



BIMA

BULLETIN OF INDIAN MEDICAL ASSOCIATION

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MUMBAI BRANCH



Our forthcoming Programmes:

- 1st July 2024 : Blood Donation Camp
- 7th July 2024 : CME and Doctors' Day Celebration
- 12th July 2024 : Blood Donation Camp
- 14th July 2024 : Monsoon Marathon
- 28th July 2024 : Multi Speciality CME

Dr. Girish Lad
President

Dr. Pragji Vaja
Hon. Secretary

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World Environment Day - 5th June 2024



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Editorial



National Doctor's Day is a day celebrated to recognize the contributions of physicians to individual lives and communities. The date varies from nation to nation depending on the event of commemoration used to mark the day.

In India National Doctor's Day is observed on 1st July every year to celebrate and express gratitude towards the country's medical professionals. It is a day to honour their devotion, hard work and commitment to preserve the health and welfare of the country. The Doctor's Day is observed in the memory of Dr. Bidhan Chandra Roy who was most renowned and well respected physician. 1st July is his birth and death anniversary.

National Doctor's Day was first celebrated in India in 1991 following a recommendation by the Indian Medical Association. Dr. B. C. Roy was an Indian physician, educationist and statesman who served as Chief Minister of West Bengal from 1950 until his death in 1962. He played a key role in the founding of several institutions and the cities like Salt Lake (now a part of Bidhannagar Municipal Corporation), Kalyani and Durgapur. He was awarded the Bharat Ratna, India's highest civilian honour in 1961.

Dr. Bidhan Chandra Roy was born on 1st July 1882 to a Bengali Hindu Kayastha Brahmo family in Bankipore in Patna, where his father Prakash Chandra Roy was serving as an excise inspector. His mother was a religious and a devoted social worker.

Bidhan studied at Patna Collegiate School in 1897 and obtained his I.A. degree from Presidency College, Calcutta. He completed his undergraduate studies at Patna college, where he obtained a B.A. degree with honours in mathematics. He applied to undertake post graduate studies at the Indian Institute of Engineering Science and Technology and at the Calcutta Medical College. His application was accepted by both institutions and he chose to attend the medical college. For further studies in medicine, he left for Britain in February 1909. In May 1911 he became a Member of the Royal College of Physicians and Fellow of Royal College of Surgeons simultaneously.

After his return to India, he joined Provincial Health Service. He taught at the Calcutta Medical College and the Carmichael Medical College. He was instrumental in establishing several hospitals. He served as the first President of Cardiological Society of India from 1948 to 1950.

He was also Mahatma Gandhi's personal doctor and friend. He joined freedom movement with the Congress party. He became the first Chief Minister of Bengal on 26th January 1950. He died on 1st July 1962. The Dr. B. C. Roy National Award was instituted in 1962 in his memory and has been awarded annually since 1976. The award recognized excellent contributions in the areas of medicine, politics, science, philosophy, literature and arts.

Significance of National Doctor's Day

1) National Doctor's Day in India is an opportunity to recognize the significant contributions of medical professionals towards society. This year IMA Mumbai Branch will honour the following outstanding doctors on Doctor's Day function.

1. Dr. Keki Turel
2. Dr. Suhas Prabhu
3. Dr. Arjun Ahuja
4. Dr. Kiran Desai- Dr. H. M. Shah Life Time Achievement Award

2) The day is also an opportunity to raise awareness about the challenges faced by the healthcare sector and to encourage individuals to pursue careers in healthcare.

3) It helps to improve doctor patient relationship and decrease cases of violence against doctors and other healthcare workers. The Covid-19 pandemic has highlighted the importance of medical professionals in fighting the pandemic and keeping communities safe. It fosters collaboration between healthcare providers, policy makers and the public to address healthcare challenges and improve patient outcomes.

4) One of the best way to show appreciation for medical professionals is by taking care of your own health. By leading a healthy lifestyle, you can reduce the workload of the doctors and they will be free to help those who need their services.

Happy Doctor's Day

LONG LIVE IMA!

DR. RAJENDRA H. TRIVEDI

Editor
IMA Mumbai Branch

MONSOON MARATHON 2024

Date : Sunday, 14th July 2024

Time : 7.00 am

Venue : Mahalaxmi Race Course ground Distance : Approx, 2kms.

Monsoon Marathon will be flagged off at walking track of Mahalaxmi Race Course ground.

Retrieve your jogging and walking gears. Participate and prove your physical fitness.
Please register with IMA office - 7506735383

DR. GIRISH LAD
President

DR. PRAGJI VAJA
Hon. Secretary

IMA Mumbai Branch

From The President's Desk



My dear Brothers and Sisters.

My humble regards to you all.

In the month of June we successfully organized Maha Gericon 2024 with overwhelming response from you all. The theme of the conference was "Graceful Ageing my Right". Due to advanced techniques of investigations and paraphernalia of medications, longevity has increased. But the question is - live long or live strong. Obviously the answer is one should live with perfect Holistic Health. To accomplish this we need to understand the physical, mental, spiritual and financial aspects of life. Not only that your hard earned assets should not go waste after your sad demise, so the legal aspect of will crops up as an important duty of a living old person. The new aspect of will to decide regarding the individuals wish about he/she receiving the treatment or DNR in terminal illness has been executed in Kerala. These aspects of will called the living will was covered in our Gericon by a senior advocate during his speech. So we tried to cover financial and legal planning by an individual during the Maha Gericon session.

In the month of July we celebrate Doctor's Day. A tribute to Dr. B.C. Roy (Dr. Bidhan Chandra Roy) who was a renowned physician and the second Chief Minister Of West Bengal. He was born on 1st July and coincidentally died on 1st July, hence this day is observed as National Doctor's Day.

The theme for the same in the year 2024 is. "Wings and Stethoscope: Healers of Hope. This theme celebrates Doctor's dual roles as life savers and hope givers. It indicates the compassionate and tireless efforts of medical professionals who heal physical bruises and uplift spirits of the patient and relatives as well.

Our philosophical learned forefathers of ancient age have given quotes which are worth understanding and practicing.

To name a few -

- ◆ Medicine cures disease, but only doctors can cure patients. - Carl Jung
- ◆ Healing is a matter of time, but it is sometimes also a matter of opportunity. - Hippocrates
- ◆ The good physician treats the disease, the great physician treats the patient who has the disease. - William Osler.
- ◆ Only a life lived for others is a life worthwhile. - Albert Einstein

On the occasion of this Doctor's Day, I wish Happy Doctor's Day to all of you the Healers of the society who have touched the lives of many with kindness and expertise; with unwavering commitment to wellbeing of patients.

Kudos to you all
Jai IMA

DR. GIRISH LAD
President
IMA Mumbai Branch

WHY BECOME A MEMBER OF INDIAN MEDICAL ASSOCIATION (IMA)?

Dear colleagues,

Indian Medical Association (IMA) is the largest and the fastest growing non-government organization (NGO) of over two and half lakhs health care providers. It spans across the country and has over 1800 branches. It attracts a variety of physicians from MBBS doctors, specialists and super specialists from urban, sub-urban and rural India and a wide age span. The primary mission of IMA is to unite the medical fraternity under one banner and ultimately advance the medical science for the betterment of the masses. Simultaneously, it seeks to safeguard the interest of the medical fraternity in this ever changing milieu of medical profession.

In the light of this ever changing field, Medical Council of India (MCI) has recently recognized the importance of continuous medical education (CME). It has now become mandatory that the medical fraternity comply with the CME credit hours regulation to renew their medical registration. IMA is accredited by the MCI to grant credit hour points to doctors and has taken the onus of advancing this complex field by hosting regular conferences, CME's which are very well received.

ACHIEVEMENTS OF IMA

1. There is an increasing threat to the safety of doctors especially the young ones. Because of constant representation of these concerns by IMA to the state government of Maharashtra, there is now a law in place to protect the doctors and its establishments.
2. Similar efforts are being undertaken by the IMA at the central government also.
3. IMA is successful in motivating the Standing Committee in Delhi to summarily reject the NCHRH Bill (National Council for Human Resource in Health).
4. The draconian CEA (Clinical Establishment Act) was strongly opposed by IMA. IMA was successful in drafting a Maharashtra specific CEA which is both doctor and patient friendly.
5. There are stringent rules set forth for renewing licenses for nursing homes, firefighting provision rule, FDA regulations and PCPNDT Act etc. IMA is engaged with the concerned agencies in streamlining the process and create a hassle free environment for medical profession.

BENEFITS AVAILABLE TO IMA MEMBERS

- 1) IMA is accredited by the MCI to grant credit hour points to doctors.
- 2) Medico-legal cell help round the clock for the members.
- 3) Profession Protection Scheme (PPS) (Indemnity – 10 Lakhs) at nominal fees.
- 4) Airing your views and grievances through BIMA (Bulletin of IMA)

Social Security Schemes popular as "Make your Nominee a Millionaire", gives benefits to the next of kin of the deceased life member.

Guest room facilities available in IMA branches all over India at highly concessional rates (List Available at IMA office).

50% discount on rent of IMA Hall (renovated) and Lawns.

Discounts on purchases of new car and on car insurance renewals.

Membership is transferable all over India.

The MCI recommends that every graduate be a part of a recognized medical association and IMA fulfils this mission perfectly. IMA is a perfect platform for all the practitioners, particularly for young practitioners who are still learning the nuances of medicine and work of this profession. The best part is that the IMA membership is transferable to any part of India. We welcome you all to share your interest with us.

Single Life Membership Fees - Rs. 14,865/- + Rs. 2,676/- (18% GST) = Rs. 17,541/-

Couple Life Membership Fees - Rs. 22,289/- + Rs. 4,012/- (18% GST) = Rs. 26,301/-

"Cheque to be drawn in favour of "Indian Medical Association Mumbai Branch"

DR. Girish Lad
President
(M) 98201 16391

DR. Pragji Vaja
Hon. Secretary
(M) 98204 82375

Secretary Communicates



Dear Friends,

IMA Mumbai Branch had following activities during the month of June 2024.

5th June 2024: "World Environment Day" was celebrated by planting sapling of Banyan Tree in our IMA House campus to propagate "GO GREEN" initiative, by the hands of President Dr. Girish Lad, Hon. Secretary Dr. Pragji Vaja, other office bearers and members .

16th June 2024: "MAHA GERICON" Conference 2024. IMA Maharashtra State Geriatric Conference GERICON 2024 was held at IMA Mumbai Branch on 16th June 2024.

Eminent Speakers, interesting topics gourmet delight and full house attendance made this conference a great success. More than 250 delegates attended this conference. Sr. Vice President Dr. Surendra Shignapurkar, Organising Chairman Dr. Sujatunnisa Attar welcome the delegates and Hon Secretary Dr. Pragji Vaja conducted the Inauguration Ceremony. IMA National Vice President Dr. Shivkumar Utture, Chief Guest and President Elect IMAMS Dr. Santosh Kadam, Guest of Honour, addressed the delegates and informed them about the importance of Geriatric Medicine taking in consideration rapidly rising Geriatric population in India. The occasion was graced by Treasurer IMA MS Dr. Vikram Desai, many Past IMAMS Presidents and dignitaries from all over the Maharashtra.

23rd June 2024: "Monsoon Related Diseases" CME was organized at IMA House, Haji Ali. Dr. Girish Rajadhyaksha spoke on Acute diarrhoea and the Choice of ORS, Dr. Dharav Kheradia spoke on Advance Treatment in Stroke Intervention, Dr. Jayanthi Shastri spoke on Standard Diagnostics and Dr. Daksha Shah spoke on Public Health Action for Control of Malaria, Dengue and Leptospirosis

27th June 2024: "Diabetes" Webinar was organized by IMA Mumbai Branch. Dr. Virendra Patil spoke on Prevalence of depression in diabetics & bidirectional relationship between diabetes and depression, Dr. Natasha Tipnis Shah spoke on Impact of diabetes-depression comorbidity in clinical practice and mechanisms underlying the relationship between depression and diabetes and Dr. Alkesh Patil spoke on screening tools to assess & manage depression in diabetic patients.

30th June 2024: "International Yoga Day" was celebrated by IMA Mumbai Branch on Sunday, 30th June 2024, at IMA Hall from 9.00 to 11.00 pm. Hon. Secretary Dr. Pragji Vaja welcomed all . Vice President Dr. Arvind Patel delivered Presidential speech . Chief Guest President Hindu Gymkhana , Mr. Leroy D'sa and Special Invitee HOD Dept. of Yoga and Psychology - Bombay University Prof. Dr. Priya M. Vaidya gave inspirational talk on the importance of the yoga in respect of positive health and were felicitated by Vice President Dr. Arvind Patel. Chairman IMA Mumbai Branch Yoga Sub Committee Dr. Kishore Gandecha gave the talk on yoga. He demonstrated the correct way of performing different Asanas and got it done from participants . It was a very live and encouraging yoga session. A good number of members attended the session. Dr Sarita Devi, Dr Kajal Ahuja and Dr Dakshini Kashyap actively participated in organising this program.

Our forthcoming programme:

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- 28th July 2024 : Multi Speciality CME

LONG LIVE IMA!

DR. PRAGJI VAJA
Hon. Secretary
IMA Mumbai Branch



**INDIAN MEDICAL ASSOCIATION MUMBAI BRANCH
DOCTORS' DAY CELEBRATION
FELICITATION OF DISTINGUISHED DOCTORS**

DATE : Sunday, 7th July 2024

TIME : 9.00 am onwards

VENUE : IMA House, IMA Chowk, 16 K. Khadye Marg, Haji Ali, Mumbai - 400034

TIME	TOPIC	SPEAKER
9.00 am	Registration and Breakfast	
9.50 am	Welcome Address	DR. SARITA DEVI Asst. Director IMA CGP Mumbai Sub Faculty
9.55 am	Presidential Address	DR. GIRISH LAD President
10.00 am	Kidney Function and Dialysis options	DR. SUDHIRANJAN DASH
10.30 am	Recent Advancements in Cardiac Surgery.	DR. VIDYADHAR LAD
11.00 am onwards	Doctors' Day programme - Felicitation of Distinguished doctors	
	Welcome Address	DR. PRAGJI VAJA Hon. Secretary,
	Lighting of the Lamp	by Dignitaries
	Welcome by President	DR. GIRISH LAD
	Welcome by Chairperson Doctors' Day Celebration	DR. HOZIE KAPADIA
	Introduction and Felicitation of	DR. KEKI TUREL
	Introduction and Felicitation of	DR. SUHAS PRABHU
	Introduction and Felicitation of	DR. ARJUN AHUJA
	Introduction and Felicitation of Recipient of Dr. H. M. Shah Life Time Achievement Award	DR. KIRAN DESAI
01.00 pm	Vote of Thanks	DR. KAJAL AHUJA Hon. Jt. Secretary
01.05 pm	Lunch	

- 1 MMC Credit Point Granted ● Registration free but compulsory

DR. GIRISH LAD
President

DR. HOZIE KAPADIA
Chairperson
Doctors' Day Celebrations Committee

DR. PRAGJI VAJA
Hon. Secretary

IMA Mumbai Branch

Monsoon Related Diseases CME - 23rd June 2024



MAHA GERICON Conference 2024 - 16th June 2024



LIGHTING OF LAMP



SPEAKER DR. PARIN SANGOI



**SPECIAL INVITEE DR. SANTOSH KADAM
IMA MS PRESIDENT ELECT**



SPEAKER DR. DEAN CREADO



**CHIEF GUEST DR. SHIVKUMAR UTTURE
IMA NATIONAL VICE PRESIDENT**



SPEAKER DR. JYOTI BAJPAI



SPEAKER DR. NEHA DHOLAKIA



SPEAKER DR. SHEETAL GOYAL



SPEAKER DR. VIKAS AGARWAL



SPEAKER DR. ANOOP DHAMANGAONKAR

MAHA GERICON Conference 2024 - 16th June 2024



SPEAKER DR. PRASHANT CHOUDHARI



SPEAKER DR. GIRISH RAJADHYAKSHA



SPEAKER MS. CHANDAN MANROA



SPEAKER DR. UPENDRA BHALERAO



SPEAKER MR. DEBASHISH MOHANTY



SPEAKER DR. MANGESH KOHALE



SPEAKER DR. RUSHI DESHPANDE



SPEAKER DR. RUSY BHALLA



SPEAKER ADV. SHIVPRASAD PAGE



GROUP PHOTO

Diabetes Webinar - 27th June 2024

Case 1

Patient: A 54-year-old man
Complaints: Decreased energy and motivation for more than 1 month
Diagnosed with T2DM 15 years ago

The patient started oral metformin for weight loss (3 mg weekly for the first 4 weeks, then increased to 7 mg weekly).

Symptoms after about 1 month of starting metformin:

- Fatigue that was not relieved by rest and sleep.
- Decreased interest and motivation
- Difficulty concentrating and making decisions
- Increased need for sleep

Can a diagnosis of depression be established? How would you treat the patient?

Dr. VIRENDRA PATIL

**SPEAKER
DR. VIRENDRA PATIL**

**SPEAKER
DR. NATASHA TIPNIS SHAH**

Depression outcomes

Patients with diabetes + depression

↓

Course of depression

Longer duration | More recurrences | Greater severity | Chances of relapse + MGL

↓

Poor metabolic control can exacerbate depression or diminish response to antidepressant medication

↓

Patients with depression notice the symptoms of diabetes more and perceive a greater burden of illness.

Dr. NATASHA TIPNIS SHAH

Clinical efficacy of SSRIs

Author, year	Study design	Intervention	Significant Depression Outcomes	Significant Health/Efficacy Outcomes
Levenson et al., 2005	Randomized clinical trial	Group 1: Fluoxetine 20-40mg 8 weeks Group 2: Placebo	Significant reductions in HbA1c (p < 0.001) and HbA1c (p < 0.001) were in fluoxetine (vs placebo)	HbA1c (p < 0.001) and HbA1c (p < 0.001) were in Fluoxetine (vs placebo) (p < 0.001)

Mean scores on depression measures before and after treatment with Fluoxetine or placebo

Measurement point in relation to treatment

■ Fluoxetine
□ Placebo

Dr. ALKESH PATIL

**SPEAKER
DR. ALKESH PATIL**



IMA MUMBAI BRANCH, IMA CGP MUMBAI SUB FACULTY ANNOUNCES CME ON “MULTI SPECIALITY”

DATE : Sunday, 28th July 2024

TIME : 9.30 am Onwards

VENUE : IMA House, IMA Chowk, 16 K. Khadye Marg, Haji Ali, Mumbai - 400034.

TOPIC	SPEAKER
Registration & Breakfast	
Welcome Address	DR. SARITA DEVI Asst. Director IMA CGP Mumbai Sub Faculty
Presidential Address	DR. GIRISH LAD President
A Revolution in BPH Treatment	DR. SANJAY PANDEY
Management of Sore throat	DR. PUSHKAR SHIKARKHANE
Growth Story of India and investment Opportunities in it	MR. VINIT HARIYA
Iron deficiency treatment	DR. BALKRISHNA PADATE
Economics of cancer treatment	DR. SALIL PATKAR
Breast cancer treatment beyond chemotherapy	DR. VIRAJ NEVREKAR
T2D& Its Complications Lets take a CaReMe approach to tackle	DR. P. G. TALWALKAR
To be announced	TO BE ANNOUNCED
Vote of Thanks	DR. SUNIL JAIN Asst. Secretary IMA CGP Mumbai Sub Faculty
Lunch	

- 2 MMC Credit Points Applied
- Registration free but compulsory

DR. GIRISH LAD
President

DR. PRAGJI VAJA
Hon. Secretary

IMA Mumbai Branch

10 Pearls of TB management

Practical tips which are relevant today and should be applicable from tomorrow itself to help you manage TB in the right way

Out of total number of TB cases, estimated percentages of new cases and previously treated cases with multidrug-resistant (MDR) or rifampicin-resistant (RR) TB in 2017 were 2.8% and 12% respectively. As per the National Drug Resistance Survey (NDRS) released in 2018, only 44% of the estimated MDR-TB cases were diagnosed and almost 65% of the cases remained untreated.

Pearl #1

Today, it is not enough to say "it is TB!"

You have to use appropriate prefix

The right terminology

- Drug-sensitive (DS) TB: Isoniazid and Rifampicin sensitive
- Mono-resistant TB: Isoniazid resistant but Rifampicin sensitive
- Multidrug resistant (MDR) TB: Isoniazid resistant and Rifampicin resistant
- Pre-Extensive drug resistant (Pre-XDR) TB: MDR TB and Fluoroquinolones resistant
- Extensive drug resistant (XDR) TB: Pre-XDR TB and Bedaquiline (BDQ) /Linezolid (LNZ) resistant Regime-Defining drugs
- Isoniazid (H)
- Rifampicin (R)
- Fluoroquinolones (FQ) (Levofloxacin/Moxifloxacin)
- Linezolid (LNZ)
- Bedaquiline (BDQ)

Pearl # 2

Positive Mantoux or IGRA (TB GOLD) test or high ESR does not confirm TB

Do not waste time or money!

Once a clinical suspicion of TB has been made do not proceed with the above investigations

MT and IGRA just indicate an exposure to TB and not disease

Spend energy and resources to find the bug! (48 to 72 hours!)

Very rarely MT may be of corroborative evidence like pediatric TB, where no other way to get microbiological evidence

Pearl # 3

Pick radiological clues of TB

Start reading CXRs on your own like ECGs

So many GPs can now read ECGs so well but still miss findings on Chest Xray

TB clues on Chest Xray

- Cavity – solitary or multiple
- Multilobar infiltrates
- Bilateral infiltrates
- Pleural effusion – especially unilateral
- Infiltrates with effusion
- Mediastinal widening/ hilar prominence



Computer software to digitally interpret CXR and assign a score indicating the likelihood of TB
90 – 100% sensitivity, 23-45% specificity same Like automated ECGs which picks up abnormalities.
The most commonly studied software is CAD4TB, currently on version 6. When compared with NAAT, CAD4TB has been shown to have 90–100% sensitivity, and 23–45% specificity at detecting TB disease

Pearl # 4

Microbiological diagnosis of TB is the norm today
Know your tests!

To the know which drugs work, you first need to isolated the organism
Microbiological diagnosis

- Phenotypic testing – find viable bacilli and grow them
 - Solid culture
 - Liquid culture - preferred
- Genotypic testing – find and multiply the DNA
 - Xpert-Mtb/Rif (Genexpert)
 - Line Probe Assay (LPA)
 - Xpert-Mtb/XDR
 - Whole Genome Sequencing (WGS)

WGS provides a comprehensive review of the entire Mtb genotype with a 96% concordance for culture-based sensitivity testing. It provides genotypic sensitivity to most drugs required for treatment of MDR-TB

There is shift in approach to diagnosis of TB from conventional microscopy to molecular techniques, thus increasing sensitivity from 65% to 85%

WHO recommends use of Truenat MTB or MTB Plus on sputum specimens as the initial diagnostic test for TB rather than smear microscopy or culture in adults and children

Pearl #5

Ask for the right microbiological tests in the right sequence and read them correctly

Step 1 - AFB smear AND Genexpert AND TB culture

Step 2 - LPA if AFB smear positive

Step 3 - Actively trace TB culture

Step 4 - Once TB culture positive check DST (Drug Sensitivity Test) (and LPA if needed)

Remember the end goal is the right prefix so use the tests in a way which give you the quickest results

PART A TB MGIT DSTs				
1	MANDATORY	TB MGIT STRAIN REVIVAL	MANDATORY	670 1 WEEKS
2	FIRST LINE	TB MGIT DST (SIRE)	Streptomycin, Isoniazid, Rifampicin, Ethambutol	3700 3 WEEKS
3	FIRST LINE	TB MGIT DST PZA	Pyrazinamide	2810 3 WEEKS
4	SECOND LINE	TB MGIT DST (KEPO)	Kanamycin, Ethionamide, PAS, Levofloxacin	2530 3 WEEKS
5	SECOND LINE	TB MGIT DST (MACC)	Moxifloxacin (0.5), Amikacin, Capreomycin, Clofazimine	2350 3 WEEKS
6	MDR TB Suspects	TB MGIT DST PACKAGE	SIRE, KEPO, MACC, PZA	11390 3 WEEKS
7	MDR TB Suspects	TB MGIT DST LINEZOLID	Linezolid	950 3 WEEKS
8	MDR TB Suspects	TB MGIT DST MOXIFLOXACIN	MOX2, High concentration 2 ug	950 3 WEEKS
9	MDR TB Suspects	TB MGIT 14 DRUG PACKAGE	IRE, KEPO, MACC, PZA, LZ, MOX2	10950 3 WEEKS
PART B MOLECULAR TESTS FOR TB DST				
1	TB Molecular	TB LPA MOLECULAR MDR PLUS-HAIN	Isoniazid, Rifampicin	1800 3 Working days
2	TB Molecular	TB LPA MOLECULAR SECOND LINE	Fluoroquinolone, Aminoglycoside	1800 3 Working days
3	TB Molecular	GENE XPRT MTB RIF ULTRA	Rifampicin	2600 Next Working Day
4	TB Molecular	TB PYROSEQUENCING XDR	Isoniazid, Rifampicin, Fluoroquinolone, Aminoglycoside, (kanamycin, amikacin & capreomycin)	6000 Test performed on Wednesday & Friday.
5	TB Molecular	XPRT MTB XDR	Isoniazid, Fluoroquinolone, Aminoglycoside & Ethionamide	3680 Next Working Day

Pearl # 6

Specimen and their microbiological yield

- Respiratory (sputum/BAL) - >95%
- Lymph nodes / Tissues - >90%
- Pus - > 85%
- Pleural/Ascitic fluid - < 40%

Sputum induction remains a grossly underutilized strategy

Issue with the Tissue!

- A part of the tissue specimen HAS to be collected in a container with normal saline/distilled water for microbiological testing (Genexpert AND TB culture)
- Lymph nodes – Insist on Trucut biopsy (NOT FNAC)

Pearl # 7

Drug resistance is created by patient or doctor
Keep intact your end of the deal!

Don't let the Drug sensitive TB become Drug resistant TB

The RRR strategy

Right drugs – H R E Z

Right doses – 5 10 20 25

Recheck!!!

Try avoiding FDCs (Fixed Drug Combinations) and use individual weight adjusted drugs

Recheck – it does not matter what you write, it is what the patient takes

Pearl # 8

Don't try to fit a square peg in a round hole
Wait and watch is not always the right thing

Possibilities

- DR TB to begin with
- Slow/incomplete response due to subtherapeutic drug levels
- Paradoxical response

Pearl # 9

Never add a single 2nd line drug to a failing regime

(especially a Fluoroquinolone)

Pearl # 10

Financial constraint is no more a deterrent to get the right diagnosis

Role of PPSA

(Patient Provider Support Agency)

- Free Genexpert, LPA, TB Culture
- Free diagnostic imaging/procedures*
- Free drugs
- Notification of TB made easy!
- Incentive to Physician and patient

MrShashankBandkar (D ward) - 8286020203

“Yes! We can end TB”

Dr. Mehul Shah (Chest Physician)

Edited by Dr. Sunil Jain

Report of Family Welfare and Vasectomy Centre Sub Committee for the month of June 2024.

It gives me great pleasure to submit the report of our above Centre for the period 01/06/2024 to 30/06/2024.

With the help of all dedicated IMA staff, the Centre is running smoothly and to our satisfaction.

We have performed 30 (Thirty only) vasectomies in the month of June 2024. Total no. of cases done by us till end of June 2024 are 935.

Regular updates are given to our philanthropic sponsor, President, Secretary and Managing committee of our IMA, Mumbai branch. I, as a Chairman and my sub-committee members thank all for their co-operation.

Dr. Aspi Raimalwala

Chairman

Family Welfare and Vasectomy Centre

AVAILABLE CLINIC SPACE AT DOCTOR HOUSE

Available for lease / sale a clinic space in Doctor House, Opposite Jaslok Hospital, Peddar Road (one of South Mumbai's most prestigious buildings for the medical fraternity). The 325 square feet self-contained clinic with one parking is ideally suited for doctors, dentists, physiotherapists, wellness centers, nutritionists and similar professionals.

Contact : Sneha Pathak at Elite SP Realtors on 9821147987



Elite SP Realtors

BIMA TARIFF FOR ADVERTISEMENT IN BIMA THE BULLETIN OF INDIAN MEDICAL ASSOCIATION, MUMBAI BRANCH

BIMA, the mouth piece of IMA Mumbai branch reaches 5000 members per month, which includes leading Family Physicians, Consultants, Super Specialists and Hospitals of Mumbai and pan India.

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International Yoga Day - 30th June 2024





Marching towards an AIDS-free city....

1 HIV PREVENTION

- Advocacy And Awareness Among Youth And General Population
- Targeted Intervention High Risk Groups & Migrants

HIV DIAGNOSTIC SERVICES

Through 234 Counseling and Testing Centers for

- Pregnant Women
- High Risk Groups
- General Population

2

6

U=U

- Undetectable = Untransmittable

3

HIV TREATMENT SERVICES

Free lifelong treatment to registered patients through 20 ART centres in mumbai

- Treat all
- Free drugs and viral load testing
- Counseling and follow - up

5

DIGITAL TECHNOLOGY

- Jindagi App
- Treatment Literacy Films
- Samvaad App-
- Enhanced Adherence Counseling

4

INNOVATION

- MITWAA platform for A / CLHIV
- Virtual Intervention For Hiv Screening
- Evening Clinic
- Tele SACEP
- E - Counsultation

by 2030

95:95:95

95%

of people living with HIV know their HIV status

95%

of people diagnosed with HIV receive Antiretroviral Therapy

95%

of people receiving Antiretroviral Therapy achieve Viral Suppression

Scan QR CODE For HIV Case Notification



For any other information/ collaboration, reach us at - cstmdacs@gmail.com

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: 022 2410 0246/47 , 022 2410 0088 / 89



National AIDS Control Organization
Ministry of Health and Family Welfare, Government of India



Mumbai District
AIDS Control Society