



DMCH Capsule

RAGGING IS A COWARDLY ACT!!
SAY NO TO RAGGING!!



A Monthly Update From the Principal's Desk

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Dear Friends

Different people deal with the same issue differently depending on their mind-set, which predetermines how they react. Some have a cynical and defeatist approach. Others are positive and confident, looking at the bright side and expecting the best.

Our view-point and inherent perspective form the basis for our response to a problem. The outcome, therefore, is often determined even before the setting is analysed and interpreted.

As suggested in 'Thought for the month' (last page), our attitude dictates how we cope with situations.

Dr. Daljit Singh
Principal

First Patient Support Group Meet on Obesity

First "Patient Support Group" meet was held at Dumra Auditorium, in which the problem of obesity and its implications on health were discussed. It was stressed that obesity surgery is not a definitive cure for obesity but is a tool for weight loss.

Dr. PS Nain and Dr. Ashish Ahuja emphasised that obesity is the second most common cause of death from a modifiable behavioural risk factor. Long term implications are obvious from the fact that for every 10 kgs above normal body weight, life expectancy is reduced by 3 years. About 100 patients attended the meet and those who had undergone bariatric surgery shared their experiences with those who plan to get operated. [Pic. A]

TNAI Workshop on Critical Care Nursing

College of Nursing organised a two day Trained Nurses Association of India (TNAI) workshop on "Critical Care Nursing" on 6th-7th April. Dr. Jasbir Kaur, Principal, College of Nursing, welcomed the participants from 30 nursing colleges and schools of Punjab. The conference was inaugurated by Dr. Daljit Singh, Principal, DMCH. It was followed by Presidential address by Dr. Kanwaljit Kaur Gill, President, TNAI Punjab. She expressed her views on the efforts of Trained Nurses Association of India in organizing workshops, conferences and scholarships for nursing personnel. [Pic. B]

NOZIT-09

A three day annual sports extravaganza "North Zone Inter-Medical and Dental Colleges Tournaments (Nozit-09)" was held at DMCH. To mark the occasion, Sh. Prem Kumar Gupta, Secretary Managing Society, released the official newsletter "Nozit Express-09" and the mascot "Nozi-The Pug" was released by Dr. Jagdeep Whig. Also present were Chief Cardiologist Dr. GS Wander and Medical Suptds. Dr. Rajoo Singh Chhina, Dr. Sandeep Puri and Dr. BS Shah. [Pic. C, pullout]

A cultural programme was held in Guru Nanak Auditorium, where former Principal Dr. SB Khurana was the chief guest. Principal Dr. Daljit Singh addressed the participants.



Congratulations

❖ Dr. Manish Munjal won the 2nd prize and the Certificate of Honour for his work on "Endoscopic Surgery in Newborns", at the Annual Conference of the All India Rhinology Society at Mumbai.

Staff Sports Meet

The 4th Staff Sports Meet of DMCH and HDHI (Hero DMC Heart Institute) was inaugurated by Secretary DMCH Managing Society Sh. Prem Kumar Gupta at DMCH.

A cultural night and prize distribution ceremony "Spandan" was held to mark the end of the sports Meet. The Chief Guest on the occasion was the Vice President of DMCH Managing Society Sh. Gian Chand Dhawan and the Guest of Honour was the Joint Secretary of Sh. Rajesh Sood, who gave away prizes to the participants of sports meet and the cultural programme. [pullout]

Basic Life Support (BLS) Workshop

The department of Anesthesiology and Resuscitation conducted the Basic Life Support (BLS) Health Care provider course with a batch of 32 participants, mainly from Lord Mahavira Homeopathic College and Dayanand Medical College. The training was conducted by American Heart Association (AHA) accredited Instructors, Dr. Sunil Katyal, Dr. Anju Grewal, Dr. Rupinder M Singh, Dr. Vivek Gupta, Dr. Anurag Tiwari, Dr. Shuchita and Dr. Sushil Gupta.

Dr. Jagdeep Whig, Vice Principal and Dr. Ravinder Kochar, Principal, Lord Mahavira Homeopathy College were the Chief Guests on the occasion.

WHO Day Celebration

In order to spread a message about health facilities in emergencies, College of Nursing, DMC celebrated "World Health Day" 2009 at the institute.

A symposium was held with a talk on the theme of the day 'Save lives-make hospitals safe in emergencies' by Mrs. Nidhi Sagar, Lecturer, College of Nursing and Miss Jasmeen Kaur, Nursing Tutor.

The symposium conducted by Post Basic (N) II year students elaborated on



issues like, safe hospital, disaster preparedness, role of nurse in controlling mob, legal issues in disaster management, nursing audit and infection control in a hospital. [Pic. D]

International visits

Dr. Gagandeep (Neurology) delivered a talk CNS Infections and Status Epilepticus on Colloquium on Status Epilepticus at Innsbruck, Austria.

Dr. Manish Munjal (ENT) underwent intensive training in hearing rehabilitation and recent innovations in hearing aid technology at Denmark.

Training

Dr. Harish Matta (Surgery) underwent clinical observership and training in Laproscopic Oncology at Indo American Cancer Institute and Research Centre, Hyderabad. [Pic. E]



Papers Presented

Dr. Gagandeep Singh (Neurology) delivered a talk on Neurocysticercosis : "Highlights of Solitary Cysticercus Granuloma" and organised an International Expert Consensus Group meeting on "Management of Solitary Cysticercus Granuloma"

Dr. Deepak Bhatt (Pediatrics) presented a paper "Clinical profile of epilepsy in a newly established Pediatric Seizure Clinic in North India" at PGIMER. [Pic. F]



Dr. Anil Kashyap, (Pulmonary medicine) presented a paper on "Clinicopathological spectrum of lung cancer" at the 3rd biennial national lung cancer conference of ISSLC (NALCCON 2009) at Shimla. [Pic. G]



Camps

Blood Donation Camps

531 units of blood were collected in voluntary blood donation camps held in collaboration with the following:

Niswarth Sewa Society, Ludhiana, Punjab College of Technical Education, Baddowal, Ludhiana, Salaam Zindagi Foundation, Ludhiana, Sant Nirankari Mandal, Ludhiana, Max New York Life Insurance Co. Ltd., Feroze Gandhi Market, Ludhiana.

Eye Camp

- ✦ 31st eye camp was conducted at village Charora, Distt. Ludhiana in which 200 hundred patients were examined and 135 refractions were done.
- ✦ 32nd Free camp was conducted in Eye OPD.



4th Annual Staff Sports Meet ("SPUNDAN")

DMCH and Hero DMC Heart Institute :16th March to 10th April

Cultural night and Prize distribution : 11th April



Staff Sports Meet



Participating Colleges

- | | |
|--------------------|---------------------------------------|
| 1. DMCH, Ludhiana | 10. BJS, Ludhiana |
| 2. ASCOMS, Jammu | 11. GIAN SAGAR, Banur |
| 3. CMC, Ludhiana | 12. SGRD, Amritsar |
| 4. CDC, Ludhiana | 13. DENTAL COLLEGE, Dera Bassi |
| 5. DIRDS, Faridkot | 14. LAXMI BAI DENTAL COLLEGE, Patiala |
| 6. AIMS, Bathinda | 15. GND DENTAL COLLEGE, Sunam |
| 7. GMC, Amritsar | 16. GENESIS, Ferozepur |
| 8. GMC, Chandigarh | 17. MAMC, Agroha, Haryana |
| 9. GMC, Patiala | |

Banish.....the ragging menace

During NOZIT-09, students organised a signature campaign against ragging, wherein around 700 medical students put their signatures on a giant poster (see masthead, p1) followed by an Oath taking ceremony administered by Principal, Dr. Daljit Singh.

A candlelight procession to condemn ragging was also taken out by the students, lead by Chairman Sports Committee, Dr. Rajoo Singh Chhina.



What's **New** at DMCH....

Mammography

A mammography machine with stereotactic biopsy system has been recently installed at DMCH. This new technology will help in prompt and accurate detection of breast cancer that in turn may extend a patient's life by about 20 years.

The latest survey by the Indian Council of Medical Research shows every year one million women are being diagnosed with breast cancer.

Annual screening is recommended for women once they reach 40 years of age and in those with a family history of the disease.

Screening mammography helps in better diagnosis since highly detailed imaging of the breast improves a physician's ability to detect small tumors. When cancers are small, the woman has more treatment options and a cure is more likely.



Farewell

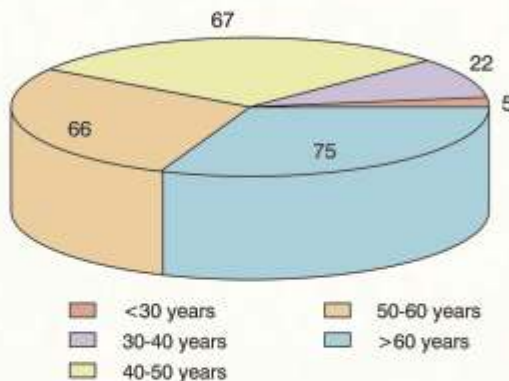
Dr. GPI Singh, Prof. and Head, Department of Community Medicine was accorded a warm farewell on his retirement.

CMEs, Conferences attended / Sessions chaired

- Dr. Sandeep Puri (Medicine)
- Dr. Deepak Bhatt, Dr. Gurdeep Singh Dhoria (Pediatrics)
- Dr. Amarjit Kaur (Transfusion Medicine)
- Dr. Sarit Sharma (Community Medicine)
- Dr. Hemant Chopra and Dr. Manish Munjal (ENT)
- Participated and chaired a session on " Motor Neuron Disease" at TROPICON 2009, PGIMER, Chandigarh.
- Participated in the workshop on epilepsy and EEG at the Advanced Pediatric Centre, PGIMER, Chandigarh.
- Chaired three sessions in a CME in Transfusion Medicine at Govt. College, Chandigarh. [Pic. H]
- Attended 2nd Contact Programme, Postgraduate Certificate Course in Hospital Management at National Institute of Health and Family Welfare, New Delhi.
- Attended RHINOCON 2009 Annual Conference of All India Rhinology Society, at Mumbai and presented papers on "Endoscopic Surgery of the nose and sinus" at the meet.

Dayanand Medical College and Hospital, Ludhiana

Modified radical mastectomy surgeries for Cancer Breast (2007-2008)
(Oncosurgery unit)



Females : 235

Note : 8 males also were treated for Ca Breast.

WHAT YOU MUST KNOW ABOUT...

Screening Mammogram

Dr. Kavita Saggur, Prof & Head, Deptt of Radio-diagnosis.

Q. What is a screening mammogram?

A. A screening mammogram is a special x-ray of the breast used to detect changes in women who have no signs nor symptoms of breast cancer, so that suspicious lesions can be picked up at the earliest.

Q. When should screening mammograms be performed?

- A. National Cancer Institute (NCI) recommends that screening mammograms should be carried out as below :
- Women 40 years and above should have mammograms every 1 to 2 years.
 - Women at higher risk should have mammograms before the age of 40.

Q. Which women have a high risk of developing cancer breast?

- A.
- Family history of breast cancer.
 - Women who began having periods before the age of 12 or went through menopause after the age of 55.
 - Women who had their first child after the age of 30 or who never had a child.
 - Women who have not breast fed their children.
 - Women on hormone replacement therapy for more than 5 years.
 - Women who had radiation therapy to the chest (including the breasts) before the age of 30.

Q. What is the best method of detecting breast cancer as early as possible?

A. Combination of a high quality mammogram and a clinical breast exam on a regular basis is the best method.

Q. How does a patient prepare herself for a mammogram?

- A.
- Wear clothes that are easy to change.
 - Should not use deodorant, lotion or powder.

Q. What are some of the limitations of screening mammograms?

- A.
- Dense breast may obscure an underlying neoplasm. In such a patient, regular and close correlation with clinical findings and physical examination is recommended.
 - A negative report does not entirely exclude the possibility of malignancy. A negative mammography report should not delay biopsy if a dominant or clinically suspicious mass is present.

Q. What is the Radiation dose in mammography.

A. Radiation dose for standard four film mammography is very low (0.13mSV). This causes negligible / inconsequential increase in the natural cancer incidence rate in women above 40.

From the pages of the history of medicine.....



Operation theatre staff nurse Miss Caroline Hampton used to have allergic reaction to corrosive sublimate (mercuric chloride) which was a commonly used antiseptic for rinsing the instruments before operations.

Dr. William Stewart Halsted (1852-1922) took pity on her and ordered 'Good Year Company' to make rubber gloves for Miss Hampton.

These rubber gloves were later brought into regular use by the surgeons and nursing staff during surgical procedures. Today, we cannot dream of performing such procedures without gloves!

Thought for the Month



**A pessimist finds a difficulty in every opportunity
An optimist finds an opportunity in every difficulty**

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. Virendar Pal Singh and Dr. Deepak Bhat.

*Issue Co-ordinator

HELP LINES

EPABX: 0161-4688888, 4687777 (60 lines)

HEART INSTITUTE: 0161-2304282 to 2304287

AMBULANCE: 98155-50100

Fax: 0161-2302620

E-mail: dmch_ldh@satyam.net.in, dmch_ldh@glide.net.in

Website: www.dmch.edu

For Comments & Suggestions : Mail us at dmchcapsule@gmail.com