



# I.M.A.G.S.B. NEWS BULLETIN

GUJARAT MEDICAL JOURNAL

INDIAN MEDICAL ASSOCIATION, GUJARAT STATE BRANCH

Estd. On 2-3-1945

Office : A.M.A. House, 2nd Floor, Opp. H. K. College, Ashram Road, Ahmedabad-380 009.

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(M) 98250 51162

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### GUJARAT MEDICAL JOURNAL

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## STATE PRESIDENT'S MESSAGE



Respected Members,

My humble "Pranam" & Namaskar" to all !

As we enter this new month of "June-22", let's become more compassionate and Each one of us grow individually in more empathic way.

**"Strength of the team is ; each individual member. The strength of the member; is the Team".**

We must now understand that the association means numbers, we must have huge numbers for getting any policies and rules in our favour, from any Government.

**"No one can whistle a symphony. it takes a whole Orchestra to play it".**

Such unity was shown by us while we met our Gujarat Chief Minister Mr. Bhupendrabhai Patel on 8th May, when he invited us for a Lunch meeting. This Event was organized by "GUJARAT MEDICAL CIRCLE", who are our own members of IMA only. My personal thanks & congratulation to our own Dr. Anilbhai Naik, Dr. Maheshbhai Patel ; Dr. Dhaneshbhai Patel; Dr. Tushar Patel and whole organizing team for a grand success of this meeting.

Our unity was shown by registration of more than 3300 delegates & presence of more than 2500 members, from across the Gujarat . Each & every branch of; all the corners of Gujarat had participated in this prestigious event.

We have shown our strong unity & great leadership. We are hopeful, after this event our voice will be heard & our representations will be heard seriously.

**"EACH ONE ENROLL ONE"** make this as our slogan & Let's each one of us contribute, in making our association more stronger.



Last month we had observed World Asthma Day on 3rd May International Thalassaemia Day on 8th May & "World No Tobacco Day" on 31st May.

Let's observe World Environment Day -5th June, World Blood Donor Day -14th June, World Sickle cell Day-19th June, International Day of Yoga- 21 June during this month of June; 2022.

I am very happy to be a part of our IMA Family in Gujarat. I believe that; It is our duty to protect the interest of our Allopathy Doctors & their family members. We have many schemes like PPS, NSSF, SSS, Health Scheme, Family Welfare Scheme under IMA Gujarat State branch & IMA Head Quarters, to look after and for care & protection of individual IMA members and their family.

When you compare; head to head ; any of the insurance company, all our schemes score very high in terms of benefit to IMA members, as expressed by many insurance company officers.

Most of our Central Working Committee Members from Gujarat State Branch had attended CWC Meeting held at Panchkula and Hosted by IMA Haryana State branch on 16th & 17th of April 2022.

We had observed **"National Protest Day"** on 2nd April, upon an unfortunate suicide incident of Dr. Archana Sharma, Rajasthan. This issue ; along with other issues like - CPA, BMWX rules issue, Nursing home registration Act, Clinical Establishment Act, etc were discussed at length during this CWC meeting.

With the concerns of the expected fourth wave of Covid-19, we need to be more careful ; while at work. We need to promote vaccination against Covid-19 among adolescents & all adults.

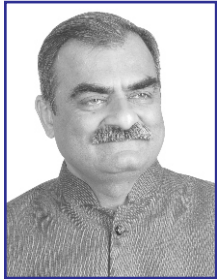
As previously communicated, we request all Zones to arrange Zonal PPS Seminar. All branch President/Secretaries are requested to organize a programme under banner of CGP also.

Long live IMA !!

**Dr. P. M. Majmudar**  
(President, G.S.B., I.M.A.)



### HON. STATE SECRETARY'S MESSAGE



Dear Members

***"Excellence is never an accident.  
It is the result of high intention, sincere effort,  
intelligent direction,  
skilful execution and the vision to  
see obstacles as opportunities."***

There are normal and ordinary people like a majority of us and then there are those extraordinary gentlemen, who do not believe in leading an ordinary life. They will go to any lengths to achieve their dreams which are nigh impossible for a common man.

Dr. Hemant Leuva and his wife Dr. Surbhi Leuva are no lesser mortals. They have chosen to tread one of the most arduous paths and have made it their passion. They have never relinquished their goals in front of adversity, heartbreak, fatigue and maybe a few moments of failure.

It is because of their relentless pursuit and undying spirit that they have conquered the highest peak in the world. They have become the first doctor couple in the world to conquer the highest peak in the world.

It is indeed a proud and prestigious moment for our association that Dr. Leuva are part of our association. Our heartfelt congratulations to them for having put themselves and our profession on the world map. It seems even the treacherous peaks of the Himalayas have also fallen to the daunting and adventurous spirit of the of the Gujarati community.

***"Success isn't just about what you accomplish in your life;  
It's about what you inspire others to do."***

Truly inspirational for all of us to lead a happy and healthy life. A healthy human being leads to a healthy society and subsequently a healthy nation. So, if a nation wants to succeed socially, economically



and achieve glory then medical education and health becomes the primary area of focus.

IMA Cycling Club is celebrating **World Bicycle Day** which falls on 3rd June, 2022. World Bicycle Day celebrates the bicycle as a simple, affordable, reliable, clean and environmentally fit sustainable means of transportation that can serve as a tool for development and as a mean not just of transportation but also of access to education, health and sport.

Walking and cycling can provide a form of transport while reducing the risk of heart disease, stroke, diabetes, hypertension, depression and even death. Accordingly improved active transport is not only healthy. It is also equitable and cost effective.

You are requested to kindly observe **"World Bicycle Day"** in your Local Branches on 3rd June, 2022.

Hence every year, the medical fraternity celebrates 14th June as **"World Blood donor day"**. The aim is to raise global awareness of the need for safe blood and blood products for transfusion and of the critical contribution voluntary, unpaid blood donors make to national health systems. The day also provides us an opportunity to provide adequate resources and put into place systems and infrastructures to increase the collection of blood from voluntary, non-remunerated blood donors. It hence becomes imperative for all of us to promote community values of blood donation in enhancing community solidarity and social cohesion and also celebrate the potential of youth as partners in promoting health.

***"What counts in life is not the mere fact that we have lived.  
It is what difference we have made to the lives of others that  
will determine the significance of the life we lead."***

**- Nelson Mandela**

**Dr. Mehul J. Shah**  
(Hon. State Secy., G.S.B., I.M.A.)



## IMA GUJARAT STATE BRANCH TENNIS TOURNAMENT

### SINGLE & DOUBLES EVENT

**Date : 24th, 25th & 26th JUNE 2022**

**Time : 6.00 am to 9.30 pm**

**Venue : Ace Tennis Academy, Ahmedabad.**

#### CATEGORIES:

##### Men's Events as below

Men's Under - 45

Men's Above - 45

##### Women's Events

Women's Under - 35

Women's Above - 35

Single & Doubles Events (to be decided as per entries)

- ◆ Trophies and prizes for Winners & Finalists.
- ◆ Certificate for all the participants
- ◆ Cardio tennis, Fun games & coaching sessions by the experts
- ◆ Carrom & chess boards for the players, family & friends
- ◆ Food and snacks will be arranged
- ◆ Finals will be played best of 3 sets, initial rounds will be of less games

Supported by : **KD Hospital™**  
કુચુમ ધીરજલાલ હોસ્પિટલ

Registration Fee  
**₹ 200/-**

Registration before 16-06-2022



## IMA GUJARAT STATE BRANCH TENNIS TOURNAMENT

### REGISTRATION FORM

(Physical or Google form)

Player Name : \_\_\_\_\_

Date Of Birth : \_\_\_\_\_ Male / Female : \_\_\_\_\_

Mobile No : \_\_\_\_\_

Address : \_\_\_\_\_

E-mail : \_\_\_\_\_

Name of IMA Branch : \_\_\_\_\_

Participation Category (Please Tick):

◆ Singles

◆ Doubles  Name of Partner : \_\_\_\_\_

Playing Since : \_\_\_\_\_

#### Co-Ordinators :

Ahmedabad Dr. Nirav Modi (M) 98254 94477	Ahmedabad Dr. Urmil Shah (M) 98250 66939	Ahmedabad Dr. Gaurang Kadam (M) 98240 67566	Ankleshwar Dr. Nilesh Desai (M) 9825114126
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Bhuj Dr. Parag Mardania (M)98251 76497	Mehsana Dr. Nirav Trivedi (M) 89800 08110	Vadodara Dr. Vishwa Unadakat (M) 97734 84150
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# GIMACON 2022

19<sup>th</sup> - 20<sup>th</sup> November, 2022

## MEGA EVENT

CLINICAL AND SCIENTIFIC CONFERENCE



74<sup>TH</sup> ANNUAL CONFERENCE OF INDIAN MEDICAL ASSOCIATION, GUJARAT STATE BRANCH

Dear Friends,

Organizing committee GIMACON 2022 warmly invites you to attend "The ACADEMIC FEAST" at Vadodara, the cultural capital of Gujarat on 19th & 20th November 2022.

We are sure that the 74th annual conference of IMA Gujarat state "GIMACON 2022" will be a unique experience wherein answers to frequently asked questions in various streams of medicine will be discussed in depth. GIMACON 2022 will surely address the latest updates in the prevention, diagnosis & management of various medical conditions and recent advances in various fields of medicine. It goes without saying that our speakers are the most respected and revered in their fields.

The organizing team is thoroughly charged to serve you the academic feast and tickle your test buds. The hospitality of our enthusiastic team will not only charge the delegates academically but also take care of the engagement of the accompanying persons with various entertainment activities. You can make your visit more memorable by visiting some of the attractions in and surrounding Vadodara.

Let's meet-chat & enjoy the hospitality of Sanskari Nagari, Vadodara.

So do join us in this great learning experience. We at GIMACON 2022 eagerly await your active participation.

Jay Jay Garvi Gujarat ! Jay Hind ! Jay IMA !

### ORGANISING COMMITTEE

President, IMA GSB Dr. Paresb Majmudar	President, IMA Vadodara Dr. Mitesh Shah	Secretary, IMA GSB Dr. Mehl Shah	Hon. Secretary, IMA Vadodara Dr. Bhupendra Kapadia
Organising Chairman Dr. Chetan Patel	Organising Secretary Dr. Pragnesh Shah	Co-Chairman Dr. V. C. Chauhan	Co-Chairman Dr. Deepakkumar Mehta
Convener Dr. Samir Shah	Organising Joint Secretary Dr. Dhaval Mehta	Organising Joint Secretary Dr. Mahesh Bhatt	Hon. Treasurer Dr. Mehl Desai
IMA GSB Scientific Secretary Dr. Bhupendra M. Shah	Scientific Secretary Dr. Niraj Chawda	Reception Committee Chairman Dr. Kailashben Parikh	
<b>CHIEF PATRONS</b>			
Dr. Suresh Amin	Dr. Jagdish Patel	Dr. Satish Pandya	Dr. Parul Banker



# GIMACON 2022

74<sup>th</sup> Annual Conference of IMA Gujarat State Branch

HOSTED BY IMA VADODARA BRANCH

19-20<sup>th</sup> NOVEMBER 2022



### REGISTRATION FORM

Full Name (in capital letters) .....	<b>PARTICULARS</b>
Qualification : .....	
Address : .....	
City : ..... State : ..... Pin Code : .....	
GMC/MCI Registration No. : .....	
IMA Branch : ..... IMA Membership No. : .....	
E-mail : ..... Mobile : .....	

Registration Status: .....

Hotel Accommodation Required :  Yes  No

### REGISTRATION FEES

Status	Up to 30-6-2022	1-7-2022 to 30-9-2022	1-10-2022 to 10-11-2022	From 11-11-2022 (Spot Registration)	<b>PAYMENT DETAILS</b>
Patron <input type="checkbox"/>	Rs. 10,000/-	Rs. 10,000/-	Rs. 10,000/-	-	
Reception Committee <input type="checkbox"/>	Rs. 5000/-	Rs. 5000/-	Rs. 5000/-	-	
Delegate (IMA Member) <input type="checkbox"/>	Rs. 2500/-	Rs. 3000/-	Rs. 3500/-	Rs. 4000/-	
Delegate (Non IMA) <input type="checkbox"/>	Rs. 3000/-	Rs. 3500/-	Rs. 4000/-	Rs. 4500/-	
Accompanying Person* <input type="checkbox"/>	Rs. 2500/-	Rs. 3000/-	Rs. 3500/-	Rs. 4000/-	
Medical Student** (UG & PG) <input type="checkbox"/>	Rs. 1500/-	Rs. 2000/-	Rs. 2500/-	Rs. 2500/-	

\* 6 years and Above \*\* Letter from Head of the Department/Dean will be must.

Mode of Payment :  Cash  DD/ Cheque  NEFT  UPI / WALLET

Details of DD/Cheque / NEFT : .....

DD/Cheque at par payable at Vadodara in favour of GIMACON 2022

### CONFERENCE SECRETARIAT

DR. PRAGNESH SHAH  
INDIAN MEDICAL ASSOCIATION VADODARA BRANCH  
Dr. B. M. Shah IMA House, Vinoba Bhav Marg, Salatwada,  
Vadodara - 390 001. Gujarat (India)  
M. : +91 79844 41521 •  
E-mail : gimacon2022imavadodara@gmail.com

### BANK DETAILS

Account Name : GIMACON-2022  
Bank Name : Bank of Baroda  
Branch : Raopura, Baroda  
A/C No. : 01980100035354  
IFSC Code : BARBORAOPUR  
(Fifth Character is Zero)  
MICR Code : 390012014

Receipt No. :

Date :

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## Be a Member of HEALTH SCHEME

### IMPORTANT INFORMATION FOR HEALTH SCHEME

#### Disease Group Covered Under The Scheme

**(1) Coronary Heart Disease Group:-**

Angioplasty, Bypass surgery & valvular heart diseases surgery & Permanent pace-maker implant.

**(2) Kidney Disease Group:-** Haemodialysis, Renal Transplant, Renal Angioplasty.

**(3) Brain Tumors Group :** Surgical, Radiotherapy and Chemotherapy required for the treatment of Brain Tumors.

**(4) Cancer Disease Group :-** Surgical, Radiotherapy and Chemotherapy required for the treatment of all the cancers (Except carcinoma in SITU). Locally active basal cell carcinoma.

**(5) Joint Replacement Group:** Surgery for Total knee and Total hip joints only.

N. B. : Member above the age of 40 years at the time of joining the scheme will get the benefit of Surgery for Total knee and Total hip joints replacement after completion of 7 years of joining the scheme.

**(6) Brain Hemorrhage –** confirmed by C T Brain or MRI, Carotid & Cerebral Angioplasty.

MEMBER / SPOUSE WILL GET BENEFIT ONLY AFTER COMPLETION OF ONE YEAR OF JOINING THE SCHEME.

MEMBERS WILL GET THE BENEFIT FROM HEALTH SCHEME AS WELL AS THEIR OWN MEDICLAIM.

FOR FURTHER DETAILS – KINDLY CONTACT TO  
HEALTH SCHEME IMA GSB - 079- 2658 5430

Download membership form from our website : [www.imagsb.com](http://www.imagsb.com)



## CONGRATULATIONS

### MOUNTAIN MOVERS

The biggest success.

Ultimately Mother Chomolungma was kind enough to allow us to visit her.

**Dr. Surbhi Leuva, M.B.B.S.**

Medical Officer, Gujarat Vidhyapith, Ahmedabad

**Dr. Hemant Leuva M.S.**

Professor of Surgery, Shardaben Hospital, Ahmedabad

**Summited Mt. Everest on 13 May, 2022**

By achieving our quest, we also created few records.

1. Dr. Surbhi became first Indian female Doctor to summit Mt. Everest.
2. Dr. Surbhi and Dr. Hemant became first Doctor couple in world to summit Mt. Everest.
3. Dr. Surbhi and Dr. Hemant became first Indian couple to summit 2 peaks above 8000 mtr.

### અમદાવાદના તબીબ દંપતીએ એવરેસ્ટ શિખર સર કર્યું

નવગુજરાત સમય > અમદાવાદ: અમદાવાદના ડોક્ટર દંપતી ડો. હેમંત અને ડો. સુરભીએ આજે અનોખી સિદ્ધિ હાંસલ કરી છે. આરોગ્ય અને ફિટનેસ માટે ખૂબ જ



ઉત્સાહી એવા આ ડોક્ટર દંપતીએ હિમાલયનું માઉન્ટ એવરેસ્ટ શિખર આજે સવારે 7.05 કલાકે સર કર્યું છે. એવરેસ્ટની ટોચ પર પહોંચનાર તેઓ પ્રથમ ભારતીય દંપતી છે. પ્રથમ ડોક્ટર દંપતી છે.

તેઓ રાજપથ ક્લબના સભ્ય છે તે બદલ ક્લબ ખૂબ ગૌરવ અને આનંદની લાગણી અનુભવે છે. તેઓની આ સફળતા અમદાવાદ માટે પણ ગર્વ અને ગૌરવપ્રદ છે. ડો. હેમંત અને ડો. સુરભી ટ્રેકિંગ, પર્વતારોહણ ક્ષેત્રે અનેક ઉત્સાહી યુવાઓને ખૂબ જ માર્ગદર્શન પૂરું પાડી રહ્યા છે. તેઓ અનેક યુવાઓ માટે હંમેશા પ્રેરણાસ્ત્રોત રહ્યા છે.

નવગુજરાત સમય



### I.M.A. NATIONAL SOCIAL SECURITY SCHEME

**DFC No.27** was circulated to all the members.

**Last date of payment was 16/05/2022 but it is extended up to 15/06/2022.**

Please pay online through [www.imanssss.in](http://www.imanssss.in) **(No Extra Charges for Members)** OR send your Cheque / Draft at Ahmedabad Office directly,

Those who have not received the notice, they can get the payment details from link : [www.imanssss.in](http://www.imanssss.in) / call us at office between 2.00 to 6.30 pm on **Ph. 079- 2658 5430.**

**Dr. Jitendra B. Patel**

Chairman

**Dr. Yogendra S. Modi**

Hon. Secretary

\* \* \* \* \*

### HEALTH SCHEME IMA GSB

**AFAC No.24** was circulated to all the members.

**Last date of payment is extended up to 15/06/2022.**

Please send your Cheque / Draft at Ahmedabad Office directly or Pay online through [www.hsgsbima.com](http://www.hsgsbima.com) **(No Extra Charges for Members)**

**Dr. Navnit K. Patel**

Chairman

**Dr. Abhay S. Dikshit**

Hon. Secretary



### SOCIAL SECURITY SCHEME GSB-IMA

**DFC No.47** was circulated to all the members.

Pay by Net Banking / Credit / Debit Card through our

**Link. [ssgsbima.com](http://ssgsbima.com) (No Extra Charges for Members)**

**OR**

Please send your Cheque/Deamnd Draft at Ahmedabad office directly.

**Last date of payment is 15/06/2022**

**Dr. Jitendra B. Patel**

Hon. Secretary

**Dr. Kirit A. Gandhi**

Hon. Jt. Secretary

**Dr. Yogendra S. Modi**

Hon. Treasurer

\* \* \* \* \*

### FAMILY WELFARE SCHEME GSB-IMA

**DFC No.4** was circulated to all the members.

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**Link : [fwsgsbima.com](http://fwsgsbima.com) (No extra charges for members)**

**OR**

Please send your Cheque/Deamnd Draft at Ahmedabad office directly.

**Last date of payment is 15/06/2022**

**Dr. Jitendra B. Patel**

Hon. Secretary

**Dr. Kirit A. Gandhi**

Hon. Jt. Secretary

**Dr. Yogendra S. Modi**

Hon. Finance Secretary

\* \* \* \* \*

### DISCLAIMER

**Opinions in the various articles are those of the authors and do not reflect the views of Indian Medical Association, Gujarat State Branch. The appearance of advertisement is not a guarantee or endorsement of the product or the claims made for the product by the manufacturer.**



## OBITUARY

We send our sympathy & condolence to the bereaved family

Dr. Mehta Suresh T.	03-02-2022	Bharuch
Dr. Parekh Hargovind J.	07-03-2022	Morbi
Dr. Shah Vinodchandra M.	03-04-2022	Ahmedabad
Dr. Shah Chandravadan B.	16-04-2022	Sidhpur

We pray almighty God that their souls rest in eternal peace.

\* \* \* \* \*

## BRANCH ACTIVITY

### AMRELI

30-04-2022 CME on "Post Covid Syndrome" by Dr. Jayeshkumar Dobariya  
"Recent advance in Dislipidemia" by Dr. Vishal Poptani.

### KALOL

08-04-2022 "Clinical GI: "Ask More, Get More" by Dr. Vismit Joshipura.  
"Anti Tuberculosis treatment & drug induced liver injury" by Dr. Kartik Desai.

### MEHSANA

17-04-2022 Tuberculosis awareness Cycle Rally for public awareness with flagged off by Superintendent of Police, Mehsana, Mr. Achal Tyagi.  
CME on "Private Sector Engagement in Tuberculosis" by Dr. Bharat Solanki.  
"Update on Tuberculosis" by Dr. Rajesh Solanki.  
"Notification of TB by Private Sector" by Dr. Y.K. Jani.  
"Imaging in Tuberculosis" by Dr. Rajendra Solanki.



### MORBI

01-04-2022 "Covid training to Homeopathy Drs" by Dr. Deepak Aghara.  
06-04-2022 Live question and answer session on face book by Dr. Jayesh Sanariya on World Skin Health Day.  
10-04-2022 Blood Sugar check up camp. Total 12 patients were benefited.  
16-04-2022 CME on "Management of Common Pediatric Surgical Problems" by Dr. Jayul Kamdar.  
"Managements of brachial plexus injury and rare deformities" by Dr. Nischal Nayak.  
17-04-2022 Free Diagnostic camp by Dr. Prashant Meja foundation.  
21-04-2022 "Common pediatric Orthopedic problem" by Dr. Rohan Parwani.  
24-04-2022 Free diagnostic camp with Sai Lab and Samarpan Multispeciality hospital,  
29-04-2022 "Approach to encephalopathy and altered sensorium" by Dr. Bipin Bhimani  
"Case discussion" by Dr. Amit Patel.

### NADIAD

23-04-2022 Free distribution of water pots to all Hospitals and for general public to save birds.

## Attention Advertisers

- \* You are requested to send your matter for advertisement in I.M.A.G.S.B. New Bulletin before **15th of Every month.**
- \* Your advertisement matter has to be **ready to print format or at least matter** has to be in printed form.
- \* In case of hand written matter, publisher will not be responsible for any kind of printing error.





# INDIAN MEDICAL ASSOCIATION

## GUJARAT STATE BRANCH

A.M.A. House, Opp. H.K. College, Ashram Road, Ahmedabad -380009  
PHONE : (079) 265 87 370 Email: imagsb@gmail.com

Date: 2-2-2022

Dear Branch Secretary

I hope that this circular finds you in the best of health and spirit. In continuation of my circular A-11/HFC/LM/2022-2023, further tabulated information is given below for the revision of fees effective from 1/4/2022. Herewith I am sending the copy of I.M.A. H/Q fee schedule regarding revised fees.

Local branch share to be collected extra as per individual branch decision/resolution. Kindly note that fees at Old Rates will be accepted up to 31-3-2022 only at State Office. Thereafter the new revised rates will be applicable.

### LIFE MEMBERSHIP FEES

CATEGORY	TOTAL FEES	BR.SHAHRE	ADM.FEES INCLUDING GSB. IMA	TO BE SENT TO GSB. IMA
Single	12230-00	820-00	{20-00}	Rs. 11410-00
Couple	18101-00	1260-00	{30.00}	Rs. 16841-00

Membership Fees by a Cheque / D.D. drawn in favour of "I.M.A. G.S.B. "

The above increase of fee Rs. 50.00 in Life Member every year is computed as per the resolution passed in 41<sup>st</sup> State Council at Nadiad on 12/05/1989.

### I.M.A. COLLEGE OF GENERAL PRACTITIONERS

College of G.P	<b>Rs. 2000-00</b>
Life Membership	
Membership Fees along with Life Subscription of Family Medicine DD in favour of "IMACGPHQ"	
Payable at Chennai and send to us	

Yours Sincerely

(Dr. Mehul J. Shah)  
Hon. State Secretary



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Junagadh Branch



Himatnagar Branch



Rajkot Branch



Botad Branch



Palanpur Branch



Ankleshwar Branch



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C.M. Doctors Meet



Surendranagar Wadwan Branch



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## C.M. Doctors Meet



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- LM/33098 Dr. Kakadiya Pragnesh D.  
LM/33099 Dr. Gheewala Gaurang K.  
LM/33100 Dr. Rajbhara Pooja Gaurang

**Daman**

- LM/33101 Dr. Jog Amit Charudatta  
LM/33102 Dr. Lonkar Bhakti Vijay  
LM/33103 Dr. Bhardwaj Shaleen  
LM/33104 Dr. Shah Zankhita Vinodchandra  
LM/33105 Dr. Bariya Neeharika Devji  
LM/33106 Dr. Damani Neelesh  
LM/33107 Dr. Pradhan Rizwana

**Amreli**

- LM/33108 Dr. Vyas Maitrik Krushnakant  
LM/33109 Dr. Savaliya Suraj Magan  
LM/33110 Dr. Adreja Keval Sanjaybhai

**Vijapur**

- LM/33111 Dr. Patel Dhruv Dineshkumar  
LM/33112 Dr. Patel Nisha Kanaiyalal

**Bayad**

- LM/33113 Dr. Patel Kandarp Hirenkumar

**Surendranagar-Wadhwan**

- LM/33114 Dr. Pandya Dhruvi Manish  
LM/33115 Dr. Shah Charmi Sudhir Kumar

**Navsari**

- LM/33116 Dr. Patel Keyur Chandrakantbhai

**Deesa**

- LM/33117 Dr. Parmar Ravi Bharatbhai  
LM/33118 Dr. Chaudhari Shreyang A.

**Vadodara**

- LM/33119 Dr. Jani Manali Jagdishchandra  
LM/33120 Dr. Parikh Mital Dipakkumar  
LM/33121 Dr. Shweth Niral Ketankumar  
LM/33122 Dr. Mendpara Hemangkumar V.  
LM/33123 Dr. Patel Riddhibhala Villabhbhai

**Surendranagar-Wadhwan**

- LM/33124 Dr. Satapara Jay Kantilal  
LM/33125 Dr. Patel Payal Mavjibhai

**Surat**

- LM/33126 Dr. Patel Jay Chetankumar  
LM/33127 Dr. Navadiya Mahesh T.

**Amreli**

- LM/33128 Dr. Baraiya Pradeep Jivanbhai  
LM/33129 Dr. Bambhaniya Jagdish Maganbhai

**Junagadh**

- LM/33130 Dr. Raiyani Tejas Kishorbhai  
LM/33131 Dr. Gadhiya Khushbu S.  
LM/33132 Dr. Barad Hardev Vajubhai  
LM/33133 Dr. Vala Shweta Natwarsinh  
LM/33134 Dr. Sindhal Mineshkumar L.  
LM/33135 Dr. Karamata Chetana Goganbhai

**Idar**

- LM/33136 Dr. Bhavsar Parth Bipinkumar  
LM/33137 Dr. Pandya Yatri Vikeshkumar

**Deesa**

- LM/33138 Dr. Padhiyar Piyushkumar A.  
LM/33139 Dr. Patel Udit Dinkarbhai

**Junagadh**

- LM/33140 Dr. Gohil Dhaval Atabhai  
LM/33141 Dr. Garchar Ravi Danabhai

**Patan**

- LM/33142 Dr. Modi Prashant Rajeshkumar  
LM/33143 Dr. Musa Hanna Akbarali

**Amreli**

- LM/33144 Dr. Vamja Roshni Babubhai

**Bhavnagar**

- LM/33145 Dr. Zala Vikramkumar Chandubhai  
LM/33146 Dr. Kanada Anjali Rasiklal  
LM/33147 Dr. Kanani Ashvin Ishvarbhai

**Valsad**

- LM/33148 Dr. Patel Nitinkumar Dahyabhai  
LM/33149 Dr. Patel Niravkumar Pravinbhai  
LM/33150 Dr. Patel Pallavikumari Ashokbhai

**Surat**

- LM/33151 Dr. Dobariya Prashant Fullabhai  
LM/33152 Dr. Vadadoriya Pooja B.  
LM/33153 Dr. Patoliya Piyush Vrajilalbhai  
LM/33154 Dr. Vasaliya Gautam Babubhai

**Amreli**

- LM/33155 Dr. Bavda Ashvini Mukeshbhai

**Bharuch**

- LM/33156 Dr. Vadodaria Nivedita Jagdishbhai  
LM/33157 Dr. Daseda Saurabh Dilip  
LM/33158 Dr. Shah Disha Vinaykumar

**Vadodara**

- LM/33159 Dr. Prasad Vinaykumar S.  
LM/33160 Dr. Patel Avani Bharatkumar  
LM/33161 Dr. Dave Anshul Hitendra  
LM/33162 Dr. Shah Pankti Rakesh

**Surat**

- LM/33163 Dr. Chotaliya Dipak Balabhai  
LM/33164 Dr. Vaghani Tejas Bhimjibhai  
LM/33165 Dr. Patel Krishna Sunilbhai

**Gandhidham**

- LM/33166 Dr. Nayak Abhishek Umeshkumar  
LM/33167 Dr. Thakkar Sangeet Sanjaykumar  
LM/33168 Dr. Dama Dinesh Parshotambhai

**Gandhinagar**

- LM/33169 Dr. Gajjar Bonny Mahendra  
LM/33170 Dr. Gajjar Devi Bonny  
LM/33171 Dr. Prajapati Urvi Darshan  
LM/33172 Dr. Datt Gauravkumar Jivanbhai





### Family Planning Centre, I.M.A. Gujarat State Branch

Indian Medical Association, Gujarat State Branch runs 9 Urban Health Centers in the different wards of Ahmedabad City.

These Centres performed various activities during the month of April 2022 in addition to their routine work. These are as under :

01-04-2022 to 30-04-2022 : Intra domestic house to house survey  
by the centers of Ahmedabad

Rander - Surat : 2000 Calcium Tablet were distributed

Nanpur - Surat : 350 Calcium Tablet were distributed

The total number of patients registered in the OPD & Family planning activities of Various Centers are as Follows :

#### APRIL 2022

No.	Name of Center	New Case	Old Case	Total Case
(1)	Ambawadi (Jamalpur Ward)	626	277	903
(2)	Behrampura (Sardarnagar Ward)	1130	331	1461
(3)	Bapunagar (Potalia Ward)	1067	165	1232
(4)	Dariyapur (Isanpur Ward)	1372	115	1487
(5)	Gomtipur (Saijpur Ward)	2849	380	3229
(6)	Khokhra (Amraiwadi Ward)	1301	129	1430
(7)	New Mental (Kubernagar Ward)	1055	180	1235
(8)	Raikhad (Stadium Ward)	471	129	600
(9)	Wadaj (Junawadaj Ward)	589	318	907
(10)	Junagadh	—	—	—
(11)	Rander-Surat	----	----	----
(12)	Nanpura-Surat	----	----	----
(13)	Rajkot	925	603	1528



#### APRIL 2022

No.	Name of Center	Female Sterilisation	Male Sterilisation	Copper-T	Condoms (PCS)	Ocpills
(1)	Ambawadi (Jamalpur Ward)	05	—	25	1860	252P
(2)	Behrampura (Sardarnagar Ward)	03	—	32	980	1110
(3)	Bapunagar (Potalia Ward)	11	—	30	13225	280
(4)	Dariyapur (Isanpur Ward)	30	—	30	6250	300P
(5)	Gomtipur (Saijpur Ward)	14	—	44	12300	498P
(6)	Khokhra (Amraiwadi Ward)	25	—	43	2260	145
(7)	New Mental (Kubernagar Ward)	08	—	38	11225	545
(8)	Raikhad (Stadium Ward)	33	—	44	4248	100
(9)	Wadaj (Junawadaj Ward)	07	—	26	10000	2918
(10)	Junagadh	12	—	44	7500	222
(11)	Rander-Surat	02	—	14	1160	65P
(12)	Nanpura-Surat	06	—	15	1200	60P
(13)	Rajkot	01	—	57	5700	284





## WORLD NO TOBACCO DAY 31<sup>ST</sup> MAY MAKE EVERYDAY WORLD NO TOBACCO DAY

As you all know tobacco kills more than 8 million people each year . Over 80% of world's tobacco users live in low and middle income countries like us .

Tobacco is leading cause of death , illness and suffering . The tobacco epidemic is one of the biggest public health threats the world has ever faced.

All forms of tobacco use are harmful and there is no safe level of exposure to tobacco .

In our beloved country smokeless tobacco is most common form of addiction. It is highly addictive . It contains many cancer causing toxins and it leads to almost all forms of cancers . The loss which we have seen because of tobacco use is irreplaceable . Apart from cancers tobacco also causes heart related disease like IHD , CV Stroke , GI Illness , bronchitis , emphysema .

Tobacco also cause infertility , low birth weight and mental retardation in new born baby which is detrimental to our society in general .

We should prevent our teenagers from getting tobacco addicted.

We must strongly condemn use of tobacco to make our country happy and healthy. There are so many ways now a days for tobacco de addiction. We should encourage our near and dear ones to quit tobacco , and we should also counsel our patients to stay away from this monster –tobacco.

### LET'S CONQUER CANCER

Let's have a strong determination to conquer cancer, which is one of the deadliest disease in today's era. This monstrous disease is particularly relevant to our region as we are the capital for the head and neck region cancer in entire world. This is very shameful situation for all of us and society as a whole.



Also I want to highlight the fact that our cancer patients often don't get the desired outcomes irrespective of stages of particular cancer as compared to the developed countries. In my opinion there are many reasons for this-poor social awareness, late detection of cancer, incomplete treatment, treatment of cancer by over the counter medicines; especially in initial phase of tumour growth(such patients with early stage tumour have the best chances of cure if properly managed ),myths & apprehension(most of the times unnecessary) for the treatment related side effects ,financial concerns etc.

Let me give you an example-comparison of long term survival data in patients with breast cancer in India and western countries;in our country 1 of every 2 breast cancer patients dies within 5 years- in comparison to western countries where only 1 one of every 5 breast cancer patients dies within 5 years from the detection of her cancer.

It is not just the matter of financial strength but there are other even more important factors implicated. Most of the patient in our country can also get the same treatment options (surgery, radiation therapy and drugs e.g. chemotherapy, targeted therapy, hormonal agents etc); irrespective of their financial status considering the fact that for poor patients there are patient welfare schemes available which includes most of these aforementioned treatment options.

In my opinion- let's not blame our poor finances only for the poor cancer patient outcome and let's have a strong desire to achieve the same cancer survival data as in developed countries by following measures---

**Lets first try to prevent cancer** by educating people- about avoiding bad habits e.g. tobacco, alcohol, betel nut etc. please ask them to adapt healthy life style, to take healthy food, to maintain mouth and genital parts' hygiene, avoiding harmful chemicals at occupation and also in diet, get vaccinated for HBV and HPV(especially young girls),treatment of oral and cervical pre-cancerous lesions etc.

30%of cancer can be prevented with these measures easily, according to the latest survey.



**Lets focus on early detection and screening of cancer** so that we can detect cancer in early/very early stage which ultimately will us our patient the best chances of cure with least extent of treatment e.g. surgery/ radiation, sometimes even without the need of adjuvant(chemotherapy,radiation therapy etc. cancer most of the times follow the fairly predictable pattern from precancerous to invasive stage and then metastatic stage, we can use this pattern to diagnose cancer earlier or screen them out via certain measure in many cancer types.

Such examples includes- mammography, self breast examination and clinical breast examination for early breast cancer detection-screening...Pap smear,HPV-DNA testing for screening-early cervical cancer detection. to add this we can also diagnose head and neck cancer patients in earlier stage or pre cancerous stages via regular oral-dental check up. There are guidelines for screening of colon, prostate cancer etc also..

**Proper and complete treatment for curable cancers:** in my clinical practice I have seen that many potentially curable cancer patients don't take desired course of treatment or take incomplete treatment because of misbelief, myths and misconceptions about cancer treatment. please don't allow these kind of unfortunate things to happen. Please counsel them regarding the nature of disease and need for the complete-proper treatment as there is only one chance for patient in their treatment course to get cured, most of the times. We need to guide them regarding the fact that in today's era because of the advancements in cancer related research in surgery , chemotherapy-supportive care medicines, radiation therapy ;only very few patients suffer from treatment related grave side effects.

**Lets not forget those unfortunate cancer patients who are in the stage from which they can't be cured:**

Many of our patients suffer from stage-4 disease, with advancements in the field of medical oncology we can achieve the 2 very important goals in their life..first- to improve and maintain their quality of life and can allow them to live with dignity..secondly-to give a them longer life to accomplish their unfulfilled desires.

In today's era for stage-4 patient we can definitely achieve these goals with the help of judicious and smarter use of newer chemotherapy drugs



,molecular - targeted therapy, Immunotherapy (activating/ boosting patient's immune system to make it enable to fight against cancer cells ;without the need of chemotherapy drugs ) along with the use of supportive care drugs available for pain(highly effective analgesics),for nausea and other G.I. symptoms, blood transfusions, antibiotics support; thanks to the researchers in the field of oncology there is a environment of hope for such incurable patients as these newer drugs are capable of converting this lethal disease into a chronic condition in which the cancer cells are suppressed to such an extent that patient can live for a very longer period of time with all of us. ingers crossed !!!Let's hope and pray that in the very recent future , these highly effective weapons will be with us to give a strong fight against cancer.

I always feel, the biggest responsibility to change the cancer related poor outcomes and fear associated with this dreadful disease is on our shoulders.

**Dr. Alpesh J. Kikani**

(MD,DM-Medical oncology)

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Shashwat haemato -onco associates , Rajkot



## NAT Tested blood- BENEFITS

Nucleic acid testing (NAT) is a molecular technique for screening blood donations to reduce the risk of transfusion transmitted infections (TTIs) in the recipients, thus providing an additional layer of blood safety.

### ❖ What is NAT (Nucleic Acid Tested) Blood?

NAT technique is highly sensitive and specific for viral nucleic acids. It is based on amplification of targeted regions of viral ribonucleic acid or deoxyribonucleic acid (DNA) and detects them earlier than the other screening methods thus, narrowing the window period of Human Immuno-deficiency virus (HIV), and Hepatitis B (HBV) and hepatitis C virus (HCV) infections.

### ❖ Why NAT tested blood is required?

- Ensures patients safety (Negligible cost versus Minimal Risk to patients).
- To avoid medico-legal consequences for doctor due to post transfusion transmitted infections cases in patients (Negligible cost versus Safety to doctors). There are many reported cases in India where such adverse events of transfusion have occurred and the Hospital has to give hefty compensation to the patients.
- If NAT tested blood is not available in city and not using it is not a crime, but if NAT tested blood is available in city and at a negligible cost then it is the duty to ask patient considering the negligible cost of NAT tested blood.
- Transfusion transmitted infections continue to be the biggest threat to the blood transfusion safety. Despite the advancements made in the serological testing of HBV, HCV and HIV, significant transfusion transmission of virus still remains.
- With high prevalence of HIV, HBV and HCV in India being 0.1-1%, 2-4% and 1-2% respectively; safe blood transfusion is a big challenge for the health care system.



### ❖ Comparison with Routine screening methods in India:

NAT is a highly sensitive and advanced technique which has reduced the window period of HBV to 10.34 days, HCV to 1.34 days and HIV to 2.93 days in comparison to ELISA (routinely screening method) where the window period ranges from weeks to months.

The average NAT yield in India as per statistical data is 1:800 which means one transfusion in 800 transfusions causes transfusion transmitted infection to patient due to window period blood donation not detected by routine screening method.

## USES OF SPECIALIZED BLOOD AND BLOOD COMPONENTS

Whole blood can be separated into different blood components namely Packed Red Cells (PRC/RCC/PRBC), Fresh Frozen Plasma (FFP), Platelets Concentrate (PC) and Cryoprecipitate (CRYO). Each blood component has different storage and temperature requirements and is used for different indications. If specifically indicated, blood components can be modified as Leucodepleted blood components; Saline washed blood components, Reconstituted Red blood Cells and Irradiated blood components.

### ❖ LEUKOCYTES DEPLETED RED BLOOD CELLS:

- Leukocytes content to less than  $5 \times 10^6$  in one unit of RBCs prevents non-hemolytic febrile transfusion reactions, transmission of cytomegalovirus or allo-immunization to human leukocyte antigen (HLA) antigens. This can be achieved by using leucodepletion filters more preferably done at lab side in comparison to bed side.
  - Indications:
    - Multitransfused patients like thalassemia.
    - Leukemia
    - Aplastic anemia
    - Immunosuppressed



- Immunodeficiency
  - Multiparous women
  - Prevention of recurrent FNHTRs
  - Prevention or delay of primary alloimmunization to HLA antigen
  - Prevention of CMV transmission in at risk individual
- **NOTE:** Leucodepleted red cells are not indicated to prevent transfusion related GVHD.

#### ❖ WASHED RED CELLS:

- Washing of red cells removes 70 - 95 % of leukocytes and there is concomitant loss of 15 - 20 ml of red blood cells, but it is effective in removal of plasma proteins and micro aggregates.
- Indications:
- Patients having recurrent attacks FNHTRs and urticarial reactions.
  - Patients who have developed antibodies to plasma proteins.
  - IgA deficient patient who has developed anti-IgA (incidence of IgA deficiency is 1 in 700 persons).
  - Paroxysmal nocturnal hemoglobinuria (PNH), sensitive to complement.

#### ❖ RECONSTITUTED RED BLOOD CELLS (RBCs):

- Reconstituted RBCs is red blood cells and plasma which has been combined at later point after separation and storage.
- Indications:
- Exchange transfusion of neonates



#### ❖ IRRADIATED RBCS AND IRRADIATED PLATELETS:

- Irradiation at the dose of 25-50 Gy, is currently the only method available for preventing Graft Versus Host Disease (GvHD).
- Indications:
- Intrauterine Transfusion
  - Premature infants weighing <1200g and/ or <32 weeks at birth
  - Neonatal Exchange Transfusion subsequent to IUT or donation by first or second degree relative. For other exchange transfusion, irradiation is optional.
  - Top-up transfusion subsequent to IUT or donation by first or second degree relative. **Routine irradiation for top-up is not advisable for neonates.**
  - All granulocytes transfusion
  - Congenital cellular immunodeficiency
  - Transfusion with blood components donated by first or second degree relatives.
  - Allogeneic blood components transfused to the bone marrow donor within 7 days before and during harvesting.
  - Blood components transfused to autologous transplantation patients undergoing bone marrow or peripheral blood stem cell transplant.
  - Hodgkin's Lymphoma.
  - Patients treated with purine/ pyrimidine analogues.

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Deputy Director-Medical,

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