



# INDIAN MEDICAL ASSOCIATION

KOLLAM BRANCH

**NEWS LETTER**

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Only

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## OUR BRANCH HOSTED THE 258<sup>th</sup> IMA STATE WORKING COMMITTEE AT KOLLAM AFTER A GAP OF 15 YEARS



An active State Committee Meeting was hosted by IMA Kollam Branch at Quilon Beach Hotel on 20th May 2018. The state committee has discussed the Clinical Establishment Bill and its threat to the doctors of single man and medium sized hospitals. A commission was formed by IMA State Committee to investigate the Nipah Virus threat. The meeting was presided over by Dr. E.K.Ummer - State President; Dr.Biju Nelson - IMA Kollam Branch President welcomed the state committee members. Dr.N. Sulfi - presented the report, Dr. V.G.Pradeep Kumar - IPP, state officials, senior national and state level office bearers of previous years and President, Secretaries, SWC Members actively participation in the discussions.

All the Schemes were reviewed in detail and the meeting ended at 6.00 pm.

**IMA KOLLAM BRANCH WISHES ALL MEMBERS**

*Happy Doctors Day (01.07.2018)*

Please be their at IMA Centre on 01.07.2018 at 7.30 pm.

*Join us for KOLLAMCON 2018*

**IMA State Conference, Kollam hosted by IMA Kollam Branch on  
10,11 November 2018, at Lalas Convention Centre, Mevaram.**

## CME PROGRAMME ON 25.05.2018



- (1) Dr. Sidharth Viswanathan, Clinical Assistant Professor, Dept. of Vascular & Endovascular Surgery, AIMS, Kochi presenting the topic "Role of a Vascular Surgeon in Diabetic Foot Disease"
- (2) Dr. Balasubramoniam. K.R., Associate Professor, Dept. of Cardiovascular and Thoracic Surgery who presented the topic Robotic Thoracic Surgery - Myths & Misconceptions, is seen answering the questions of our members.

### *Womens Wing*

#### **Report of WIMA Kollam meeting on 09/06/18 at 3 pm at IMA Centre Kollam**

The hour long meeting extended to almost 2 hours with lively presentation by **Dr Anupama R**, State Chairperson, **Ammayude Arogyam**. The topic was on Gynaecological Malignancies and the need to create awareness among the public. Active participation and interaction between the members made it a day to remember. President Dr. Bindu Earnest, gave the welcome and presidential address while Dr. Deepa George, proposed the Vote of Thanks. Notice of further meetings will be announced on the Whatsapp of WIMA Kollam. - Dr. Deepa George (Secretary)



## President's Address .....

It was a busy month for IMA activities at branch level, hosting State Working Committee Meeting and gearing up for the State Conference in November. The Nipah threat to the northern district Kozhikode and Malapuram and its waves in other parts of Kerala was a new experience for our community the committed work by the health department and IMA has given a new dimension in disease control in the state. The new laws laid by National, State and even local bodies is a real concern for a fight for doctors at any time. *Wish all my beloved doctors. "A very Happy Doctors Day 2018".*



**Dr. Biju B. Nelson**

Jai Hind, Jai IMA

**CME, General Body Meeting & DOCTORS DAY CELEBRATION  
on 1<sup>st</sup> July, Sunday at 7.30pm, Dr. Mohandas Memorial Hall,  
IMA Centre, Asramam, Kollam**

Topic : **"Review on Acute Pancreatitis"**

Speaker : **Dr. Paul Cheruvathur. MD, DM Gastroenterologist**

Consultant Gastroenterologist, Holy Cross Hospital, Kottiyam.

*Honouring Senior Doctors by*

**Dr. ARUL R.B. PRASAD, IPS, Kollam City Police Commissioner**  
*followed by Entertainment Programme by Members.*

***We Salute these Seniors on Doctors Day***



*Dr. P. Chandrasenan*



*Dr. Joseph K Thomas*



*Dr. Hemachandran K.*



*Dr. Jessy D'Cruz T.S*

## Secretary's Column.....

*KOLLAMCON is actively shaping up with the efforts of its committee members. Requesting all IMA KOLLAM members to register as reception committee members- the advantage being that you get to bring along a guest or your spouse for the banquet evening- "GRAB THE OPPORTUNITY"*

*We now need to be ready for the latest mode of attack on Doctors- THE CYBER ATTACK. We witnessed this a few days back following a maternal death in our neighbouring district.*

*Such an attack can demoralise us mentally if we give in to it. It also brought forward the point that there are still many doctors who are not IMA members. Are they not aware of the benefit of being part of IMA-The PP Scheme, The Social Security Scheme, etc. Hence an AWARENESS DRIVE is the need of the hour.*

*Jai IMA*

*Dr. Vinod George Philip*



### **TRAINING FOR AMBULANCE DRIVERS AT IMA CENTRE, ASRAMAM ON 31.05.2018 BY INTEC CHAIRMAN DR. N.SREEJITH KUMAR. OTHER PARTICIPANTS ARE DR. JOHN PANICKER AND BRANCH OFFICIALS**



***Dr. N. Sulfi, addressing the State Leaders Meet at IMA Centre, Kollam on 19.05.2018 for the Leaders Reception given by our branch on the eve of state working committee which was held at hotel Quilon Beach.***

Dear doctors, we are already one week into the monsoon. As usual various types of fever is on the rise. Nipah was the latest in the list. Fortunately nipah is under control now. Dengue cases are increasing. Please encourage the public to take measures to control mosquitos. Only half of the members have paid the Working Fund. I request all the members to pay the working fund.



Dr. Om Prakash

## OBITUARY



Sivan R. Nair, (45 yrs)  
S/o. Dr. Radhakrishnan Nair M.P,  
Expired on 25.05.2018



Sri.K.M. Varghese (96 yrs)  
F/o. Dr. Subash &  
Father in Law of Dr. M.C.Thomas  
Expired on 04.06.2018



Our branch has hosted the District Level Training on NIPAH Fever on 17.05.2018. The Training was conducted by District Medical Office, Kollam. DMO Incharge Dr. C.R. Jayachandran inaugurated the Meeting. Branch President Dr. Biju B.Nelson presided the function. Others who participated were Dr. Manikandan Deputy DMO., Dr. Sandhy Deputy DMO, various Medical Officers in Health Service, Hospital Superintendents and Physicians of various private hospitals from Kollam District.

## KOLLAMCON 2018 (IMA State Conference)

Hosted by : IMA Kollam Branch  
All IMA Kollam Branch Members  
please register as reception committee  
member at earliest.  
Single - 3500 \* Couple - 4500



61<sup>st</sup>  
Annual  
Conference  
IMA Kerala State  
**KOLLAMCON 2018**

2018 Nov 10<sup>th</sup> & 11<sup>th</sup>

**LALAS  
CONVENTION CENTRE  
NH BYPASS MEVARAM**

Reception Committee Member - Single Rs 3,500/- Couple Rs 4,500/-

### HAVE YOU REGISTERED

IF NOT  
PLEASE CONTACT  
THE KEY IMA MEMBERS  
IN YOUR HOSPITAL

YOU CAN ALSO REGISTER AT  
IMA CENTRE ASRAMAM  
9.30 AM TO 4 PM  
(except on Sun days)

## New Life Members



Dr. Mohammed Riswan M  
Orthopaedics  
Azeezia Medical College  
Meeyannoor, Kollam



Dr. Sana Saleem Namboorimadathil  
Jr. Department of Paediatrics  
Azeezia Medical College  
Hospital, Meeyannoor, Kollam



Dr. Saran Sarma  
Assistant Surgeon  
Govt. Taluk Hospital  
Mallapally, Pathanamthitta



Dr. Sukaina Beegam. A  
C/o. Dr. Sameer I  
Riyas Manzil  
TKMC P.O., Kollam



Dr. Muhammed Minshad  
Junior Consultant Anaesthesia  
Women and Children Hospital  
Bazar P.O., Alappuzha



Dr. Safi Salim  
Senior Resident  
Dept. of Radiodiagnosis  
Govt. T.D. Medical College



Dr. Anoop. G Mohan  
S/o. Dr. G. Mohan  
Consultant Plastic Surgeon  
Kollam.



Dr. Swathy Krishna S  
C/o. Dr. Anoop G. Mohan  
Olayil, Kollam



Dr. Kiran Kumar T  
Anaesthesiologist  
NS MIMS, Palathara  
Kollam



Dr. Vidhu Vikraman  
Medical Officer  
CHC, Nedumpana  
Kollam



Dr. Koshy C Panicker  
Assistant Surgeon  
Kerala Health Services  
Kollam



Dr. Parvathy Prasad  
Assistant Surgeon  
Kerala Health Services  
Kollam

Please visit website : [www.imakollam.com](http://www.imakollam.com).  
IMA Blood Bank : 0474 2766551

## KOLLAMCON 2018 –

### FAST APPROACHING.....

The 61st Annual State Conference of IMA Kerala State Branch named KOLLAMCON 2018, scheduled for 10th and 11th November 2018, is fast approaching. This annual event is the culmination of activities of IMA Kerala State Branch which has over 30,000 doctors across all specialities in the State as its members. It is the pinnacle of organisational activities, academic lectures, entertainment, leisure & cultural activities and family get together.



It is expected to be attended by about 5000 doctors and their family members this year. This is also an occasion for official matters, scientific updates, sumptuous food and a great opportunity to meet and interact with our friends from across the State.

IMA Kollam Branch has started initial activities for the conference. An Organising Committee has been constituted along with 12 Sub-committees entrusted with definite roles. All the sub committees have met during the last few weeks and have discussed the activities to be undertaken in detail and also decided on various arrangements and services.

The Scientific Committee has formulated high standard clinically relevant scientific programs. Major topics will cover almost all specialties which will be useful for general practitioners as well as specialists of various branches. Topics of interest to be covered includes current updates in Adult immunization, Rabies, Tuberculosis, Prophylaxis in HIV, Hepatitis B,C, Communication in patient care, Biomedical waste management, Updates in Diabetes, Hypertension, Renal diseases, Short febrile illness, Sepsis, Vasculitis, Challenges in critical care medicine, Emergencies in OBG, Oncology & Surgery, in addition to various other interesting topics.

A trade fair is also being organised along side. This gives a splendid opportunity for business houses, which not only includes surgical / medical equipment manufacturers and dealers, pharma companies, hospitals but also jewellers, fashion houses, automobile dealers etc to name just a few, to highlight their products and services to an upper crust of society, which can give great advantage in promotional activities.

We are also publishing a souvenir in connection with the event which can be used to advertise your product or services. The souvenir will have interesting articles on medicine and allied subjects. It will also provide an opportunity for our members to publish their literary works.

As member of the host branch each of us has a responsibility and duty to ensure the smooth conduct of the conference. We promise that the event will linger in your fond memory for a life time.

All members of IMA in the district are requested to register as reception committee members for the conference by paying Rs 3,500/- (single) and Rs 4,500/- (couple) and enjoy special privileges. Reception committee members can bring one more member for the cultural programme and banquet. Our active members working in all major hospitals will be able to register you for the Conference.

Dr. D. Sreekumar, Organising Secretary

## EMERGING INFECTIOUS DISEASES. (WAITING AT OUR DOOR STEPS TO ATTACK)

Dr.V.Balachandran- MD, MNAMS, FRCP (Edin), FACC, FICP, FCSI

Dr.Nair's Hospital, Kollam

### INTRODUCTION:-

25-35% of the 60 million deaths worldwide that occur each year are due to infectious disease. Four historical patterns of transition have been identified in emerging diseases. First transition- (crowd transition) occurs when people begin to live in much closer proximity to one another. Second transition- Neighbouring civilizations made contact with each other through war or trade; Contact allowed the exchange of pools of infectious organisms and vectors between populations. Third transition- Worldwide exploration and colonization led to the identification of new populations. Newly identified populations came into contact with pathogens never seen before within their cultures. Immunologically naïve and susceptible population. Fourth transition – this is happening today. The ongoing causes are: Globalization, Global Urbanization, Increase in population density, Poverty, Social upheaval, Travel etc

### New Disease: Nipah Virus Encephalitis

The cause of death of twelve people, ostensibly suffering from fever, in Kozhikode has been confirmed to be due to the Nipah virus (NiV), spread by fruit bats and which caused severe disease in both animals and humans. The virus has been confirmed by the National Institute of Virology, Pune.

Transmission of Nipah virus takes place through direct contact with infected bats or from other NiV-infected people and people have been also cautioned that they should not consume fruits that have fallen to the ground.

Nipah virus was initially discovered when it caused an outbreak of viral encephalitis among pig farmers in Malaysia. The virus was named after a village in Malaysia, where the infected patient lived.

The natural host is believed to be fruit bats of the Pteropus species. The viruses jump the species barrier and infect a secondary animal host (eg, pigs or horses), and transmit infections to humans. In addition, the Nipah virus may be able to spread from human to human. Nipah virus primarily causes an encephalitic syndrome with a high mortality rate. The characteristic MRI abnormalities are multiple, small (less than 5 mm), asymmetric focal lesions in the subcortical and deep white matter without surrounding edema.

The incubation period ranges from 7 to 40 days. The initial presentation is non-specific, characterized by the sudden onset of fever, headache, myalgia, nausea and vomiting. Meningismus is seen in one-third of patients although marked nuchal rigidity and photophobia are uncommon.

The diagnosis of Nipah virus can be established using ELISA. Supportive care is the mainstay of treatment and infected patients may require intensive care monitoring.

Ribavirin, a nucleoside analogue, was also given empirically as it has a broad spectrum of activity against RNA and DNA viruses. However, subsequent animal models found that ribavirin, as well as chloroquine, were ineffective.

**Prevention:-** a large number of viral diseases and Zoonotic diseases that are confined to animals are getting slowly transformed into Human virus and are waiting to infect human beings and create epidemics. Mutant strains of Influenza, West Nile Virus, Haemorrhagic fevers like Ebola, Morburg and Yellow Fever, Severe Acute Respiratory Syndrome-SARS, ZIKA virus, Dengue, Chikungunya, Japanese Encephalitis, Middle East Respiratory Virus syndrome are waiting to attack.



Precautions and guidelines for prevention are mandatory like 1. Wash hands thoroughly with soap and water for 20 seconds after contact with a sick patient. 2. Use appropriate mask and gloves during history-taking, physical examination, sample collection and other care-giving to suspected cases. 3. Follow Standard precautions for infection control at hospital settings: • Hand Hygiene • Use of PPE • Use disposable items (NG tube, ET tube, oxygen mask) while handling the patient • Safe waste disposal for potentially infected material including used PPE, linen, clothing of patient

#### **Conclusion, THE FUTURE OF NiV**

Several steps have been taken in the right direction towards eradicating this extremely harmful disease. Despite these positive steps, Nipah virus should be at the top of the list of major concerns for the human race for several reasons:

- 1) Increased human to human transmission in recent outbreaks: The main mode of transmission from human to human is through respiratory secretions and close contact.
- 2) Rising fatality rate in humans:
- 3) Shared habitats: There is an increase of overlapping of habitats between humans, pteropus fruit bats, and pigs.
- 4) Pteropus fruit bat migration and pig dependence:
- 5) NiV is an RNA virus and a zoonotic virus: Because NiV is both of these, it is hypothesized it has an extremely high rate of mutation.

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#### **Journal Watch: How 5 healthy habits could add more than a decade to your life.**

A recent Harvard study, published in the *Journal Circulation*, looked at how five lifestyle factors could affect mortality. Following five healthy habits-regular exercise, maintaining a normal body weight, not smoking, eating a healthy diet and drinking only in moderation-during adulthood, can reduce the risk of dying from premature CV diseases and Cancer by 82% and 65% respectively, thereby extending lifespan by an average of 14 years. This study, yet again highlights the need to focus on lifestyle and diet, and not on the pharmaceutical model of health. (Source: <http://circ.aha-journals.org/content/early/2018/04/25/CIRCULATIONAHA.117.032047>).

**- Dr. Joseph Cardoz, DM**

#### **REPORT ON EMERGENCY GENERAL BODY 04.06.2018**

An emergency general body was held on 04.06.2018 in protest against the recent attack on a doctor near Attingal and various other parts of the state. This time the mob had taken the law in their hands against a hapless lady doctor. Also there was severe cyber attack on the issue. Senior leaders including Dr. Alfred V Samuel, Dr. D. Sreekumar, District Committee Secretary Dr. Anitha Sreekumar and Dr. K. Ravikumar spoke on the occasion, and stressed for strong cyber laws in the state and strict action against the police who were not protecting the citizens rights. The branch has unanimously passed a resolution against the attack on a lady doctor by the mob and the new generation social medias.

- Dr. Vinod George Philip (Secretary)

*IMA Kollam branch cultural committee under the leadership of Chairman Dr. K. Ravikumar and Secretary Dr. Deepthi Prem will conduct the 'Doctors Nite 2018' on 01.07.2018 at 8.00 pm during the Doctors Day Celebrations. Dear talented doctor cum artists, please be a part of the cultural team.*

*Dr. K.Ravikumar - 9447350524, Dr. Deepthi Prem - 9847034881*

# DEPARTMENT OF **PLASTIC AND MICROVASCULAR SURGERY**

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## CONSULTANT

Dr. Sarath T S., MS, M.Ch  
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