mohan Das

The 5<sup>th</sup> All India Medical conference was held at Bombay on 25<sup>th</sup> Dec, the Christmas Day, and Christmas week, in 1928 under the Presidentship of Dr. G.V. Deshmukh, with Nilratan Sircar as Chairman of the Reception Committee.

The following Resolution was moved from the Chair on 28<sup>th</sup> Dec 1928.

“Resolved that an All India Medical Association be formed with the object of looking after the interest of medical education, public health and the medical profession in India”. “That the Association will have its own Journal”.

Thus, was born an “All India Medical Association”. The name was changed to “Indian Medical Association” started its own journal in the name of “Indian Medical World”. The first issue was published in March 1930, under the Editorship of Sir Nilratan Sircar. Dr. A.N. Ghosh was made Secretary. An All India Editorial Board of 21 members was also formed.

So that was the beginning of the Organisation, Indian Medical Association.

In the 7<sup>th</sup> All India Conference, which was held in Poona, under the Presidentship of Dr. Jivraj N. Mehta, it was resolved to change the name of the journal as “Journal of the Indian Medical Association”. The change was made effective from September 1931 issue. The change of the name did not connote any change in the policy of the journal.

Few observations about organizational functioning of I.M.A. The centre is composed of, Central Council, Central Working Committee. There is all India President and four, Vice Presidents, elected by members all over India. The Hon. Secretary General and members of the Executive committee of the Centre, are elected at the Central Council meeting every year. The standing committees, the subcommittees, and main committees like Journal committee, finance committee, Building committee A.K.N. Sinha Institute Committee, Education Committees like Academy, C.G.P., the Social security scheme, the Consumer Protection standing Committee, the Professional protection committees and such committees, subcommittees, standing committees etc make the Organisation extremely vibrant, active and Dynamic.

Central Council is the main controlling body with all rights of General Body except those which are separately described and working Committee is the

main functioning and executive organ.

Every state has a state Branch. There are local branches, with Jurisdictions decided by the Working Committee. All are autonomous bodies functioning independently within common Aims, Objects and all the units have their own independent property rights.

There can be no constitution of state or local branches, which can be against the Central constitution.

It runs like a democratic Organisation on the pattern of “India” the Indian Constitution, state constitution and local constitution.

There are now powerful wings like protecting medical profession from “Consumer Protection Act” hazards Profession Protection schemes which will become stronger and better with passage of time.

We are all, proud of our I.M.A.

The Indian Medical Association is extremely lucky that its destiny was built up and nurtured by most well-known and illustrious medical men of the like:

1. Dr. G.V. Deshmukh.
2. Dr. B.C. Roy
3. Dr. Jivraj Mehta
4. Dr. Nilratan Sircar
5. Dr. Bhola Nath
6. Dr. U. Rama Rao
7. Major. Gen. Amir Chand
8. Dr. Chamanlal Mehta
9. Dr. S.C. Sen
10. Dr. C.S. Thakar
11. Dr. H.N. Shivpuri
12. Dr. R.V. Sathe
13. Dr. B.P. Trivedi
14. Dr. S. Samaddar
15. Dr. A.P. Mitra
16. Dr. A.K.N. Sinha

and today we are lucky to have Dr. Ketan Desai to guide us. It is the combined wisdom and efforts of all those illustrious predecessors, that the Indian Medical Association has gained prominence and popularity.

**Dr. Chandrakant. R. Joshi**  
8.4.2008

There are now powerful wings like protecting medical profession from “Consumer Protection Act” hazards Profession Protection schemes which will become stronger and better with passage of time.



**Srishti**  
**September b/w ready positive**



**INDIAN MEDICAL ASSOCIATION - MUMBAI WEST  
IMA - CGP MUMBAI WEST SUB FACULTY &  
MUMBAI SUBURBAN ORTHOPAEDIC SOCIETY  
Proudly Present On the occasion of  
IMA FOUNDATION & WORLD ARTHRITIS DAY**

**ORTHOCON - 2008**

**On Day & Date** : Sunday, 12<sup>th</sup> October 2008. • **Time** : 08.30 a.m. to 01.00 p.m.  
**Venue** : IMA Hall, I.M.A. Building, J. R. Mhatre Marg, J.V.P.D. Scheme, Behind Chandan Cinema, Juhu, Mumbai - 400049.

**PROGRAMME**

Time	Topic	Speaker	Chairperson
09.00 am - 09.30 am	Registration & Breakfast		
09.30 am - 09.40 am	Welcome	<b>Dr. Jayesh Lele</b>	
	Inaugural Address – <b>Lighting The Lamp</b>	<b>Dr. Anil Suchak</b> <b>Dr. C.R. Joshi</b>	
<b>09.40 am - 09.50 am</b>	<b>Life Time Achievement Award</b>	<b>Dr. B. B. Joshi</b> <b>1<sup>st</sup> Orthopaedic surgeon in Mumbai</b>	Dr. M.N. Shahane
09.50 am - 10.10 am	JESS in Fracture Treatment	Dr. Ram Prabhoo	Dr. M.N. Shahane
10.10 am - 10.30 am	Hip Replacement	Dr. Girish Devnani	Dr. Asim Parekh
10.30 am - 10.50 am	Recent Advances in Total Knee Replacement	Dr. Sanjeev Jain	Dr. Prakash Samant
10.50 am -- 11.10 am	Arthroscopy in Orthopaedics	Dr. Tushar Jimulia	Dr. Bipin Kamdar
11.10 am – 11.30 pm	Recent advance in shoulder management	Dr. Sujit Korde	Dr. V.G. Telang
11.30 am -- 11.50 am	<b>Tea</b>		
11.50 am - 12.10 pm	Children's Orthopaedic : A Stitch in Time, Saves 9	Dr. Taral Nagda	Dr. Suhas Kate
12.10 pm – 12.30 pm	Imaging in Orthopaedic	Dr. Bipin Shah	Dr. Bharat Gala
12.30 pm --12.50 pm	Myths and reality of Total Knee Replacement	Dr. Ravi Shah	Dr. Kartik Nadkarni
12.50 pm -- 01.10 pm	Vertebroplasty : Boon in Vertebral Fracture	Dr. Raghu Verma	Dr. Laxman Kamath
01.10 pm – 01.15 pm	Vote of Thanks	Dr. Jayesh Lele	
01.15 pm onwards	Lunch		

**MODERATOR : DR. RAM PRABHOO**

**Registration Charges** : • CGP and IMA Members who have paid ANNUAL Fees = Free. (Only if Registered in Advance)  
• CGP & IMA Members: Rs.100/- • M.S.O.S Members: Rs.100/- • Eligible Non Members: Rs. 200/-

**Lucky Draw Gifts to delegates who report till 9.15 am**

**FOR REGISTRATION CONTACT : MS. SEEMA / MS. SUNITA / MS. SONAL**  
IMA OFFICE, TEL. NOS : 2620 6517 / 2625 4368

Dr. Anil Suchak  
President

Dr. Jayesh Lele  
Hon. Secretary

Dr. Sushil Sabnis  
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M.S., F.I.C.S., F.A.C.G., F.I.A.G.E.S.

Gastro Intestinal & Laparoscopic Surgeon

#### **Dr. Abhay Agrawal**

M.S., Dip. Lap Surgery, F.I.A.G.E.S

Laparoscopic and Obesity Surgeon



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**Dr. Vinay Saraf**

being appointed DNB teacher at  
Nanavati Hospital

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5.30 to 7.00 p.m.  
Tel.: 28019395 / 28629114

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A-101, Kumudnagar,  
(Next to Goregaon Police Station),  
S. V. Road, Goregaon (W),  
Time : 11.30 to 1.30 p.m.  
7.30 to 9.30 p.m.  
Tel.: 28724374 / 28766989  
Fax : 28788384



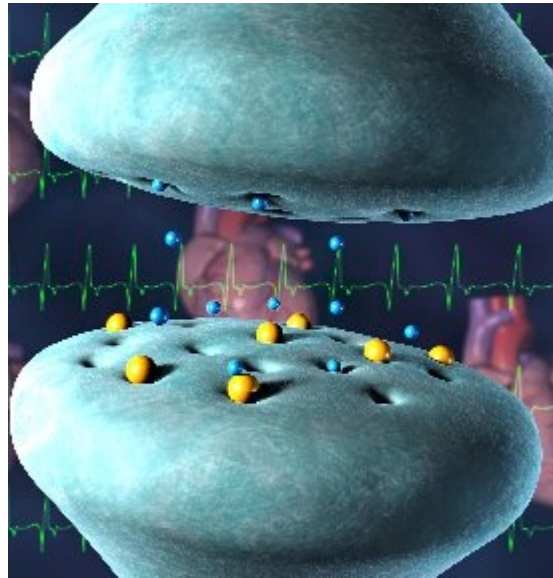
# Myths about Beta-blockers – No need for panic!

Dr Ganesh Kumar DM\*, Dr Yash Lokhandwala DM\*\*, \*Dr LH Hiranandani Hospital, Powai, Mumbai. \*\*Arrhythmia Associates

Beta-blockers, one of the most prescribed drug in the world, have recently come into disrepute for various reasons. This has led to reluctance on the part of many primary care physicians in prescribing them, depriving many patients of their benefits. It all started few years back when editorials and reviews in an acclaimed journals raised a doubt on the efficacy of beta-blockers, particularly atenolol, in hypertension.[1,2,3] This however was understood as a class effect by general practitioners, creating a panic and leading to their sudden under usage. There has been a massive campaign by many pharmaceuticals, and even the media, which has fuelled this panic. Newer, more expensive beta-blockers are being promoted in place of propranolol, metoprolol and atenolol. These time-tested medicines have saved millions of lives and provided relief to many more millions. Just sit back and reflect- their beneficial effects are automatically assumed to be present in the newer agents, without clinical evidence of this in many instances.

Beta-blockers have been linked to an increased risk of diabetes, stroke and a host of side effects ranging from depression to sexual dysfunction. A recent review by Bangalore et al also addresses a variety of problems associated with beta-blocker therapy regarding low efficacy as compared to other anti-hypertensives and poor tolerance.[4]

However, most of the evidence summarized in the review by Bangalore et al concerns atenolol. Also the less favorable clinical outcomes seen with atenolol versus other therapies might be due to an absence of 24-h efficacy when it is used once daily at a dose of 50 mg. In fact, the INVEST Study, in which atenolol was dosed twice daily, demonstrated no difference in outcomes between a beta-blocker and calcium-antagonist-based regimen.



[5] Similarly, data from the UKPDS Study also showed atenolol to have efficacy similar to an ACE inhibitor regimen in preventing macrovascular complications in hypertensive diabetic patients. [6] There is mounting evidence showing that the side effect profile of vasodilatory beta-blockers is markedly different and comparable to placebo. [7,8] Vasodilating beta-blockers also demonstrate neutral or beneficial metabolic profiles. The GEMINI study in diabetic hypertensives showed maintained glycemic control and improved insulin resistance with carvedilol versus metoprolol. [8] Similarly, nebivolol demonstrated improved insulin sensitivity when compared with metoprolol in



hypertensive patients. [9] Subgroup analysis from the Bezafibrate Infarction Prevention study showed a 44% mortality reduction in patients with diabetes on a beta-blocker regimen [32]. Multivariate analysis of the group revealed significantly fewer myocardial infarctions [relative risk reduction (RRR)] of 0.58% in those taking beta-blockers. The re-infarction risk is reduced by more than 70% in patients with diabetes and a history of myocardial infarction. [10]

Possibly the most common reason care providers avoid prescribing beta-blockers in patients with diabetes is fear that they block the sympathetic symptoms associated with hypoglycemia. This fear is a classic medical myth in the sense that it is based on basic physiology and small case series but lacks substantial evidence when various studies have proved this to be wrong. [11,12] Another common reason for avoidance of the use of beta-blockers in patients with diabetes is the misconception that they increase insulin resistance and worsen the

lipid profile. A recent meta-analysis included the treatment of patients with diabetes with a beta-blocker of any type. There was no significant evidence of worsening of the glycemic control, lipid profile, or insulin resistance [13]. Multiple studies have addressed the betablocker and dyslipidemia question, with varying results. A meta-analysis reported that beta-blockers significantly increased triglyceride levels but not HDL or LDL cholesterol. The evidence is now relatively conclusive, showing that the risks of beta-blocker therapy are outweighed by the decrease in myocardial infarction and death in patients with diabetes, infarction treated with beta-blockers. Also in a recent study in post-MI patients, beta-blockers were not associated with an increase in depressive symptoms or depressive disorders in the first year after MI. [14] The table below summarizes the evidence available for use of beta-blockers. INCLUDEPICTURE "../Desktop/surinder/betablockers/imagePOP1.asp\_files/

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p1225schroe2.gif" \\* MERGEFORMAT So except for uncomplicated hypertension, beta-blockers are still very relevant for their traditional indications and are the mainstay of therapy in heart failure and post-MI patients. There is no need to change therapy for patients who are

already on beta-blockers and tolerating them well. Similarly, in patients who are already on atenolol and metoprolol (classical beta-blockers) need not be shifted/changed over to newer beta-blockers (carvedilol/nebivolol) on patient follow-up.

The table below summarizes the evidence available for use of beta-blockers.

**Strength of Evidence for the Use of Beta-Blockers in Cardiovascular Disease**

Conditions	Weak to none	Some evidence	Strong evidence
Hypertension (uncomplicated)	✓		
Heart failure			✓
Acute coronary syndrome		✓	
Post MI			✓
Stable angina without MI		✓	
Perioperative (noncardiac surgery)		✓	
HOCM		✓	

HOCM = hypertrophic obstructive cardiomyopathy; MI = myocardial infarction.

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Tel : 2890 5834 / 2892 7313

6, Sneha, Opp. Sasural Hotel, Lokhandwala  
Complex, Andheri (W), Mumbai-400053.  
Tel : 2634 5842 / 2634 5843

9.00 am to 9.00 pm Sunday Closed





## IMPORTANT FUTURE EVENT

### DIABESITY PART I & II

Our branch is planning to organize unique and innovative programme covering every aspect of Diabetes. This programme will up-date knowledge of our members and will also be immense helpful in day to day management of DM. This programme will be held on 2 Sunday s in November as part I & part II on 09.11.2008 & 16.11.2008 at our branch premises. We are planning to invite City's best & leading Diabetologists to address this programme.

***The following topics will be covered during the conference:***

- 1) Diabetes – The Indian Scenario.
- 2) Pathophysiology & Classification.
- 3) Clinical features & Diagnosis.
- 4) Complications.
  - a) Macro-vascular.
  - b) Micro-vascular.
- 5) SMBG.
- 6) Cardio Metabolic Syndrome.
- 7) Obesity & Medical Management.
- 8) Non – Pharmacological Rx of DM.
- 9) Oral Anti Diabetic Drugs.
- 10) Combination therapy.
- 11) Insilin & analogues.
- 12) Newer Therapies Like
  - a) Incretin Mimetics
  - b) DPP IV inhibitors.
- 13) Surgical Therapy.
- 14) Clinical Cases.

Towards the end of 2nd programme there will be quiz exam in the form of Multiple Choice Questions. All the delegates attending both the programmes will be issued "CERTIFICATE OF ATTENDANCE" at the end of 2nd programme. We appeal our members to attend this programme in large members.

**MODERATORS :**  
**Dr. Arvind Gongane**  
**Dr. Ketan Mehta**  
**Dr. Mangesh Tiwaskar**

**CO-ORDINATORS :**  
**Dr. Akil Contractor**  
**Dr. Manohar Bachhani**



## **BREAST ONCOSURGEON**

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|---|--|

• **CONTACT** •

**Cell : 98201 44132 / 93232 26138**

**Consulting Time : 9 A.M. to 9 P.M. (Monday to Saturday)**

**By Appointment on Sunday**

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## One Limb Anesthesia

By Dr. Raja Narsapur M.D. D.A.  
(Sr. Orthopedic Anesthetist)  
2) Dr. Kirit Mehta M.D. D.A.  
(Ex. Sr. Lecturer in Anesthesia – BYL Nair Hospital)  
3) Dr. Mrs. Meena Mehata  
(Ex. Associate Prof. Anesthesia - BYL Nair Hospital)

We have perform these procedures in lower extremity surgeris which includes total Hip Replacement, Total Knee Replacement, Total Shoulder Replacement & Other procedure on Lower Extremity & Upper Extremity.

### Advantages :

- 1) Most suitable for High-Risk patients
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- 4) No Bladder Involvement
- 5) Quality post operative analgesia up to 18 – 20 Hrs.
- 6) D.V.T. chances are very remote
- 7) No Phantom limb syndrome is observed
- 8) Can be given for unconscious patient

We are working in this field for the past 20 years. From 2003 onwards we are using Nerve Locator as and when required.

We achieve these Regional nerve blocks for upper extremities & lower extremities by following approach.

1. Supra Clavicular Approach of Brachial Plexus Block
2. Brachial Plexus Blocks through Posterior Approach
3. Psoas Compartmental Block (Lumber Plexus Block)
4. Sciatic Nerve Block (Labotts Approach)

SUPRA CLAVICULAR APPROACH of Brachial Plexus Block. We have performed successfully this block in more than 4,000 cases with least morbidity.

We have never come across Pneumo Thorax or Local Anesthetics Toxicity

We take following precautions to avoid above mention complications.

1. Relaxed Sterno Mastoid Mussle (By not giving bolster no rotation of neck on the

For your high-risk patient under going any orthopedic procedures in lower extremities or upper extremities one limb analgesia is the answer where morbidities are least patients can go to on his routine medications immediately in addition prolonged analgesia and least chances of DVT.

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DR. MRS. MEENA MEHTA MD. DA.  
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normal side

2. Loaded Syringe with 27 gauge needle & moving the syringe while administering drug & intermittently looking for negative aspiration of Blood
3. We inject the Drug in three or four divided dosage

**Posterior approach of brachial plexus block**

We have conducted this anesthesia for surgeries on the shoulder namely reconstruction of Shoulder Total shoulder replacement, Hemi Arthroplasty (Neers Procedure) & Upper Humorous Fractures.

We have conducted this anesthesia for One Hundred & Fifty Two cases

Advantages :

1. No movement in the affected part is required
2. No side effects like
  - A) Ulnar nerve escape
  - B) Diaphragm Paralysis
  - C) No G.B. Horner Syndrome
  - D) No recurrent Laryngeal involvement

As the point of entry and direction of the needle going through Rhomboids Trapezoids &

Shoulder Elevating Muscles. We don't come across any vital structures.

**Regional nerve blocks for Lower Extremity:**

All surgeries including Knee replacement, Hip replacement can be perform with this procedure is very useful in high patients who can go to their routine medications soon after the surgery as there is no involvement bladder & peritonea in addition the DVT chances remote due to prolonged sympathetic Blockade.

This procedure is achieved by blocking Lumber Plexus block (Psoas compartmental block Sciatic nerve block).

We have conducted this procedure same 224 cases. Of which Two Total Knee Replacements, Four Hip Replacements, 37 Cemented bipolar, 40 A.M.R.s, and the other procedure on the Lower extremities

**Contra Indications :**

1. Infection : In the area of the Nerve to be blocked
2. Uncorrected Coagulation Disorders
3. Patient Refusal

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## REPORT of PUBLIC HEALTH AND WELFARE SUB COMMITTEE

1) 20<sup>th</sup> August 2008 : Geriatric "Golden Years" Part II, we had attendance of 90 people and lecture of Dr. Ashutosh Shetty was very informative and motivating.

2) 29<sup>th</sup> August 2008: "Fitness For All" by Ms. Shalini Bhargava. 50 members attended and took advantage of benefits of exercise and keeping your weight in check.

3) 30<sup>th</sup> August : B.M.D. Camp at Jogeshwari (East). 194 people took advantage. This camp was organized by Dr. Priti Bhargava.

4) 07<sup>th</sup> September: General health check-up camp was arranged at Bandra (East), near MIG Club. 100 people had their blood sugar check-up and 150 people had a health check-up. Free medicines were distributed to the needy. Members who attended this event were Dr. Akil Contractor, Dr. S. K. Joshi, Dr. Sudha Saraiya, Dr. S. Patel & Dr.

Indira Vohra.

5) 22<sup>nd</sup> September: N.M.D. Camp at Jogeshwari (East). 200 people attended. This camp was organized by Dr. Priti Bhargava.

### FORTH COMING EVENTS :

1) 06<sup>th</sup> & 07<sup>th</sup> October 2008: Hypertension and Diabetes Awareness and check-up Camp at Jogeshwari (East).

2) 20<sup>th</sup> & 21<sup>st</sup> October: Anaemia Awareness and Treatment Camp at Jogeshwari (East).

3) 21<sup>st</sup> November: Programme on "Looking Good Feeling Great" by Dr. Varun Dixit.

4) 07<sup>th</sup> December: "Yoga in Health and Disease".

**Dr. Akil Contractor**  
Chairperson

**Public Health & Welfare Sub Committee**

### Dr. Sujit N. Korday

*MS Orth (Bom), MCh Orth (Liverpool), FRCS (Edin)*  
*Fellowship-Arthroscopy & Joint Replacement (Canada)*

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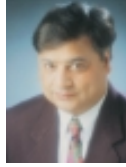
### Hospital Affiliations :

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- Bombay Hospital
- Guru Nanak Hospital

## Arthroscopy & Joint Replacement Clinic



## FOR YOUR HEART STRINGS



Dr. Rajiv Anand

Dear Friends!

Most of us have immersed ourselves so deeply in our own misery and pain that we have become blind to the world around us. Ironically, we exist in the same world yet are so pathetically cut off from it. This fencing is built out of our discomforts, diseases, interpersonal conflicts and the maze of problems that we have lost ourselves in. We have forgotten that we exist beyond all the difficulties and the pain. We have forgotten that none of them is so powerful as to annihilate our spirit for ever.

We consider our own miseries too big and too difficult to be solved or understood by anyone else. We rationalize that our irritation, bad moods, tiredness, lack of communication and unsuccessful relationships are due to loss of energy and emotions in fighting these difficulties.

How often have we attempted to open our hearts to the millions of people in our small world, who suffer and yet survive despite all the pain they encounter? How often do we note that others' pain may most often go unheard, unsung and understood? Do we ever pause to think of the bus driver who works 8-10 hours in this chaotic traffic, in an unwieldy size of an outdated bus with no fan? He bears the heat of the engine and other "road-raged" drivers day in and day out. Do we take the time to listen to those that serve us? Do we ever ponder how they manage to live peacefully & efficiently, despite their paltry salaries & own share of ever increasing misery?

How many of us are aware about our maidservant who works hard for endless no. of hours at different houses, cleaning, sweeping floors, washing vessels, and doing sundry chores? She also has a home to reach in time to cook, serve, manage and look after her growing children. She also must make herself available to most often a demanding, heartless husband who himself is

crumbling under the surmounting problems in his own life to make both ends meet.

Are we sensitive to the lives of our subordinates... where do they live, how do they live, how do they manage to keep alive in this difficult world? How many children do they have, how do they educate their children, what are their pains and miseries? We are smug in our belief that we are the boss, we pay them & therefore have the right to rule over a significant part of their lives. At times we even boast about how many employees work under us. We may justify our attitude with pseudo-philosophical overtones... Oh, this is their karma; God decides what & how much for whom; so who are we to even think, leave alone do anything for all these people?

Have we really forgotten that these people are also part of the same world that we reside in? Yet they are a world apart from our life. In our own pain, we have in reality lost compassion for those who are less endowed than us. There is countless no. of people around whose lives could be made happier and lighter just by a kind gesture, a benign smile, a pat on the shoulder, or an expressed concern about their trials and tribulations.

Are we aware that we are the privileged ones who are capable of making a significant difference in the lives of so many people around us? Strangely, when we do this, we impact our own life positively as we realize that ours are insignificant, manageable problems.

A new thought:

Out of 100 people who pass through our life at any time, in any way, in any form, 99% will never come back again.

But this 99% suffers our indifference and complete apathy. Couldn't we change that just a little bit? Couldn't we accord them a smile, a pat, or a simple gesture of acceptance and warmth? Consider what it would cost us in doing as against not doing. The answer is hidden within the question.

So, let's all resolve to make this world a happier place in our own little compassionate way. Here's looking forward to a kinder, gentler and happier society...



### **WORK-LIFE BALANCE**

Imagine being a juggler who keeps five balls in the air. The first four are family, health, friends and spirit and are made of glass. The fifth is work and made of rubber. The first four will crack when they fall but the fifth will bounce back. Every one is after the rubber ball not realizing that, if the glass balls are fine, the rubber ball will do better.

***May Lord Ganesh bless you all.***

With wishes and regards,  
**Dr. Navin Chatvani**

## **Donate for Bihar Flood Victims**



**Dr. Chandrakant Patil,**  
Dedicated doctor from KEM,  
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## IMA - BWSB Building Background

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Tel: 022 – 2513 2114, Cell: 098203 77174

**25<sup>th</sup> SEPTEMBER, 2008**

It gives me great pleasure to present before you the background history and efforts – pain taken by our seniors in past to create and construct this IMA – BWS – Branch sports centre building – centre for all activities of BWS branch of IMA members, in the centre place of the branch area. It is a sincere - hard dedicated work of them that we have such a beautiful base for our activities.

It was a vision of late Drs C. S. Thakar – popularly known as “BAPA”, Surabhai C. Sheth with Dr. Arvind M. Shah, Dr. J. B. Bhagat, Dr. S. T. Kantawala, Dr. R. K. Shah, Dr. C. R. Joshi and many others that the plot of 1500 sq.yards from 14 Co-Operative Society, J. V. P. D. Scheme, Juhu was acquired. However due to shortage of fund plot was divided and part of it was given to Vile Parle Medical Club.

The Silver Jubilee Celebration of the Branch in 1965 gave a decisive thrust to achieve the goal with a collection of Rs. 25000/- .It was 1977 when all India IMA conference was hosted by our Branch and the profit amount of Rs. 4,50000/- became the seed money to construct the building. From 1979 to 1985 the same senior members where joined by other active members like Drs. Mahendra Sheth, Kanti Dave, Prabhakar Rao, R. G. Jimulia, V. S. Pradhan, P.P. Pawar, Alan Alappat, J. B. Agrawal, B.S. Mehta, Rajiv Anand, Somesh Vaishnav and my self with many more to fulfill the dream of our own building.

Mainly three methods where applied to raise the fund.

- 1) Rs. 1000/- was collected from more than 200 members of our own branch. Our members were generous to donate towards the building fund. Some even donated more than 1000/-.
- 2) With the help of late Dr. S. C. Sheth and others philanthropic donors were approached and we received a handsome amount from Mr. Praful Amichand Shah of Garden Silk Mills, Mr. Gopaladas Raheja of M/S K. Raheja Foundation. Mr. Amrit Modi of Unichem Laboratories, and many more other donors.
- 3) We had arranged 3 fund raising programme in 1980 – 1981 gave Rs. 7, 00,000/-, 1982 gave Rs. 2,50,000/- and third in 1988.

And finally I was lucky and fortunate to have served our esteem branch and instrument to formally dedicate and inaugurate the building as a secretary of the branch on 20.10.1988 – Dassera day and birthday (20.10.1940) of our branch at the hands of Chief Guest Late Mr. Chatrabhuj Narsee of Vile Parle Kelvani Mandal, Mr. N.V. Gunjekar – special Guest of Honour Mr. N. V. Gunjekar released the Souvenir, Dr. Ashok Mehta, Internationally Renown Cancer Surgeon inaugurated the CGP Branch Fac-

ulty, with Dr. Kanti Dave as President and Dr. J. B. Agrawal as Vice President / fund raising committee Chairman in the presence of late Dr. S. C. Sheth and more than 200 members with their Spouse. The inauguration function was arranged in our own building on ground floor in a Badminton hall and all the members of the branch with spouse were invited for dinner.

We had wonderful 32 feet height Badminton hall with the wooden floor of international standard – the only one of its kind in private set up in those days. It was planed and prepared under the able guidance of international champion Mr. Prakash Padukone under able chairmen ship of Dr. P. P. Pawar and Dr. Prabhakar Rao.

It was through good offices of Dr. V. S. Pradhan that Mr. N. V. Gunjekar of Arex Laboratory undertook the entire furnishing and decorated of the air-conditioned Arex Hall and equipped for our scientific meet.

**Dr. Shaileendra C. Mehtalia**  
Past Secretary IMA BWS

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3. The material for printing should be sent to our office on or before 15<sup>th</sup> 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