



DMCH

Capsule

Vol. 8 | No. 11 | November, 2010

NRHM Scheme for free surgery for congenital heart disease

Minister for Health and Family Welfare, **Prof. Laxmi Kanta Chawla** visited Hero DMC Heart Institute (HDHI) for a get-together with about 250 children from all over the State who have undergone free treatment at HDHI under a joint scheme of the National Rural Health Mission and the Government of Punjab. Under this program, children suffering from heart disease are provided free of cost treatment at selected hospitals. HDHI has the privilege of conducting the maximum surgeries. The children presented a colourful entertainment programme and exhibited their talent. [pic. A, B, C, D]

Dear Friends

The past cannot be changed and the future is not in our hands. All we can possibly control is the present.

If we do not let go of the past, we will keep carrying a burden of regrets and wishful thinking. Instead of fretting over what is gone, it is wiser to focus on what is happening now.

As suggested in 'Thought for the month' (last page), make a fresh beginning today, to ensure a better tomorrow.

Dr Daljit Singh
Principal



Spiritual Discourse on "Source of Bliss"

Swami Subhoda Nand Saraswati of Chinmaya Mission delivered a lecture on "Source of Bliss". He emphasised that bliss is internalised rather than dependant on any extraneous factor. **Sh. Amrit Nagpal** along with **Sh. Gian Dhawan**, **Sh. Prem Gupta**, Secretary Managing Society and **Sh Satish Sanwalka** were also present on the occasion along with faculty, staff and students. [pic. E, F]



World Anaesthesia Day

Department of Anaesthesiology at DMCH celebrated World Anaesthesia Day. Professor & Head **Dr Sunil Katyal** emphasized that the goal is to provide specialized knowledge, skills and experience to help patient care and to ensure safety. The techniques have become sophisticated, the instrumentation for administering anaesthetics and monitoring patient responses have been infinitely refined, and the agents used to achieve anaesthesia have been multiplied in recent years.



Congratulations.....

Dr Alka Dogra (Skin & VD) has been elected as President of 'Punjab, Himachal Pradesh & Chandigarh' Chapter of 'Indian Association of Dermatologists, Venereologists & Leprologists' (IADVL).

Dr Deepinder Chhina (Microbiology) has been selected as Assistant Editor of JGI - Journal on Gastrointestinal infections.

Dr Vineeta Malhotra (Pathology) has been elected as Member : Board of Studies-Medical Lab Technology, Chitkara University.

Dr Sandeep Kaushal (Pharmacology) has been elected as member of National Academy of Medical Science (NAMS).

International Fellowship & Conference

Dr. Manish Munjal (ENT) completed a fellowship in "Snoring and Sleep Surgery" at ASEAN Sleep Surgical Society in Singapore and also attended the Sleep Surgical Conference and Cadaveric Workshop. [pic. G]

Dr Deepak Jain (Ortho) has attended an observership at Baltimore, USA.

State Task Force Meeting of RNTCP

State Task Force Meeting of RNTCP was held to review the performance of various medical colleges. The meeting was inaugurated by Chairman, State Task Force, Punjab and Vice-Principal **Dr Jagdeep Whig**. State Programme Officer-**Dr Satdev Saini** appreciated the support received from various medical colleges of the state. **Dr Jai Kishan**, Chairman, Zonal Task Force (RNTCP)-cum-DRME, Punjab congratulated the State Task Force, Punjab as well as the State Programme. **Dr Sarit Sharma**, Secretary, STF co-ordinated the meeting and presented the status report of 3rd Quarter of DMC&H, Ludhiana. [pic. H]

Dressers Course for Ward Boys

Department of Plastic Surgery and Burns conducted Dressers Course for Ward Boys. Principal **Dr Daljit Singh** inaugurated the course. Medical Supdt. **Dr BS Shah** lauded the effort of department of plastic surgery in organizing the dressers course for its staff. Professor & Head of Plastic Surgery, **Dr Sanjeev Uppal** informed that the course includes 25 lectures spanning three months time. [pic. I]

Voluntary Blood Donation Day

To celebrate Voluntary Blood Donation Day falling on 1st October, Department of Immunohaematology and Blood Transfusion organized

three voluntary blood donation camps in which 243 blood units were collected. **Dr Amarjit Kaur**, Professor & Head of Transfusion Medicine acknowledged the joint efforts of the department in creating awareness regarding voluntary blood donation. [pic. J]

Psychiatry PG Alumni

First Psychiatry PG Alumni, CME was organised to commemorate the silver jubilee of PG teaching in the department. More than 30 students of various batches participated on the occasion. **Dr Ranjive Mahajan** and **Dr Navkiran Mahajan** (Psychiatry) spoke about the departmental activities and important aspects of psychiatry in the present times. [pic. K]

Guest Lectures

Dr Mariangiola Baserga (Professor of Pediatrics) from University of Catauzaro, Italy delivered a guest lecture on Thyroid Dysfunction in Adolescents. [pic. L]

A guest lecture was delivered by **Dr Sanjeev Thomas** (Professor of Neurology) from Shri Thirunal Institute for Medical Sciences & Technology, Trivendrum on 'Epilepsy & Pregnancy.' [pic. M]

Chapter Contributed

Dr Dinesh Garg (Ophthalmology) and **Dr Seema Gupta** (Anatomy) contributed a chapter on 'Ultrasonography in Vitreous Hemorrhage' in the book 'Ophthalmic Ultrasound'. They also contributed a chapter "Fundus Fluorescein Angiography".

Oration

Dr Rajoo Singh Chhina (Gastro) was invited as a faculty for Annual IACMCON 2010 in the session GS Sainani Oration at Kolkata on 'Hepatic Manifestations of tropical Diseases.' [pic. N]

Resource Faculty and Guest Lectures

Dr Vineeta Malhotra (Pathology) attended ICAR sponsored winter school on Recent Concepts in Veterinary Laboratory Diagnostics as a guest of honour and delivered a talk on Cancer Diagnosis at GADVASU, Ludhiana.

Dr Praveen C Sobti (Pediatrics) presented a paper on "Impact of Uranium & other heavy metals on health" at a National Seminar at Baba Farid University of Health Sciences, Faridkot and chaired a session at 9th National Conference of 'Growth Development and Behavioural Pediatrics' at CMC, Ludhiana.

Dr Sandeep Kaushal (Pharmacology) attended 8th Asian & Oceanian Epilepsy Congress on North Indian Women with Epilepsy : A survey of Medical & Social Concerns at Melbourne, Australia [pic. O]. He was also a chair person in panel discussion on 'Publication of results of sponsored clinical trials : Conflict of Interest' at Moga.



Dr Suneet Kathuria (Anaesthesia) delivered a guest lecture on 'Management of obstetric haemorrhage and **Dr Shikha Gupta** (Anaesthesia) chaired a session on 'Coronary stents' at Anaesthesia update-2010 held at Amritsar. [pic. P]

Dr Deepak Jain (Ortho) attended Fourth Annual Hip Joint Course on Treatment for young patients with Hip Arthritis.

Dr Kamakshi Garg (Anaesthesia) delivered a talk as guest faculty on 'Epileptic patient posted for C-section-anaesthesia concerns; RSACP 2010, National Conference of the Research Society of Anaesthesiology and Clinical Pharmacology', Bangalore.

Dr Ranjive Mahajan (Psychiatry) chaired a session on 'Neurotoxicity of Alcohol and Anti psychotics in geriatric population' at IPS-NZ Annual Conference-2010. He was also resource faculty for the session 'Awareness among teachers regarding problems in Adolescents' at Ludhiana.

Dr Navkiran S Mahajan (Psychiatry) delivered a lecture on Psycho-social aspects of drug trafficking at University Institute of Laws, Panjab University Regional Campus, Ludhiana.

Dr VP Singh (Forensic Medicine) was invited as a guest faculty by Kohlapur Medical Association, Annual conference on the theme "Save ourselves : Legal Aspects of Medical Practice." He delivered two guest lectures and was a panelist in the discussion on 'Negligence'. [pic. Q]

Dr Shweta Gupta (Obst & Gynae) was guest faculty for the session 'Update on Urogynaecology' at a conference organised by Kapurthala Society of Obstetric and Gynaecology at Kapurthala.

Dr Sunil Kumar Juneja (Obst & Gynae) was guest faculty for the session 'Uterine Artery Embolization-Relatively newer modality' at a conference organised by Kapurthala Society of Obstetric and Gynaecology at Kapurthala.

Dr Atul Mishra (Surgery) delivered a lecture on 'Comparison of pain after Laparoscopic and open inguinal hernia repair' at Seoul, South Korea.

Dr Jatinder Goraya (Pediatric Neurology) delivered a lecture on Interpreting EEG at Jalandhar IMA.

Dr Rupesh Chaudhary (Psychiatry) presented a paper on 'Association of Alcoholism with personality and HIV - A Hospital based study' during 2nd International alcohol and HIV conference: Insight from Interventions, held at New Delhi. [pic. R]

Dr Deepak Bhat (Pediatrics) presented a paper entitled 'Etiology & Clinical outcome of acute viral hepatitis among children of Punjab' at 20th Annual Conference of PGMH CON-2010 at PGIMER, Chandigarh. [pic. S]

CMEs/Workshops attended

Dr Dinesh Garg (Ophthalmology) attended 10th Annual Conference of the Uveitis Society of India & Moorfields Uveitis Course as a delegate at Advanced Eye Centre, PGI Chandigarh.

Dr Navjot Bajwa and Dr Satinder Kaur (Biochemistry) attended 12th Pacific Congress of Clinical Biochemistry held in Seoul, Korea. They also attended Pre-Congress workshop on "Clinical Genetic Test Update" and "How to write a good paper" and presented papers. [pic. T, U]

Dr GS Dhooria (Pediatrics) attended Master Trainer - Modular Training of RNTCP at National Tuberculosis Institute, Bangalore. [pic. V]

Dr M Rupinder (Anaesthesia) attended Fifth Advanced Regional Anaesthesia and Ultrasound Workshop at Hyderabad.

Dr Deepak Bhat (Pediatrics) attended the workshop on Acute Care of at-Risk Newborns (ACORN) held at XXX Annual Convention of National Neonatology Forum at Jaipur, Rajasthan.

Dr Anurag Chaudhary, Dr Sarit Sharma, Dr Sangeeta Girdhar, Dr Mahesh Satija and Dr PJS Gill (SPM) attended 5th Annual Conference-Indian Association of Preventive and Social Medicine (Punjab Chapter).

Dr Sangeeta Girdhar (Community Medicine) attended Training for Faculty of Medical Colleges under IDSP at Department of Family Welfare, Chandigarh.

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



Message from the Secretary....

New Collection Centre



For the convenience of general public, DMCH has started a new Collection Centre located near the entrance gate of Hero DMC Heart Institute. Patients referred from hospitals and clinics can easily reach the site without traffic hindrance or entering the hospital campus. The centre will be open from 8.00 am to 8.00 pm and samples for Clinical Pathology, Biochemistry and Microbiology will be collected. Availability of reports will be informed by sms and can be accessed through internet. **Call can be made on 4687531** for any assistance/enquiry.

Prem Kumar Gupta

Secy DMCH Managing Society, Ludhiana

Camps

▶ Blood Donation Camp

Department of Immunohematology and Blood Transfusion organised a voluntary Blood Donation camp with the help of 'All India Association of Central Excise, Gazetted officers' of Chandigarh Zone and collected 102 units of blood. **Dr Amarjeet Kaur** also delivered a lecture on promotion and awareness of voluntary blood donation.

▶ Free Eye Camp

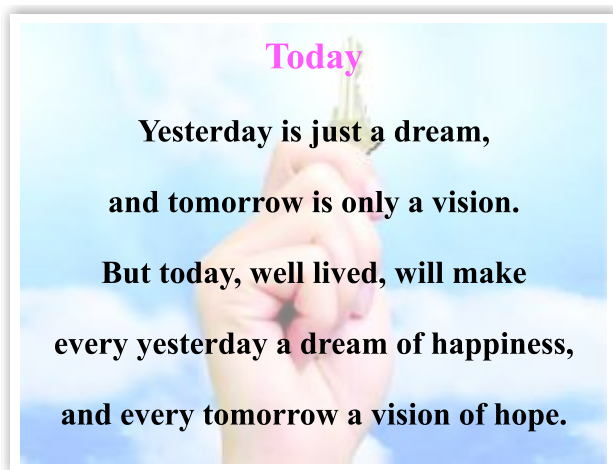
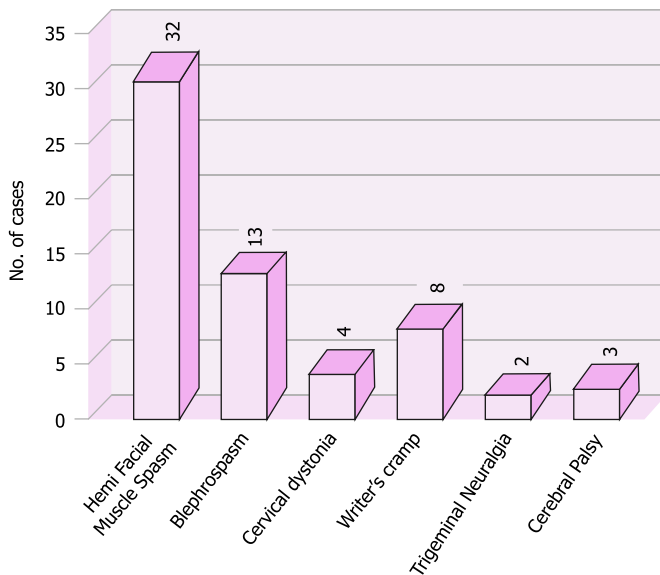
A free eye camp was conducted in the Eye OPD, in which several patients were examined.

Dr GS Bajwa conducted a free eye check up camp at Rampura Phul; organised by Rotary Club. He examined 519 patients and 300 refractions were done.



DAYANAND MEDICAL COLLEGE AND HOSPITAL, LUDHIANA

Patients treated with Botulinum toxin during 2010



WHAT YOU MUST KNOW ABOUT...

Botulinum toxin

Dr Birinder S Paul, Asst Prof., Dept of Neurology

Q. What is Botulinum toxin?

A. Botulinum toxin is a neurotoxin produced by pathogen *Clostridium botulinum*.

Q. What is botulinum toxin's therapeutic potential?

A. Burger in 1949 laid the theoretical foundation for development of the toxin as a therapeutic tool when he discovered its neuromuscular blocking properties. The clinical use of purified Botulinum toxin represents one of the most dramatic role reversals in modern medicine : a potential evil transformed into a health benefit.

Q. What is its mode of action?

A. Botulinum toxin when injected into target acts by binding presynaptically and blocking the release of acetylcholine at the neuromuscular junction producing its therapeutic effect.

Q. What are the clinical uses of Botulinum toxin?

- A. The specificity of Botulinum toxin action makes it a powerful and versatile tool in wide variety of neurological disorders.
- Focal Dystonia : Blepharospasm, Writer's cramp, Cervical and Oromandibular Dystonia.
 - Spasticity : Spastic cerebral palsy, post stroke spasticity, spinal cord and traumatic brain injuries.
 - Disorders of localized muscle spasm : Myofacial pain, migraine headache, Hemifacial muscles spasm etc.
 - Sweating disorders : Axillary and palmar hyperhidrosis.

Q. What is the technique of Botulinum toxin injection?

A. It is an outdoor procedure. Calculated dose of reconstituted Botulinum toxin is injected into the respective muscles with an insulin syringe. After the procedure the patient can return to his routine within 15 minutes.

Q. How safe is Botulinum toxin injection?

A. It is very effective and safe procedure. The reversibility of Botulinum toxin makes it more patient friendly, with no long term side effects.

Q. Do we give Botulinum toxin therapy at DMCH?

A. Yes, Botulinum toxin is given in the various neurological disorders mentioned above, twice a month in the Department of Neurology.

Executive Team – DMCH Capsule

Dr Daljit Singh (Chairperson), Dr Praveen C. Sobti (Convener),
Dr Manish Munjal (Co-ordinator), Dr Anju Grewal (Secretary),
Dr Deepinder Kaur Chhina, Dr Sandeep Kaushal,
***Dr Rama Gupta**, Dr Harpal Singh Selhi, Dr Gautam Biswas,
Dr Pavneet Kaur Selhi, Dr Deepak Bhat and Dr Amit Bery

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