



BIMA

BULLETIN OF INDIAN MEDICAL ASSOCIATION

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MUMBAI BRANCH



Forthcoming Events :

24th November 2024 :- 54th Annual Conference 2024 of IMA Mumbai Branch

8th December 2024 :- Multi Speciality CME

Dr. Girish Lad
President

Dr. Pragji Vaja
Hon. Secretary

Dr. Rajendra H. Trivedi
Editor - BIMA

Dr. Vijay Karanjkar
Secretary-BIMA

I.M.A. House, I.M.A. Chowk, 16, K. Khadye Marg, Haji Ali, Mumbai - 400 034. • Mob.: 75067 35383 / 89283 48578
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EDITOR:

DR. RAJENDRA H. TRIVEDI

@ 35980813
(M) 9833783382
drrhtrivedi@gmail.com

HON. SECRETARY – BIMA

DR. VIJAY KARANJKAR

(M) 8779659382
karanjkarv@gmail.com

ADVISOR:

DR. HOZIE KAPADIA

(M) 9833793005
hozie.kapadia@gmail.com

DR. VIJAY C. PANJABI

(M) 9821061205
vijaypanjabi@yahoo.com

DR. AJOY KUMAR SAHA

(M) 9820151272
drajoysaha@rediffmail.com

MEMBER:-

DR. ARVIND PATEL

(M) 9869209449
drravindpatel108@gmail.com

BUSINESS MANAGERS:-

DR. ANIL PACHNEKAR

(M) 9869001873
dranilpachnekar@rediffmail.com

DR. SHIVKUMAR UTTURE

(M) 9820089321
utture@yahoo.com

CIRCULATION MANAGER:-

DR. S. G. SHANBHAG

(M) 9619020962
drrsgshanbhag@yahoo.co.in

PRESIDENT

DR. GIRISH LAD

(M) 9820116390
(M) 9820116391
girishglad@gmail.com

HON. SECRETARY

DR. PRAGJI VAJA

(M) 9820482375
vajapragjis@yahoo.in

HON. TREASURER

DR. KASHYAP DAKSHINI

(M) 9930266077
kashyap.dakshini@gmail.com

Editorial



Every year on November 7, India observes National Cancer Awareness Day to raise awareness about cancer prevention, early detection and treatment. The Indian Union Health Ministry first introduced this in 2014. This day highlights the urgent need to address cancer as a public health concern. Cancer awareness is crucial, as it encourages people to learn about early symptoms, screening methods and the role of lifestyle choices play in prevention. According to WHO, timely diagnosis and treatment can prevent, detect and effectively manage one third of cancer cases globally.

Cancer is one of the leading causes of death worldwide, with around 10 million deaths each year. In India alone nearly 2.5 million people are living with cancer and about 14,61,427 (crude rate-100.4 per 1,00,000) cases reported in 2022. In India one in nine people are likely to develop cancer in his/her lifetime. Lung and breast cancers are the leading sites of cancer in males and females respectively.

National Cancer Awareness Day is celebrated to mark the anniversary of the renowned Nobel Prize Laureate, Madame Marie Curie. She was born in 1867 and she is celebrated for several of her ground breaking discoveries, which have contributed immensely to the ongoing battle against cancer. Her excellent research has helped in the developments in the field of nuclear energy and the use of radio therapy for cancer patients. It is a day of recognition for her significant role in advancing the field of oncology and improving the lives of countless individuals affected by this condition.

Types of Cancer -

Cancer occurs when cells in the body grow uncontrollably and spread to other parts of the body. The abnormal cells form tumors that disrupt normal body functions. There are five main categories of cancer.

- 1) **Carcinomas** - The most common type which affects organs and glands such as breast cancer and prostate cancer.
- 2) **Sarcomas** - These begin in connective tissues like muscles, bones and cartilage.
- 3) **Leukemias** - Cancer of the blood which affects blood forming tissues such as the bone marrow.
- 4) **Lymphomas** - Starts in the lymphatic system, impacting the immune system.

5) **Melanomas** - Cancer of the skin's pigment cells.

Signs and Symptoms -

Each type has specific symptoms and risk factors, but general signs of cancer include unexplained weight loss, fatigue, persistent pain, unusual lumps, unusual bleeding and changes in skin or moles.

Breast Cancer - It manifests as a lump in the breast or armpit, changes in the breast shape and unusual discharge.

Lung Cancer - Chronic cough, chest pain, shortness of breath and frequent infections.

Cervical Cancer - Unusual bleeding between periods, pain during intercourse and pelvic pain.

Prostate Cancer - Early detection is crucial for successful treatment.

Stomach Cancer - Risk factors include diet smoking and infection with Helicobacter pylori bacteria.

Prevention of cancer - While it is impossible to prevent all cancers, proactive choices can mitigate many types.

Quit Tobacco - Avoiding all forms of tobacco significantly decreases the risk of cancer particularly lung, mouth and throat cancers.

Healthy Diet - Eating a balanced diet rich in fruits, vegetables, whole grains and lean proteins can help lower cancer risk. Limiting red and processed meats, sugary drinks and highly processed food is also beneficial.

Regular Exercise - Aim for at least 150 minutes of moderate exercise each week to maintain a healthy weight and hormone balance both of which can influence cancer risk.

Vaccination - Vaccines like HPV and Hepatitis B can prevent certain infections linked to cancer.

Limit Alcohol Consumption - Reducing alcohol intake lowers the risk of liver, breast and colon cancers.

Protection of Skin - Using sunscreen and protective clothing can prevent skin cancer.

Routine Health Checkups - Regular screenings can catch cancer early,

improving treatment outcomes and survival rates. NGOs and social organisations can organize health checkup camps and cancer detection camps to pick up early cases of cancer and spread awareness regarding harmful effects of tobacco smoking, alcohol and unhealthy lifestyle.

Maintaining Healthy Body Weight can Reduce Cancer Risk

More than 50% of cancer cases are in advanced stages when detected which can greatly affect chances of survival. However early detection can help in full recovery. Spotting the cancer or pre-cancerous changes early with the help of various screening methods will allow time for efforts that can help slow down or prevent cancer development.

DR. RAJENDRA H. TRIVEDI
Editor
IMA Mumbai Branch

From The President's Desk

My dear Brothers & Sisters

My divine love for all!

At the outset, I whole heartedly wish you all a **Shubh Deepawali**. Deepawali is the festival of Lights to illuminate not only the atmosphere but also to enlighten the souls to brighten our life, externally as well as internally.

Vasubaras, also known as Govatsa Dwadashi, marks the beginning of Diwali festival. We worship and feed cows and calves as a mark of reciprocation to the cows for their help in sustaining human life, as Go-mata.

Next day is celebrated as Dhanatrayodashi which has two aspects of significance. One aspect is to worship Lord Kubera, the Lord of wealth, to gain wealth and prosperity. Another aspect of Dhanatrayodashi is to celebrate birth anniversary of Lord Dhanwantari, the Lord for granting good health and immortality to all of us. Lord Dhanwantari emerged at the end of Samudra Manthan along with Amrut Kumbh (pot of nectar) on this day. Therefore we worship him for getting good health.

Next day Narak Chaturdashi is celebrated because Lord Krishna killed Narakasura, the Demon, on this day. Also this day signifies the worship of the fierce form of Goddess, the Maa Kali (Shakti), the destroyer of all negative and evil elements to protect mankind from evil influences.

Goddess Lakshmi, who had disappeared from the divine world, reappeared from Samudra Manthan, and she along with Lord Ganesha is worshipped on the Day of amavasya to get full grace of Maata Laxmi and Lord Ganesha, resulting in gaining Wealth from Lakshmiji and grace from two sons of Lord Ganesha, Shubh and Labh.

Next day we celebrate Bali Pratipada, in remembrance of Bali sticking to the promise given to Vaman avatar of Lord Vishnu and going to Patal Lok. On this day Bali visits Bhoo Lok and showers health and wealth to the people who worship him.

Next day signifies the eternal love between brother and sister. Sister offers 'aarti' to her brother and prays to God for longevity, well-being and prosperity of her beloved brother. Brother reciprocates this love by offering gifts to his beloved sister.

Overall Diwali represents spiritual Victory of light over darkness, good over evil & knowledge over ignorance. India is a live example of Unity in diversity. The celebration of Diwali at Golden temple represents the release of sixth Guru Hargobind Singh from jail along with his 52 kings.

For Jains, Diwali holds special significance as it marks the Nirvana of Lord Mahavira, the 24th Tirthankar of Jainism. They light lamps and offer prayers to seek spiritual enlightenment.

In Southern India, Diwali celebrates the victory of Lord Krishna over Narakasura whereas in Northern India Diwali honors the triumphant return of Lord Rama with Sita Maiyya and brother Lakshman from a 14 years exile in the forest.

Summing up, let us all enjoy the festival of Lights and pray for a Bright, Healthy and Wealthy Year to come after Diwali.

Jai Hind

Jai IMA.



DR. GIRISH LAD
President
IMA Mumbai Branch

Secretary Communicates

Dear Friends,

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



13th October 2024 - "Multi Specialty CME" was organized by IMA Mumbai Branch, The eminent speakers were Dr. Jeyhan Dhabhar spoke on "Primary Physician – A Pillar of Support for the Medical Oncologist ", Dr. Tukaram Jamale spoke on "Top 10 Nephrology and Transplant Basic for Primary care physician", Dr. Mohit Kukreja spoke on "Evaluation of Shoulder Pain & It's Management ", Dr. Rohit Paispoke on "Oncology Quiz", Dr. Mubarkunnisa Tonse spoke on "Evolution of systemic therapy in the management of lung cancer over the years" , Dr. Ramakant Deshpande spoke on "Changing Face of Lung Cancer Treatment", Dr. Manish Garg spoke on " Innovations in cardiac surgery - Heart Valves."

15th October 2024 - Protest gathering at J.J., KEM, Nair & Sion Hospital on 15th October 2024. Many practicing senior doctors from IMA, Junior Doctors (JDN), Medical Students (MSN), gathered at J.J.Hospital, Nair Hospital, K.E.M. Hospital & LTMC Hospital Mumbai to show unity and solidarity in protest against the gruesome incident of rape and murder of a lady PG student on duty at R. G. Kar Medical College & Hospital in Kolkata in the early hours on 9th August 2024! The gathering was organized under the banner of IMA, JDN & MSN facilitated by Dr. Anil Pachnekar and Dr. Shivkumar Utture.

The gathering was vociferous in their cry for Justice for the victim. Present doctors expressed their anger, anguish, and views. Dr. Shivkumar Utture, Vice President IMA HQ, Dr. Anil Pachnekar, Past Vice President IMA HQ & Dr. Ajoy Saha, Chairman IMA JDN Maharashtra State addressed the gathering and elaborated on the stand and the line of action IMA, strongly stressing the need for Hospital & Medical Institutions to be declared as safe zone with all its protection and early implementation of Central Protection Act for Hospitals, Medicos & Para Medics. Senior members from IMA Mumbai Branch Dr. Shivkumar Utture Vice President IMA HQ, Dr. Anil Pachnekar -Past Vice President IMA HQ, Dr. Anil Avhad - Vice President IMA Maharashtra State, Dr. Girish Lad - President IMA Mumbai Branch, Dr. Pragji Vaja-Secretary IMA Mumbai Branch, Dr. Bandarkar Pankaj - Imm. Past President IMA Mumbai Branch, Dr. Ajoy Saha - Chair IMA Maharashtra JDN, Dr. Arvind Patel - Vice President IMA Mumbai Branch, visited KEM Hospital, Nair Hospital and Sion Hospital to support the IMA JDN and IMA MSN and MARD members who were agitating in support of our colleagues in R G KAR Medical College Bengal who are on hunger strike. We had a fruitful interaction with all our junior colleagues.

19th October 2024 - "Blood Donation Camp" was organized by IMA Mumbai Branch in Association with IIT Mumbai Sthaniya Lokadhikar Samiti with KEM Hospital on Saturday, 19th October 2024 at IIT Convocation Hall, Powai Mumbai, for the students of IIT, Powai President, Dr. Girish Lad, Hon. Secretary Dr. Pragji Vaja and Past President Dr. Jitesh Mehta had shown their gracious presence at the camp. Hon. Secretary Dr. Pragji Vaja had donated blood in the camp for 105th time to his record. Total 240 units of blood were collected.

21st October 2024 - "Aao Gaon Chalen" was organized by IMA Mumbai Branch camp at a tribal village Kambhare which is situated near village Sonale on 20th of October 2024. The team comprised of Dr. Kiran Desai, Dr. Hemant Haldavnekar, Dr. (Mrs) Neela Haldavnekar, Dr. Jotika Kaku, Dr. Sharad Devrukhkar and new member Dr. Pratiksha Baliga. A total of 100 patients were examined out of which 2 cases of IHD, Tinea 12 Patients, Scabies 3, Menorrhagia 2, Dysmenorrhoea 3, ear infections 2, Anaemia 5 and URTI 4 Rest of them had back ache and body ache.

13TH OCTOBER 2024 - MULTI SPECIALITY CME



FELICITATION TO DR. RAMAKANT DESHPANDE



PRESIDENT DR. GIRISH LAD



SPEAKER DR. JEYHAN DHABHAR



SPEAKER DR. MANISH GARG



SPEAKER DR. MOHIT KUKREJA



SPEAKER DR. MUBARKUNNISA TONSE



SPEAKER DR. ROHIT PAI



SPEAKER DR. TUKARAM JAMALE

15TH OCTOBER 2024 - PROTEST GATHERING AT J. J., KEM, NAIR & SION HOSPITAL



19TH OCTOBER 2024 - BLOOD DONATION CAMP
AT IIT CONVOCATION HALL, POWAI



21ST OCTOBER 2024 - AAO GAON CHALEN
AT A TRIBAL VILLAGE KAMBHARE NEAR VILLAGE SONALE



Forthcoming Events:

24th November 2024:-54th Annual Conference 2024 of IMA Mumbai Branch. Please register in large numbers and make this event a Grand Success.

8th December 2024:- Multi Speciality CME

DR. PRAGJI VAJA
Hon. Secretary
IMA Mumbai Branch

REPORT OF FAMILY WELFARE AND VASECTOMY CENTRE **SUB COMMITTEE** **FOR THE MONTH OF OCTOBER 2024**

It gives me great pleasure to submit the report of our above centre for the period 1/10/2024 to 31/10/2024.

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 October 2024.

Total no. of cases done by us till end of October 2024 are 1056.

DR. GIRISH LAD
President

DR. ASPI RAIMALWALA
Chairman
Family Welfare and Vasectomy Centre

DR. PRAGJI VAJA
Hon. Secretary

ANNOUNCEMENT

TATA Mumbai Marathon 2025.

The above Marathon will be organised on 19th January 2025.

IMA Mumbai Branch will take part as a group entry in Senior Citizens Run (4.2kms).

Those members who are willing to take part in the Marathon are requested to contact IMA Mumbai Branch office - 7506735383



54TH ANNUAL CONFERENCE 2024
OF IMA MUMBAI BRANCH

Theme – “Healthcare in 21st Century: Challenges and Opportunities”.
on Date - Sunday 24th November 2024
Timing – 8.00 am to 5.00 pm
Venue - The ITC, Grand Central, Parel, Mumbai.

SR.NO.	NAME OF THE SPEAKERS	TOPIC
<i>Registration and Breakfast</i>		
INAUGURATION		
1	DR. AVINASH PHADKE	Recent advances in laboratory investigations
2	DR. ANIL D'CRUZ	Thyroid - What Every Physician Must Know
3	DR. TUSHAR REGE	Diabetic Foot. Treatment on War footing.
4	DR. ABHISHEK MANGESHKAR	Robotic surgery for advanced endometriosis
5	DR. BHAVESH POPAT	Locoregional Therapies in Hepatocellular Carcinoma
6	DR. SACHIN TRIVEDI	Immune Therapy - Unmasking Cancer Cells
7	DR. TAPANKUMAR SAIKIA	Cancer Care in 21st Century: Evolving Incidence and Challenges Ahead
8	DR. RASHMI SARAF	Neuro Interventions in Cerebrospinal Haemorrhages
9	DR. ALOK SHARMA	The Role of Regenerative and Integrative Therapies in Anti Ageing & Neurological Disorders
L U N C H		
10	DR. AABHA NAGRAL	Fatty Liver
11	DR. ADITI DANI	Records and Curiosities in Obstetrics and Gynecology
12	DR. SHRINIVAS DESAI	Newer Clinical Applications of Ultrafast Cardiac CT
13	DR. SUMEET PAWAR	Advances in Spine Endoscopy
14	DR. SHYAM RATHI	Interesting cases in hematology
15	DR. NIKESH JAIN	Innovations in Cardiology
16	DR. JEENAM SHAH	RWE (real world evidence) - Combating AMR - Leveraging Susceptibility trends in RTI management
	Vote of Thanks	Dr. Kajal Ahuja Hon. Jt. Secretary

Registration Rs. 1,000/- per delegate

Register early to avoid disappointment. Tele no: 7506735383 / 8928348578 (m)

E-mail : ima_mumbai1@rediffmail.com / ima_mumbai@yahoo.com

CME Accreditation will be given as per MMC rules

Early Bird Gift, Late Bird Gift, Lucky Draw, Mega Lucky Draw

DR. GIRISH LAD
President

DR. PRAGJI VAJA
Hon. Secretary

DR. SUJATUNNISA ATTAR
Org. Chairman

DR. ANIL AVHAD / DR. JITESH MEHTA
Org. Co. Chairmen
IMA Mumbai Branch
54th Annual Conference

DR. PANKAJ BANDARKAR
Imm. Past President & Org. Secretary

54th Annual Conference 2024 - IMA Mumbai Branchon 24th November 2024

At

ITC Grand Central

287, Dr. Babasaheb Ambedkar Road, Parel, Mumbai 400012.

AREAWISE LIST OF DOCTORS FOR REGISTRATION

AREA	NAME	MOBILE NO.
Agripada	Dr. Kaizer Barot	9869746446
Andheri	Dr. Sudhir Patil	9820303533
Antop Hill	Dr. Kishor Chandorkar	9987266495
Bhulabhai Desai Rd.,	Dr. Akshay Sevak	9821121244
Byculla	Dr. Hozie Kapadia	9833793005
	Dr. Salim Sachani	9892631484
Cumbala Hill	Dr. Vijay Panjabi	9821061205
Dadar/ Prabhadevi	Dr. Ramesh C. Shah	9820097203
	Dr. Girish Lad	9820116390 / 9820116391
	Dr. Archana Wankhade	9987445158
	Dr. Hemant Haldavnekar	9869849030
Dharavi / Sion	Dr. Ajoy Kumar Saha	9820151272
Gamdevi Road / Kalbadevi	Dr. Jitesh Mehta	8879436443 / 9869006443
	Dr. Dinesh Prabhu	9821238757 / 07
	Dr. Kishor Gandecha	7021583842
Grant Road	Dr. Hemant Kansaria	9322232051
	Dr. Sharad Deorukhkar	9820222720
Ghatkopar	Dr. H. S. Shingan	9821287440
Girgaum	Dr. Yogesh Shah	9892160476
	Dr. Usha Shah	9322004145
Khetwadi	Dr. Jyotika Kaku	9969281689
Kurla	Dr. Anil Pachnekar	9869001873/8369224953
Lalbaug / Cotton Green	Dr. Anil Avhad	9867038430
	Dr. Pragji Vaja	9820482375
	Dr. Sunil Jain	9867466044
	Dr. Hareesh Mehta	9320258898
Lamington Rd,	Dr. Arjun Ahuja	9820118832
	Dr. Arvind Patel	9869209449
	Dr. Kajal Ahuja	9833110302
	Dr. Komal Jatania	9892112827

AREA	NAME	MOBILE NO.
Lower Parel	Dr. Prakash Borana	9892120638
	Dr. Dipak Desai	9867799023
Mahim	Dr. S. G. Shanbhag	9619020962
	Dr. Kiran M. Desai	9821221819
	Dr. S.M. Singnapurkar	9820033565/ 9221286250
Matunga	Dr. Rajendra H. Trivedi	9833783382
Mumbai Central	Dr. Sujatunnisa Attar	7506033993/9322995993
	Dr. Sachin Patharkar	9762226203
	Dr. Girish Rajadhyaksha	9821695349
Shivaji Park	Dr. Shivkumar Utture	9820089321
Sewri	Dr. Vijay Karanjkar	8779659382
	Dr. Jitesh Mehta	8879436443 / 9869006443
Sion	Dr. Jagdish Keny	9619585111
Tardeo	Dr. Pankaj Bandarkar	9820797320 / 7738297320
	Dr. Kavan P. Lakdawala	9820162238 / 9323850639
Worli	Dr. Sarita Devi	9820257727 / 9372754982
	Dr. Dakshini Kashyap	9930266077 / 7777089473

MASTACON-2024

at

Thane Branch

Date: 9th&10th November 2024

State Annual Conference

IMA NATCON - 2024

(99th National Annual Conference of India Medical Association)

85th Annual Meeting of Central Council of IMA

230th Meeting of Central Working Committee of IMA

Date : 27th& 28th December 2024

Organized by: Hyderabad, Telangana.



Marching towards an AIDSfree 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

U=U

• Undetectable = Untransmittable

2

6

3

5

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

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 - Consultation

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

www.mdacs.org.in



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



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



Mumbai District
AIDS Control Society

ANNOUNCEMENT

54TH ANNUAL CONFERENCE 2024 OF IMA MUMBAI BRANCH

**THEME – “HEALTHCARE IN 21ST CENTURY:
CHALLENGES AND OPPORTUNITIES”**

Venue: The ITC Grand Central, Parel, Mumbai.

Date - Sunday, 24th November 2024

Upto 31st October 2024

**Rs. 1,000 /-
(Inclusive of GST)**

After 31st October 2024

**Rs. 1,500 /-
(Inclusive of GST)**

Register early to avoid disappointment.

Tele no: 75067 35383 / 89283 48578 (M)

Email: ima_mumbai1@rediffmail.com / ima_mumbai@yahoo.com

CME Accreditation will be given as per MMC rules

Early Bird Gift, Late Bird Gift, Lucky Draw, Mega Lucky Draw

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DR. PRAGJI VAJA

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DR. ANIL AVHAD

Org. Co. Chairman

DR. JITESH MEHTA

Org. Co. Chairman

**IMA Mumbai Branch
54th Annual Conference**