



Dear Friends

There can be no achievement without action. No action is possible without a plan. No plan can be made without a vision. And no vision can arise without a dream.

It is good to imagine. Things which appear difficult or even impossible on rational thought may take shape as possibilities. Great ideas which normally do not dawn when pragmatically sought could suddenly strike and catch you unawares. However, to convert a wish into a reality, you have to work on it.

As stated in the 'Thought for the Month' (last page) the first step to make a dream come true is to wake up!

Daljit Singh
Dr. Daljit Singh

9th All India Transplant Games & 2nd SAARC Transplant Olympics

The Games were organized at Guru Nanak Stadium on 27th & 28th Oct. under chairmanship of **Dr. Baldev Singh Aulakh** to demonstrate to the public, success of transplantation and to promote organ donation. The Olympics Torch was flagged off on 15th October. Former Chief Justice **J.S. Verma** inaugurated a seminar on 26th Oct., which was attended by 500 participants. In the awareness walk for the need of organ donation about 4000 persons participated led by **Dr. Daljit Singh** (Principal), **Inder Iqbal Singh** MLA, **SDM Amrit Gill**, **Dr. B.S. Aulakh** & others.

Dr. GPI Singh & **Dr. Jasbir Kaur** co-ordinated a poster competition, in which 2500 students from 10 nursing colleges and 35 schools participated. **Mr. CS Atwal**, Deputy Speaker Lok Sabha & **Rana Gurmit Singh Sodhi** declared the Olympics open. The Principal took the Olympic oath in the presence of about 10,000 participants and spectators. **Sh. Sunil Kant Munjal** & **Mr. D.V. Bector** Vice Presidents, **Mr. Ashok Gupta DC**, **Mr. A.S. Rai** SSP and other dignitaries were also present. **Dr. Jagjiv Sharma** & his team conducted a Donor Card release ceremony.

Donor honoring ceremony was carried out by **Mr. R.S. Gill** ADGP, **Mr. Ashok Gupta DC**, **Mr. Parag Jain** DIG and **Mr. A.S. Rai** SSP. **Harbhajan Mann** entertained the participants. **S. Partap Singh Bajwa** was the chief guest for the prize distribution.



CME in Pathology

The department of Pathology organised the 4th CME, NW Chapter of IAPM (Indian Association of Pathologists & Microbiologists) on 14th & 15th October. The CME was inaugurated by **Mr. Prem Gupta**, Secy., Managing Society. The Chief Guest was **Dr. Harsh Mohan**, Prof. & Head of Pathology, GMC, Chandigarh. About 200 delegates from the region participated. "Lesions of the lung and mediastinum" and Disorders of haemostasis were discussed in detail. The PG quiz conducted by **Dr. Harsh Mohan** was an academic feast for the PG students.



International Conferences

Dr. Sandeep Puri (Medicine) attended the Advanced Diabetes educational programme at the Division of Endocrinology, Diabetes & Metabolism, Cleveland, Ohio.



Dr. Gautam Ahluwalia (Medicine) delivered a lecture on 'HIV-TB Co-infection' in a CME organised under the aegis of National Institute of Health at Los Angeles.

Dr. Satpal Singh (GE Surgery) attended XXXV World Congress of the International College of Surgeons at Pattaya, Thailand and presented a paper.

Dr. Anurag Tiwari, (Anaesthesia) attended the 101st American Society of Anaesthesiologist Annual meeting held at Chicago. He presented three posters.

Dr. M. Yamin (Orthopaedics) attended a conference "Asia Pacific Arthroplasty," Singapore.

Dr. M.L. Gupta (Surgery) participated and attended 2nd International Congress of Asia Pacific Hernia Society at New Delhi. He also chaired a scientific session during the Live Workshop in various methods of Laparoscopic and Open Hernia operations were demonstrated by International and National faculty.



Dr. J.L. Bassi, **Dr. M. Yamin** and **Dr. Harpal Singh** (Orthopaedics) attended Joint Replacement State of the Art (JRSOA) at Bangalore.



Dr. J.L. Bassi & Dr. Harpal Singh also delivered a guest lecture on Trauma update at Amritsar.

National / Zonal Conferences

Dr. J.L. Bassi (Orthopaedics) delivered a guest lecture at IOA Regional Conference, Chandigarh.

Dr. Ashok Gupta (Plastic Surgery & Burns) chaired a session of the Inaugural CME on "Diabetic Foot The Challenges Ahead" under the auspices of Diabetic Foot Society of India at Govt. Medical College & Hospital, Chandigarh.

Dr. Navjot Kaur (Biochemistry) attended a conference of Medical Biochemists of India AMBICON 2006 at Imphal, Manipur. She was nominated as an executive member of Association of Medical Biochemists of India and also chaired a session.

BURKE'S RULE

Never create a problem for which you do not have the answer

Dr. B.S. Shah (Pathology) attended a conference on Quality contraceptive and products for HIV/AIDS prevention organized by Reproductive Health and Nutritional wing of ICMR, New Delhi and delivered talk on Recent Advances in diagnosis of HIV/AIDS with special reference to cheaper method of CD 4 counting and therapy monitoring.

Dr. Alka Dogra (Skin & V.D.) participated in 32nd Annual Conference of NZ Chapter of Indian Association of Dermatologists, Venereologists & Leprologists, Amritsar. She chaired a session and was panelist in the session on "Hair Loss." **Dr. Shirin** and **Dr. Shruti** won the 3rd prize in IADVL GSK National Quiz Programme. **Dr. Shruti** won 2nd prize in poster presentation.

Dr. Veenu Gupta (Microbiology) attended 30th National Conference of IAMM (MICROCON-2006) at Govt. Medical College, Nagpur and presented a paper.

Awards

Dr. Manish Munjal, Dr. Suneet Bhatia, Dr. Poonam Singh, Dr. R.K. Kaushal was awarded the "SARASWATI VERMA BEST THESIS GOLD MEDAL AWARD" on the "Guidelines to Endoscopic Sphenoid Sinus Surgery."

Workshops

Dr. Harpal Singh (Orthopaedics) performed live surgery in the workshop on Trauma update, Amritsar.

Dr. Deepak Jain (Orthopaedics) attended cadaveric Hands on advanced knee workshop and IASCON-2006 at Kolkata.

Dr. Mahesh Satija (Community Medicine) attended the 2nd Orientation course for faculty of Medical Colleges on National Rural Health Mission from 10th Oct. to 13th Oct. 2006 at NIHFV, New Delhi.

Activities of Nursing College

A seminar was organised on "Dengue and Dengue Haemorrhagic Fever" by faculty of College of Nursing

for all the nursing students of B.Sc. and GNM at Dumra Auditorium, DMC, Ludhiana in which 272 students attended the seminar. **Ms. Manpreet Kaur** presented Epidemiology of Dengue, **Dr. Gautam Ahluwalia** (Medicine) discussed medical management of the illness. Nursing management and prevention was discussed by **Mrs. Sanyogita** and **Ms. Harmandeep**.

Board Member Nominations

Dr. M. Yamin (Orthopaedics) participated and was nominated as the board member of studies on sports medicine, Guru Nanak Dev University.

Guest Lecture

Dr. Sanjeev Uppal (Plastic Surgery) delivered a lecture of Recent Advances in Primary Management of Burns at National Burns Centre, Mumbai. He also delivered talks on "Prevention Measure in Bursting of Crackers & Fireworks during Diwali" at DAV Public School, Ludhiana.

Dr. Ajay Kumar (Anatomy) delivered two motivational talks on body donation to large gatherings at Banga & Barnala.

Camps Held

Dr. Amarjit Kaur (Deptt. of Transfusion Medicine) conducted a voluntary blood donation camp organised by Blood Donors Council at Rampura Phool, Bathinda where 103 blood units were collected. She also held a camp organised by No. 4 (Pb) Air Sqn NCC, Ludhiana at Sarabha Nagar where 42 blood units were collected.

Welcome to DMC Family

The following faculty members joined in Nov., 2006.

Dr. Arvind Goyal, Asst. Prof., Urology
Dr. Bikram Jindal, Asst. Prof., Psychiatry

Kidney Transplant at DMC

Total cases : 552 (83% male 17% female)
Age of patients : 8 - 70 years (commonest 41 - 50 years)
Donor : Mother (commonest), Husband, wife, son, daughter, sister, father and unrelated

Indications :

End Stage Renal disease resulting from :

Diabetes
Hypertension
Chronic Glomerulonephritis
Autosomal Dominant Polycystic Kidney disease.
Alports disease
Reflux Nephropathy
Stone disease
Oxalosis etc.

One year graft survival : 90% (related recipient had slightly better outcome).

Friendship is...

a lot more trust, a little less doubt;

a lot more laugh, a little less cry;

a lot more love, a little less fight;

a lot more we, a little less I.



Thought for the Month

*Some people dream of success
while others wake up and work hard at it*

Executive Team - DMCH Capsule

Dr. J.L. Bassi, Dr. Harmesh Singh Bains,
Dr. Manish Munjal, Dr. Navjot Bajwa,
Dr. Praveen Sobti, Dr. Dinesh Garg, Dr. Anju Grewal,
Dr. Sandeep Kaushal, Dr. Rama Gupta,
Dr. Gautam Biswas and Dr. Anurag Chaudhary

What You Must Know About ...

Transplantation and Donation

Dr. Baldev Singh Aulakh

Prof. of Urology and Head of Transplant Unit

● **Why donate organs and tissues?**

Organ and tissue transplantation is of great benefit to the recipients, often saving lives (e.g. heart transplantation), restoring function (corneal transplantation) and usually considerably improving quality of life.

● **Who can become a donor?**

Most organ and tissue donation occurs immediately after death. Most patients who die can provide tissues such as heart valves, corneas, skin and bone. Organs such as the heart, lungs, liver, kidneys and pancreas are donated by relatives of patients who have died from severe brain injury and who are in Intensive Care units receiving artificial ventilation. Some donations (kidneys, bone, bone marrow) can occur from living donors.

● **Are cadaveric organ donors really dead?**

The legal definition of death includes the irreversible loss of all brain function, called "Brain Death" usually due to brain haemorrhage, trauma or severe oxygen lack. This can be assessed with great certainty and is very different from coma where some brain function may still be present and where recovery may still be possible.

● **How are the organs removed?**

Organs are obtained in the operating theatre with all the care of a normal surgical operation. Experienced surgeons perform the procedures with care and respect.

● **What happens to the body after the organs are removed?**

The surgeons complete the operation as they usually would, restoring the integrity of the body by closing all surgical wounds. The body is not disfigured and families are encouraged to see their relative again.

● **What organs and tissues can be donated?**

The most frequently donated organs include kidneys, heart, lungs, liver and pancreas, while tissues include cornea (eyes), bone, heart valves and skin.

● **How old can a donor be?**

There is no age limit for donating corneas (eyes) after death, but for organ donation the donor's age (usually less than 76 years) and medical history are considered.

● **Is transplantation carried out in DMC?**

Kidney and Corneal transplants are regularly carried out. Autologous Bone Marrow transplant has recently been started. Other organ transplantations are expected soon.

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