



DMCH Capsule



Dear Friends

We tend to be impressed by 'walking encyclopedias' who can win a quiz competition hands down. It is a different matter that many of them turn out to be failures in professional or personal life.

There is a difference between knowledge and wisdom. Mere accumulation of knowledge for its own sake is pointless. Experience, judgement, creativity and social relevance are more important. What use is knowledge if it cannot help in tackling issues, making decisions and solving problems?

As suggested in 'thought for the month (last page)' knowledge is meaningful only if it is applicable and is actually put to use.

*Dr. Dattar Singh
B.S. Principal*

MICROCON-2007

Department of Microbiology organised North-West Chapter Conference of IAMM - Microcon 2007. Dr Raj Kumar and Dr. Deepinder Chhinna were the organising secretaries. The conference was inaugurated by Chief Guest Sh. Prem Kurrar Gupta, Secretary of DMCH, Managing Society, Professor Sobha Baroor, Microbiology AIIMS was the Guest of Honour. More than 250 delegates from Punjab, Haryana, J&K, Himachal attended the conference. Faculty members from the Department were selected for the post of President, Joint Secretary as well as Treasurer IAMM (North West). (Pic. C)

National Voluntary Blood Donation Day

The day was celebrated on 1st October by Department of Blood Transfusion Medicine to create awareness about safe blood donation. About 60 organizations and individuals from across the state were honoured for their overwhelming support and contribution. The event was marked by a Slogan Writing Competition. (See masthead, Pic. A, B)



Events

Medical Education Cell organised 1st state level workshop on Thesis Plan Writing. New PG students of all the medical colleges of the state attended. (Pic.D)

Department of Paediatrics organised a workshop on Neonatal Resuscitation. It was conducted by Dr. Daljit Singh and Dr. Harmesh Singh Bains. (Pic.I)

Department of Chest organised a free chest check up camp for chronic smokers. Patients were given facilities of free X-Ray and Lung Function Test.

Department of Transfusion Medicine organised a voluntary blood donation camp at GADVASU, Ludhiana. Over 250 units were collected in month of September.

Department of Pediatrics organised the first State IAP Quiz for PG students. Teams of DMC, Ludhiana; GMC, Amritsar and CMC, Ludhiana stood 1st, 2nd and 3rd respectively. (Pic.H)

E-Stat workshop was conducted on elementary statistics for PG students of DMCH.



Congratulations !

Dr. Rajoo Singh Chhina (Gastroenterology) has been awarded the prestigious Fellowship of National Academy of Medical Sciences (NAMS). (Pic.E)

Dr. Vineeta Malhotra (Pathology) has been selected to the editorial board of the Indian Journal of Pathology-Microbiology.

Dr. Munish Munjal (ENT) has been awarded RHINOCON 2008, Gold Medal for 'endoscopic technique for controlling bleeding from nose' at Allahabad.

Dr. R.L. Gautam & Dr. M. Rupinder Singh (Anaesthesia) have been appointed as Secretary and Jt. Secretary respectively of ISA (Ludhiana Chapter).

Dr. Varinder Pal Singh (Forensic Medicine) has been elected as Executive Member of Governing Council of Punjab Academy of Forensic Medicine & Toxicology.

Papers Presented

Federation of Obstetrics & Gynaecology (North Chapter) IGMC, Shimla:

Dr. Avasthi (Obs & Gynaecology) – *Acquired & Inherited disorders of coagulation in Pregnancy.*

Dr. Sunil Juneja (Obs & Gynaecology) – *Postpartum Contraception.* Postpartum contraception should be started in 3rd month in exclusively breast feeding mothers and in 3rd week in Non-lactating or partially lactating mothers. No estrogen contraceptive should be given to lactating mother for the first 6 months.

Conference of Society of Organ Transplant, Bangalore

Dr. Baldev S. Aulakh (Urology) – *Difficulties in donor vascular anatomy.*

Epilepsy Conference, Mumbai

Dr. Sandip Kaushal (Pharmacology) – *Web based ADR*

Registry for Anti-epileptic drugs. The first Indian registry is being set up by collaborative work between Dept. of Pharmacology and Urology. This Indian data of ADR will be contributed to WHO Data base.

Dr. Gagandeep Singh (Neurology) – *Psychosocial issues associated with epilepsy.*

Northern Chapter of ASI, Chandigarh

Dr. Sonia Singh (Anatomy) – *DNA Profiling in Human Health and Society.* Only two percent of DNA is used by human beings and rest 98% DNA which is variable is used for DNA profiling. This helps in detection of crime. RFLP and PCR techniques are useful for DNA profiling.

Conference of IACM, GMC, Amritsar

Dr. Kurn Kurn Avasthi (Gynae) – *Hypertensive disorders of Pregnancy.*

Etorre's Observation : The other line moves faster.

International Conference

Dr. Satpal Singh Virk and Dr. Ashish Ahuja (Gastro surgery) attended conference at Australian Pancreatic Club, Sydney, Australia and presented papers. They were also awarded Membership of Australasian Pancreatic Club. (Pic.F)

Guest Lectures

Dr. Rajoo Singh Chhina (Gastroenterology) on "Hepatitis B" at Teacher's Training Centre, Ludhiana.

Dr. Armit Gupta (Interventionist) on "Shock : Pathophysiology & Management" at Jalandhar.

Dr. Munish Munjal (ENT) on "Noise effects & hearing disability" at Rotary Club, Ludhiana.

What's



at DMCH...

- ✳ Fully Automated RT-PCR System for qualitative and quantitative diagnosis of various microbial infections in Microbiology department of DMCH. PCR has got a significant role in diagnosis of Hepatitis B, Hepatitis C, HIV and Mycobacteria. It also predicts the prognosis and efficacy of treatment.
- ✳ MCI Inspections for starting M.Ch. (Urology) and DM (Neurology) have been carried out.
- ✳ B.Sc. (Nursing) seats have been increased from 50 to 100.



Conferences/Workshops/Training

Conferences Attended

- ▶ Northern Chapter of ASI, GMC Chandigarh.
- ▶ 'Child Abuse and Neglect' at New Delhi.
- ▶ 'Seminars in Pathology' at CMC, Ludhiana.
- ▶ Annual Conference of IADVL-Cuticon, Jalandhar.
- ▶ Symposium on Microbial Booms, Panjab University, Chandigarh

Sessions Chaired

- ▶ Northern Chapter of ASI, GMC Chandigarh.
- ▶ Annual Conference of IACM at GMC, Amritsar.
- ▶ Annual Conference of IADVL-Cuticon, Jalandhar.
- ▶ Meeting of FOGSI, Patiala. (Pic. G)

Workshop Conducted

- ▶ PCNL at Bangalore.

- Dr. Poonam Singh, Dr. Veena Sood, Dr. Anu Sharma, Dr. Ajay Kumar and Dr. Sonia Singh (Anatomy)
- Dr. Harmesh Singh Bains (Pediatrics)
- Dr. Vineeta Malhotra, Dr. B.S. Shah, Dr. Harpreet Puri, Dr. Bhavna Garg and Dr. Preeti Bajaj (Pathology)
- Dr. Sunil Gupta (Skin)
- Dr. Vandana Kaushal (Microbiology)

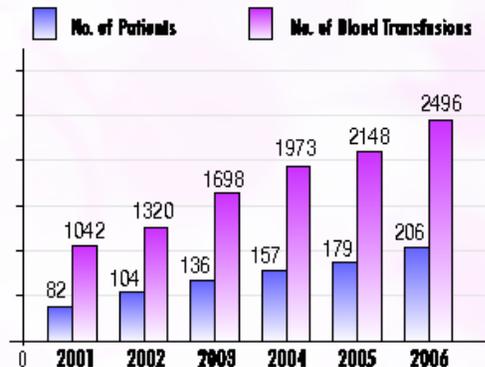
- Dr. Poonam Singh & Dr. Veena Singh (Anatomy)
- Dr. Vineeta Malhotra (Pathology)
- Dr. Alka Dogra (Skin)
- Dr. Prorrija Jindal (Gynaecology)

Dr. Baldev Singh Aulakh

Bridge's First Law : Its always the partner's fault.

Dayanand Medical College & Hospital, Ludhiana

Thalassaemia Day Care Centre (Department of Pediatrics)



On Knowledge

Beware of the man who knows the answer before he understands the question.
— Aesop

Knowledge is telling the past. Wisdom is predicting the future.
— Tim Garvey

To know that we know what we know, and that we do not know what we do not know, that is true knowledge.
— Confucius

A little knowledge that acts is worth infinitely more than much knowledge that is idle.
— Khalil Gibran

They know enough who know how to learn.
— Henry Adams

Thought for the Month



Carrying a load of knowledge does not make one an intellectual.

Executive Team – DMCH Capsule

Dr. Harmesh Singh Bains (Convener), Dr. Praveen C. Sobti (Secretary),
Dr. J.L. Bassi, **Dr. Navjat 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...

Thalassaemia

Dr. Praveen C. Sobti, Professor Department of Pediatrics

Q. What is thalassaemia?

Ans Thalassaemia is the commonest hereditary blood disorder known. It is characterized by a reduced or erroneous production of hemoglobin.

Q. What are the different types of thalassaemia?

Ans There are two main types:

Thalassaemia Minor (also known as Thalassaemia carrier or trait) detected by haemoglobin electrophoresis.

Thalassaemia Major: The baby appears healthy but gradually becomes pale and develops large liver and spleen between 3-6 months of age. In β thalassaemia, adult type of haemoglobin (HbA) is markedly low. High levels of Fetal Hb (HbF) are detected in the blood.

Q. How is thalassaemia Major treated?

Ans The disease should be treated only in centres which have adequately trained staff and proper facilities.

Thalassaemia children require repeated blood transfusions every 2 to 3 weeks, as a result of which they may face the problems which can be overcome:

- Shortage of Blood (voluntary blood donation by healthy donors is the answer)
- Blood borne Infections like Hepatitis B, C & HIV (Proper screening of donated blood is mandatory).
- Blood transfusion reactions (Use of packed cells and leucocyte filters will help).
- Iron deposition in the body (Iron chelation drugs are necessary)

Q. What is the cost of the treatment?

Ans If treated properly with blood transfusions as frequently as required, and iron chelation therapy, the average cost varies between 50,000 to 2 lakhs per year per child.

Q. Can thalassaemia major be prevented?

Ans Yes, by means of screening all young people for the presence of Thalassaemia trait, genetic counselling and diagnosis during pregnancy. The only cure known for thalassaemia is bone marrow transplantation (BMT).

Q. What are the facilities available in DMCH?

Ans DMCH offers state-of-the-art care in the form of:

1. Safe packed red cell transfusion
2. Iron chelation therapy
3. Leucocyte filters for transfusion
4. Regular growth monitoring
5. Periodic dental, cardiological and endocrinological evaluation
6. Antenatal Screening

A separate Thalassaemia Day Care Centre functions near the Pediatric Ward.

HELP LINES

EPABX : 0161-4688888, 4687777 (60 lines)
HEART INSTITUTE : 0161-2304282 to 2304287
AMBULANCE : 98155-50100
Fax : 0161-2302620
E-mail : dmch_idh@satyam.net.in, dmch_idh@glide.net.in
Website : www.dmch.edu