



IMA Plus



95th
Year

Indian Medical Association Pune Branch - Monthly Newsletter • [32 Pgs]

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**Discounted Membership
Month**



**Environment
Special Issue**

This Month

18th June 2023 : CME : Newer Horizons in Medical Services

30th June 2023 : Webinar : Cardiology Update

Next month

2nd July 2023 : Doctors' Day celebration

2nd July 2023 : Blood Donation Camp

2nd July 2023 : CME : Lung Cancer

2nd July 2023 : Exit Examination of Hypertension course. Concluding session

16th July 2023 : CME : Oncology : Recent advances

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12th May 2023 - International Nurses Day



14th May 2023 - GI Conclave by Next Gen GI Centre



PROCTOLOGY



Dr Ashwin Porwal
ColoRectal Surgeon,
MUHS Certified Professor in Proctology
Founder Healing Hands Clinic.

- Inventor of DLPL surgery For Complex Fistula.
- Inventor of Laser Haemorrhoidopexy for piles.
- Received Dadasaheb Phalke Award.
- Invented Laser Pilonidotomy for Pilonidal Sinus.
- Patented BEST device for Fistula and SMILE mesh for Hernia.
- Introduced MUHS Certified Proctology Fellowship for 1st time in India.
- Inventor TRRPCS: TransAnal Rectal Resection of Rectal Prolapse by Circular
- Got Best Paper award for DLPL surgery for complex fistula at ACRSICON.
- World Record of maximum Stapler Hemorrhoidopexies for Piles & STARR Surgery for constipation.
- Inventor of worlds first Anospray for piles and Patented Constac Laxative.
- Received Limca Book of World Record for treating the longest fistula of 110cm.



LASER VARICOSE VEINS



Dr Paresh Gandhi

M.B.B.S., D.N.B. Surgery, FCPS Surgery
Diploma in Proctology
Consultant Varicose Veins and
Hernia Surgeon

A culmination of hard work and sincerity, Dr Gandhi has gained mastery in **Laser Varicose Veins ablation**. The Leonardo Laser was first introduced in India at Healing Hands Clinic. Dr Gandhi has also undergone certified training in Wound Management from the Madeleine Flanagan University of Hertfordshire, UK.

3D MESH HERNIA



Dr Deepak Kulkarni

M.B.B.S., D.N.B.(Surgery)
Hernia specialist and GI Endoscopist

Dr Kulkarni specializes in **3D Mesh Repair for Hernia** and has successfully treated complicated cases of Obstructed and Recurrent hernias. Healing Hands Clinic has been certified 'Center of Excellence in 3D Mesh Hernia Repair' by Dr John Murphy, Ex-president of American Hernia Society. With his Fellowship in Endoscopy, Dr Kulkarni also looks after the Gastroscopy and Colonoscopy procedures at all the HHC centers in Pune.

LASER UROLOGY



Dr Himesh Gandhi

M.S., M.Ch.Urology
F.M.I.S. (Singapore)
Director Urology,
Consultant - Urologist
Robotic & Kidney Transplant

Healing Hands Clinic introduced **India's First German Made Storz Rubina System for Urology**. It's 3D camera with 4K vision gives precision in performing complex Kidney Stone and Prostate Surgery. We introduced Laser For Prostate Surgery at Healing Hands Clinic. Dr Himesh Gandhi has to his credit first ever case of successful Robotic Radical Prostatectomy in Pune.



Only center in
India to have
Certified 1yr Fellowship
in Proctology



India's only
NABH accredited
Proctology Clinic, 2022

Urology and Laparoscopy



India's 1st German Storz Rubina
3D with 4K Vision System



India's 1st BK medical for
Endo Anal USG.



HHC has been awarded as
Limca book of world record for
treating 110cm Long Fistula, 2022

PUNE STATION

PUNE | MUMBAI | NASHIK | KOLHAPUR | LATUR | BENGALURU | HYDERABAD | SURAT | AHMEDABAD | LUDHIANA | JAIPUR | DUBAI

8888288884

17th May 2023 - Hypertension Course



Dr. D. B. Kadam, Dr. Sachin Yadav, Dr. Gaurav Ganeshwala



Inauguration of Hypertension course by Dr. Katdare

20th May 2023 - Hypertension Course



Dr. Hasmukh Gujar

Dr. Niranjan Ambekar

Dr. Vilas Gundecha

26th, 27th & 28th May 2023 - IMA Pune Leather Ball Cricket Tournament



Organising Team



Winners KEM Alumni Mumbai



Team Spartans - Runner Up

EDITORIAL BOARD

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Honors & Awards



Dr. Shirish Bhawe recipient of Ganesh Saraswati Thakurdesai memorial award for year 2022 from Maharashtra Sahitya Parishad Pune for his book शब्दचिरोटे.



Dr. Meenakshi Deshpande getting nominated as member IMA HQ Standing Committee for IMA Patient's Charter Protection Cell for 2022-23 & 2023-24.



Dr. Sunil Ingale getting nominated as Member IMA HQ Committee for Organ Donation



Dr. Mahadevi M. Swami Sirsikar Life time achievement award was conferred in presence of Dr. Yeshwant Tawade sir and IADVL President Dr. Pradyumna Vaidya by Indian Association of Dermatologists Venerologists and Leprologists at Sheraton Grand on 28th May 23.



Dr. Avinash Bhondwe: नूतनविभूषण award for 4 decades of Patient Care as Family Physician and his contribution to society through his work from the platforms of Indian Medical Association, General Practitioners Association and Rotary Club. He is also appreciated for his literary work.

WE ARE GLAD TO ANNOUNCE THAT HEALING HANDS CLINIC IS A PLATINUM SPONSOR OF IMA PUNE IN THIS YEAR 2023-24



Planet syndrome (6)

Compiled By **Dr. Anand Nigudkar**

Edited By **Dr. Suhas Nene**

ADRENO GENITAL SYNDROME : It is one of the commonest inborn errors of metabolism and 21 hydroxylase is the most frequent defect. Clinical picture depends on the stage of intrauterine development that the foetus is exposed to androgens. Thus at birth female infant may show signs of virilisation with clitoral hypertrophy and labial fusion. Male infants may die at adrenocortical deficiency because the genital stigmata as seen in female infants are not present to serve as a pointer to the adrenal defect. If enzymatic defect is less severe the patient may survive infancy and present with precocious puberty in childhood. Growth may be abnormally advanced at first but will be restricted later due to early fusion of epiphyses. 21 hydroxylase defect is by far the commonest form of this syndrome. It has two clinical variants. In Salt losing variety the enzyme block is complete on both, cortisol and aldosterone are deficiency. Patient present in neonatal period with severe hypo adrenalism. In the Non - Salt losing variety the defect is incomplete and sufficient cortisol and aldosterone is produced to avert adrenal crisis though hyponatremia occurs. 11 beta hydroxylase defect is rare and is characterised by the occurrence of hypertension and virization shortly after birth. In 18 hydroxylase and 18 dehydrogenase defects aldosterone production is low and patients present with Salt losing syndrome. **Treatment** : Lifelong hydrocortisone therapy. Patients with salt losing syndromes require high salt intake and additional replacement with fludrocortisone. Surgical correction of external genitals may be needed in some female infants.

ALBRIGHT'S SYNDROME: (FIBROUS DYSPLASIA): Relatively rare disease of bone characterized by fibrous tissue spreading within the medullary space, eroding and replacing bone at the metaphyses and diaphyses. More frequent in females, manifests itself usually before the age of 10 years and its progression may cease spontaneously. Onset is insidious, early manifestations taking the form of a localised bone swelling or pain and deformity from a spontaneous pathological fracture. Asymmetry of the face is common (because of unilateral affection of face and mandible) and bones of the pelvis, shoulder girdles, skull and femur are commonly affected. A bending deformity may develop gradually or follows a fracture. Involved extremity is generally shorter. This syndrome is characterised by additional features of irregularly outlined smooth, brownish pigmentations on the same side as the body lesion, precocious puberty and pigmentation of mucus membranes. Blood chemistry is essentially normal. Characteristically the affected bone shows patterns of rarefaction and sclerosis. Often there is central rarefied cystic radiolucent area with coarse trabeculation resembling a honeycomb. Normal bone structure is destroyed. Epiphyses are rarely involved. Outward bowing of the shaft of the femur with various deformity of the neck of the femur produces the characteristic Shepherd Crook deformity.



Disclaimer : Opinions expressed in various articles are of authors and do not reflect the views of IMA Pune Branch.

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classes with Dr Shirish Patwardhan

@ Pune/Mahabaleshwar/Leh.

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Editorial

Dr. Padma Iyer
Mob : 9373305154



IMA Pune Medicolegal Committee was formed 27 yrs back, in 1996 when medical profession had just come under the ambit of Consumer Protection Act. The initiative to form IMA Pune Medicolegal committee to help our members was taken by Dr Behere sir & Dr Navarange sir. Dr Mahesh Tulpule sir later joined the committee. All three had passed their LLB in flying colors. The committee had regular meetings once weekly to discuss latest Medicolegal Judgements and how to help our members in distress who were sent legal notice or faced arrest or faced court hearing. Periodically they also conducted Medicolegal CMEs at Annual conferences of IMA Pune and also at other Specialities Conferences to educate medical fraternity. I got my first education in Medicolegal issues in one of IMA Pune's Annual Refresher Course, where the topic was Medicolegal issues faced by doctors.

The intention was to help our medical fraternity during stressful and panic situation, and guide them to take proper measures, when faced with legal notice, mob violence or facing arrest on being charged with 302, 304 or 304 A. We IMA Pune members are very fortunate to have very active Medicolegal Committee headed by Medicolegal expert Dr Jayant Navarange Sir who has been giving guidance to members in times of their distress and agony. Till date nearly 3000 IMA Pune members have received counseling, medicolegal advice and guidance. This activity either helped them to answer the legal notice effectively which stops further action, quash the frivolous complaints and with proper documentation and presentation during the hearing of the case helped them to win the case.

I am one of those 3000 IMA Pune members who received medicolegal guidance and advice from Dr Navarange sir for my problem. I became life member of IMA Pune in the year 1991 and was aware of medicolegal services of IMA Pune through monthly IMATES. (Now it is IMA Plus) In early 2006 in my hospital practice, I anticipated problem from one of my patient's relatives, hence I consulted Navarange Sir for advice. Sir told me to bring the medical records of the patient, which he checked and suggested few modifications and assured of guidance and full support in case of trouble. Fortunately for me there was no further trouble from the relatives. But the solace and relief I got after I consulted Sir, cannot be described in words. Hence friends forewarned is forearmed. Maintaining meticulous documentation of diagnosis, investigations, treatment and follow up advice given to the patient is of utmost importance, I learnt then.

Dr Navarange Sir has been giving lectures on Medicolegal issues all over India. Sir is on the board of IMA HQ Medicolegal committee as well as IMA MS Medicolegal Committee and private NGO Mukta Charitable Forum as their chief Medicolegal expert. IMA Pune Medicolegal Committee has been conducting monthly Medicolegal meetings at IMA Boardroom for the last seven years. The invitees being Medical Specialists, Advocates, IMA OBs, IMA MC members and IMA Pune members who are interested in updating themselves in medicolegal matter. In this meeting, the committee discusses recent cases under trial, new



controversial judgements passed which may need a PIL or appeal in a higher court. This educates the attendees and gives tips for a safe and ethical medical practice. Sir always says that don't fear if a case is filed against you it means that you are having a good clinical practice as trees which bear plenty of fruits are only stoned. On 2nd April 2023 National President Dr Sharad Agarwal Sir inaugurated IMA Pune's separate medicolegal counselling room at 2nd floor of Dr Nitu Mandke IMA Hall.

Friends during recent times we came across the news that, more and more cases are being filed against doctors. This affects their reputation earned over many decades of ethical practice causing physical and mental agony, fear, stress, anxiety and depression. IMA Pune members if they face such situation need not worry, as our Medicolegal committee is ever ready to help, offering solace to them as though implying that why fear when I am there. Very few IMA State or local IMA branches have active Medicolegal Committees with experienced Medicolegal experts to give, one to one counselling, guidance, and advice to aggrieved members.

Of late the committee is also having two enthusiastic young IMA Pune members pursuing LLB degree and actively involved in conducting Committees monthly meetings under Dr Navarange Sir's guidance. They are IMA Pune IPP Dr Meenakshi Deshpande and IMA Pune member Dr Jape.

If anyone asks what will I get by becoming an IMA member, we all know what to say. It is said that first deserve and then desire. There is much satisfaction and contentment if we can join the Association to serve and that itself will lift us to great heights. You take one step forward and you will be rewarded many folds.



Indian Medical Association, Pune Branch

organises **Blood Donation Camp**

along with **IMA Doctors' Felicitation** on the occasion of **"Doctors Day 2023"**

Sunday, Date : 2nd July 2023

Timing : 9.00 am to 1.00pm

Venue : Dr. B.G. Kelkar Hall, IMA House, Tilak Road, Pune



Give the Gift of Blood.. save Life..



NGO who brings more than 20 blood donors will be felicitated

Appeal & Request NGOs to participate in this voluntary blood donation camp



Dr. Raju Varyani

President, IMA Pune

Dr. Geetanjali Sharma / Dr. Kedar Patil

Hon. Secretaries, IMA Pune

Conveners :

Dr. Sanjay Patil - 9822520257 (Chairman, HBI)

Dr. Rajan Sancheti - 9823147882

Dr. Hillary Rodrigues - 9764516570

From the President's Desk

Dr. Raju Varyani

Mob : 98226 46025



Dear Members,

IMA is offering a discount of 25% on Life Membership fees. It is good opportunity for non- members to become members. The discounted fees offer is available from 1st June to 5th July .

The celebrations of 95th Foundation Day of IMA Pune were held from 26th May to 4th June. It all began with a three day Leather Ball Cricket Tournament comprising Eight Teams. All the matches were relayed live on YouTube. On 28 th May students of Kamayani School for Mentally Handicapped were invited at IMA Pune. The students presented their extraordinary performances like singing, reciting of various mantras, fancy dress etc. The parents of these children were given First Aid Training. On 31st May, stand-up comedy was performed by renowned doctor and actor Dr Sanjeev Kumar Patil. On 4th June Painting workshop was held at IMA Pune by Ace Artist Dr Maya Bhalerao. On the same day a talent show was held with participation of IMA Pune members, showcasing their talents in singing, dancing, mimicry, stand-up comedy etc.

The 95 th Foundation Day is also time to remember all those who are responsible for growth of IMA Pune to this level. The Associations are built not by Halls & Buildings but by the individuals who work for it and the duties they undertake.

The World Environment Day is celebrated annually on June 5. Each year, a different theme is chosen to draw attention to a different aspect of Environmental concern.

This year's World Environment Day will be marked with the theme #BeatPlasticPollution to refocus attention on solutions to Plastic Pollution

Humans produce more than 430 million tonnes of plastic per year, according to the United Nations Environment Programme. It goes on to say that 46% of plastic waste is landfilled, while 22% is mismanaged and becomes litter.

Doctors Day Award function will be held on 2nd July . A blood donation camp will also be held on that day. Online Hypertension Course ends on 2nd July with online exam.

All registered medical practitioners across the country will now be covered under a common National Medical Register with each of them allotted a unique identification number, as per a gazette notification recently released by the National Medical Commission (NMC) titled "Registration of Medical Practitioners and Licence to Practice Medicine Regulations, 2023".

The National Exit Test- NEXT has been envisaged as a single examination to replace the final year MBBS examinations in medical colleges across India, the National Eligibility-cum-Entrance Test for post-graduate seats (NEET-PG), and the Foreign Medical Graduate Examination (FMGE) — the licentiate test for those who complete their MBBS abroad, to practice in India.

International Yoga Day 2023 will be celebrated on 21 June 2023 with the theme 'Yoga for Holistic Development'.

Jai IMA.





Medicolegal Corner June 2023: Medical ethics - minor violation

Dr Jayant Navarange

9890206303

Jayant.navarange@gmail.com

Some years back, doctors were routinely using the prescription pads provided by nearby chemists or by the pharmaceutical companies for writing prescriptions or referral notes. Such printed pads of papers used to contain their subtle advertisements in the form of 'these medicines are available with...' or 'the best formula for fever/pain/milk..etc.' at the bottom; whereas used to bear name, address, and degrees etc of the user doctor at the top. They would also mention availability, product information, prices etc. doctors used to use such papers to save costs or sheer sleeping over the rules of ethics or avoiding efforts to get their letterheads designed and printed! Someone complained to the Maharashtra Medical Council and doctors were summoned en block! At that time, most doctors were not aware of the rules of ethics prohibiting subtle or overt advertising done by the RMP by using such letterheads or stationary. All were issued a 'warning' after getting apology letters by all of the summoned doctors!

But it's important to note that once a warning is issued for any reason, next time, even if minor breach has occurred from an RMP, the councils have to suspend your registration either temporarily or for extended period or permanently. You become 'habitual beacher' in the eyes of Councils!

Some of the apparently minor unethical behaviours done mistakenly are

1. Use your own letterheads without advertisements of chemists, pharmaceutical companies, device manufacturers etc.
2. Don't endorse any product, nutraceutical, oil etc except after proper trial and that too in front of registered medical association/forum
3. You have to reply to any notice of disciplinary action by medical council
4. Any warning against RMP is to be taken seriously as subsequent action may result in temporary/partial/permanent suspension
5. Have your registration updated every 5 years and register your postgraduate qualification once (in life).

**ऑक्टोबर
२०२३**

**आय एम ए पुणे आयोजित
राज्यस्तरीय वैद्यकीय साहित्य संमेलन.....**

कवी, लेखक, गझलकार, कादंबरीकार, नाट्यलेखक, सर्व साहित्यिक व साहित्य प्रेमी डॉक्टरांना

सरनेह आमंत्रण

पुस्तक प्रकाशन, पुस्तक प्रदर्शन, विविध कार्यशाळा...आणि खूप काही...

संयोजन समितीत सहभागी होण्यासाठी व अधिक माहितीसाठी संपर्क

डॉ. गीतांजली शर्मा, सचिव आय एम ए पुणे (+९१७८७५८९६९४६)



Last Month in IMA [May 2023]

Dr. Geetanjali Sharma / Dr. Kedar Patil
Hon Secretaries IMA Pune

12th May 2023

International Nurses Day

On this occasion IMA Pune felicitated Nursing staff of various hospitals and had organised free Hb estimation, Anaemia detection and BMD Estimation check up for them. 100 nurses from various HBI hospitals and PMC were felicitated.

14th May 2023

CME ON GI CONCLAVE

It was organised in association with NextGen GI Centre between 9.00 am to 4.00 pm in Dr. K. H. Sancheti Auditorium IMA Pune.

Dr. Rahul Talele spoke on Irritable Bowel Syndrome. Dr. Pavan Hanchanale gave a talk on 'when to work up for liver transplant'. Dr. Dadasaheb Maindad spoke on Decompensated Liver Disease.

Dr. Amol Dahale enlightened on What's New in GI Endoscopy-2023 : Advances in Endoscopy. Panel Discussion on Acute Pancreatitis was moderated by Dr. Nitin Jagtap and Panelists were Dr. Prashant Jedage, Dr. Vivek Murumkar, Dr. Aditya Kulkarni and Dr. Varun Khandagale. In second half, Dr. Amey Sonavane spoke on NAFLD. Dr. Sahil Rasane talked on Management of chronic pancreatitis. Dr. Sanjay Kulkarni briefed on Evaluation of Small Bowel Lesions. Dr. Sunil Pawar spoke on IBD. Panel Discussion on GI Bleed was moderated by Dr. Dadasaheb Maindad and Panelists were Dr. Vivek Murumkar, Dr. Prasad Bhate, Dr. Samrat Jankar and Dr. Suhas Udgirkar.

Total attendees: 200. MMC points : 2

17th May 2023

World Hypertension Day – Inauguration of Online Certificate Course on Hypertension :

IMA Pune Observed World Hypertension Day As Inaugural Function of IMA Pune's Online Certificate Course on Hypertension 2023.

Chief guest : Dr Anil Katdare at 2 pm at Dr. Y.G. Bodhe Board Room

This was attended by more than 100 delegates online who have registered for the 8 module 8 week 8 MMC point Certificate course

In his Key Note Address Dr. Katdare spoke about epidemiology of Hypertension, life style modifications needed to control and emphasised on need of understanding the problem at large.

Dr. Raju Varyani, President IMA Pune talked about the over view of Hypertension course and thanked to he conveners Dr. Ravindra Chhajed, Dr. Aniket Joshi and Dr. Sachin Lakade. Chairman Trust Board Dr. Avinash Bhutkar spoke about IMA Pune's various academic activities and appreciated the efforts of office bearers. Executive trustee Dr. Sanjay Patil also appreciated the efforts and explained how IMA is helping members. Dr. Navarange gave best wishes to the course and said that the course design is excellent.

The programme was anchored by Hon. Secretary Dr. Geetanjali Sharma.

Dr. Anil Katdare announced the Inauguration of the course and lamp lighting was done through animation as symbol of bringing light of knowledge

1st Module on 17th May 2023

Faculty : Dr. Dilip Kadam explained Physiology of hypertension and pathophysiology of



primary Hypertension. Dr. Sachin Yadav explained the pathophysiology of secondary hypertension. Dr. Gaurav Ganeshwala presented interesting cases of hypertension and made the session interactive. Dr. Sachin Lakade taught antihypertensive drugs alpha blockers and diuretics. Conveners Dr. Chhajed and Dr. Lakade asked quiz questions which 90 % delegates answered correctly. The study material and the recorded session is shared with the registered delegates as they have to study for an exit exam at the end of the course.

20th May 2023

2nd Module of Online Certificate Course on Hypertension

Faculty Dr. Nirajan Ambekar : Most interesting and interactive talk on Hypertension and renal failure. Case based talk giving inputs and tips about management. His tricky quiz questions made the delegates to remain active and attentive. Dr. Gundecha gave an excellent talk about hypertension related emergencies and their management. Dr. Hasmukh Gujar 's talk was a real eye opener as he spoke about effect of Salt, tobacco , alcohol and obesity on hypertension. Dr. Ravindra Chhajed taught antihypertensive drugs. Ca channel blockers and beta blockers.

24th May 2023

Webinar on Prevention and Management of Cardiovascular Complication : Webinar was arranged in association with Astra Zeneca from 2pm to 5pm. The topics discussed and their respective eminent speakers were as follows. Delivering Life Saving Heart Failure Treatment by Dr Gaurav Ganeshwala.

Reduce the Pressure from kidney using Dapagliflozin by Dr Pratibha Phadke.

Change the Lens to manage Diabetes by Dr B B Harshe.

Rosuvastatin - Evidence in Primary & Secondary Prevention of Cardiovascular Events by Dr Sumit Agrawal.

Mitigate High Thrombotic Risk in ACS Patients by Dr Abhay Somani.

Lowering Risk of Stent Thrombosis - Case Study by Dr Rajiv Sethi. The talks were followed by panel discussion and Q & A session. The webinar was moderated by Dr Sachin Lakade. MMC points : 1 Attended by 100 delegates.

27th May 2023

3rd Module of Online Certificate Course on Hypertension

3rd Module started with Approach to hypertension by Dr. Sanjay Gandhi.

Dr. Piyush Lodha's talk on Endocrine and hypertension was very informative. Dr. Suhas Hardas spoke about Recent advances in management hypertension and interventional cardiology. Dr. Suresh Shinde explained importance of exercise diet and life style changes to manage the Hypertension.

26th to 28 May 2023

Leather Ball Cricket Tournament : IMA Leather ball cricket tournament 2nd Edition

Organized by Dr Sanjay Patil, Dr Sunil Ingale, Dr Kedar Patil, Dr Virendra Ostwal, Dr Rahul Patil and Dr Milind Khedkar at Nehru Stadium between 26-28th May .Total 7 teams from Pune and one team from Mumbai participated in the event.Total 9 Matches of 15 overs were conducted on white Leather ball with scoring on Crickheroes app and live YouTube streaming. Inauguration was done by Dr Sanjay Gupte ,Dr Sarjan Shah (Green Array Genetics lab) and Mr Shrikant jadhav (Ex Ranji Maharashtra Captain)

Team Spartans were the Runners Up and Winners were KEM Mumbai Alumni.



Matches were supported and Sponsored by Asmita Movement and Green Array Genetics Lab ,Dr Anil Dudhbhate (Ophthalmologist) and Dr Sachin Lakade (Cardiologist). Prize Distribution was done on 28th May . Total Doctors who attended the 3 day event were about 300 .

28th May 2023

No Tobacco Walkathon Marathon Cyclothon

IMA Pune with IMA Maharashtra State and IMA PCB organised 5/10 21KM walkathon/ Marathon and 21 and 50 km Cyclothon to spread the message of Hazards of Tobacco on the occasion of No Tobacco Day. This was organised with support from Lifepoint Hospital, Wakad. President Dr. Raju Varyani gave the flag off.

28th May 2023

नाचू गाऊ आनंदे : Kalavishkar by Kamayani's Special Children :

Venue : Dr. B.G. Kelkar Hall, 2nd Floor, Dr. Nitu Mandke IMA House Tilak Road Pune, time 5 pm to 7.00 pm. As part of 95th Foundation day celebration, IMA Pune had organised special talent show by students of Kamayani School for specially challenged children. 30 students gave amazing performances. Songs, dances , yoga demonstration, skating, pasaydaan recitation and many other talents were shown by these loving children. The parents were given training of First Aid by Dr. Rajkumar Shah. All the children were given special medals and gifts. President Dr. Raju Varyani, Exc Trustee Dr. Sanjay Patil, Past President Dr. Aarti Nimkar, Vice President Dr. Sunil Ingale, Treasurer Dr. Alka Kshirsagar appreciated the children's performances. Hon. Secretary Dr. Geetanjali Sharma anchored the programme. IMA Pune wishes to thank Teachers Mr. Kalidas Supate, Mr. Vijay Tope, Mrs. Sonawale madam and Mrs. Nangre madam from Kamayani making the programme successful.

31st May 2023

IMA Pune's 95th Foundation Day Celebration

Venue : Dr. K H. Sancheti Auditorium, 1st Floor, Dr. Nitu Mandke IMA House Tilak Road Pune, time 4 pm to 6 pm.

On the occasion of 95th Foundation Day Celebration, an invited talk by Anaesthesiologist Dr. Sanjiv Kumar Patil, a well-known actor from Marathi and Hindi film and TV was organised. He gave a talk on stress management in the Stand up comedy format. Small tips to overcome stress and depression were given using simple day to day examples but with a touch of comedy. It was attended by members from IMA Pune and PCB. President Dr. Raju Varyani felicitated Dr. Patil. Trust board chairman Dr. Bhutkar, Exc trustee Dr. Sanjay Patil, Trust board treasurer Dr. Padma Iyer expressed their feelings for IMA Pune. Hon. Secretary Dr. Geetanjali Sharma anchored the programme. Hon. Secretary Dr. Kedar Patil gave vote of thanks.

5th June 2023

World Environment Day.

IMA Pune organised Tree Plantation Drive at Taljai Hills on the occasion of World Environment Day . President Dr. Raju Varyani planted the first tree. Advisor Dr. Jayant Navarange, Exc trustee Dr. Sanjay Patil, Vice president Dr. Sunil Ingale, treasurer Dr. Alka Kshirsagar, Secretary Dr. Geetanjali Sharma, Assistant Secretary and Joint treasurer Dr. Sachin Lakade, MC member Dr. Ravindra Chhajed, Dr. Sharda Varyani, Dr. Jyoti Patil participated in planting the trees. All the preparation and arrangements were done by joint secretary Dr. Virendra Ostwal with help of PMC officers and staff. The theme for this year is Beat Plastic Pollution. IMA Pune will take care of all the trees planted today. झाडे लावा, झाडे जगवा. Dr. Chakor Vora, Oncologist also participated in Plantation drive of IMA Pune





Indian Medical Association, Pune Branch

Best time to become life member of the largest branch of
IMA in Maharashtra at special concessional rates

IMA Pune Life Membership Fees Slashed

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Dear Doctor,
Welcome to IMA Family!

To join us:

- Please fill up three forms and sign at 2 places on each form and paste photos on each.
- Attach One Xerox of MMC/MCI Registration Certificate with copy of renewal.
- For couple and married women - Xerox of Marriage Certificate or similar proof is needed.
- Please draw a Cheque in favour of "Indian Medical Association, Pune"

Status	Present Fee	Sp. Concessional Rates 01/06/2023 to 05/07/2023
Single Life	18,526	15,665
Couple Life	27,790	23,500

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Saraswat Cooperative Bank Tilak Road, Pune Bank
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Yours Sincerely,



Dr. Raju Varyani
President IMA Pune

Dr. Geetanjali Sharma / Dr. Kedar Patil
Hon. Secretaries IMA Pune

Membership Drive Committee

Dr. Virendra Ostwal (9823274756)
Chairman
Dr. Sumit Shah (7767858161)
Co-Chairman/Secretary

Dr. Jayant Navarange (9890206303)
Advisor
Dr. Sanjay Patil (9822520257)
Advisor



Indian Medical Association, Pune
Under the aegis of
Kamalnayan Bajaj Academic Centre

in association with **Ruby Hall Clinic**

Cordially invites you for

CME on Lung Cancer

Venue: Dr. K. H. Sancheti Auditorium, IMA House, Pune.

Date: Sunday, 2nd July 2023 **Time:** 9.00 am to 4.00 pm

Registration and Breakfast: 8 am to 9 am

S.No	Topic	Speaker
1.	Imaging in Lung Cancer & Scan in Lung Cancer	Dr. Amol Galge
2.	Role of Pulmonologist	Dr. Mahavir Modi
3.	Surgical Treatment of Lung Cancer	Dr. Sanjay Deshmukh
4.	Newer Advances in Radiation Therapy for Lung Cancer	Dr. Bhooshan Zade
5.	Management & Locally advanced & Metastatic	Dr. Minish Jain
6.	Panel Discussion	
Moderator - Dr. Sanjay Deshmukh		
Panelist - Dr. Minish Jain, Dr. Chakor Vora, Dr. Amol Galge, Dr. Mahavir Modi, Dr. Bhooshan Zade		

IMA Pune Doctors Day Award Function

Session on Haemophilia

Basic Management of Haemophilia with Newer Therapy Dr. Shweta Lunkad

Registration charges

IMA members FREE Non Members Rs. 550/-

Spot registration charges Rs.900/-

For Registration

Contact: IMA: 020-24464771/ 24430042 Mobile – 07350214512

2 MMC Credit Points

Dr. Raju Varyani
President, IMA Pune
9822646025

Dr. Geetanjali Sharma / Dr. Kedar Patil
Hon. Secretaries, IMA Pune
9822060433 / 9823017515

On the occasion of Doctors Day this CME is FREE for all IMA Members.

Google form will be shared by Email for registration.



Loss of a Health Pillar

Dr. Arvind Sangamnerkar

By **Dr. B.L. Deshmukh,**
Past President IMA Pune

Dr Arvind Vasudev Sangamnerkar, came from a middle class family. He completed his graduations MBBS, MD (Gy. Ob) from BJ Medical & Sasson Gen. Hospitals & DGO from CPS. During his MBBS he was General secretary. He was managing director of Colony Nursing Home and speciality hospital for women and child, a 50 bedded super speciality hospital for 60 years.

He was Hon. consultant to Kamala Nehru hospital, Dalvi hospital & Talegaon Gen Hospital. He started a yearly Publication "Shatayushi dedicated to medical field for last 35 years & would Sell about 50000 copies. He was president of MMC. He was elected Senate member of University of Pune twice. He was elected member of Maharashtra Sahitya Parishad. He conducted more than 80 cancer detection camps at each & every corner of Maharashtra. His wife Asha, two sons Nitin & Sachin, daughter in law Archa, grand daughter, all are doctors. Dr. Sangamnerkar was a trained Sitar player. He was a Sahityik. He has authored many books.

We express heartfelt condolences to Dr. Sangamnerkars' Family - Team IMA Pune

Yoga for Fitness

Indian Medical Association, Pune

in association with **Pune Obstetric & Gynaecological Society**
Celebrates



International Yoga Day

Wednesday 21st June 2023, **Time – 7 am to 8 am**

Special Yoga session by

Dr. Manoj Naik

Consultant Physician and Yoga Expert

Venue – Dr. B. G. Kelkar Hall, Dr. Nitu Mandke IMA House, Tilak Road, Pune

For participation contact – **Dr. Geetanjali Sharma +91 7875816146**

Dr. Vaishali Chavan : +91 98500 58408

Registration is Free

Dr. Raju Varyani

President IMA Pune

Dr. Meenu Agarwal

President POGS

Dr. Geetanjali Sharma / Dr. Kedar Patil

Hon. Secretary IMA Pune

Dr. Vaishali Chavan

Secretary POGS

Dr. Charulata Bapaye

Clinical Secretary POGS





Let's Make Pune Cleaner, Greener and The Winner

Dr. Leena Shah

+91 98811 36850

Pune Waste Warriors

(PWW) is an initiative and a citizens' movement to create a better, greener and cleaner Pune.

It aims towards bringing all Pune-kars together for a common cause - a clean and green, garbage free, litter free Pune. We are a group of very active citizens who are personally involved in cleanliness drives. Our theme is #FreedomFromGarbage#.

The idea is to collaborate with different people, enterprises, NGOs, PMC Solid Waste Management Team and other organisations working on the same lines. We have different clean green drives in the city to highlight the garbage issues. Our dream is that in a few years, Pune gets the **Cleanest City Award in India!**

To achieve our dream, we have been taking various steps

- 1) Frequent cleanliness drives targeting chronic spots, and plantation on those chronic spots to beautify them.
- 2) Working on the ground with PMC Zone 4 Head, Sanitary Inspectors(SI) and Deputy Sanitary Inspectors (DSI), Mukadams and Sanitary Workers
- 3) Organising routing of Garbage pick up trucks
- 4) Educating people in slums on garbage segregation
- 5) Posting regular pics on a What's app group comprising of citizens and officials for action by PMC staff
- 6) Making frequent Complaints on the PMC What's app complaint window by posting pictures of garbage if found lying on the roads at certain Chronic Spots
- 7) Encouraging people to lodge complaints wherever there is garbage pile up
- 8) Pushing the PMC to look seriously at the deteriorating situation.
- 9) Organising and working with the Sky Sign Dept of PMC to remove illegal banners and Hoardings

Several meetings have been held with the Municipal Commissioner, Solid Waste Management Head and Corporators.

- 10) Have had meetings with encroachment officials, Hotel Industry Heads, Travel Agents' Association Pune Chapter Heads. All are now on board and ready to help.

We wish more and more doctors to join this movement.

Doctors' voice has more impact. We are seeking an "awareness" that prevents every citizen from junking his garbage on the streets.

The medical fraternity can help immensely by holding camps to educate people, hold Awareness drives in Slum pockets of the city teaching them the health benefits of a clean Environment.

We doctors can contribute in through our direct connect with the general public.

1. Doctors should convince their patients to File regular grievances on the PMC app, post pictures of garbage piles , highlight chronic garbage spots.
2. Put up posters in clinics about the bad health effects of littering on the streets
3. Teach the public to flood the PMC app with complaint tickets and follow them up.





International Nurses Day at IMA Pune

12th May, the birth anniversary of The Lady with Lamp Florence Nightingale is observed as International Nurses Day all over the world.

IMA Pune observed it at Dr. B.G.Kelkar Hall, Dr. Nitu Mandke IMA House. To express our gratitude towards the nursing staff, the programme was aptly titled as **वंदन तुज परिचारिका**

IMA Pune felicitated 75 nurses and other hospital staff. IMA felicitated Nursing staff from PMC run hospitals as well as nursing staff from hospitals of IMA's Hospital Board of India member doctors.

The theme this year was our Nurses...Our Future.

Free Haemoglobin estimation and Anaemia detection camp for nurses was arranged. Free Bone density estimation and Osteoporosis detection camp was also arranged. Dr. Padma Iyer gave a special talk on how to take care of health and fitness. She described doctors and nurses association as Father and mother taking care of patient who is like a child. Dr. Virendra Ostwal explained prevention and management of osteoporosis. Dr. Raju Varyani, President, Dr. Sanjay Patil, Chairman HBI, Pune chapter, Dr. Jayant Navarange, Advisor IMA Pune and all past presidents and dignitaries felicitated the nursing staff. Dr. Geetanjali Sharma, Hon. Secretary anchored the programme and expressed her feelings through her poem **वंदन तुज परिचारिका**

Dr. Sachin Lakade gave vote of thanks.

Wish to express my gratitude to all the nurses on this day of Birth Anniversary of Florence Nightingale Through my Poem in Marathi

वंदन तुज परिचारिका

डॉ. गीतांजली शर्मा (कसमळकर)
नेत्रतज्ज्ञ, पुणे. ७८७५८१६१४६

आईची ममता ताईची माया
शीतल प्रेमळ कृपाळू छाया
सेवेचा स्पर्श नि मायेचे अस्तर
सानथोरांची तू हक्काची 'सिस्टर'
दिवस असो वा रात्र
असो थकलेले गात्र
कर्तव्यास तत्पर तू
क्षणार्थात मात्र

रुग्णाची हाक की
तू हजर तिथे
तुझ्या स्पर्शातून जगते
रोज जीवन इथे
सेवाभावात झिजे तुझा
जीव चंदनासारखा
रूप देवीचे तुझे
वंदन तुज... परिचारिका

इंडियन मेडिकल असोसिएशन, पुणे आयोजित : आओ गाव चले

मोफत सर्व रोग निदान, उपचार, मार्गदर्शन, शिबीर व जनजागृती कार्यक्रम.

रविवार दिनांक ९ जुलै २०२३ सकाळी ९ ते १ वाजे पर्यंत.

स्थळ : कादवे गाव आंबी गावा जवळ तालुका : वेल्हे जिल्हा पुणे.

ज्या डॉक्टरांना शिबिरामध्ये सहभागी होण्याची इच्छा आहे त्यांनी त्वरित संपर्क साधावा.

डॉ. मीनाक्षी देशपांडे ९९२२४६४३६५, डॉ. अलका क्षीरसागर ९८२२५२५१२१

डॉ. राजू वरियाणी
प्रेसिडेंट

डॉ. गीतांजली शर्मा / डॉ. केदार पाटील
सेक्रेटरी



पर्यावरण आणि मी

Dr. Vishwas Yevale

कुठलीही नागरिक समस्या, स्वास्थ्याशी निगडित प्रश्न मला विचारला जातो त्यावेळेस माझं सगळ्या प्रश्नांसाठी एकच उत्तर असतं. ते उत्तर म्हणजे नदीचे प्रदूषण आणि पर्यायाने पर्यावरणाचे प्रदूषण. एक सामाजिक समस्या आहे जी भेडसावत समोर येते ती म्हणजे शहरांमधली ट्रॅफिक. ह्यालाही माझं उत्तर असतं नदीचं प्रदूषण. टेस्ट ट्यूब बेबी सेंटरची संख्या सुद्धा शहरांमध्ये वाढली दिसते असे का? त्याचेही उत्तर आहे नदीचं पर्यावरणाचे प्रदूषण. आज ऍसिडिटी नसलेला माणूस शोधून सुद्धा सापडणार नाही. असे का तर त्याच्यासाठी मी नदीचं पर्यावरणाचे प्रदूषण ह्याला जबाबदार ठरवतो. जिथे नदी जिवंत आहे पर्यावरण चांगले आहे तिथे लोक येतच राहतात. पुणे शहराचे उदाहरण घेतलं तर पुणे शहराला स्वच्छ नदी धरणांच्या रूपाने निर्मळ जल देते. शहर मात्र प्रदूषित नदी खालच्या अंगाला प्रवाहित करत. तेथील गावातील जनवस्ती मग पुण्यामध्ये स्थलांतरित होते. गावांकडून शहराकडे होणार हे स्थलांतर, देशामधले इंटरनल मायग्रेशन ट्रॅफिकच्या समस्या, हवेचे प्रदूषण, epidemic आजारांचा फैलाव, डास आणि माशा यांचा प्रादुर्भाव ते मानसिक त्रागा, चिडचिड, रोड रेज अशा अनेक समस्यांना जन्म देतो. पाण्यामध्ये बेसुमार असलेलं डिटर्जंट हे एक झिनो स्टिराईड आहे. इस्ट्रोजेनशी साम-धर्म असलेले डिटर्जंट शरीरात गेलं तर पीसीओएस सारखे आज अतिशय कॉमन असलेले विकार आपण स्त्रियांमध्ये बघतो आहोत. आणि ह्या स्त्रिया सडसडीत बांध्याच्या ही असतात. काही वर्षांपूर्वी पीसीओएस असलेली स्त्री ही स्थूल स्त्री असायची. आज ही स्थिती बदललेली आहे. पुरुषांमध्ये झिनो स्टिराईड ज्यांचं साम्य स्त्रियांच्या शरीरात असलेल्या हार्मोन्सशी आहे, ते गेले तर शुक्रजंतूचे प्रमाण कमी होणार. साहजिकच टेस्ट ट्यूब बेबी सेंटर, कृत्रिम गर्भधारणा करण्याची सुविधा असणारे क्लिनिक यांची गरज निर्माण झाली. प्रश्न कुठलाही असो! हा का निर्माण झाला याचा अल्पोरिदम शोधत गेलो, त्याचं मूळ खणत गेलो तर निश्चितच नदीच आणि पर्यावरणाचे प्रदूषण हे कारणीभूत आहे, इथपर्यंत उत्तराची साखळी जातेच जाते.

पर्यावरणाबद्दल बहुदा हाच नकारात्मक उल्लेख आपण शक्यतो ऐकत असतो. जे खरे आहे.

पण या लेखामार्फत मला पर्यावरणाबद्दल सकारात्मकतेने आपणाशी चर्चा करायची आहे

नदी, पर्यावरण हे महान गुरू आहेत. कुठलाही विषय असो विज्ञान, कला, साहित्य आणि अगदी वाणिज्य सुद्धा! हे विषय पर्यावरणाला अनेक अंगांनी सोपे करून शिकवण्याची कला अवगत आहे. फक्त त्यांची भाषा कळणं गरजेचं आहे. शिवाय आपले चित्त नदी, पर्यावरण काय सांगते आहे त्यावर एकाग्र होणंही आवश्यक आहे. स्थापत्यशास्त्राचा जर विचार केला तर वटवृक्षाच्या पारंब्या या 'कॅन्टी-लिव्हर' चा उत्तम नमुना आहेत. फांद्यांच्या खालच्या अंगाला निसर्गानं दिलेली बळकटी स्ट्रेससनी छपराचा भार कसा घ्यावा हे छान शिकवतात. झाडांची मुळे ही वास्तुच्या पिलर फुटरेस्ट सारखीच. नदीवरच्या प्रवासामध्ये मला पहिल्यांदा नदीच्या प्रवाहाला प्रत्यक्ष बघून आकलन झालं की आतड्यांमध्ये post stricture डायलटेशन का होत ते. निमुळत्या भागा आधी आतडी फुगणं स्वाभाविकपणे लक्षात येण्यासारखं होतं. पण नदीवरच्या कोल्हापूर प्रकारच्या बंधाऱ्यांच्या निमुळत्या दारातून ज्यावेळेस पाणी खाली वाहत जातं त्यावेळेस विरुद्ध बाजूने प्रवाह करणारे 'एडी करंट्स' निर्माण होतात. आणि मग हे काठावरच्या मातीला पोखरू लागतात.

कलेचा विकास आणि कलेचा आस्वाद ही पर्यावरण, नदी आपणास देते. पर्जन्याचा वर्षाव, वायूचा बहाव, सागराचा गर्जाव यांचं सुरातालातलं गाणं ऐकत कोणीही मग्न होऊन जातो. अगदी ध्यानस्थ सुद्धा होतो. पृथ्वी धरीत्रीची कंपने, विजेचे चमकणे, नदीचे प्रवाहणे आणि वाऱ्याबरोबर गवताचे हिंदोळे, ह्याचं नृत्य लालित्य बघत आपण झुलायला लागतो. पहाडाचा पडाव, खडकाचा अटकाव, धुवाचा ठाव ह्या अचलांचे अनुक्रमण करत स्वतःची,

आपल्या अनेक ध्येयांची, जीवनाच्या अनेक आलेखांवरची यात्रा आपणास सुनिश्चित करता येते

पिंपळाचे रूपक घेत हा विषय अजून सुस्पष्ट होऊ शकेल. भिंतीच्या भेगेतला पिंपळ. मोजकी पान असलेला झुडपाहुनी खुजा असा. जगण्या असण्यासाठी धडपडणारा. कुठेही भेग दिसली की तेथे हा उगवला. मग ही भेग राजमहालातल्या दालनाच्या दोन भिंती मधली का असेना! ताडमाड वाढलेला वेशीवरचा मुंजाचा पिंपळ. रात्रीला अंधारात जागा होणारा. फळांनी बहरूनही कोणालाही आपली फळ चाखू न देणारा. गावातला पाराचा पोक्त पिंपळ. हा दुसऱ्यांच्या उपयोगी पडायचा. मुलांबरोबरही आजोबांच्या प्रेमानं वागायचा पण आज काळाची गरज आहे असं समजून आणि गावाची वेस वाढल्यामुळे गावात शिरलेल्या मुंजाच्या पिंपळासमोर मान झुकवतो आहे. व्याकुळ..सुकलेला.. पीडित, कसा बसा उभा आहे तो. आणि सुवर्ण पिंपळ. सोन्याच्या मूल्याचा नव्हे अमूल्य असा. माऊली मंदिरात याने ज्ञानाची खोली जाणली, प्रेमाची ओली चाखली आणि या गुणांभोवती कर्माची प्रदक्षिणा घातली आणि हा पिंपळ मग सुवर्ण पिंपळ झाला. पिंपळाची रूप अनेक असली तरी बीज मात्र या सगळ्याच एकच आहे. ह्या सगळ्या पिंपळांमधला कुठला पिंपळ आपण व्हायचंय हे महत्वाचं ध्येय पर्यावरणाकडे बघताना सु-स्पष्ट होत.

झाडाच्या छायेत बसताना विज्ञानाचा आधार घेत एक गोष्ट सहज लक्षात येण्यासारखी आहे. मी सोडलेला कार्बन डाय-ऑक्साइड जो आधी माझा भाग होता, तो ह्या झाडाने घेतलाय. ऑक्सिजन जो आधी झाडाचा भाग होता तो मी आता घेतलाय. अल्प का होईना झाडाची आणि माझी, देह रूपाने सुद्धा अदलाबदल आता झालेली आहे. झाड आणि माझ्या मधली सफेद आणि काळी अशी विभागणी कुठेतरी आता धूसर झालेली आहे. नदीवरच्या प्रवासात नदी मातेचे पाणी मी जे पीत होतो तेच पाणी तिच्या काठावरची झाड झुडपं गवत पीत होते. पाळीव आणि वन्यजीव ही पीत होते. मला आणि ह्या सर्व वनस्पती व प्राणी जगताला आपल्या अमृत निर्झरुनी जीवन देणारी ही माताच होती. तिच्या जलावर माझ्या बरोबरीने जोपासली जाणारी अपत्य ही एक प्रकारे माझी भाऊबंदच झाली होती. हे सुद्धा एक वैज्ञानिक सत्यच आहे. त्याच्या आधारानेही माझ्या आणि अन्य सृष्टीमधल्या विभागणीचा विलयच झालाय जणू.

‘अहमाचे दंभ विरले, थेंबाशी थेंब जुळले, प्रेमाचे कुंभ भरले, चिंब चिंब भिजले, किरणांचे पुंज उेळले, रंगाचे बीज लोपले, ज्ञानाचे गुंज ऐकले, बिंब पूर्णाचे ओंकारले.’

●●

पर्यावरण

डॉ. गीतांजली शर्मा (कसमळकर)

नेत्रतज्ज्ञ, पुणे. ७८७५८१६१४६

आजकाल शोधतेय मी नसलेल्या झाडांची सावली
आसुसल्या कानी एक चिमणीही नाही चिवचिवली
जंगलात या काँक्रीटच्या कृत्रिम हिरवळीचा स्पर्श
मुखवटी हास्यात झिरपतोय खोट्या प्रेमाचा दर्प
जाळली सारी झाडं विझवल्या भावना ओल्या
ओरबाडून रक्ताळलं हृदय खंगल्या आईचं काळ्या
पाऊस नाही पाणी नाही ओसाडली सारी शेती
चक्र फिरवतोय उलटी नि म्हणतोय हीच खरी
प्रगती

प्रगतीच्या नावानं निसर्गाला जिरवलं
टेकड्या केल्या सपाट पावसाला पळवलं
पापं धुतली पाण्यात नदीला नासवलं
जंगलांच्या थडग्यावर 'मॉडर्न' शहर वसवलं
माणूस झाला मोठा..... निसर्गावर भारी
सुखं विकत घेतोय पैशाने सारी
कधीतरी एकदा डोकावून..... बघ जरा आतलं
ढासळलंय सारं पर्यावरण
बाहेरचं आणि.....तुझ्याही आतलं



Cough : Approach and Management

Dr Vrushali Khirid Khadke

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Cough is a natural protective mechanism for transient periods of time to facilitate the removal of mucus, noxious substances or pathogens from the airways and lungs. It may be a sign of disease inside and outside the airways and lungs. Cough may also be the sign of a chronic disease, defined as that lasting for more than eight weeks. Chronic cough can be harmful and may need to be suppressed directly.

Environmental pollution - exposure to particulate matter, irritant gases, environmental tobacco smoke, mixed pollutants and moulds can increase cough and wheezing by enhanced reactivity of the peripheral sensory neurons, oxidative injury to the airways. Acute and short-term effects like irritation to the nose, throat, eyes, pneumonia, bronchitis and long-term effects like heart disease, lung cancer and respiratory diseases. They can lead to exacerbations of pre-existing chronic lung diseases though the association with new onset asthma is variable across studies. Reduction in particulate matter and allergens can be achieved successfully through efficient air filters.

Allergy - a dry cough which is more than three weeks maybe a symptom of allergies or asthma. Common allergy triggers are pollen, dust, pets, mold and cockroaches. Seasonal changes or certain environments typically trigger this cough.

Cough hypersensitivity syndrome is defined as a disorder, characterised by troublesome coughing, often triggered by low levels of thermal, mechanical or chemical exposure. It is caused by a disordered sensorineural function. Though mucociliary transport is the major method of clearing the airway lumen in healthy subjects, cough is an important reserve mechanism.

Causes of cough

- Acute infections- Tracheobronchitis, viral or bacterial pneumonia, acute or chronic bronchitis, pertussis
- Chronic infections- Bronchiectasis, tuberculosis, cystic fibrosis
- Airway diseases- Asthma, Eosinophilic bronchitis, cough variant asthma, chronic bronchitis, COPD, Chronic post nasal drip
- Parenchymal diseases- ILD, Emphysema, sarcoidosis
- Tumours- bronchogenic Ca, alveolar cell ca, benign airway tumours, mediastinal tumours
- Foreign bodies in airways- especially children and elderly
- Middle ear pathologies
- Cardiovascular disorders- LVF, Pulmonary infarction, Aortic aneurysm
- Others- GERD, LPR, recurrent micro aspiration, OSA, laryngeal dysfunction
- Drugs- ACE inhibitors



- Cough in majority (> 85-90%) is due to post nasal drip, Asthma and GERD which can be ascertained on a good history and clinical examination.

Post nasal drip/ Upper airway cough syndrome- sensation of nasal secretions or drip at the back of the throat, with a frequent need to clear the throat, nasal intonation may accompany or may hoarseness of voice. Topical glucocorticoids, occasionally anticholinergic sprays are needed. Decongestants cause rebound obstruction with repeated use. Antibiotics are rarely needed if mucopurulent secretions beyond 10 days

Asthma and other eosinophilic diseases- Often nocturnal cough with reversible airflow limitation or bronchial hyperresponsiveness. Cough may be the only presenting symptom in 57% patients. Inhaled corticosteroid treatment with Beta2 agonist bronchodilator with add on oral corticosteroids or leukotriene receptor antagonists is the treatment option.

Gastroesophageal reflux disease- movement of gastric contents into larynx and trachea, high incidence of laryngopharyngeal reflux. Conservative measures like weight reduction, high protein, low fat diet, elevation of head end of bed, avoidance of coffee and smoking.

Post infectious cough- A persistent cough following viral or atypical bacterial infection may last for 4-6 weeks. Inhaled and better still short course of oral steroids work.

Complications of cough-

Pneumothorax, pneumomediastinum, pneumoperitoneum, subcutaneous emphysema, laryngeal damage, cardiac dysrhythmias, syncope, subconjunctival hemorrhage, headaches, cerebral air embolism, musculoskeletal pain, cervical disc prolapse, urinary incontinence, depression etc

Treatment -

Allergic rhinitis and post nasal drip can be dealt with by oral antihistamines, topical nasal steroids. Asthma and eosinophilic bronchitis are to be managed with inhaled corticosteroids, leukotriene inhibitors and bronchodilators. Smoking cessation and inhaled LABA/LAMA for COPD; postural drainage and antibiotics as needed for bronchiectasis. H2 antagonist or PPI for GERD.

In chronic refractory hypersensitive cough, we may need speech and language therapy, neuro modulators like amitriptyline, gabapentin and Morphine. A new neuromodulator Gefapixant is currently undergoing trials.

A PFT -pre and post bronchodilator spirometry and very occasionally bronchoprovocative tests for asthma, sinus CT for upper airway cough syndrome, sputum eosinophilia in non-asthmatic eosinophilic bronchitis and esophageal PH monitoring in GERD may be necessary. If the cough persists, we may have to go ahead with imaging like CXR, HRCT chest and bronchoscopy if the sputum tests (staining for organisms, cultures and cytology) are not possible or not diagnostic. It is imperative to do a CBNAAT/ Genexpert on the sputum if tuberculosis is suspected. After ruling out all causes a psychogenic cough may also be considered.



Why Decibel Levels Need to be Brought Down Everywhere

Dr. Yeshwant Oke

Why Decibel Levels Need To Be Brought Down Everywhere

Essentially Noise Pollution is a medical problem as it adversely affects physical and psychological health. Health must prevail over tradition, Culture and Religion, hence we must adjust our priorities in this 21st Century. Aging causes Deafness (Noise Induced Hearing Loss) is a misconception. Dr. Samuel Rosen of New York worked with Mabaan Tribes of Sudan in 1960/61 and found that the Hearing power of 80 years old Tribal was as good as 20 years old youth in Khartoum, as tribes are hardly exposed to Loud Sound except occasional beating of drums. So also was the finding of Dr. Mohan Kameswaran of Madras who worked with Toda tribes in Nilgiris and compared the hearing power of 80 years old tribal with 20 years old youth in Madras.

Conclusion: it is not the age but the amount of Loud Sound one hears in day to day life which has cumulative effect causing deafness. Dolby Sound: I visited Regal Cinema in Bombay many years back to watch the film-“Schindler’s List“. Starting scene involves German soldiers marching in the streets of Town. Sound was so loud, it caused pain in my ears, I was to complain to the Manager but after about 10 minutes, sound became bearable and I could watch the film thinking that they have reduced the sound. In reality, loud sound causes temporary dampening of hair cells in the internal ear making one partially deaf. If this recurs, one does develop permanent deafness. Louder the sound, the more enjoyable it is!! This western psychology has crept into India- the Dolby sound making more and more people deaf!



In Kolhapur, walls of Dolby speakers' sound led to the fall of building wall crushing one person to death! Couple of months back, 75 years old grandfather with High Blood Pressure complained against wedding procession with Dolby sound, complaint was ignored. Old man died of heart attack in his own grandson's wedding. Concept of Noise Pollution is recent. Since 1940s/1950s with the increase in Air traffic, people living around Airports started complaining of aircraft noise disturbing their day to day life! Lot of research took place in U S A, Europe, Japan, Russia etc about ill effects of noise adversely affecting physical and mental health. Indira Gandhi as Prime Minister of India attended first Environmental Conference in Stockholm in 1972 and signed the declaration that India would also protect the Environment. United Nation had appointed committees to study various Pollutions. Experts from 25 countries studied the Noise Pollution and recommended decibel levels comfortable for people.

They formulated Decibel (db) Table called as " WHO Table-1980 : 75 db Industrial Workers 8 hours shift ; 65 db Commercial Activities Business Districts; 55 db Residential – Day 6 am to 10 pm; 45 db Residential – Night 10 pm to 6 am; 50 db Silence Zone – Day 6 am to 10 pm; 40 db Silence Zone – Night 10 pm to 6 am; There is a 24 hours ban on Loudspeakers,



crackers and horns in Silence Zone.

WHO 1980 table brought the concept of Noise Pollution in India. Many people don't agree with the concept of Noise Pollution, noise being part of daily life. Children, youth enjoy making Noise while adults after the age of 40 years start realizing that noise is disturbing them! This is the dilemma with noise which is not the case with Air and Water pollution, the ill effects of them very visible and disturbing to everyone. Added to this, some Netas and people with kinky ideas of Religion want noise to prove their superiority. Noisier the person or religion the more powerful it is leading to competition amongst them. Our Legislation Houses are good example of it. Shouting, Sloganeering and disturbing the work of the House is a frequent sight!

WHO decibel table gave us the weapon and we started Anti noise campaign in 1984. We filed three Writ Petitions in Bombay High Court in 1985, 1995 and 2003 on noise pollution. 1985 petition led to declaration of Noise as a Pollutant in E P Act 1986. Penalties for violation are very heavy indeed- Fine up to Rs.1,00,000/- & Imprisonment up to 5 years or both. 1995 petition led to formulation of elaborate Noise Rules on 24th Feb 2000 called as Noise Rules 2000. 2003 petition led to demarcation and implementation of Noise Rules in Silence Zones.

Two Supreme Court Judgement on Noise Pollution.

On 30th Aug 2000, "Church of God VS KKR Majestic colony" matter was decided by div bench. Hon Justices M B Shah and SR Phukan passed an order that Noise Rules 2000 must be implemented and prevented Church from playing Loudspeaker and band during their prayers. Bench also said that even though the Rules are unambiguous, there is lack of awareness among the citizens as well as the implementation Authorities about the Rules or its duty to implement the same.

On 18th July 2005, CJI Lahoti and Bhan passed an order while disposing off several writ petitions on Noise Pollution. Noise Rules 2000 must be implemented and directed " The State shall make provision for seizure and confiscation of Loudspeaker, Amplifier and such other equipment as are found to be creating noise beyond the permissible limits." Implementation Authorities don't seem to have taken above directions seriously!

Noise Pollution reduces Efficiency and Productivity! In general above statement is true. Many years back I had gone to small air conditioned Bank. A client started shouting at the top of his voice as he had argument with the bank staff. There was no security staff. The whole working of the Bank came to a stand still for about 10 minutes as everybody was disturbed!

Our public places like markets, bus and railway platforms etc would improve their working if we could bring down the decibel level there somewhat. Firecrackers' Noise and Air Pollution This has gone beyond the tolerance level of common man. Noise produces High BP and its allied illnesses like Heart attacks and paralytic strokes. Air Pollution affects patients with chronic Bronchitis, bronchial asthma and chronic obstructive pulmonary disease very badly pushing some of them into respiratory failure needing hospitalization and causing occasional death! Accidental Fires due to firecrackers is of common occurrence leading to loss of eye, limb or life. In Kerala, stock of fire crackers in temple compound caught fire accidentally killing more than 700 people! Supreme Court is considering total ban on manufacturing of firecrackers in view of tremendous loss of life and property. Health and safety of the people must take priority over loss of jobs in Firecracker industry because of total ban.

Religious places' Noise

Despite Supreme Court Directions, religious places of all religions make considerable noise



disturbing the neighbouring locality. Supreme Court is already seized of the matter and soon there is possibility of reaching consensus by all religious authorities in this matter. Removal of Loudspeakers atop or outside religious places would go a long way in getting relief to people and also in reducing tension amongst various religions. Recent judgement in privacy bill delivered by bench of 9 Supreme Court judges would help this cause.

Educational Institutes' Noise

They come in Silence Zone and could use Loudspeakers for their own functions in a closed hall without emitting sound outside disturbing the neighbours. They should not lease their premises to outsiders/ weddings/ functions who use Loudspeakers causing disturbance to neighbours. For sports purposes, use of megaphone would be preferable over loudspeaker. Wedding Halls They should not be allowed use of loudspeakers, amplifiers,/ bands/vajantri etc. Firecrackers and noisy processions using Loudspeakers,/DJ etc should also be banned.

Electioneering

Nuisance is created by use of loudspeakers on moving vehicles, use of gugal and crackers. The winning candidate bursts firecrackers violating Air, Noise Rules, starting his career on wrong foot. Election Commission should take serious view and bring the Rule of declaring election as illegal.

Vehicular Noise With increase in Air, Rail and Road traffic, Rules and Regulations be revised Airports should be away from Residential area. No development of residential areas be allowed in the vicinity of airports. Unfortunately this basic requirement is greatly ignored while planning airports or residential colonies. Rail traffic noise could be reduced by better maintenance of rakes and judicious use of hooting of horns without sacrificing peoples' safety. Heavy vehicles should be well maintained. No overloading be allowed. At major signals timers should be used to avoid Unnecessary honking. Processions which obstruct smooth flow of traffic be minimized as they lead to noise and air pollution. Two, three, four wheeler which are noisy need to be dealt with very strictly. Habitual honkers' licenses should be cancelled. Police are the worst victims of noise on road, being exposed to more than 80 db for several hours every day.

Several health surveys done on police personnel including one in Pune show that 80 % police are deaf and several have High Blood Pressure, some recording 200/120. Such person could have heart attack or paralytic stroke any moment! In fact 4 police died of heart attack this year in Mumbai Ganesh visarjan procession. Concerned Authorities need to take serious view of the situation. IMA-Doctors, Activist's Role in reducing Noise Fortunately All India IMA [2,95,000 + doctor members] have started project of NISS-National Initiative for Safe Sound since last 4 years. All states of India are taking active part in this Program. " No Honking " drive is taking place in all states with the participation of government officers, police, volunteers etc. College and School students are also roped in. Safety on Roads movements are also included. Project would be a success if one stresses the fact that "Health would prevail over the tradition, culture and Religion."

About Author: **Dr.Y.T.Oke**, M.B:B.S.[Bom], DC H [London], M.R.C.P. [Glasgow, U. K.] Fellow of The Royal College of Physicians, Glasgow, U. K. Founder Secretary, Anti Noise Committee, Mumbai [1984]





95 Glorious years of IMA Pune

Dr Hillary Rodrigues, Past President IMA Pune

95 glorious years of an incredible journey of IMA Pune Branch, beginning from a small cottage to a one storied building to a multi storied building a wonderful amalgamation of various medical speciality offices, Halls, library, terrace garden etc. under the umbrella of IMA Pune.

My association began in 1999 when I joined as a life member and it was in 1999 that I was requested to take care of Nice Hall as Day in charge for three days of the National IMA conference. ie Platicon...a memorable experience...the very next year saw me as Asst. Secretary (not official at that time) but part of the office bearers. My learning and individual growth as a doctor, Administrator, writer, organiser, treasurer and able speaker began that day with the guidance of my Seniors who instilled in me the confidence, self-esteem and humility to preside as President of my beloved Pune branch. My memories begin from the old IMA building with the strict but loving Mrs Utturkar.. who we approached for details of members etc....calling members from the landline to attend lectures, working for IMATES (IMA Plus of today) our official newsletter, the library on the first floor, the wooden stage, the President's chamber, the garden where we had a relaxed cup of tea, Conducting and contesting for MC elections, getting letters typed to invite or thank speakers, chairpersons. Pharmaceutical companies for sponsorship....my last few months trudging up the stairs of the new under construction building, shifting the President's office from one room to another...But through all this what has left an inedible and lasting impression is the love, guidance and support we received from our IMA Pune Family.... approaching our learned Seniors with official or personal problems and getting a patient listening and solution to our issues was the icing on the cake.

I am sure our legacy will carry on and see many more stalwarts guiding IMA Pune Branch to higher glory and honor....

कृतज्ञता पत्र

२००५ साली माझी बायपास शस्त्रक्रिया झाली! नंतर मी सैरभैर असतांना डॉ. नवरंगे,डॉ. भालचंद्र दीक्षित यांच्या आवाहनाने प्रेरित होऊन मी आयएमएट दाखल झालो. मला पुनर्जीवन मिळाले. सध्याचे दीर्घायुष्य आयएमए चे ऋण आहे. साधारणतः १९४८ साली त्यावेळच्या आमच्या पूर्वजानी ५१० हजार वर्गणी घालून दूरदृष्टीने पुणे म्युनिसिपालिटीकडून फ्री होल्ड भूखंड विकत घेतला, त्यामुळेच नंतर आम्ही ५ मजली इमारतीची पुनर्बांधणी करू शकलो. मी आजीव सभासद होतोच. इमारत समितीत रुजू झालो. बांधकाम सुरू झाले होतेच. निधी संकलनाचे कार्य स्वीकारले. रोज परिचित, अपरिचित पुण्यातील सर्व डॉक्टर्सना भेटून, ४५दा सुद्धा. आर्जवी आवाहन करून निधी संकलनास हातभार लावला. रविवारी ८-१० सहकाऱ्यांबरोबर निधी संकलन उपक्रम चालू होताच. कै. आळेकर सरांचे मोलाचे मार्गदर्शन लाभले. या पुण्याईवर कार्यकारिणीत प्रवेश झाला. यथावकाश पदाधिकारी व २०१४ मध्ये अध्यक्ष झालो. या सर्व काळात जयंताचे प्रेमाने मार्गदर्शन होतेच. पत्रांचे मसुदे, स्टाफशी प्रेमळ वर्तन, वरिष्ठ व सभासदांशी सौहार्दाचे संबंध, इ. डॉ. भुतकर यांचा वेळेवर योग्य मोलाचा सल्ला, मार्गदर्शन मिळत होतेच! आयएमए राज्यशाखा, राष्ट्रीय नेते यांच्याशी छान संपर्क साधू शकलो. एकंदरीत आयएमए पुणे ने मला नवनवीन दिले, उत्कर्ष केला. आयएमए पुणे माझा श्वास आहे!

Dr. Arun Halbe,
Past President IMA Pune



Indian Medical Association, Pune
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CME on Oncology

Venue: Dr. K. H. Sancheti Auditorium, IMA House, Pune. **Date:** Sunday, 16th July 2023

Time: 9.00 am to 2.00 pm

Registration and Breakfast: 8 am to 9 am

Sr. No	Topic	Speaker
1	Need of early detection of cancer	Dr Anantbhushan Ranade
2	Role of tissue resident stem cells in cancer initiation	Dr Deepa Bhartiya
3	HrC test - Role in cancer detection	Mr Anish Tripathi
4	Panel Discussion	Dr Anantbhushan Ranade, Dr Deepa Bhartiya, Mr Anish Tripathi, Mr Ashish Tripathi
5	Genetic Screening of Cancer	Dr. Gaurav Karve
6	Targetting the relationship between Genes and Cancers	Dr. Chakor Vora

Elsevier Session

1	Medical Writing
2	Indian Evidence Based Clinical Decision Support

Registration charges

IMA members FREE Non IMA Members Rs. 550/-

Spot registration charges

IMA Members Rs. 550/- Non IMA Members Rs.900/-

For Registration Contact : IMA: 020-24464771/ 24430042 Mobile – 07350214512

2 MMC Credit Points

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President, IMA Pune
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Dr. Geetanjali Sharma / Dr. Kedar Patil
Hon. Secretaries, IMA Pune
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IMA Pune Building - Facilities



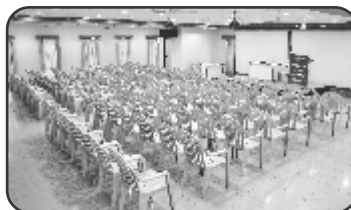
Padma Vibhushan Dr. K. H. Sancheti Hall (Stilt Floor)

State of the art A.C. auditorium with capacity of 200 seats.

Latest lighting and audio-visual systems. Big stage with screens and control rooms. Fully sound proof. Excellent for academic and social programmes..

Late Dr. B. G. Kelkar Hall (2nd Floor)

Multipurpose hall having carpet area of 1700sq.ft. Provided with make shift stage, projection screens, good acoustics and audio-visual systems. Can accommodate 175 chairs. Has optional A.C facility. Catering services are allowed



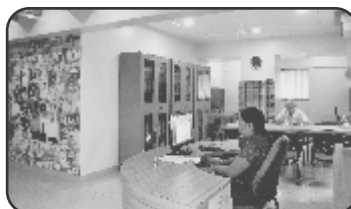
Late Dr. Y. G. Bodhe Board Room (3rd Floor)

Ideal for conducting professional or business meetings.

Can accommodate 40 persons. Excellent audio-visual systems, A.C. facility. Snacks and beverages permitted.

Library and Reading Room (4th Floor)

Only IMA members allowed for small group meetings of 20-30 members



Late Manutai Paranjape Community Hall (5th Floor)

Seating capacity of 80 persons with adjustable stage and podium.

Modern audio-visual system. Optional A.C. facility. Catering services permitted.

Guest Room Accommodation (5th Floor)

IMA Pune has three A.C. guest rooms only for IMA members all over the country. Two rooms with 3 beds and one with 2 beds.

Excellent view of surrounding area. Attached toilet facility.

Security round the clock. Cable T.V., WI-FI & intercom services. Many good quality restaurants in the vicinity. All transportation facilities close by.



Terrace (6th Floor)

Multipurpose well decorated and partially covered terrace of 50' X 45' = 2200 Sq. Ft., with capacity of about 200 persons and Public Address System available. Tables & chairs available with serving counters. Catering permitted.

27th May 2023 - Hypertension Course



Dr. Raju Varyani



Dr. Geetanjali Sharma



Dr. Ravindra Chajjed



Dr. Piyush Lodha



Dr. Aniket Joshi



Dr. Suhas Hardas



Dr. Sachin Lakade



Dr. Suresh Shinde

28th May - Kamayani School Children Show First Aid Training by Dr. Rajkumar Shah



Dr. Rajkumar Shah



Kamayani Teachers



28th May 2023 - No Tobacco - Walkathon, Marathon



31st May - IMA Pune 95th Foundation Day Celebration



Dr. Avinash Bhutkar



Dr. Sanjay Patil



Dr. Raju Varyani



Dr. Geetanjali Sharma



Dr. Kedar Patil

IMA Pune 95th Founday Day - 31st May 2023 - Dr. Sanjeevkumar Patil - Standup Comedy



5th June 2023 - World Environment Day Tree Plantation at Taljai

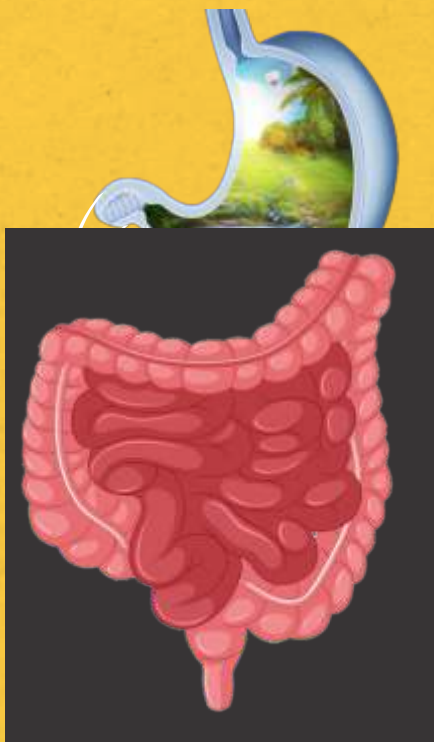


5th June 2023, World Environment Day Tree plantation at Taljai by IMA Pune

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16 June 2023

हे मासिक मालक, इंडियन मेडिकल असोसिएशन, पुणे करिता मुद्रक व प्रकाशक डॉ. शाम दामले यांनी पॉझिटिव्ह एन्टरप्रायझेस, नारायण पेठ, पुणे ३० येथे छापून डॉ. नीतू मांडके आय. एम. ए. हाऊस इंडियन मेडिकल असोसिएशन, पुणे शाखा, ९९२ शुक्रवार पेठ, पुणे ४११ ००२ येथे प्रसिद्ध केले. संपादक : डॉ. सुहास नेने