



DMCH Capsule

A Monthly Update From the Principal's Desk



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Dear Friends

Fight, flight and fright are all related to the same chemical phenomenon – a rush of adrenalin. They are defense mechanisms aimed at self-preservation.

An angry person is also, in some way or the other, having fear. You are angry when you are afraid of losing control over a situation. The physical features of anger are no different to the fright response – rapid pulse and breathing, increased blood pressure, flushed face, bulging eyes and increased muscle tone.

As expressed in 'Thought of the Month' (last page), an insight into the basis of anger helps to deal with it effectively.

Dr. Daljit Singh
Principal

MRI Scan and Cath Lab inaugurated by CM

Chief Minister (of the State) **S. Parkash Singh Badal** inaugurated the *1.5 Tesla MRI Scan* (in the Radiodiagnosis Department of DMCH) and *Flat Panel Cath Lab* installed at Hero DMC Heart institute, on July 28. The MRI scan is capable of high resolution imaging of the whole body in a very short time span and the Flat panel Cath Lab. gives a high quality image of the patient's heart on the monitor.

Among the dignitaries who attended the function were Mr. Sharanjit Singh Dhillon, MP, Mr. Tikshan Sood, Cabinet Minister of Medical Education, Dr. Daljit Singh Cheema, Advisor to the CM, Mr. Rajendra Bhandari, President BJP (Punjab), Mr. Maheshinder Singh Grewal, General Secretary of Shiromani Akali Dal (SAD), Mr. Sunil Kant Munjal and Mr. Prem Gupta, President and Secretary of DMCH Managing Society, respectively, along with other members of managing society and medical administrators. [Pic. A-C]



Italian Surgeon visits HDHI

Dr. Antonio Maria Calafiore, Director, School of Specialisation in Cardiac Surgery, University of Catania (Italy), was on a 5day clinical-cum-academic visit to Hero DMC Heart Institute from July 16-20. He performed about 15 complicated cardiac procedures along with the Hero DMC team of Cardiac and Vascular surgeons comprising of **Dr. VK Sharma, Dr. Sarju Ralhan, Dr. Rajeev Gupta, Dr. Sameer Goyal and Dr. Paresh Shah.**



NOWADAYS...

We spend *more*, but enjoy *less*.
We have bigger *houses*, but smaller *families*.
We have more *options*, but less *time*.
We have more *knowledge*, but less *wisdom*.
We have more *medicines*, but less *health*.

Thought for the Month



Anger is the result of fear

WHAT YOU MUST KNOW ABOUT...

Uterine Artery Embolization (UAE)

Dr Bishav Mohan (Cardiology)

Q1. What is Uterine Artery Embolization?

Ans. UAE is a procedure wherein small gel particles are injected through a catheter under angiographic guidance to block the bleeding uterine arteries. It is a non-surgical method of managing pelvic hemorrhage.

Q2. What are the indications of UAE?

Ans. The most important clinical application of UAE is life threatening intractable pelvic hemorrhage which can be encountered in the following situations:

- ? Post vaginal and post cesarean bleeding
- ? Bleeding from ectopic pregnancy
- ? Post abortal bleeding
- ? Gestational trophoblastic disease
- ? Post surgical bleeding
- ? Trauma
- ? Arteriovenous malformations of the uterus

Another important role of UAE is management of uterine fibroids.

Q3. What are the advantages of UAE?

Ans. It is a conservative approach.

- ? No surgical complications
- ? No anesthetic complications
- ? Fertility is preserved
- ? High success rate

Q4. What are the disadvantages of UAE?

Ans. An interventionist is required round the clock.

Q5. Where is the procedure performed?

Ans. It can be performed at:

- ? Cath lab.
- ? Operation theatre with fluoroscopic equipment

Q6. What are the complications?

Ans. Complications include:

- ? Non target embolization
- ? Groin infection/hematoma
- ? Allergic reaction to the contrast
- ? Ischaemic phenomenon
- ? Pelvic infection

Q7. Are the facilities available at DMCH?

Ans. Yes, DMCH has got the 'state of the art' Cath lab. Till date 19 such procedures have been done.

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*

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Counseling for admission to PG courses

Counseling was held at DMCH for all eligible candidates seeking admission in various MD/MS, MDS and super-speciality courses recognized by BFUHS on July 12 & 13. Among those in the selection committee were Dr. JS Dalal, Director, Research & Medical Education, Punjab, Mr. Satpal Singh, Asst. Registrar, BFUHS and Principals of various medical and dental colleges in the state. [Pic. D-F]



Conference in Obs & Gynae

Obs. & Gynae Society of Northern India organized a conference on July 7 which was inaugurated by Dr. Daljit Singh, Principal, DMCH. A symposium on “Newer concepts in IUGR & management of IUGR baby” was held. A debate on “Hormonal replacement therapy (HRT)” was also held. The conference concluded with a session on “Uterine artery embolization.”

Dr. Lakhbir Dhaliwal, President of the Society was the Chief Guest. Dr. Kumud Gupta, IG Medical College, Shimla; Dr. S. Venkateshan, Dr. Daljeet Kaur Hans from Patiala, Dr. Anupa Sood from Shimla; Dr. Vanita Jain and Dr. Neelam Aggarwal from PGI participated. **Dr. Kumkum Avasthi**, (Obs. & Gynae), DMCH organized this conference. **Dr. BK Gill**, (Obs. & Gynae.) & **Dr. Bishav Mohan**, (Cardiology) and about 90 delegates from various parts of North India participated in the conference. [Pic. G-H]

ORS Day

Department of Pediatrics in association with IAP, Ludhiana celebrated ORS (Oral Rehydration Solution) Day on July 29. On this occasion, **Dr. Harmesh Singh Bains** (Pediatrics), urged people to refrain from eating out and to avoid over ripe or unwashed fruits/vegetables especially in the rainy season when conditions are favorable for acute diarrheal diseases. The initial management of diarrheal episodes can be done at home by

giving WHO ORS or other home made fluids like dal ka pani, nimboo pani or rice water besides giving adequate diet. **Dr. Deepak Bhat** (Pediatrics) emphasized the role of zinc in diarrheal diseases. Zinc in addition to ORS reduces both the duration and severity of acute diarrhea. [Pic. I]

Congratulations

Dr. Gagandeep Singh (Neurology) for being appointed as Honorary Senior Research Fellow in Institute of Neurology of University College of London (UCL).

International Visits

Dr. Aman Dua, (Skin & V.D.) received training in Hair Transplant at Tel Hashomer Hospital, Israel from July 2-18. [Pic. J]

Visiting Fellow at Chaim Sheba Medical Center, Tel-Aviv.

Dr. Kapil Dua (ENT) visited the above center from July 2-19. He participated actively in Cochlear implantation, otology and sinus surgery. [Pic. K]

National Conference/Workshop/Meet

Workshop on Neonatal Ventilation, India International Centre, New Delhi.

Dr. Gurdeep S Dhooria (Pediatrics) attended the workshop conducted by AIIMS from July 5-8.

19th Association of Physiologists and Pharmacologists symposium on 'Boning up on Osteoporosis', CMC, Ludhiana.

The department of physiology and pharmacology actively participated in the symposium on July 27. **Dr. SC Chopra** (Pharmacology) and **Dr. Lily Walia** (Physiology) were elected as President and Vice-President respectively for Ludhiana branch of APPI. [Pic. N]



AO Advance Course on Advances in Fracture Management, New Delhi.

Dr. Deepak Jain (Orthopaedics) attended the above course from July 28-30. [Pic. L]

Zonal Conferences/Guest Lectures/Talks

Dr. Amarjit Kaur (Transfusion Medicine) gave a talk on 'Awareness of voluntary blood donation' at Guru Nanak Girls College, FM community radio station on July 16 and was also invited to deliver a guest lecture. [Pic. M]

Dr. Rajoo Singh Chhina (Gastroenterology) delivered two guest lectures, one at Physicians Forum, Ludhiana on 'Recent Advances in Acid Peptic Disease' on July 21 and the other at Faridkot on 'Acute Pancreatitis and Cholangitis' in IMA super specialities lecture series on July 29.

Farewell

The institute bid adieu to **Dr. Tej K. Kaul**, (Prof. & Head of Anaesthesiology) on July 31 after 29 years of dedicated service under whom the department rose to great professional and academic heights. [Pic. O]

Camps Organized

Voluntary Blood Donation Camp

Dr Amarjit Kaur (Transfusion Medicine) along with her team organized three voluntary blood donation camps on July 2, 15 and 30 at the Institute of Chartered Accountants of India, Ludhiana branch, Sant Nirankari Mandal and SCD Govt. College for Boys, Ludhiana where 54, 106 and 58 units of blood were collected respectively.

Free Eye Camp

First free eye camp was conducted in Eye OPD, DMCH on July 8. About 78 patients were examined and 6 eye surgeries were done.