



DMCH Capsule

A Monthly Update From the Principal's Desk

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February 2007

Dear Friends

The Law of Impermanence says that all states, of matter as well as of mind, are mutable. Change is the rule of nature.

We have a tendency to label things, events and phases as 'good' or 'bad' depending on whether or not they suit our perceived aims and desires. Only when we realize that everything is temporary, we will stop being overly ecstatic at pleasurable happenings or too despondent on experiencing setbacks.

Even situations appearing as a 'crisis' or 'disaster' are, by their very attribute, transient. We will get over them, because, as they say, life goes on.

As rightly pointed out in the 'Thought for the month' (last page), times – even the worst ones – will change.

Dr Daljit Singh

Seminar on Chronic Kidney Disease & Continuous Ambulatory Peritoneal Dialysis (CAPD)

DMCH and Physicians Forum, Ludhiana organised a seminar on CAPD at Dumra Auditorium on 28th Jan, 2007.

At the seminar Dr. Vivekanand Jha, Associate Professor, Dept. of Nephrology at PGI Chandigarh was the main speaker. Dr. Jha informed that CAPD is a novel form of Dialysis, which can be performed by the patients without getting admitted to the hospital. This treatment is a boon for the patients coming from a distance and those with concomitant heart disease. In such cases, it forms a good alternative to kidney transplant, which is more expensive. Also, large number of patients are unfit for transplant or do not have a kidney donor.

Dr. Jha along with Dr. Navdeep Khaira and Dr. J.S. Sandhu gave advice on early detection and prevention of kidney disease, type of treatment available and dietary advice for such patients.



CONGRATULATIONS

- **Dr. J.S. Sandhu** – awarded the Fellowship of Indian Society of Nephrology. He is the only nephrologist from Punjab to have received this award.
- **Dr. Hemant Chopra** – elected as director for North Zone of Indian Society of Rhinology for advancement of Rhinology and endoscopic sinus surgery.
- **Dr. Harmesh Bains and Dr. R.K. Soni** – selected as National Faculty in child protection by the Indian National Society for Prevention of Child Abuse & Neglect.
- **Dr. B.S. Shah** – appointed as Principal Investigator by ICMR for phase-III clinical trial on intravascular injectable male contraceptive-RISUG. Dr. B.S. Aulakh & Dr. Sandeep Sharma are co investigators.
- **Dr. R.K.Soni** – designated as Principal Investigator in an ICMR project on consumption pattern of carbonated soft drinks in Indian population.
- **Dr. Gautam Ahluwalia** – invited to become member, National Advisory Board Journal of Association of Physicians of India.
- **Dr. Harpal Singh Selhi** – elected to the National Executive body of Indian Orthopedic Association. He has also taken over as secretary of Ludhiana Orthopedic Association for 2007-2008.
- **Dr. Daljit Singh** has been appointed as member of the Research Advisory Committee of Indian Academy of Paediatrics (IAP). He has also been selected as North Zone Joint Coordinator of the IAP Paediatric Advanced Life Support (PALS) course.

Capacity Building Workshop for Paramedical Personnels in relation of HIV/AIDS

Department of community medicine revived the series of capacity building workshops in collaboration with NACO for medical and paramedical personnel in relation to HIV/AIDS. Since March 2005, 435 doctors and 551 nurses and technicians have been trained. In January 2007, 3 workshops have already been held for 90 nurses and technicians. Feedback received from the trainees regarding their confidence and competence in relation to management of HIV/AIDS is encouraging. (Pic. A-B)



NATIONAL Conference/ Workshop/ CME

50TH All India Obstetrics and Gynaecological Congress, Kolkata, 5-9th January 2007.

Dr. Kumkum Awasthi, Dr. B.K. Gill, Dr. Promila Jindal, Dr. Sunil Juneja, Dr. Suman Puri, Dr. Ashima Taneja, Dr. Shaveta Gupta attended the conference. They also presented papers. (Pic. C)



59th AOICON Annual Conference of Association of Otolaryngologists, at Bhubaneswar, 4-7th Jan. 07

Dr. Hemant Chopra chaired a scientific session on the prestigious Dr. Cooper award.

Dr. Kapil Dua was panelist for panel discussion on complications of Functional Endoscopic Sinus Surgery. (Pic. D)

44th National IAP conference, Mumbai 11-14th Jan. 07

Dr. Praveen C. Sobti presented a talk on hydroxyurea in the Paediatric Hemato-Oncology Symposia.

Hydroxyurea is being used for the management of thalassemia intermedia in the day care centre of DMCH. Five children are on hydroxyurea out of which one child has been transfusion-free for one year and another for six months. The interval between two transfusions has increased from fifteen days to six weeks in the remaining three children.



XII International CME in Surgical Pathology & Cytology, Pune, 18-20th January, 2007.

Dr. V. Malhotra, Dr. Bhavna Garg & Dr. Preeti Bajaj attended the CME. Dr. V. Malhotra chaired two sessions. (Pic. E)

1st National Symposium on diagnosis & treatment of Gastro Intestinal Infections, 13-14th January, 2007, PGI, Chandigarh.

Dr. Raj Kumar and Dr. Deepinder Chinna attended.

CMCL-FAIMER Fellowship on Medical Education at CMC, Ludhiana, 10-16th January, 2007.

Dr. Daljit Singh was invited as faculty. Dr. Hem Lata, Associate Professor of Physiology attended the fellowship program. (Pic. F-G)



HERO DMC HEART INSTITUTE

Dr. V.K. Sharma, Head of Department of Cardio-vascular and thoracic surgery, Hero DMC Heart Institute, delivered a guest lecture on "Recent advances on coronary artery bypass surgery", at CME organized by GNRC, Guwahati on 6th Jan. 2007. (Pic. H)



Dr. Sharma discussed the recent trends and management of coronary artery surgery and beating heart bypass surgery. Beating Heart Bypass Surgery is performed while the patient's heart is still beating. This surgery has many benefits such as decreased length of hospital stay, less trauma as heart lung machine is not used and reduction in need for blood transfusion.

Dr. Rajesh Arya, Consultant Cardiac Anaesthetist, Hero DMC Heart Institute delivered a guest lecture on "Recent advances in haemodynamic monitoring".

Dr. Arya's lecture focused on recent development in haemodynamic monitoring and importance of trans-oesophageal echocardiography (TEE) in cardiac surgery. Use of TEE can make management of complicated cases very easy in operation theatre.

Dr. Arya also delivered a guest lecture on "Assessment of Cardiac patient for non-cardiac surgery" and "Role of Trans-oesophageal echocardiography (TEE) in cardiac surgery", at Indian Society of Anaesthesiologists, Jalandhar branch on 19th Jan., 2007.

Pulse Polio Campaign

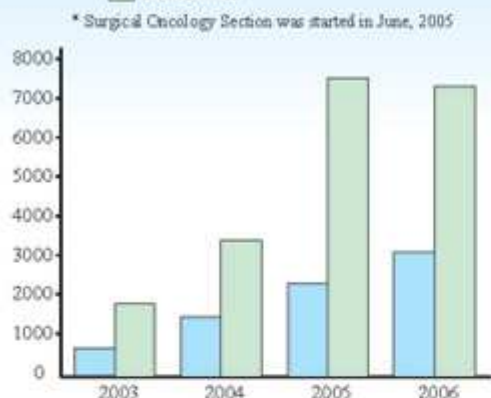
Intensified Pulse Polio campaign was conducted on 7-9th Jan. 6150 and 3621 children were immunized by PP unit and department of community medicine under the supervision of Dr. Sunil Juneja and Dr. Sangeeta Girdhar respectively. Interns and nursing students participated in the campaign as volunteers.

Camps Organised

Voluntary blood donation camps were organized by department of Transfusion Medicine on 21st Jan. and 29th Jan. 07 in Ludhiana and Moga District under supervision of Dr. Amarjit Kaur, Head Dept. of Transfusion Medicine. 37 and 118 units of blood were collected respectively.

Oncology Services
Admissions & Procedures

Admissions
Procedures



Time, and time again

To realize the value of ONE YEAR, ask a student who failed his exams...

To realize the value of ONE MONTH, ask a mother who delivered a premature baby...

To realize the value of ONE WEEK, ask one who looks forward to his Sundays...

To realize the value of ONE DAY, ask a daily wage labourer...

To realize the value of ONE HOUR, ask the lovers who are waiting to meet...

To realize the value of ONE MINUTE, ask a person who missed the train...

To realize the value of ONE SECOND, ask someone who just avoided an accident...

To realize the value of ONE MILLISECOND, ask the silver medallist in the Olympics...

Treasure every moment that you have!!

YESTERDAY is history.

Thought for the Month



This too will pass

Breast Cancer

Dr. Gurpreet Singh Brar

Associate Professor (Surgical Oncology), DMCH

Q : 1 What are the warning signs for Breast Cancer ?

Ans: Lump in Breast
Nipple Retraction
Abnormal discharge from Nipple
Thickening of Breast Skin

Q : 2 What is the etiology of Breast Cancer ?

Ans: Exact etiology is unknown. However, numerous risk factors have been established – Female gender, increasing age, family history of breast cancer at a young age, early menarchy, late menopause, older age at first live child birth, prolonged hormone replacement therapy, previous chest wall irradiation, benign proliferative breast disease and mutations in the genes BRCA-1 and BRCA-2.

Q : 3 How can breast cancer be diagnosed early ?

Ans: a) Breast self examination once a month.
b) Examination by specialist once in six months.
c) Mammography in high risk cases.

Q : 4 What investigations are required to diagnose breast cancer ?

Ans: After clinical examination of both breasts and axillae-
a) In case of palpable breast lump - FNAC or core biopsy.
b) In case of non palpable breast lump - Mammography followed by fine needle aspiration cytology.

Q : 5 What are the treatment options for breast cancer ?

Ans: Surgery followed by chemotherapy or radiotherapy or both and hormonal therapy, according to the stage of the disease.

Q : 6 Does breast cancer occur in men ?

Ans: Yes, breast cancer can occur in men but the incidence is quite less.

Q : 7 What is the treatment for male breast cancer ?

Ans: Surgery followed by chemotherapy, radiotherapy and hormonal therapy, is generally carried out.

Q : 8 What facilities are available for treatment of breast cancer at DMCH ?

Ans: Expertise and all medical and surgical facilities are available in the institution. State-of-the-art Cancer Centre is on the anvil, including radiotherapy.

Executive Team – DMCH Capsule

Dr. Harmesh Singh Bains (Convener), Dr. Praveen C.Sobti (Secretary),
Dr. J.L. Bassi, Dr. Navjot Bajwa, Dr. Manish Munjal,
Dr. Dinesh Garg, Dr. Sandeep Kaushal, Dr. Rama Gupta,
Dr. Anju Grewal, Dr. Anurag Chaudhary* and Dr. Gautam Biswas

* Issue Co-ordinator

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