



DMCH Capsule

A Monthly Update From the Principal's Desk

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Dear Friends

Commitment, loyalty, faithfulness and trust cannot be fragmented. They have to be absolute, otherwise they cease to exist.

A person cannot, therefore, be 'almost faithful', 'somewhat' committed or 'partially' loyal. No concession or compromise is possible in these attributes. Devotion is meaningless if it is not constant, steadfast and unwavering.

As suggested in 'thought for the month' (last page), if you believe in trust, indulge in it completely.

Dr Daljit Singh
Principal

Seminar on "Role of Doctors in Prevention of Nuclear Warfare" on Nagasaki Day

Doctors and medical students paid homage to the victims of atomic bombing of Hiroshima and Nagasaki on 9th August 2007 at the Dumra Auditorium DMCH, Ludhiana. They demanded complete abolition of nuclear weapons from the earth to save mankind from annihilation.

A seminar was held under the aegis of the Indian Doctors for Peace and Development (IDPD) on the role of doctors regarding "Nuclear warfare". Dr L.S. Chawla, Former Vice Chancellor, Baba Farid Health Sciences, Faridkot and president IDPD, Dr Daljit Singh, Principal DMCH, Dr GPI Singh, Prof & Head SPM, Dr Balbir S. Shah member IDPD and Dr Arun Mitra, Gen Secy, IDPD were the key speakers. They elaborated on the enormous magnitude of catastrophe in the event of a nuclear war. The role of International Physician's for Prevention of Nuclear War (winner Nobel Peace Prize, 1985) and its Indian associate IDPD was lauded. The speakers exhorted the medical fraternity to generate public opinion against arms race and impress the decision makers into disarmament.



Warm Welcome to MBBS 2007 Batch

Counseling, medical examination and the admission process for the students of MBBS Batch-2007 was conducted on 16th August 2007. An ambience of delight and excitement prevailed.



Freshers were given a warm welcome at an official function organized on 17th August 2007. Principal DMCH Dr Daljit Singh emphasized that the test of doctor's true success lies in the fact that he should develop excellent skills, have impeccable behaviour and conduct, and make himself easily available to his patients, whenever required. The members of DMCH Managing Society and the faculty, medical and administrative staff were formally introduced to the students.

Dean Academics Dr S.C. Chopra exhibited the profile of all the new entrants with an interesting Power point presentation.



Inauguration of New Premises for Pharmacology Dept.

Dr Daljit Singh, Principal DMCH, Ludhiana inaugurated the new premises of the upgraded fully equipped Pharmacology department on the 3rd Floor of Basic Sciences Block in the College Campus. Central Research Laboratory with chemical assays, new experimental & pharmacy laboratories have been especially constructed to facilitate teaching and newer pharmacology experiments. A separate museum having more than 900 specimens of sources of drugs has been set up. The department is now the best equipped in North India. The Principal congratulated Prof. & Head Dr S. C. Chopra, for this distinction.



Congratulations

Dr Praveen C. Sobti (Pediatrics) has been awarded 'Diplomate on Children's Environmental Health'. She is eligible as faculty member for IPA and WHO workshops all over the world.

Dr Balbir S. Shah (Pathology) was felicitated as PMC member & Chairman CME & Accreditation Committee by Mr. Tikshan Sood, Cabinet Minister for Medical Education & Parliamentary Secretary, Medical Education Mr. Sital Singh.



International Conferences

Dr Praveen C. Sobti (Pediatrics) presented a paper entitled, 'Prevalence of sexual abuse amongst adolescent medical and nursing students of a medical college in Punjab, India' at the 25th International Congress of Pediatrics, Athens.

Dr Navpreet Kaur (Biochemistry) attended the 'European Congress of Clinical Biochemistry' at Amsterdam, Netherlands.

National Conferences/Workshops/Trainings

Dr Anju Grewal (Anaesthesia) successfully completed the ACLS instructor course accredited by American Heart Association at MAMC, New Delhi.

Course Faculty

Dr Sarit Sharma (SPM) was Master trainer for Modular Revised National Tuberculosis Control Programme for the faculty of Sri Guru Ram Dass Medical College, Amritsar.

IAP Pediatric Quiz

The college round of 20th IAP Pediatric quiz for undergraduate students was held on 5th August, 2007. Four teams participated in the quiz. The team of Mr. Varun and Mr. Anuj (2003 Batch) won the round. Subsequently they were Runners-up at the North Zone round.

Some sample questions

- Q1. At what Heart Rate is chest compression started during neonatal resuscitation?
- Q2. Give full form of the acronym WALRI.
- Q3. In infants which is the most reliable method of urine collection for diagnosis of UTI?
- Q4. What is the hemorrhagic form of measles known as?
- Q5. What is the level of HbA21 levels in Thalassemia trait?
- Q6. What is the GFR at birth?
- Q7. Which fetal disorder can be prevented by giving folate to the pregnant mother?
- Q8. Name the immunodeficiency where child has a triad of eczema, thrombocytopenia and recurrent infections?

Ans.1 : HR > 60/min Ans.2 : Wheeze associated lower respiratory infection Ans.3 : Supra pubic aspiration Ans.4 : Black Measles
 Ans.5 : Increase to more than 3.5 gms/dl Ans.6 : 2.5ml/min/1.73m²
 Ans.7 : Neutral tube defects Ans.8 : Wiskott-Aldrich syndrome



Zonal Conferences/Guest Lectures/Talks/CMEs

Dr Rajoo Singh Chhina (Gastroenterology) delivered a guest lecture on "Recent advances in dyspepsia" at the Associations of Physicians of India-Jalandhar Chapter.

Dr PL Gautam (Anaesthesia) delivered a guest lecture on 'Mechanical Ventilation - Initiation' at the CME organized by the ISA-Ludhiana. It is important to choose the right technique and settings on the ventilator to start mechanical ventilation. The artificial ventilation should simulate the normal respiratory pattern and meet the patient's demand. Mode and other settings of ventilator should be patient friendly so that patient requires minimal sedation and no muscle relaxants and has no adverse effects on the patient's haemodynamics.

Dr H.S. Bains (Pediatrics) chaired a CME on 'GER diseases' at Jammu.

Dr Harpal Singh (Orthopedics) delivered a talk on 'Low Backache' at the Physicians Forum, Bathinda.

Low Backache affects 60-80% of the population. Over 50% patients experience pain for more than one week. Most disc herniations occur at L₅-S₁. At least 30% of the healthy symptomless population will show significant disc protrusion. Several studies have shown that there is no correlation between MRI findings and low back symptoms.

The most common cause of low back pain is when one or more muscles 'forget' to relax called 'Somatic dysfunction'. Bed rest is no longer advised while NSAID's & Muscle relaxants are beneficial.

Dr Aman Dua (Skin) delivered a talk on 'Antiageing Therapy' at the Venus Ladies Club, Ludhiana.

Dr Kapil Dua (ENT) attended 3rd Endoscopic skull base surgery workshop at Bombay Hospital, Mumbai.

Camps

Special Pulse Polio Campaign for migratory population was held on 23-25th August 2007. In the area covered by Urban Health Center, Jamalpur, 7101 houses were covered & 2967 children given polio drops. This was undertaken by Dr Sangeeta Girdhar (SPM) assisted by 40 volunteers. Dr RK Sachar and Dr RK Soni (SPM) were appointed as independent monitors by WHO for Special Pulse Polio Campaign for migratory population in Urban and Rural areas of Ludhiana.

Dr Sunil Juneja (OBG) informed that 3760 children of migratory population from Chander Nagar were covered under the Pulse Polio Campaign.

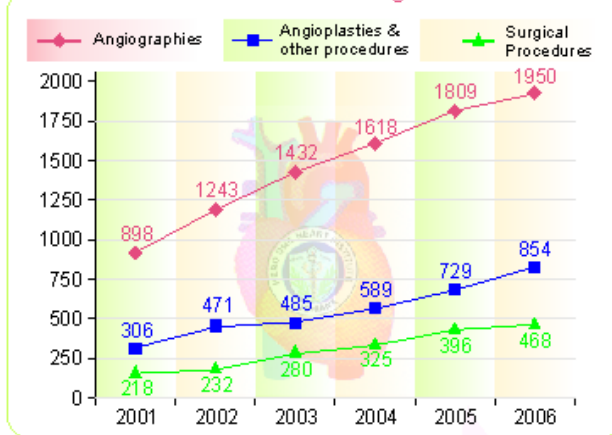
Dr GS Bajwa (Eye) conducted the 2nd free eye camp at DMCH on 12th August 2007. The team examined 32 patients, performed fourteen refractions and four surgeries. He also participated in an eye check camp at Convent School, Sarabha Nagar on 17th August 2007.

Dr Gurdeep Singh Dhooria (Pediatrics) attended a Medical camp at Aashiq-E-Khwaja, Village Bool, Malerkotla Road, Distt Ludhiana on 12th August 2007.

Dr Amarjit Kaur (Transfusion Medicine) organized a voluntary blood donation camp with the help of Guru Nanak Girls College, Model Town, Ludhiana on 18 August 2007 and collected 50 units. She also delivered a lecture on 'Voluntary blood donation and Thalassemia'.

Dayanand Medical College & Hospital, Ludhiana
Unit : Hero DMC Heart Institute

Cardiac Cathlab & Surgical Procedures



On Friendship....

A friend is a person who knows all about you - and still likes you.

- Elbert Hubbard

True friendship is like sound health; the value of it is seldom known until it be lost.

- Charles Caleb Colton

Misfortunes show those who are not really friends.

- Aristotle

A friend is one who walks in when others walk out.

- Walter Winchell

You cannot say you have lost a friend. If a friendship is capable of ending, it is because it never existed.

- Anonymous

Thought for the Month



There is no such thing as 99% faithfulness

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

WHAT YOU MUST KNOW ABOUT...

Cord Blood Stem Cells

Dr Garima Sharma Asst. Professor, Dept. of Physiology

Q1. What is cord blood?

Ans. Also called 'Placental blood', is the blood that remains in umbilical cord and placenta after the cord is cut following birth and is a valuable source of stem cells.

Q2. What are stem cells?

Ans. They are body's 'master cells' because they are able to differentiate into other tissues, organs and systems in the body. Cord blood stem cells can reproduce into RBCs, WBCs and platelets.

Q3. What are the other sources of stem cells?

Ans. Bone Marrow and Peripheral blood.

Q4. Are cord blood stem cells different from other types of stem cells?

Ans. Yes, they are the 'youngest' rapidly proliferating and safely available stem cells. Freezing these cells essentially stops the clock, prevents ageing and damage to the cells.

Q5. How can they be stored?

Ans. Cord blood stem cells are stored at -196°C in liquid nitrogen. They can be stored for 15 years without any functional or structural damage, however evidence suggests that they can be stored indefinitely under such conditions.

Q6. What are the advantages of cord blood over bone marrow?

Ans.

- > Easier to match.
- > Higher survival.
- > Immediate availability.
- > Less graft versus host disease (GVHD).

Q7. When was the first cord blood transplant done?

Ans. It was done in 1988 and since then more than 6000 transplants have been done for children and adults over the world.

Q8. What are the diseases treatable by cord blood stem cells?

Ans. Treatable diseases include – heart diseases, liver diseases, stroke, chronic & acute leukemias, thalassemia, myeloproliferative & lymphoproliferative disorders. However not all diseases amenable to stem cell transplantation have been treated specifically with cord blood stem cells.

Q9. What are the potential future stem cells applications?

Ans. Regenerative qualities of Stem Cell have been brought to the fore front in the field of cellular repair. Studies are being conducted to unlock the potential of umbilical cord stem cells in future applications for diseases like Alzheimer's disease, Parkinson's disease, diabetes, heart and liver disease, muscular dystrophy, spinal cord injury and stroke.

HELP LINES

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AMBULANCE : 98155-50100

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