



# DMCH Capsule

A MONTHLY UPDATE FROM THE PRINCIPAL'S DESK

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## Dear Friends

*No one can succeed or even survive in this world without being able to adapt to the environment. Life is in a continuous state of flux. Events do not occur in straight lines-there are cross-roads and bends at every step. It would be foolish to remain rigid in the face of changing circumstances.*

*As aptly put in the "Thought for the month", (last page) skill and wisdom is in logically analysing situations and constantly responding to them.*

(Dr. Daljit Singh)

## ANTI TOBACCO DAY

Anti Tobacco Day was observed on 30th May, 2006. An education workshop was organised at the Hero DMC Heart Institute here to mark **No Tobacco Day**. Lectures on the evils of tobacco were delivered by **Dr. J. Whig** and **Dr. Khandhanna Jai Ram Gupta**, Secy. managing society DMCH inaugurated the function. The need for creating awareness, especially among the youth, about the harmful effects of tobacco products, was underlined during the workshop (pic A).

## INTERNATIONAL NURSES DAY

International Nurses Day was celebrated on 15th May, 2006 by college of nursing, with deliberation on the theme "Safe Staffing Saves Lives" (pic C-D). **Mr. Hari Prasad Dwara** was the chief guest.

## INTERNATIONAL THALASSEMIA DAY

A programme was held on 8th May, 2006 to commensurate International Thalassemia Day and International Red Cross Day (pic B).



# NEWS

## CONGRATULATIONS

**Dr. Babdev Singh Aulakh** for being elected member of national executive council of Urological society of India and being awarded the prestigious fellowship by Indian American Urological Association (IAUA)

**Sh. Ramesh Sharma** Asstt. Librarian for being elected as executive member of medical library association of India for the year 2006-2008.



elaborated on "The effects of head injuries on the heart" at meeting Di Neuroanestesia Eneurorimazione '06: Sesto Corso Di held in Sienna. There is a worldwide acceptance, that there are associated cardiovascular changes with traumatic brain injuries and the specific methods to manage them are necessary.

## INTERNATIONAL CONFERENCES

*"Digestive diseases week", Los Angeles*

**Dr. Rajoo Singh Chhina** (pic 1) attended a conference and a course on double balloon endoscopy. New modalities like endoscopic techniques, liver transplantation, ulcerative colitis, hepatitis B and C, Liver cancer etc were discussed.

*International CME on the management of the Traumatic Brain Injuries at University Cattolica Del S. Cuore, Rome, Italy.*

**Dr. Anurag Tewari** (pic 2) discussed epidemiology and perioperative management of "Traumatic Brain Injuries" handled at DMC, at the II Trauma e Cranico Grave, an anaesthesia CME. He also

**Dr. Harish Matta** (pic 3) under a group study exchange programme of "Rotary International", visited various hospitals and universities in South Korea for a period of one month.

## NATIONAL CONFERENCES /WORKSHOPS /CME /SEMINAR

*Public dialogue on Impact of Pesticides on Environmental Health, Chandigarh*

**Dr. G.P.I. Singh** delivered a talk on Impact of Pesticides on Environmental Health at Chandigarh. **Dr. Anurag Chaudhary, Dr. Sanit Sharma and Dr. Sangeeta Girdhar** also participated in the deliberations.

## DRAZEN'S LAW OF RESTITUTION

*The time it takes to rectify a situation is inversely proportional to the time it took to do the damage*



# T R A C K

*Meet of Federation of Obstetricians and Gynaecologists of India (FOGSI Ludhiana branch), May 2006, Ludhiana*

**Dr. Praveen Sobti** participated in an interactive session with adolescents in the session "Youth express".

Adolescents are a special group of individuals who have a different set of problems which can be better

International Thalassaemia day and International Red Cross day on 8th May.

**Principal Dr. Daljit Singh** (pic 5) inaugurated the camp. Among those present on the occasion were **Prof. Emeritus Dr. J. G. Jolly, Dr. S. C. Chopra, and Dr. Rajoo Singh Chhina**. The camp was held under the supervision of **Dr. Amarjit Kaur and Dr. Praveen C. Sobti**.



tackled by a team of Paediatricians, Gynaecologists and Psychologists.

*CMS on Ear nose throat and head neck surgeons forum (ENTHNS) May 2006, Ludhiana.*

**Dr. Manish Mungal** (pic 4) delivered a guest lecture on "Endoscopic surgery in tumors of nose and the paranasal sinuses - the DMC experience".

Endoscopic modality now a days utilized in the management of, even tumors of inaccessible regions of the nose and sinuses gives a better cure rate and minimal to nil scarring on the face.

## CAMPS HELD

*7th Annual Medicos voluntary blood donation camp at DMCH*

The camp was held at DMCH to mark the

There is a need to create awareness about thalassaemia, as it is a genetic problem. A couple before marriage should have a blood test to ensure that they do not have a thalassaemic child.

## FELLOWSHIP

**Dr. Deepak Jain** (pic 6) completed a fellowship in Arthroscopy at Ahmedabad.

Surgical intervention by minimally invasive procedure in dysfunction of joints prevents morbidity of the traditional open surgical procedures.

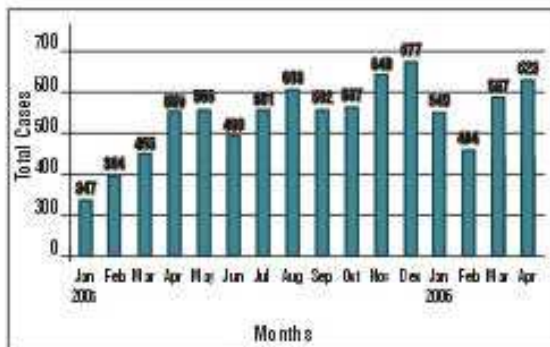
## PULSE POLIO IMMUNIZATION CAMPAIGN

5019 children were immunized by PP unit and 3635 children by department of community medicine under the supervision of Dr. Sunil Juneja and Dr. Tarandeep Singh respectively. Interns and nursing students participated in the campaign as volunteers.

## FULLER'S LAW

*If a situation requires undivided attention, it will occur simultaneously with a compelling distraction.*

Chemotherapy at DMCH



Hero DMC Heart Institute  
Combo device implanted on 2 heart patients

Cardiologists of the Hero DMC Heart Institute have implanted a 'Combo Device' on two heart patients. It is a total heart rhythm control device, which controls slow heart rate by dual chamber pacing, improves reduced heart pump by resynchronising cardiac rhythm.

This device provides electric stimulation to the heart and monitors the electrical activity of the heart for any potentially fatal rhythm abnormality. When the device detects such an abnormality, it delivers an electric shock to the heart, which brings the heart rhythms back to normal and saves the patient's life.



*Thought for the Month*  
A Bend in the Road is not the End of the Road  
Unless you fail to make the turn

What You Must Know About ...

BONE MARROW TRANSPLANT

Dr. Devinder Singh Sandhu, Associate Professor-Medical Oncology

**What is a stem cell?**  
A cell morphologically similar to a lymphocyte which under special circumstances has the ability to produce differentiated cells is known as a stem cell. A stem cell can form neurons, liver cells, skeletal muscles, cardiac muscles. A 100 stem cells can rescue a lethally irradiated animal.

**What is stem cell transplantation?**  
It is a process of transplanting hematopoietic stem cells to form various organs like bone marrow, liver, brain, heart etc.

**What is Bone Marrow Transplantation (BMT)?**  
It is a technique where bone marrow stem cells are removed, stored and are transfused into a recipient after ablating his or her bone marrow with myeloablative chemotherapy.

**What are the types of BMT?**  
Autologous: patient himself is the donor  
Allogenic: HLA matched sibling is the donor

**What are the sources of stem cells?**  
Bone marrow, peripheral blood & cord blood.

**What are the diseases treatable by BMT?**  
Multiple Myeloma  
Lymphomas  
Leukemias  
Inherited erythrocyte disorders: eg. Thalassemias,  
Stem Cell Disorders: Aplastic Anemia, Fanconi's Anemia, Paroxysmal Nocturnal Haemoglobinuria  
Myeloproliferative disorders  
Liposomal storage diseases  
Histiocytic disorders  
Congenital Immune disorders: eg. Ataxia  
Telangiectasia

**What was the type of BMT recently conducted at DMCH?**

The patient had Hodgkin's disease with front line, induction failure to standard doses of chemotherapy. He underwent autologous peripheral blood stem cell transplant with successful outcome.

EXECUTIVE TEAM

Dr. Himesh Singh Bains (Convener), Dr. Praveen Sobti (Secretary),  
Dr. J.L. Bassi, Dr. Navjot Brijan, Dr. Manish Marjal,  
Dr. Dinesh Garg, Dr. Sandeep Khushal, Dr. Rama Gupta  
Dr. Anju Grewal, Dr. Anung Choudhary and Dr. Goutam Biswas

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