



DMCH Capsule



A Monthly Update From the Principal's Desk

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Dear Friends

There is a natural tendency to reciprocate, or at least react to, the manner in which people deal with you.

Disagreeable behaviour of any person has the potential to unsettle and disturb you - if you allow it. So when you block the provocation, you can remain unaffected and act in a rational manner. At the same time, you prevent a chain reaction which could otherwise spiral out of control.

As suggested in the 'thought for the month' (last page), you must not let your mood, emotions or actions be dictated by others.

Dr. Daljit Singh
Principal

World Asthma Day (6th May)

DMCH organized a CME on "Current Trends in Management of Bronchial Asthma." The key lecture was delivered by the guest speaker Dr. Neeraj Gupta, Additional Professor of Pulmonary & Critical Care at PGI, Chandigarh. Dr. Jagdeep Whig (Vice-Principal), Dr. SB Khurana (former Principal, DMCH), Dr. Updesh Sidhu (Pulmonary Medicine) and Dr. Pardeep Kapoor, Chest Consultant at Oswal Cancer Charitable Hospital were the panelists. [Pic. A]

Although important discoveries in the diagnosis and treatment of allergic disorders have been made over the years, a lot many Indians still suffer from asthma, rhinitis, sinusitis and other allergic/immunologic disorders, and the prevalence continues to rise.

International Thalassemia Day and World Red Cross Day (8th May)

Departments of Transfusion Medicine and Pediatrics organized the 9th Voluntary Medicos Blood donation camp on this occasion. About 180 units of blood were collected. [Pic. B]

Thalassemia unit is providing blood at highly subsidised rates to the thalassemic children and is giving leucoreduced blood and blood components to minimize transfusion reactions.

World Hypertension Day (17th May)

Chief Cardiologist of Hero DMC Heart Institute Dr. G.S. Wander spoke on "Current Trends in management of Hypertension" to commemorate this day. The lecture was followed by a panel discussion coordinated by Medical Supt. Dr. Sandeep Puri. In the panel discussion, Principal Dr. Daljit Singh (Pediatrics), spoke on the prevalence and causes of hypertension in children. Dr. H.S. Pannu (Medicine) discussed hypertension in cases of pregnancy and the latest developments in the field. [Pic. C, Masthead]



ADIEU TO FACULTY

The institute bade farewell to senior faculty members Prof. Veena Sood (Anatomy) and Prof. ML Gupta (Surgery) who retired after long years of meritorious service in the institution. A brief programme was hosted in their honor and was attended by members of the management, faculty and residents. [Pic. D]



Congratulations

- ◆ Dr. BS Shah (Pathology) has been nominated as a member of Technical Committee for starting the distance learning centre related to medical courses under Punjab Technical University, Jalandhar.
- ◆ Dr. Puneet A. Pooni (Pediatrics) has been selected as Pediatric Advanced Life Support (PALS) Instructor for the North Zone.

GUEST LECTURES

- ❖ **Prof. John S. Duncan**, Chairman, Department of Clinical and Experimental Epilepsy at the National Hospital for Neurology & Neurosurgery and Medical Director, National Society for Epilepsy, UK gave a lecture on "Basic Aspects of Epilepsy" on 3rd May. He underlined that there is a dire need to improve understanding of the disorder among the public in order to remove the stigma that is attached with epilepsy. [Pic. E]
- ❖ A guest lecture on 'The Risks Associated with Electromagnetic Fields' by Dr. Howard W. Fisher, Canadian Researcher, was held on 8th May. He highlighted the medical problems associated with electromagnetic field with the use of mobile phones and other devices. [Pic F]



NoZExcel WORKSHOP

A workshop on the use of Microsoft Excel for medical professionals from North Zone was organized on 10th May by the Medical Education Unit and Dept. of Pharmacology to familiarise participants with the fundamentals and applications of Excel in their fields. Fifty doctors from different specialties were selected. Dr. S.C. Chopra, (Dean Academics); Dr. Gautam Ahluwalia (Medicine); Mrs. Anshu Soni (Anatomy); Dr. Sandeep Kaushal & Dr. Shalini Arora (Pharmacology) were the resource faculty. [Pic. G]



BASIC LIFE SUPPORT (BLS) TRAINING COURSE

BLS training course was conducted for the nursing staff of Emergency department, Trauma section, Emergency ICU and Emergency OT. Dr. Sunil Katyal, Dr. Anju Grewal and Dr. Suchita Garg were the main instructors for the course.

The BLS course teaches the core skills needed to perform high quality CPR in accordance with the latest American Heart Association (AHA-BLS) guidelines and algorithms, with a major emphasis on a universal compression to ventilation ratio of 30:2 in adults and effective chest compressions with minimal interruptions and use of AED in shockable rhythms.

NEUROLOGY MEETING

Department of Neurology organized a meeting of Neurologists from Punjab and other states of North India on 2nd May. Lectures on various aspects of epilepsy were presented by experts.

PG COUNSELING

All the 65 PG seats available at DMCH were filled after the counselings held at BFHUS & DMCH. [Pic. H]



CONFERENCES ATTENDED & PAPER PRESENTED

International

- ❖ Dr. Sandeep Kaushal (Pharmacology) presented a paper 'Microsomal enzyme inducing and non-inducing anti-epileptic drug effects on lipid profile of patients with epilepsy' at the 7th Asian & Oceanic Epilepsy Congress at Xiamen, China. There is an increasing trend in various lipid profile parameters, indicating the need for monitoring lipid profile at regular intervals and more importantly in patients with dyslipidemia or increased CVS risk. [Pic. I]



- ❖ Dr. Ravinder Pal Singh & Dr. Ashish Ahuja (Surgery) presented papers on 'Spontaneous Appendicocutaneous Fistula at unusual location through incisional hernia' and 'Acquired tracheo-esophageal fistula complications and surgical management' in "Conjoint Annual Scientific World Congress 2008" at Hong Kong from 13-16th May.
- ❖ Dr. Praveen C. Sobti (Pediatrics) presented a talk on 'Combination therapy – Recent advances' at National Seminar on Thalassemia organized by Ministry of Health & Federation of Malaysian Thalassemics at Kuala Lumpur on 28th May. Oral chelator (Kelfer) is superior to desferrioxamine in protecting the myocardium from iron overload. Both drugs if used together in proper doses, can cause negative iron balance and have less side-effects.

National & Regional

- ❖ Dr. Promila Jindal & Dr Suman Puri (Obs & Gynae) attended the conference & live workshop on 'Ovulation induction ART/IUI, vaginal & minimal access surgery' held at Jalandhar on 10-11th May. Dr Jindal's paper entitled 'General Tuberculosis - Gynecologist's dilemma' was adjudged the best paper.
- ❖ Dr. Lily Walia (Physiology) chaired the 20th Association of Physiologists and Pharmacologists of India (APPI) symposium on "Glaucoma" held on 7th May at CMC, Ludhiana. [Pic. J]



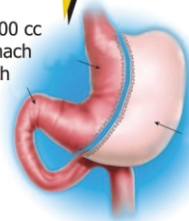
WORKSHOPS ATTENDED

- ❖ Dr. Suman Puri (Obs & Gynae) attended a workshop on 'Bioidentical Hormone Replacement therapy' on 10th May.
- ❖ Ms. Anureet Kaur & Ms. Preeti (College of Nursing) attended a workshop on 'Management of Training' at NIIHFW, Delhi from 12-16th May.



at DMCH.... Bariatric Surgery

80-100 cc
Stomach
Pouch



Resected
Stomach
Pouch



Weight loss and metabolic surgery for obesity was performed by Dr. PS Nain and Dr. Ashish Ahuja (Surgery) on two patients weighing 123 and 126 kg with BMI 49.58 and 47.71 respectively. The procedure used was SLEEVE GASTRECTOMY, a restrictive procedure which decreases the food intake by creating a small upper stomach pouch. The mean weight loss at 2 years after surgery is 70% of excess weight.

RESOURCE FACULTY

- ❖ Dr. Harmesh Singh Bains (Pediatrics) was invited as a guest faculty for the training workshop on 'Breast feeding lactation management' held at Hoshiarpur on 22-23rd May.
- ❖ Dr. G.S. Wander (Cardiology) delivered a guest lecture on 'Prevention of Cardiac diseases' at Bharat Vikas Parihas, on 31st May. [Pic. K]



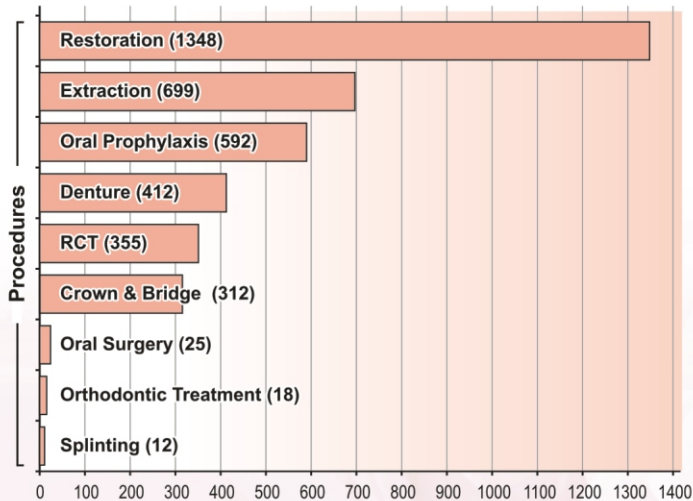
- ❖ Dr. Vineet Galhotra (Dentistry) gave a TV talk on 'Dental care with emphasis on dental implants'.

CAMPS

- ❖ To mark World Asthma Day, free asthma camp for adults and children was held at the OPD Block. Over 100 patients were examined. [Pic. L]
- ❖ Free eye camps were held on 11th May in Village Bool, Ludhiana and in Eye OPD, wherein 400 patients were examined.
- ❖ Voluntary blood donation camps were organized by Dept. of Transfusion Medicine on 10th & 13th May at Vyakti Vikas Kendra & Arya College in which more than 200 units were collected.
- ❖ Free cardiac camp was held at Jallabad on 25th May by Dr. G.S. Wander and Dr. Rohit Tandon. More than 350 patients were examined.



**Department of Dentistry
Procedures**
June 2007 to May 2008



Me and my Boss

When I don't do it, I am lazy

When my boss does not do it, he is too busy;

When I make a mistake, I am an idiot

When my boss makes a mistake, he is only human;

When I am out of office, I am wandering around

When my boss is out of office, he is busy elsewhere;

When I take a long time to finish, I am slow

When my boss takes a long time, he is thorough;

When I do something without being told, I am trying to be smart

When my boss does the same, he is taking the initiative!

Thought for the Month



If you always react, you can't wisely act

WHAT YOU MUST KNOW ABOUT...

DEEP CARIES

Dr. Namita Budhiraja, Professor & Head, Deptt. of Dentistry.

Q: What are deep carious lesions?

A: Carious lesions can be divided into 3 categories :

- Shallow** - Involving Enamel (outermost layer of tooth)
- Moderate** - Involving Enamel & some part of Dentin (intermediate layer of tooth)
- Deep** - involving more than 1/2 of Dentin

In deep carious lesions, the caries can reach up to the pulp (the innermost layer of tooth).

Q: What is the treatment of deep caries?

A: During removal of deep caries, if the pulp is nearly or slightly exposed, we can place a medicated restoration and observe for 2-3 months. If the patient is symptomatic and pulp is grossly exposed, then Root Canal Treatment (RCT) is done.

Q: What is Root Canal Treatment?

A: RCT is the treatment of infected pulp. In RCT, the pulp tissue is removed, after which root canals are cleaned and filled with inert material. The tooth becomes non-vital but it is infection free and functional.

Q: After RCT, how do we restore the remaining tooth structure?

A: Root canal treated teeth are generally grossly decayed as well as brittle. Almost all root canal treated teeth require Full Coverage Crown or Capping.

Q: What is Capping?

A: A cap is a complete coverage structure that mimics the appearance of a natural tooth. In addition to capping, some teeth with little or no crown structure require post and core.

Q: What is Post and Core?

A: A post is a pin extending approximately 2/3rd the length of the root canal to provide reinforcement and retention.

Q: What are different types of Post and Core?

A: Post and Core are mainly divided into 2 categories :

1. Custom made
2. Prefabricated

In prefabricated post, fiber posts have gained popularity recently.

Q: Are these facilities available in DMCH?

A: Yes. The department of Dentistry has completed 355 cases of RCT and 312 Crowns and 30 cases of fiber posts in last one year. Even those cases where only almost root portion was available for treatment have been successfully completed.

Root canal treated and properly restored teeth are better than implants because priority should always be given to natural tooth before extracting and replacing with Dental Implant.

Executive Team – DMCH Capsule

Dr. Harmesh Singh Bains (Convener), Dr. Praveen C.Sobti (Secretary),
Dr. Manish Munjal, Dr. Dinesh Garg, Dr. Sandeep Kaushal,
Dr. Rama Gupta, Dr. Anju Grewal, Dr. Harpal Singh, *Dr. Gautam Biswas,
Dr. Varinder Pal Singh and Dr. Deepak Bhat.

*Issue Co-ordinator

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