

With compliments from :




President's Column

Dear friends,



Warm greetings! A new IMA year has commenced and we are looking forward to a hectic period of activity ahead. The recently concluded 50th Annual Conference of Kerala State IMA conference "Suvarnasangamam" at Trivandrum was a grand success and our branch bagged many coveted awards including the one for the best branch for the Women's wing. The whole credit goes to the out going team of office bearers of our branch and my hearty congratulations to them for their outstanding achievements.

As you are aware our branch is passing through a very crucial period in its history. Our most esteemed and prestigious building project has been successfully launched and the construction work is progressing satisfactorily. Now we have to raise sufficient funds for the successful completion of our dream project within the stipulated time period. We have launched an intensive campaign to enroll many more members to our IMA Club Lagoon. Those who have not joined the Club may please do so now as our team will be contacting you.

I also take this opportunity to request your active participation and whole hearted support for all the activities of the IMA. Best regards, Dr. N.S.D. Raju

IMA Cochin grabs 5 awards



- IMA Womens' Wing - Best Branch Award.
- Award for Maximum enrollment in SSS.
- Award for enrollment of maximum members in PP Scheme.
- Dr. Abraham Varghese received Award for the best district representative in SSS. Enrolled more than 2000 members in the scheme from Ernakulam Dist.
- Award for the best Dist. rep in Image for enrolling maximum number of institutions in IMAGE in the Dist.

Congrats Women's wing team and Dr. Abraham Varghese

IMA MONTHLY MEETING

Date : 28.11.2007 (Wednesday)

Time : 8.00 p.m.

Venue : Rama Varma Club Centenary Hall

Topic
PYREXIA OF UNKNOWN ORIGIN
Panel Discussion

Moderator : Dr. Ramakrishnan

Panelists : Dr. Shyamala Menon
Dr. Geetha Philip
Dr. Mohan Nair
Dr. Jose Francis

Meeting sponsored by



Secretary's Corner

Dear colleagues,

Let me thank you for the cooperation and warmth extended to our team. We had a fruitful meeting with the office bearers of the specialities. Wonderful discussion formats for the CMEs were chalked out. The efforts will pay off with a good attendance and active floor participation. Hence please make sure you attend all the forthcoming CME sessions.

Sponsorship for CMEs are getting to be increasingly difficult. During your busy schedules please keep this in mind and try to help us out.

With all best wishes,

Dr. Sunil

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Congratulations!

- Dr. Sanjay M. Cherian, Consultant Dermatologist, fourth ranked player in Tennis in Kerala State 2007-2008
- Dr. M.M. Hassan has been elected as the Dist Rep. for SSS.
- Dr. Abraham Varghese continues as DTF Coordinator & Dist Rep. for Image.
- Dr. V.D. Pradeep Kumar has been reelected as alternate central council member this year.



**WOMEN'S WING ACTIVITIES
OCTOBER 2007**

The women's wing continues to blaze a trail in socio-cultural activities.

Adolescent and school health programmes were conducted at various schools including the Ponnekara government school.

Premarital counselling was held on a regular basis. Training of palliative care volunteers was conducted at Chenganur as part of the world palliative day function. Medical camps at Ponnuruni Govt. L.P. School and at Aror were conducted. The general body meeting on 27.10.07 saw our members learning the nuances of healthy cooking.

The next general body meeting will be held on 24.11.07 there will be a demonstration on fabric painting.

Dr Rosily Devassia



Cooking demonstration by Mrs. Vimala Kurien

OBITUARY

Condolence to Dr. Babu Joseph on the sad demise of his father Adv. M.V. Joseph

Condolence to Dr. Sunny T. Varghese on the sad demise of his father Dr. Tony Varghese

Abstract - October 2007

Organ donation - myths and facts!

Dr. S Sudhindran, MS, FRCS (Eng) (Glas) (Gen)

Myth: Organ transplantation is still in the experimental phase of surgery and is possible only in the highly developed western countries.

Fact: Almost every organ, except the brain can now be transplanted with very high success rates. There are many centres in India and Kerala which have successfully performed most transplant operations.

Myth: Organ donation is not necessary in India.

Fact: Unofficial statistics from India indicate that there are 1000 deaths everyday due to failure of an organ such as liver, heart, lung or kidney. Of the 8 million deaths in India every year, at least 20,000 are believed to be potential organ donors; however less than 150 actually become donors! The remaining 19,850 donors are lost. At an average of 5 organs per donor that could have been transplanted, 1 million organs are needlessly burnt or buried.

Myth: Apart from being an altruistic act, me or my family have nothing to gain from organ donation.

Fact: That, as a matter of fact, is not true. From the existing data, the glaring reality remains that during our life span, each one of us has more chance of requiring an organ transplant than being an organ donor!

Myth: Only eyes can be donated after death

Fact: Tissues like eyes, skin, cartilage and bone which do not require blood supply can be donated after death.

Other organs such as liver, heart, kidney and lungs can also be donated but after "brain death".

Myth: Brain death is not easy to recognise

Fact: Brain death is indicated if eight criteria are fulfilled, notable ones being:

- They cannot breathe without assistance of a ventilator. Within minutes of stopping the ventilator, heart will stop beating.
- They have no response to pain
- Their pupils do not react to light
- Basic brain reflexes do not work

Myth: Brain death means coma.

Fact: Patients in coma are therefore as alive as you and me and should not be considered for organ donation whatsoever. On the other hand brain death means death

Myth: I have heard of stories where people who have been declared brain dead have later come back to life.

There has never been any case, anywhere in the world.

Myth: Stopping the ventilator on my loved one who is brain dead is killing.

Fact: No, absolutely not. Once someone is declared brain dead, that person is dead.

Myth: My religion discourages organ donation.

Fact: There are 22 major religions in the world, none of which discourage organ donation.

Myth: If I register as a donor it will affect the quality of medical care that I receive at the hospital.

Fact: No, most certainly not. Every effort will be made to save your life. Organ donation will be considered only after brain death.

Myth: The hospital can make me brain dead and sell my organs

Fact: Certification of brain death requires 2 series of 8 tests by 4 independent doctors, one of whom has no attachment to the hospital whatsoever and chosen from the panel of doctors recruited by the government.

Myth: I am rich. I suffer from an organ failure I can legally buy organs from someone else.

Fact: Any commercial dealings of organs (buying, selling or any form of coercion to donate organs) are illegal all over the world.

Myth: there are no organisations to which I can register as an organ donor or recipient.

Fact: In Kerala, there is an organisation called SORT (Society for Organ Retrieval and Transplantation), which is voluntary, non-profitable and registered with the Government.

Organ donation is not about death, but rather life. In a perfect India, every patient, in need of an organ should receive one. This dream can become a reality only if every one of us becomes an organ donor. If you value life, if you value others lives, organ donation is a moral and social obligation. It does not matter who you are, how rich or poor you are, or which religion you belong to, you have the power to give the greatest gift in the world; LIFE, PASS IT ON.



Mr Vasanth Shenoy, Secretary of SORT updated the audience on the activities of the organisation including the recent organ harvest and transplant. President Dr. N.S.D. Raju distributed the life membership of SORT to the IMA members.



DR. PHILIP JOHN HONOURED

The Indian Psychiatric Society (SZ) honoured Dr. Philip John, Past President, Cochin IMA, and Fellow, Indian Psychiatric Society (IPS) for outstanding contribution to Psychiatry by conferring the prestigious Visakha Oration Award 2007. The oration on lifetime work on 'Child Psychiatry' was delivered at the conference in Hyderabad on 27 October, 2007.



COCHIN CLINICAL SOCIETY
www.cochinclinical.org

Last meeting of the Cochin Clinical Society was held at PVSM Hospital. The best presentation prize was given to Dr. Ameen, Dept. of Neonatology.

The next meeting is at Lakeshore Hospital on 13th of December, 2007.

SOCIAL SECURITY SCHEME

As per the amendments made in the Byelaws of Social Security Scheme in the last IMA State Conference, IMA life members who want to become life members in SSS have to pay Rs 40,000/- (the present rate is Rs.25,000/-) from 1st Jan. 2008. Also the admission fees have been enhanced. Hence those who want to join the Scheme or change to life membership may please contact the IMA Office immediately so that you can save money.

Dr. Abraham Varghese

WELCOME NEW MEMBERS

Dr. Biju J. Jacob Dr. George Thachil
Dr. Hassy Prakasam P. Dr. Feroze P. Iqbal

**BLOOD BANK NEWS
OCTOBER 2007**

Total 1767 units of blood were collected and 3727 units of blood and its components issued. Patients in 92 hospitals were beneficiaries. 8 blood donation camps were conducted.

Dr. K. Narayanan Kutty
Secretary, Blood Bank

IMA CHARITABLE MEDICINE BANK
Working Hours : 10.00-2.00 p.m.

Medicines donated by :
Dr. N. Krishna Iyer Dr. Varghese Cherian
Dr. Shyamala Menon Dr. Isaiah
Dr. Jeeson C. Unni Dr. P. Ramakrishnan
Dr. Balachandran P.K. Dr. Sujit Vasudevan

Dr. N. Gopalakrishnan, Convenor