



GIMACON-2022

19-20th NOVEMBER

74th Annual Conference of IMA Gujarat State Branch

Theme : Science Beyond the Boundaries of Speciality

Knowledge for All



INDIAN MEDICAL ASSOCIATION VADODARA BRANCH

Dr. B. M. SHAH IMA HOUSE,
VINOBA BHAVE MARG, SALATWADA,
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IMA Prayer

- May everybody be happy
- May every one of us see to it
- That nobody suffers from
- Any pain or sorrow
- I do not ask for crown
- Nor I wish to be in Heaven
- Or reborn
- I only want to alleviate the suffering of those people
- Who are burning in the fire of sorrow

IMA Flag Salutation

We, the members of Indian Medical Association

Stand here to salute our national flag.

Its honour and glory shall be our light and strength
and its cause shall be our course.

We pledge our allegiance to it and realizing our
responsibilities as the accredited members
of this national organization,

We swear we will dedicate everything in our power
to see it fly high in the comity of nations.

Jai Hind!!

GIMACON - 2022

The organizing committee extends a
warm welcome to all.



ORGANIZING COMMITTEE GIMACON 2022

HOST : INDIAN MEDICAL ASSOCIATION , VADODARA



Seating (Right to Left)

: Dr. Niraj Chawda, Dr. Kailashben Parikh, Dr. Deepak Mehta, Dr. Samir Shah (Convener),
Dr. Chetan Patel (Organizing Chairman), Dr. Mitesh Shah (President, IMA Vadodara),
Dr. Pragnesh Shah (Organizing Secretary), Dr. Mehul Desai (Hon. Secretary IMA Vadodara),
Dr. Dhaval Mehta, Dr. Mahesh Bhatt, Dr. Suresh Damor

Standing (Right to Left)

: Dr. Milan Thakar, Dr. Shravan Dave, Dr. Karshit Joshi, Dr. Chandrakant Saini, Dr. Afsana Patel,
Dr. Archana Dwivedi, Dr. Nutan Shah, Dr. Sandeep Shah, Dr. Ashesh Patel, Dr. Nitin Shah,
Dr. Rahul Parmar, Dr. Ketan Mehta, Dr. Nand Kumar Chawla, Dr. R. S. Patidar, Dr. Kalpit Baxi,
Dr. Hitesh Vasava, Dr. Ketan Shah, Dr. Jaimin Jasani, Dr. Rinki Shah, Dr. Dainik Savani,
Dr. Bhupendra Kapadia, Dr. Nilesh Makwana, Dr. Piyush Vaghela, Dr. Rajesh Salvi,
Dr. Arpan Shah, Dr. Raj Bumiya

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Letter No.57/148/2022
Date : 27/07/2022

MESSAGE

I am very glad to hear that the 74th annual conference of IMA Gujarat state "GIMACON 2022" is going to be hosted by the Indian Medical Association Vadodara branch on 19-20th November 2022.

Health sector is one of the most growing sectors and with the help of latest technology new updates in the medical field are an irresistible fact. In such a scenario regular updating in knowledge of medical practitioners is very necessary to provide quality services to our citizens. As per my knowledge Indian medical association always plays a vital role in spreading such knowledge in its members by various modalities including arranging various workshops, CMEs and such conferences like GIMACON.

I am sure the organizing team is working hard to make it a great, successful and memorable event. Participants will surely get a good exposure of the latest updates in the prevention, diagnosis & management of various medical conditions and recent advances in various fields of medicine. Attending this conference will sharpen their skills to treat the patients more wisely, which ultimately helps the society at large.

My best wishes to the organisers for the grand success and memorable event.

All the Best!



Rushikesh Patel

Minister,
Health and Family Welfare, Medical Education, Water Resources and Water Supply
Government of Gujarat



**Dr. Anilkumar J. Nayak**Honorary Secretary General (Elect)
IMA (H. Q) New Delhi**MESSAGE FROM CHIEF GUEST GIMACON 2022**

Dear friends & all members of IMA Gujarat state branch,

I am happy to know that IMA Vadodara branch is hosting **74th Annual conference** of IMA Gujarat state branch "**GIMACON 2022**" on november 19th & 20th 2022 at Vadodara.

As you know, due to corona epidemics, we are meeting physically after long gap of two years. Our fraternity had worked hard for suffering people in COVID 19 Epidemics. We have lost hundreds of our members and their family members in this epidemic.

Being first line corona warrior, we have received respect & honour from government and public, too. Our fraternity has also worked hard for world's largest COVID 19 VACCINATION PROGRAMME. Our association had helped many families of our fraternity financially who have lost their life in war against corona.

IMA is world's biggest & largest NGO of allopathic doctors. IMA is working for updating recent advances in medical field by arranging regular CMEs & conferences for its members at local & state level. IMA is also working for helping all members by running various schemes like **PPS, SSS, HEALTH SCHEME, & Family Welfare Scheme** to help our members and their families.

In coming years, we have to work hard to strengthen our IMA by increasing more life members & unity among us is most important for betterment of our fraternity.

I wish grand success to **GIMACON 2022** and congratulations to Dr. Paresh Mazmudar, Dr. Miteshbhai Shah, Dr. Chetanbhai Patel & all team members.

Jai IMA

Jai Jai Garvi Gujarat

Dr. Anilkumar J. Nayak

Honorary Secretary General (Elect)

IMA (H. Q) New Delhi



**Dr. Samir Shah**

Director Medical Services,
Employees State Insurance Scheme,
Govt. of Gujarat

MESSAGE FROM THE GUEST OF HONOUR GIMACON 2022

To,
Dr Mitesh Shah,
President,
IMA, Vadodara.

Dear friends & all members of IMA Gujarat state branch,

It is a matter of pride to be the Guest of Honour at GIMACON - 2022 hosted by of Indian Medical Association Vadodara Branch.

*"Knowledge is wealth which grows forever as we share,
Indeed it is the greatest of wealth."*

A good thought is the beginning of gaining knowledge. चिंतन and मनन are those two important words in our culture which allow us to grow. Experience sharing from experts at the conference level helps us to grow together.

It is welcoming to know that Indian Medical Association, Vadodara will be organizing 74th annual conference of IMA GSB, GIMACON 2022 on 19th and 20th November 2022. I extend my best wishes for the success of the GIMACON 2022.

I congratulate Organizing team of GIMACON 2022.

I am sure that the Delegates, Medical Students and Participants will find the event, a scientific feast in true sense.

Jai Jai Garvi Gujarat,

Jai Hind.

Dr. Samir Shah,
Director Medical Services,
Employee State Insurance Scheme,
Government of Gujarat.



**Dr. Sharad Agrawal**

National President
IMA Headquarters

MESSAGE FROM NATIONAL PRESIDENT IMA HQ

Greetings from Indian Medical Association & Hospital Board of India!

I am glad to learn that IMA Vadodara Branch is going to organize 74th State Conference of IMA Gujarat State (GIMACON 2022) on 19th & 20th November 2022 at Lileria Banquet, Vemali, Vadodara and a Souvenir is being released to commemorate this great occasion.

I am confident that the Conference will be able to achieve its aim of updating the knowledge of members, which ultimately will be of immense help to the society at large.

I am sure that the participants will also be benefitted by Scientific Programme where many eminent speakers from various disciplines will be sharing their rich experience and knowledge.

I express my sincere wishes for the grand success of your conference and my congratulations and best wishes to the new team for their future endeavour.

Dr. Sharad Kumar Agarwal
National President (Elect),
IMA Chairman, HBI



**Dr. GARGI PATEL**

National Vice President
IMA Headquarters

It gives me immense pleasure to write a message for the 74th Annual National Conference of Indian Medical Association, Gujarat State Branch, "GIMACON - 2022", being held in our own Sanskari Nagari Vadodara. As the Vice President of IMA, I can fully understand the importance of regular academic activities required to nurture the needs of fraternity. Under the guidance of great visionary & global leader of medical fraternity Respected Dr Ketan Desai IMA GSB is pursuing all the aspects of excellence in medical sciences; such scientific feast is one of them. Another great leader of us, Dr. Anil J. Nayak, has been appointed as honorary secretary general of Indian Medical Association, Headquarters, New Delhi. This is the first time since inception of IMA, a member of IMA GSB branch been elected as Hony. Secretary at IMA, HQs; we feel proud & congratulate him. It is certain that, our national association & Gujarat State branch will definitely get benefits of his guidance & services. I congratulate Dr Paresh Majmudar, President, IMA GSB & entire organizing team of GIMACON 2022 for their endeavor. I would also like to congratulate Dr Mehul Shah, Hon secretary, IMA GSB for their constant efforts to make this annual event of our association a grand success. I have gone through the scientific program and could see its rich qualitative academic content. I am also able to envisage its great potential to learn & discuss many important healthcare issues of present era.

I wish the Conference a great success & I am sure the Conference would be a great scientific extravaganza.

I am sure that the entire organizing team has done their best to quench the academic thirst of the delegates. This conference is the culmination of several days of hard work and sincere efforts put in by the organizers.

I once again convey my best wishes to them.

Dr Gargi Patel
National Vice President,
IMA Headquarters.



**Dr. Jayesh Lele**

Honorary Secretary General
IMA (H. Q)
New Delhi

MESSAGE FROM HONORARY SECRETARY GENERAL IMA HQ

Greetings from Indian Medical Association HQs.!

I am delighted to learn that IMA Vadodara Branch is going to organize prestigious 74th State Conference of IMA Gujarat State Branch - GIMACON – 2022 on 19th and 20th November 2022 at Vadodara and a Souvenir is being released to commemorate this great occasion. It is the source of communication to the members and thus strengthening the Association.

This Conference will provide an excellent opportunity to interact with the leadership and share their ideas on various challenges being faced by our profession, devise ways and means to confront them and on the health of the nation.

I am sure, this Conference will give an occasion for our members to interact with professional colleagues, which will lead to better cooperation and friendship among our members.

I extend my warm greetings and felicitations to the organizers and the participants and wish the “GIMACON-2022” a grand success. Long Live IMA!!

Dr. Jayesh M. Lele
Honorary Secretary General,
IMA



**Dr. PARESH MAJMUDAR**

President
IMA GSB

I am happy to know that Gujarat State Annual Conference of Indian Medical Association GIMACON 2022 is being organized by my own IMA Vadodara branch at cultural capital of Gujarat - Vadodara on 19& 20 November 2022.

Medical professionals serve the humanity by not only ensuring the well-being of people; but also acting as frontline warriors to protect people from epidemics and outbreaks. I am sure that this assembly of medical professionals from across the Gujarat State will make GIMACON 2022; a great platform to discuss the latest scenario challenges and exchange good practices, innovations, and new ideas.

This event also will be an excellent opportunity for young medical students and Junior doctors to showcase their research papers and poster presentations. I congratulate all the members of the Indian Medical Association and extend my best wishes to all the participants.

I wish that this event will be a grand success and memorable for all.

Jay Hind!!

Long live IMA!!

Dr. Pareshe Majmudar
President
IMA GSB



**Dr. MEHUL SHAH**

Hon. Secretary
IMA GSB

It is truly a matter of pride and honor for IMA Vadodara to host an event of this magnitude. My sincerest salutations and felicitations for organizing GIMACON 2022 in the cultural city of Gujarat – Vadodara.

This city is also known as the Banyan city. True to its name, it is going to encompass all the branches of medicine and bring forth its many facets. An amalgamation of scientific lectures, an exquisite banquet and a live entertainment programme is just a glimpse of what is in store for all members at the conference.

Since its inception, IMA GSB has been the torch bearer for all activities and events organized for the doctors, of the doctors and by the doctors. Keeping an eye on the needs of the medical fraternity, the IMA from time to time has introduced various schemes and programmes for the benefit of all its members.

It is statutory for all of us to keep ourselves updated with the latest in technology and science and such events help us brush up our knowledge and remain in sync with the available trends of medical management and care.

Taking utmost care of the health and well-being of our medical brethren is the primary responsibility of our association. Hence a multitude of schemes are already active under our banner including the Health Scheme, PPS (Professional Protection Scheme), SSS (Social Security Scheme), FBS (Family Benefit Scheme), FWS (Family Welfare Scheme), etc.

We have successfully negotiated a major pandemic in the past years, and have come out of it with our head held high. The world looks upon us in a new light and the onus is upon us to make the best use of the current situation and in true advocacy of the Hippocratic oath, maintain positive and amicable relations with our patients.

A surfeit of activities is carried out throughout the year at the IMA GSB. The pride of place is occupied by the prestigious IMA GSB Bulletin which is published unflinchingly and scrupulously every month. The bulletin is a mirror of various scientific articles, research papers and newer advances in medical practice that have occupied the news headlines across the global medical world in the preceding months.

It is very imperative for all of us to make our association one of the strongest and most influential organizations in the country. It is an appeal from all of us here in the office to register in huge numbers. Our association needs an influx of intellectuals who can bring in new ideas, newer recommendations and better insights to make our association that much more robust, potent and impregnable. Let us hope that such conferences imbibe the best traditions of IMA in the younger tribes of doctors and induce them to be a part of this respected organization to make it an exceptional and powerful association in the coming years.

An earnest request to all local branches of IMA across Gujarat to accelerate the membership drive and register as many doctors as possible to help achieve our objective.

Wishing all members, the very best and hope you enjoy the feast of scientific and entertainment programmes that IMA Vadodara has unfurled for all of us.

We are what we repeatedly do.
Excellence, then is not an act, but a habit
- Aristotle



**Dr. MITESH SHAH**

President
IMA Vadodara

Dear friends,

Last two years, we all stuck up due to COVID pandemic and no physical conferences were possible. No doubt too much science was discussed on digital platform during these two years, but we all were missing personal interaction and socialization which are only possible in physical conferences only. It is really a pride for us that we are going to organize 74th Annual Conference of IMA Gujarat State – GIMACON 2022 & inviting all of you to attend physically to enjoy Barodian hospitality along with hard core science for which IMA Vadodara branch is known for. This time in history of IMA Vadodara we have also planned Mega musical Fiesta by Bollywood fame Singer, Composer and Musical director Ankit Tiwari Live Concert during the gala banquet along with delicious dinner. So, you have enough time for socialization and enjoyment also.

Being the President of Vadodara, it is my fortune to lead the dedicated team of IMA Vadodara for GIMACON. I am assuring you that our team work fully satisfies your expectations while attending the conference physically at Vadodara including Great academics, Best hospitality, Entertainment, Mouth soothing meals, and meeting your friends at the perfect venue at Vadodara – Lillieria Banquet and Garden. Our team is working hard to make the event lifetime memorable for all the delegates who attend it.

Excited to meet you all at Sanskari Nagari Vadodara.

Regards

Dr. Mitesh C. Shah
President
IMA Vadodara
2022,2023



**Dr. MEHUL DESAI**

Hon. Secretary
IMA Vadodara

Greetings to everyone!

On behalf of IMA Vadodara, I would like to extend a very warm welcome to all the delegates to GIMACON 2022-74th Annual conference of IMA, Gujarat State.

Being one of the most vibrant teams of IMA Gujarat, we are thrilled to host it with full zeal and zest, making it no less than a grand success.

It was about 6 months back when we started weaving the threads together to put forth a scientifically enriching conference which can be looked up as a reference standard.

The encouraging response of registrations from delegates from all across the state and the medical students of various colleges which has inspired the organizing team to put forward a conference that will certainly leave a mark for years to come.

Under our visionary leader - President of IMA-Vadodara Dr. Mitesh Shah's dynamic planning coupled with sincere efforts of Organizing Chairman, Dr. Chetan Patel and Organizing Secretary, Dr. Pragnesh Shah and with the support of the young & enthusiastic team of GIMACON-2022 and the managing committee of IMA Vadodara for their enormous contribution, we are all set to rock!

Enjoy the scientific platter and the musical fiesta with Ankit Tiwari!!!

Once again, thank you all for attending GIMACON-2022 and for making it a huge success.

Without your continued support, we would never be able to put up with such a great conference. We look forward seeing you in our future events!

Dr. Mehul Desai
Hon. Secretary
IMA Vadodara



**Dr. CHETAN PATEL**

Organising Chairman
GIMACON - 2022

Dear Colleagues,

It gives me immense pleasure and pride to invite you all for GIMACON 2022, 74TH Annual Conference of Indian Medical Association, Gujarat State Branch at Vadodara, the grand city of banyan trees, of arches and domes, of colourful gardens and fountains & excellent in education and culture.

It's a great pleasure for us to witness such a wonderful event. I express my gratitude towards invited respected guest speakers, senior consultants, and delegates, post-graduate and under graduate students, family members and others.

Devotion, dedication and determination are the pillars of the success of our GIMACON 2022, Vadodara. These pillars are strengthened by the members of our organizing committee to make this conference a landmark event, not only in scientific aspect but social and cultural aspects too.

The topics of our scientific programmes are going to be highly informative and will certainly give you ample opportunities to update your scientific and practical knowledge.

Lastly, I appreciate your gracious presence and request you to make this conference very very successful & enjoyable.

I express my sincere gratitude to all the members of our organizing committee and especially our dynamic and enthusiastic president Dr. Mitesh Shah for making this event—a grand and memorable one.

We wish you all a pleasant stay at Vadodara.

Dr. Chetan N. Patel
Organizing Chairman



**Dr. PRAGNESH SHAH**

Organising Secretary
GIMACON - 2022

Dear Friends,

The Indian Medical Association has grown by leaps and bounds and each year we grow into a larger family when we assimilate for our Gujarat state branch annual conference GIMACON.

This time the responsibility to host our colleagues has been bestowed to Team, Indian Medical Association, Vadodara. This is a big responsibility which we will leave no stone unturned to fulfil to the best of our abilities. I am lucky that our team has put their faith in me as the Organising secretary and they have backed me at every step in this mammoth task.

Vadodara is the cultural city of the nation and we have all the resources and facilities in easy access to host this conference and we will present the best to our comrades. Our preparations will complement the wonderful scientific program that the scientific committee has planned for us. We assure an engaging conference with a large discussion of various latest advances and medical researches providing value to our delegates throughout the conference.

I dream of a conference that each of one can cherish forever.

Jay IMA, Jay Jay Garvi Gujarat, Jay Hind.

Dr. Pragnesh Shah

MBBS, PGCIH, PGDCC (Dip.Cardiology),

Organising Secretary,

GIMACON - 2022



**Dr. SAMIR SHAH**

Convener
GIMACON - 2022

It is really thrilling that IMA Vadodara branch is going to host 74th Annual Conference of Gujarat State IMA – GIMACON 2022. It is pride for me to be a part of GIMACON 2022 committee as a Convener of the conference. Any program succeeds by the team efforts of all members, who take care of Science, Commerce & Art. GIMACON 2022 is blended with all three aspects – Exhausted but compact scientific program at one of the best venues in Vadodara (Lellerira Banquet and Garden), with full of entertainment activities along with extra bonanza banquet with Mr. Ankit Tiwari night. Our team is working day & night to make it grand success.

Science is always a priority of any medical conference, and it depends on selection of the topics and faculties. IMA Vadodara is known for it. Our faculties are eminent specialists or super specialists in the fields. Diverse topics covering almost all specialties surely fulfill your knowledge hunger. At the same time delicious food counters will give satiety to your tongue and tummy. Melodious songs from Ankit Tiwari will soothe your eternal soul & heart harmony, while DHAMAL entertainment will increase your heartbeats at a level of satisfaction. I assure you that you will witness one of the best memorable events with our team efforts. Our team is trying for the best show & making all efforts so that no area remain untouched which will make you uncomfortable.

On behalf of our team GIMACON 2022, on folded hands I am welcoming you all in Sanskari – Kalanagari Vadodara.

Regards

Dr. Samir Shah
Convener,
GIMACON 2022



**Dr. NIRAJ CHAWDA**

Chairman,
Scientific Committee

Namaste Friends & Delegates,

It is my pleasure to welcome you to GIMACON 2022, 74th annual conference of IMA Gujarat State, to be held at the Sanskari-nagari of Gujarat, Vadodara. The conference will take place on 19th and 20th of November, 2022. Indian Medical Association, Vadodara chapter, feels proud, privileged and honoured to be hosting this prestigious conference in our city.

It is the first GIMACON after the pandemic and our endeavour will remain to make it a most memorable event. This is in keeping with tradition, as GIMACON historically is one of the biggest scientific conclaves for Indian Medical Association and in the field of healthcare.

This year's conference will focus not only on recent advances in field of medical but will also revisit the basics of clinical practice. We have invited leading experts from around the country to share their knowledge and expertise with us. We hope that you will take advantage of this opportunity to learn from the best in the field and to network with your peers.

We look forward to your presence along with your family and colleagues, seeking active participation in large numbers for a scintillating experience, which is sure to leave you with numerous fond memories. We look forward to meeting you all at the conference.

Dr. Niraj Chawda,
Chairman,
Scientific Committee



**Dr. BHUPENDRA KAPADIA**

Chairman,
Souvenir Committee

Best Greetings of the day to all my Seniors & Friends!!

Jay Bharat !!

Welcome to the Cultural Capital of Gujarat, also known as Sansakari Nagari, Vadodara, for our most awaited 74th Annual State Conference, GIMACON-2022, hosted by Our Mother Branch, INDIAN MEDICAL ASSOCIATION, VADODARA BRANCH.

It gives me an immense pleasure as the Beautiful Souvenir of GIMACON – 2022 is in your hands as of now!! Posterity will remember this conference as one of its kind in the history, as it's unique blend of Science, Socialization, Service and Musical Fiesta!! It will be a benchmark for the generations next. Our team is full of Dedication, Determination, Devotion & Ebullience to make it reality!!

A very special thanks to our Pinnacle performer Award Winner of the year, our dynamic, gentle yet impeccable, avuncular Team IMA, including our beloved President, Dr Mitesh Shah, Dr Pragnesh Shah, and Dr Samir Shah for helping me in preparing this beautiful Souvenir. Indeed, all have contributed their might to make it a huge success!!

All sincere efforts at our best, have been made to publish the great databank of latest and factually correct information here. Any errors/lapses/oversight may please be excused and if possible, intimated about for future references.

Jay IMA!

Jay Jay Garvi Gujarat!

Jay Bharat!

Dr Bhupendra Kapadia

Chairman, Souvenir Committee.

GIMACON – 2022.





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1997-98	DR. MAYANK J. BHATT	DR. CHETAN N. PATEL
1996-97	DR. JAGDISH R. KAMATH	DR. RAJESH T. TRIVEDI
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1994-95	DR. ASHWIN R. SHAH	DR. JAGDISH R. KAMATH
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1990-91	DR. BHUPENDRA C. PATEL	DR. KIRTI K. SHAH
1989-90	DR. BHUPENDRA C. PATEL	DR. KIRTI K. SHAH
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1983-84	DR. PRADEEP K. PANDYA	DR. D. V. NENE



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1968-69	DR. NAVNITLAL N. CHOKSHI	DR. D. T. CONTRACTOR
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1966-67	DR. MANUBHAI R. PATEL	DR. RASIKLAL R. PUROHIT
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1964-65	DR. HASMUKHBHAI L. SHETH	DR. RASIKLAL R. PUROHIT
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1962-63	DR. C. P. MUNSHI	DR. M. K. PATEL
1961-62	DR. S. P. PATEL	DR. M. K. PATEL
1960-61	DR. A. B. KOTHARI	DR. M. K. PATEL
1959-60	DR. A. B. KOTHARI	DR. M. K. PATEL
1958-59	DR. A. B. KOTHARI	DR. M. K. PATEL
1957-58	DR. A. B. KOTHARI	DR. M. K. PATEL
1956-57	DR. A. B. KOTHARI	DR. ZAVERBHAI D. PATEL
1955-56	DR. LOMESH H. DESAI	DR. MANUBHAI R. PATEL
1954-55	DR. LOMESH H. DESAI	DR. MANUBHAI R. PATEL
1953-54	DR. LOMESH H. DESAI	DR. MANUBHAI R. PATEL
1952-53	DR. S. D. AMBEGAOKAR	DR. G. S. APTE
1951-52	DR. S. D. AMBEGAOKAR	DR. G. S. APTE
1950-51	DR. S. D. AMBEGAOKAR	DR. G. S. APTE
1949-50	DR. S. D. AMBEGAOKAR	DR. G. S. APTE
1948-49	DR. R. B. CHANDRACHUD	DR. G. S. APTE
1947-48	DR. R. B. CHANDRACHUD	DR. G. S. APTE
1946-47	DR. R. B. CHANDRACHUD	DR. G. S. APTE
1945-46	DR. R. B. CHANDRACHUD	DR. G. S. APTE
1944-45	DR. R. B. CHANDRACHUD	DR. G. S. APTE
1943-44	DR. R. B. CHANDRACHUD	DR. G. S. APTE
1942-43	DR. R. B. CHANDRACHUD	DR. G. S. APTE
1941-42	DR. R. B. CHANDRACHUD	DR. G. S. APTE
1940-41	DR. R. B. CHANDRACHUD	DR. SHNABHAI P. PATEL
1939-40	DR. R. B. CHANDRACHUD	DR. P. V. PENDSE

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1965-1966	DR. N S SHAH	
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1955-1956	DR. S N MANKAD	
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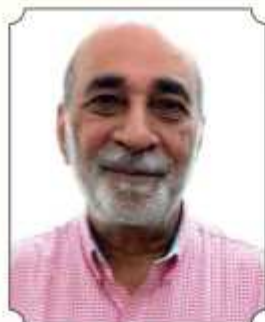
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GIMACON - 2022



Dr. Pragnesh Shah
Org. Secretary
GIMACON - 2022



Dr. Mitesh Shah
President
IMA - Vadodara



Dr. Samir Shah
Convener
GIMACON - 2022



Dr. Mehul Desai
Hon. Secretary
IMA - Vadodara

GIMACON-2015

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Org. Chairman



Dr. Paresh Golwala
Org. Secretary



Dr. V. C. Patel
Org. Chairman



Dr. Chetan N. Patel
Org. Secretary

GIMACON-2008**GIMACON-1996**

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Org. Chairman



Dr. Bhupendra C. Patel
Org. Secretary



Dr. Bhupendra C. Patel
Org. Chairman



Dr. J. V. Shah
Org. Secretary

GIMACON-1990

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DR JAYANT U. ACHARYA	DR. ATULKUMAR SHAH
DR KALPIT BAXI	DR. PIYUSH G. VAGHELA
DR RAMESHWAR S. PATIDAR	DR ARCHANA M. DWIVEDI
DR SANDEEP B. SHAH	DR. TEJAS KAKKAD
DR DAINIK SAVANI	DR. KETAN K. SHAH
DR AMITA SHAH	DR. KISHAN F. SHAH
DR ASHESH D. PATEL	DR. RAJESH M. SHAH
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DR VIKKY AJWANI	DR MUKESH K TRIVEDI
DR ANIL GANJU	DR JYOTI DHAVAL VAISHNAV
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DR. TUSHAR TOPRANI	DR. NARENDRA P. PATEL
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DR. NITIN AGRAWAL	DR. JIGNESH SANGHAVI
DR. NILESH MAKWANA	DR. SUSHMA BAXI
	DR. DHARMESHBBAI PATEL



OVERVIEW OF ACTIVITIES OF INDIAN MEDICAL ASSOCIATION VADODARA BRANCH YEAR 2021-22

Compiled by : Dr. Bhupendra Kapadia

Year 2021-22 was benchmark in history of Indian Medical Association, Vadodara Branch under the visionary and dynamic leadership of young President Dr. Mitesh Shah & his young team.

IMA Vadodara Branch is a very active, dynamic and vibrant branch which is proud to have 3379 members.

We are very active in Academic fields, cultural and social work.

As in every event of life, there are so many people involved; similarly with IMA Vadodara branch activities, all our colleagues & friends are working untiringly & continuously to strengthen the association.

The activities of our organization are the tools to bring in durable and meaningful programs for our professional colleagues as well as for the society.

We have been working on the guidelines given by IMA Head Quarters, carrying out various activities through various subcommittees.

Scientific Programs

The scientific program is a regular feature of our branch and held on every 3RD Sunday of the month throughout the year.

We try to inculcate the program in such a way that it is beneficial to all the doctors at large. These also include the orations.

There are four Orations and one CME being organized presently by our branch. They are, Dr. B. J. Vasa Oration Dr. V. R. Vasavada Oration, Dr. Manibhai Patel Oration, Dr. V. G. Patel Oration and, Late Dr. B. C. Patel CME Program. Also organized IMA CGP GSB CME.

Aao Gaon Chalen

Over and above the scientific programs social services is also our motto. This program is undertaken on the guideline of National HQ. We have adopted village Puniyad, Ta. Dabhoi for last 15 years. Our teams visit the village on every third Sunday of the month. One multi-disciplinary camp is organized in month of March as it is our inaugural month.

Doctor's Day Celebration

1st July Doctor's Day is observed by felicitating our senior colleagues & leaders in the profession for their dedication to the Association, the Medical Fraternity and Community at large.

Gurupoornima Celebrations

Vadodara is having Govt. Medical College and it is our tradition to felicitate the senior teachers for their outstanding service to the college and society at large. This usually coincides with Gurupoornima in July



Community Activities

IMA Vadodara has bagged many State & National awards for community activities.

Over and above village adoption programme, IMA Vadodara arranges various check up camps for the needy people, prisoners, etc. We also arrange Blood Donation Camps. IMA Vadodara conducts three plantation activities also.

We actively participate in the pulse Polio Campaign & other Government programmes.

To uplift the weaker section of the society, DMLT (Diploma in Medical Laboratory Technology) course for science students is being run by IMA Vadodara which is recognized by Government of India.

To avoid difficulties faced by people during Diwali period, IMA Vadodara prepares a list of its members whose services are available during this time. The list is sent to all the public places, medical stores, municipal corporators and members of District Panchayat.

IMA Vadodara Travel & Shopping Bonanza

For the last couple of years, IMA Vadodara has started this activity for the benefit of its members. We tie up with different Hotels & Tourism departments across India and with different merchants so that IMA Vadodara members get discounts.

Cultural Activities

Cultural programs of variety to accommodate the interest of our family members are also amongst our regular activity.

All about IMA Vadodara Branch

IMA Vadodara on the Web

IMA Vadodara website www.imavadodara.org was launched on in 2007-2008. Our digital copy of News Letter is uploaded every month. IMA Vadodara has bagged many State & National awards for community activities. We actively participate in the pulse Polio Campaign & other Government programs.

Dr. Chetan N. Patel took a lot of pain for this. It was updated & relaunched again in a newer format in 2022. Lots of efforts have been put by Dr. Mitesh Shah, Dr. Bhupendra Kapadia, Dr. Hitesh Vasava & Dr. Samir Shah. Over the period, we want to include many features including payment gateways for different services provided by IMA Vadodara.

IMA Vadodara Co-op. Credit Society Ltd

This venture of IMA Vadodara was launched in 1999 under the guidance of stalwarts Late Padmashri Dr. V. C. Patel, Dr. Kantibhai Patel, Late Dr. B. C. Patel & others. It has 1019 Share holders at present. Our total deposits are Rs. 5,71,60,628/- (FD) + 13,08,537/- & 61,30,309 (S/Ac.) We distributed loans to 36 doctors to the tune of 78,71,250/-. So this is an organization



which helps our colleagues readily without much of paperwork for Vehicle loan, Home & Education Loans, for Hospital premises & Instruments loans & even personal loans for Marriage/travel.

IMA Vadodara Bio Medical Waste Management Cell

This unique organization of IMA Vadodara has a desire to serve not only its members but also the society at large. This cell was launched on 31st December 2002. It has 2500 registered clinics & hospitals. We have appointed Quantum Environment Engineers as contractor to dispose of the Bio Medical Waste in environmentally friendly way in collaboration with Vadodara Municipal Corporation & approved by Gujarat Pollution control Board.

Both the above mentioned activities are unique in a way and are only the of first of its kind in the entire Country.

IMA HBI VC - NABH

Pre entry level NABH Accreditation (about 40+ hospitals from Vadodara & 7 hospitals from Anand are undergoing this process.

IMA WDW

Women Doctors Wings has been started from this year as per the National & State guidelines.

IMA Vadodara Travel & Shopping Bonanza

Inviting travel and tour organizers. Event for their presentation. Travel information sharing and trying to solve doubts of members about different destinations.

Sports Activities

IMA Vadodara organizes a Sports Week (Table Tennis, Chess, Badminton, Carrom Tournaments and Cricket Tournament) every year.

Our Future projects

We have planned to form IMA Welcare Fund, Senior Citizen Wing, Library, Gymnasium at IMA House, Travel Club, IMA Student wing etc.

Gratitude

First of all, I express my gratitude to our dynamic, young, enthusiastic President Dr. Mitesh C. Shah, for being source of inspiration and providing guidance like a mentor and heading the IMA Vadodara on a Bullet Train for benefits of all our fraternity members.

I am highly thankful to Dr. Samir Shah & Dr. Pragnesh Shah, an unending source of passion for doing good and constantly working for betterment of our mother association. I am also grateful to my Joint secretary - Dr. Nutan Shah, for constantly helping me in whatever needs of IMA.

I am thankful to all my different office bearers, like Scientific Secretary - Dr. Niraj Chawda, Sports Secretary - Dr. Pragnesh Shah, Cultural Secretary - Dr. Balkrushna Soni, and other managing committee members like - Dr. Mehul Desai Dr. Rahul Parmar, Dr. Dhaval Mehta, Dr. Sureshbhai Damor, Dr. N. K. Chawla and others



Membership Drive

I am happy to share the information that Vadodara Branch of IMA had 141 New Life members in the association year 2021-2022 (From 1st October 2021 to 30th September 2022); which includes 66 Couple Life Members (33x2 = 66 New Life Members) and 75 New Single Life Members. 6 members were benefitted by SSS & NSSS and 12 members were benefitted by Health Scheme of IMA.

Services to IMA Vadodara Members

The IMA Vadodara Office has been instrumental in communicating to Gujarat State Branch for claims of members of IMA Vadodara Branch regarding Health Scheme and Social Security Scheme (SSS) of IMA Gujarat State Branch. Our office had communicated to IMA National Social Security Scheme (NSSS) of members of IMA Vadodara. Total 12 members had received benefits of health scheme related to various illnesses. The family of 6 members (who have left for heavenly abode) had received benefits of National Social Security Scheme.

Various Activities of IMA, Vadodara During January-2022

- Adding of more and more members in Face Book page of IMA Vadodara.
- A Flyer to emphasized about Covid Awareness and importance of Social Distance, Mask and Sanitizer usage was made for public Awareness and circulated in social media
- IMA, Vadodara Vaccination Drive was organized on 11th, 12th & 13th January 2022 for our own Corona Warriors, IMA President has given interview to Local News channel like Spark News and News nations about Vaccination Drive.
- One more Flyer has been made to wish all the members "A Safe Uttrayan" and was circulated to all IMA Members & general public also.
- Under Community Awareness activity, Free Mask distribution to general public and educated them about the importance of Social Distance, Mask and Sanitization has been done on 02nd February 2022. Beneficiaries were more than 500.
- An Online CME has been organized by IMA Vadodara branch on Adolescent and Adult Immunization. More than 200 participant attended the Programme.
- The Grand Finale of IMA Cricket Tournament was enjoyed thoroughly by all IMA player and spectators on 30th January 2022. Prize distribution ceremony also done in the end. Live match broadcasting with live commentary was the special feature of the tournament.
- After long interval of the many year IMA Vadodara had organized Chess Tournament very successfully on 6th February 2022. Overwhelming response receive from all members. Prize distribution ceremony also done in the end.
- BJP Doctors cell and IMA Vadodara has given support to Gujarat Government Doctors quorum for their problems. A letter for the same has been sent to Chief Minister, Health Minister and Other Ministers on January 21st, 2022.
- Managing Committee Meeting for Hospital Board of India IMA Vadodara has been organized on January 26th, 2022 for formation of New Board with New concepts and new thoughts for day to day problems of small to large scale hospitals.
- A Meeting has been organized by IMA Managing Committee with other young & enthusiastic IMA Members for our upcoming YOUTHCON 2022.
- A Meeting has been organized by IMA Managing Committee for upcoming GIMACON 2022 for better planning and execution.
- Board of Directors Meeting for IMA Vadodara Co-op Credit Society Ltd., has been organized on January 31st 2022 for formation of New Board with New concepts and new thoughts to help our own needy members.



- A Successful collaboration has been done with DAMS (Delhi Academy of Medical Science) to start post graduate classes from March 2022 on long term basis at our IMA House.
- Constitution of IMA MSN, JDA and HBIVC Under Progress

Various Activities of IMA, Vadodara During February-2022

- Community Awareness Activity, on 02/02/2022, by doing FREE N95 Mask distribution to the general public to educate them about the importance of Social Distancing, Mask usage & Sanitization, had been organized by IMA Vadodara.
- An Online CME, on 02/02/2022, on a very important subject "Adolescent & Adult Immunization" by a renowned Pediatric Faculty, Dr. Satish Pandya, was organized by IMA in association with Vadodara Adolescent Health Academy & Academy of Pediatrics, Vadodara.
- IMA Vadodara had formed Hospital Board of India, Vadodara Chapter officially and has also discussed various agendas & formulated different committees under it to help our fraternity members at large.
- IMA Vadodara's Co-operative Credit Society Ltd's Board of Directors' meeting had been organized to enroll new active members as directors, to revise interest rates of different loans, its upper capping & to revise interest rates of Fixed Deposits too.
- An Online Webinar, on 09/02/2022, on a sensitive subject "Give Exam with Smile" was organized by IMA in association with Vadodara Adolescent Health Academy & Academy of Pediatrics, Vadodara. Excellent tips were given by Dr. Samir Shah to the Exam going Student.
- An FB Page LIVE event of IMA Vadodara, i.e. an Open Forum for general public to know more about the ongoing Covid Pandemic, had been organized on 12/02/2022, with panel of experts, namely :Dr. Tejas Kakkad, Dr. Hiren Patel & Me, Dr. Bhupendra Kapadia.
- IMA LAWN TENNIS TOURNAMENT had been organized on 19 & 20/03/2022. Dr Vijay Shah, President, BJP Vadodara, inaugurated it as a Chief Guest. Many Congratulations to all the winners of this event, they all could keep themselves fit to win the competitions!! Hats Off to all of them.
- Our Dynamic President, Dr. Mitesh Shah, received an award as a Corona Warrior by ZEE 24 KALAK, who organized Emerging Gujarat 2022 Awards and Live Panel Discussion at Ahmedabad in the presence of Respected Health Minister of Gujarat Shri Rushikeshbhai Patel & other dignitaries.
- IMA Vadodara had received donation of 11 Adjustable sticks for blind poor people from Lion Heena Shah, in presence of President, Dr. Mitesh Shah, Hon. Secretary, Dr. Bhupendra Kapadia, Chairperson, Women Doctor's Wing, Dr. Nutan Shah & other members of IMA Vadodara team & The International Association of Lions Club of Baroda.
- Dr. V G Patel Oration had been organized on 27/02/2022, in association with BOGS, Dr M C Patel gave an oration on subject of "MTP Act Amendments: What a Gynecologist should know"
- DAMS proposal had been accepted by Team IMA and they have started their academic session at our IMA House.
- As the contract of Bio Medical Waste management is going to end soon, committee meeting was held on 15-02-2022 for future planning.
- Meeting with representatives from Medical Students of all 4 Medical Collages of Vadodara was held on 27-02-2022 for planning of Youthcon under the leadership of Dr. Rahul Parmar & Dr. Bhupendra Kapadia.
- GBM was organized on 19-02-2022 for formation of GIMACON committee. Further meeting of the committee was held on 12-03-2022 for further planning.



Various Activities of IMA, Vadodara During March-2022

- 1) On 4th March, as a part of World Obesity Day Celebration, IMA Vadodara in association with Academy of Pediatrics, Vadodara, has organized a CME by a learned speaker Dr Riddhi Patel. It was a FULL HOUSE event, very well appreciated by one and all!
- 2) In the month of March, IMA Vadodara has organized RHEUMATOLOGY UPDATE 2022 on 06/03/2022, which was a highly successful COVID SAFE CME. Everyone was benefitted by the knowledge of the extraordinary faculties of it. It was completely a FULL HOUSE event, which will be remembered for long time!!
- 3) On 8th March, as a part of International Woman's Day celebration, IMA Vadodara has organized An Open Forum for General Public about Cancer Awareness as an FB Page Live Event with the help of Eminent Faculties, Dr Deepayan Nandi, Dr Rajesh Salavi & Dr Archana Dwivedi. Again it was a highly Successful event as it was liked by Many, Attended my Many, and pouring questions were from Many!
- 4) On 8th March, same day, Woman Doctors' Wing of IMA Vadodara has organized a workshop, in association with Tribhuvandas Foundation & International India, with the help of Popular faculties like, Dr Priti Shah, Dr Samir Shah, Dr Vasim Khatri & Dr Rohan Pradhan. It was a unique program as many stakeholders have joined hands together for a noble cause of decreasing MMR, NMR & IMR.
- 5) A Unique CME, in association with Brahmakumaris, was organized by IMA, on topic of Azadi ka Amrut Mahotsav, SwarnimYug ki Aur, My India, Healthy India, on 20/03/2022. Here, Attendees were so much Happy as they learnt Physical Yoga & practiced Meditation too, and have asked to organize such events on regular intervals frequently. So I am very much thankful to Dr Rinki Shah, BK Tarlika Didi, BK Varsha Didi & all volunteers of Brahmakumaris.
- 6) On 29th March, IMA Vadodara, has organized an Online CME on Cardioprotection in Type-2 Diabetes_GLP1RA by an eminent speaker, Dr Kiran Shah, on digital platform of DIGISHIELD. It was really an important informative session, which will help the attendees in their daily practice of medicine!
- 7) On 30th March, IMA Vadodara has written a letter of demand for justice, upon receiving the blood boiling news about the death by suicide of Senior Gynecologist, Dr Archana Sharma, who was serving the poor rural community about 70 kms from Jaipur, Rajasthan. It was sent to Hon. Home Minister Shri Amitbhai Shah, along with Health Minister, India, Chief Minister, Gujarat, Health Minister Gujarat, BJP President, State & BJP President, Vadodara City & Police Commissioner of Vadodara City. I am sure that IMA Vadodara was one of the very first association to respond in such grievous matter across India. As we want to save our colleagues from further cases of Violence Against Doctors, For which our Punch line is same, what Dr. Archana Sharma wrote in her suicidal note : DON'T HARASS INNOCENT DOCTORS".
- 8) On Same day, IMA President, Dr Mitesh Shah, gave interviews to different media, which was very well covered in all leading newspapers of Baroda like Gujarat Samachar, Sandesh, Times of India, etc.
- 9) DAMS classes are going on really well at IMA House !! I am sure that our future generation of doctors must be feeling happy while studying at our own IMA House!!
- 10) IMA Building Committee fund collection from October 2021 to 31st March 2022 is of Rs. 72,00,000/- (Seventy-Two lakhs). All Members are requested to give whole hearted donation for our dreamed IMA House.
- 11) IMA Vadodara has also generated generous fund of Rs. 14,00,000/- (Fourteen Lakhs) through advertisement in bulletin and sponsorship.

Various Activities of IMA, Vadodara During April-2022

- Protest for Violence against Doctors by IMA Vadodara on 2nd April 2022 after the grief-stricken incidence of Dr. Archana Sharma's Suicide
- We Members of IMA Vadodara observed IMA PROTEST DAY by keeping our OPD's closed, to demand justice for Gold Medalist Gynecologist, Dr. Archana Sharma.
- Members of IMA Vadodara have joined in huge numbers (>700 doctors), for a Silent Protest Rally from SSGH Main gate to Gandhinagar Gruh. It was a Big Show of UNITY & I am sure that the overwhelming response to such PROTEST is showing the Impressive Unity of all of us.
- Our Dynamic President, Dr. Mitesh Shah, for demanding justice for Dr. Archana Sharma, gave interviews showing strong Protest on different news channels like TNN Baroda, VNM News, Nation Plus, Spark Today, Asha News Gujarati, Sayaji Samachar, Sandesh News, etc.
- On behalf of IMA Vadodara & BOGS, Dr. Bhupendra Kapadia & Dr. Bijal Shah gave interviews on VNM News Channel as well as Nation Plus news channel for demanding a permanent solution for Stopping the Violence Against Doctors.
- On behalf of IMA Vadodara, our President, Dr. Mitesh Shah, and Secretary Dr. Bhupendra Kapadia, wrote a Protest letter to our Hon. Home Minister of India, Shri Amit Shah.
- Our President, Dr. Mitesh Shah posted details of our activities for protest against violence against the doctors at large, in print media and on different platforms of social media.
- On 15th April, IMA Vadodara has organized a meeting with All Different Association's office bearers of various specialties, for smooth co-ordination with them and to have more stronger unity with each other in times of actual need for different struggles on various platforms & also for better planning of our upcoming GIMACON 2022.
- On 17th April, IMA Vadodara has organized Dr. B C Patel CME, after a COVID Gap of 2 years, still it was a highly successful event of the whole year so far, as more than 120 members have attended & all the attendees were highly benefitted by the cutting edge knowledge of learned faculties!
- On 19th April, IMA Vadodara organized a meeting with all members of IMA Vadodara's Woman Doctors' Wing for planning of different activities of their choice throughout the next year and for maximum involvement of Women Wing's Doctors in all different activities of IMA.
- On 24th April, IMA Vadodara organized a wonderful, memorable, highly successful TT Tournament, for which more than 80 doctors participated. Sport is an essential part of life is clearly visible in this tournament, all the arrangements were also very nice and appreciated by one and all.
- DAMS classes are going on really nicely and all the beneficiary students of the future generation of doctors, are really happy about such nice arrangements at IMA House itself.

Various Activities of IMA, Vadodara During May-2022

- On 30th April, IMA Vadodara had organized General Body Meeting to discuss about upcoming GIMACON 2022, HBI VC & Insurance related issues and Bio Medical Waste Management cell.
- It was a great pleasure for IMA Vadodara to organize "IMA MSN YOUTHCON 7.0 - Annual Convention - An Inter College UG Event" during 2-7 May, and this festival was full of Scientific Events, Sports, Literature and Cultural Events. All these events were very well attended - more than 800 students, of all 4 Medical Colleges of Baroda District. I am sure that this Youthcon will be remembered for years together as it has achieved benchmark success!!
- On 8th May, IMA Members delegation including the office bearers of IMA, attended "Gujarat Medical Circle, Doctor's Meet", held at Gandhinagar at our own Chief Minister Shri Bhupendrabhai Patel's House. It was indeed very much exciting event to meet Chief Minister of





Gujarat personally. We, IMA Vadodara, has also given a Memento of Appreciation to our own Chief Minister of Gujarat.

- On 10th May, we observed Valedictory function and concluding ceremony of Youthcon 7.0 and prizes were distributed to all the winners!! Indeed, it was a memorable event.
- On 15th May, IMA Vadodara has organized a unique event "AB BHARAT PAR BHAROSA", which was a full house event with more than 250 doctors!! I am sure this event has opened our eyes about financial irregularities going on in our balance sheets. How intelligently we can organize our money to grow, was very well explained by renowned Financial Coach, Mr Hitesh Mali.
- On 28th May, IMA Vadodara Delegation including office bearers were invited to attend a unique program on our Freedom Fighters "VEERANJALI" by Sairam Dave and group. Really, it was a very well-planned event and the content of it was heart touching.
- On 30th May, IMA Vadodara Delegation including office bearers were invited to meet our Foreign Minister of India, Shri S Jaishankarji, and it was a unique opportunity for everyone of us as such kind of events happens once in a while. Our Members had asked questions directly to him and Shri S Jaishankarji gave all the answers very well. Mesmerising event it was for all!!
- Multiple meetings of Bio Medical Waste Management cell had been conducted so far in the month of May 2022, which includes discussion about responses of E tendering for the renewal of the vendor.
- Students of DAMS classes have given NEET exams already and they got huge success! Many congratulations to all of them and IMA Vadodara is really happy to see them flying in the sky of success.

Various Activities of IMA, Vadodara During June-2022

- On 5th June, on the occasion of World Environment Day Celebration, we, Team IMA Vadodara, had celebrated it by Trees Plantation at our own IMA House itself. I am sure that this small step will be big trees in future providing shelter to our coming future generations.
- On 18th June, Baroda was blessed by our own Gujarati Prime Minister, Shri Narendra Modiji. Team IMA Vadodara had been invited in this giant event of more than 3 lacs population. It was a unique experience to attend such a huge gigantic event, which was managed wonderfully without any chaos.
- On 19th June, Team IMA organized Dr. Vasavada Oration, which was an excellent academic session for everyone by learned stalwarts like Dr. Jesalpura and Dr. Vikas Jain. It was a full house event with lot of interaction, more than 80 members have been benefitted by it.
- On 19th June, Team IMA organized AIOS PDB PROJECT, in which 30 patients screened for diabetic eye changes including Vision, Fundus, IOP, Fundoscopy, etc. I am thankful to Dr. Nutan Shah, our joint secretary for being an organizer for this project at Savita Hospital, where she was helped immensely by our dynamic President IMA, Dr. Mitesh Shah.
- On 21st June, Team IMA organized World Yoga Day celebration, which was very much charging for everyone who attended it. I believe that we should practice Yoga every day to keep ourselves fit and fine for long time.
- On 23rd June, Team IMA organized INAUGURATION OF Dr. KIRAN C PATEL IMA ADMINISTRATIVE WING. We are very much thankful for the same to Shri Jitubhai Patel and other staff for giving us this wonderful office.
- Multiple meetings for our most prestigious Annual State Conference, GIMACON 2022, are going on. Team IMA is fully charged and geared up for this most awaited conference, to be held on 19 & 20th November, 2022.
- DAMS classes at IMA HOUSE are going on really well, and our future generations are really happy to study under the umbrella of our own IMA HOUSE.



Various Activities of IMA, Vadodara During July-2022

- On 12th July, we, team IMA Vadodara, celebrated our dynamic, young, enthusiastic, President, Dr Mitesh Shah's Birthday @ IMA House @ President & Secretary's office. The celebration was spontaneously organized by all out managing committee members.
- "United we succeed" - On 22nd July, IMA Vadodara has supported whole heartedly a Call of Strike given by IMA Gujarat State Branch for our agitation against the Oral Verdict of Gujarat High Court about keeping ICUs on Ground Floors. All members were in full support of this strike, which was a unique strike i.e. First time in history of Medical practice, we were on complete strike including OPD & Emergency services.
- All the tertiary private hospitals were in full support of this strike by diverting their emergencies to the Government Hospitals after essential stabilizations of the patients.
- Our Team IMA Vadodara is very happy to express our gratitude to all our dear IMA Members who supported this strike fully and helped others to understand that why we are on strike.
- Our President & other Team members of IMA Vadodara gave multiple interviews to more than 10 news reporters of Local, State and National News
- On 22/07/2022, on the day of strike, Total of 250-300 members had gathered for showing the agitation. It was a Big Show of Solidarity in support of IMA GSB. After all, Unity is our strength. And now it's the need of an hour that we need to unite compulsorily for being heard by different class of the societies including law makers.
- On behalf of IMA Vadodara Branch, our members are being invited to attend different meetings of Government organizations like Rogi Kalyan Samiti, meetings called by our Municipal Commissioner, by our MOH, by collector, etc. IMA is appearing really strong everywhere!!
- Now the members are making our own IMA, their first choice for different kinds of loans for their different needs. Many IMA members are taking different kinds of Loans from our own IMA Vadodara's co-op credit society ltd.
- Meetings of all different committees have been arranged now regularly at our IMA building, including IMA Insurance Advisory Board, Bio medical waste management cell, Co-op credit society Ltd, and other.
- DAMS classes are going on really nice at our own IMA House, shaping the future of our own students at our own IMA House.

Various activities done during August 2022

- On 4th August, Dr J.A. Jayalal, Immediate Past National President, Indian Medical Association, had visited our city and it was really a memorable and most informative session with him along with Managing committee members of IMA Vadodara.
- "AZADI KA AMRUT MAHOTSAV" has been celebrated in a unique way this year by "HAR GHAR TIRANGA" campaign by doing Flag Hoisting at your own home and hospitals from 13th August Morning to 15th August evening. This year the enthusiasm was like never before, so, IMA Vadodara has also participated very actively and Free distribution of more than 3000 Tiranga was done to our own IMA Members.
- Team IMA Vadodara has organized Divine Satyanarayan Katha at our own IMA HOUSE on the occasion of our INDEPENDENCE DAY, which was followed by Flag Hoisting Ceremony at the porch of our own IMA HOUSE. This time it was the very first Flag Hoisting Ceremony after New beginning of IMA HOUSE. More than 150 IMA Members have remained present to celebrate it together.
- IMA Vadodara's cultural event, KARAOKE SINGING COMPETITION had been organized at our own IMA House, on 21st August, which was open competition for all IMA, JDA AND MSN



Members of Vadodara. Nearly 80+ doctors have performed on that memorable day and it was a highly successful event as all the participants and listeners were very much happy. It was a full house event and IMA Vadodara's team was very much happy and committed for such kind of events, where majority of our members can socialize with each other and can find relief from the stressful day to day life.

- On 22nd August, Monday, Team IMA Vadodara had organized a unique session, in association with DAMS, on "How to shape the careers of MBBS students in Today's era of uncertainty (NEXT vs NEET)", where we have invited parents and students for an informal session with the mentor, Dr Sumer Sethi, Director of DAMS. Again, it was a full house event, and highly satisfactory event for both the parents and future generation of our doctors.
- On 22nd August, Team IMA Vadodara is very much happy to inform all our IMA Members that from now on, the most awaited LIFT at IMA HOUSE is fully functional, one more feather to add in the cap, many more feathers are in pipeline.
- Team IMA Vadodara is very happy to organize our prestigious Annual State Conference, GIMACON, 2022. All different committees of GIMACON are working in full swing towards success of this conference. And I promise all IMA members that this will be a surely memorable conference.
- Many more meetings of different committees of IMA Vadodara is also going on timely basis. And I wish the new team of IMA Vadodara 2022-2023, a great success and I am sure that the new Team IMA will also raise the bar of success ahead and ahead. Unity is our Strength.

Various Committees of IMA VADODARA

Other than Managing Committee

Dr. Mitesh Shah
President, IMA Vadodara

Dr. Mehul Desai
Hon. Secretary, IMA Vadodara

Hospital Board of India Vadodara Chapter (HBI VC)

PATRON

Dr. Chetan Patel

PRESIDENT

Dr. Mitesh Shah

VICE PRESIDENT

Dr. Krutesh Shah

SECRETARY

Dr. Paresh Majmudar

JOINT SECRETARY

Dr. Mehul Desai

TREASURER

Dr. Samir Shah

Assault & Patient Grievance Committee :

Dr. Mitesh Shah Dr. Mehul Desai
Dr. Krutesh Shah Dr. Rahul Parmar
Dr. Bhupendra Kapadia

Insurance & Health Protection Committee :

Dr. Ajay Valia Dr. Krutesh Shah
Dr. Mitesh Shah Dr. Bhikhubhai Patel
Dr. Samir Shah Dr. Darshan Banker
Dr. Mahesh Patel

NABH Committee :

Dr. Deepakkumar Mehta
Dr. Nutan Shah
Dr. Nitin Agrawal

Government Liaison Committee :

Dr. Rahul Parmar
Dr. Mitesh Shah
Dr. Paresh Majmudar

Editorial Committee :

Dr. Pragnesh Shah
Dr. Samir Shah
Dr. Paresh Majmudar
Dr. Mehul Desai

Others Committees

IMA Co-operative Credit Society

Dr. Bhikhubhai Patel
Dr. Paresh Majmudar
Dr. Dhaval Mehta

Biomedical Waste Committee

Dr. Suresh Damor Dr. Bhupendra Kapadia
Dr. Mehul Desai Dr. Dhaval Mehta
Dr. Samir Shah

Social Media & Website Committee

Dr. Hitesh Vasava
Dr. Samir Shah

BREAST CANCER

Dr. Rajeev Bhatt, Onco Surgeon

BREAST CANCER IS COMMON AND LETHAL

It is the commonest malignancy among women worldwide (11.7% of all cancer cases) as well as in India (13.5% of all cancer cases). The incidence rate in India increased 39% between 1990 and 2016; current trends show a higher proportion of disease occurring at younger age in Indian women. In India 1 in 2 women die of the disease compared to 1 in 5-6 in western countries. This is due to earlier age at onset, late stage at diagnosis, delayed initiation of definitive management and inadequate, suboptimal and fragmented treatment.

BREAST CANCER IS PREVENTABLE

Hereditary predisposition accounts for 10-15% of all breast cancers; genetic testing is now widely available. The risk is also high for women who have a family history of breast cancer especially in a first-degree relative. Modifiable risk factors that increase risk are obesity, alcohol, combination hormone therapy, menopausal hormone therapy, estrogen therapy and ionising radiation. Those factors that decrease risk include early pregnancy, breast-feeding, and physical exercise.

EARLY DETECTION SAVES LIVES

5-year overall survival for stage I and II breast cancer is over 90%, for stage III it is 65% and for stage IV it is 25%. The cost of treatment also escalates with stage. Increased awareness, breast self-examination, clinical breast examination and appropriate screening with ultrasound and mammography are the tools used. Awareness-based early detection and risk-based screening strategies contribute significantly in increasing survival.

MULTIDISCIPLINARY MANAGEMENT KEY TO IMPROVING OUTCOMES

The plethora of available treatment options needs optimal titration in each case to improve cure rates. Appropriate sequencing of modality, choice of procedure or drug, monitoring treatment responses and supportive care should be planned and executed under a multidisciplinary team. The right treatment in the right patient at the right time in the right way is the goal in breast cancer.

BIOLOGY IS KING

Current treatment protocols revolve around the molecular subtype of breast cancer as opposed to a predominant anatomical approach. Hormone-receptor (HR) status, HER-2 Neu status and proliferation index Ki-67 need to be determined by tissue evaluation PRIOR to initiation of therapy; hence a core-needle biopsy becomes mandatory in all cases and FNAC should only be used selectively. HR positive tumours are usually less aggressive, HER-2 positive more aggressive and TNBC the most aggressive subtype with corresponding better to worst prognosis.

SURGERY FOR BREAST CANCER

Standard-of-care for early breast cancer is Breast conservation surgery with Sentinel lymph node-directed management of the axilla. BCS is usually performed by selection of an appropriate oncoplastic procedure that allows best combination of tumour excision and cosmesis. Mastectomy is performed only in selected cases based on extensive, multisite, or in situ disease, recurrence or strong patient preference. Breast oncoplasty and conservation is also extensively used in locally advanced breast cancer after giving



chemotherapy upfront, limiting the need to perform mastectomy. SLNB identifies patients with positive axillary nodes that mandate a complete axillary clearance avoiding unnecessary complications (lymphoedema, seroma, numbness, pain etc.) in those with negative nodal status.

SYSTEMIC TREATMENT FOR BREAST CANCER

Advances in systemic treatment in recent years is responsible for the significant and dramatic improvement in survival from breast cancer. Appropriate escalation or de-escalation has improved outcomes and reduced treatment-related toxicity. Dose-dense chemotherapy schedules, dual HER-2 blockade for HER-2 positive breast cancer, post-neoadjuvant capecitabine and platinum-based regimens for TNBC patients, extended endocrine therapy for HR positive patients, immunotherapy with checkpoint inhibitors (PD-1/PDL-1) are examples of the changing landscape in this rapidly evolving field. The use of Neoadjuvant chemotherapy is now standard-of-care for locally advanced, HER-2 positive and triple negative breast cancers. In case of partial pathological response, alternative drugs would be recommended as adjuvant therapy (eg. TDM-1 in HER-2 positive BC). The combination of targeted therapy and endocrine therapy (eg. Aromatase inhibitors with Palbociclib/abemaciclib) is common in advanced cancers.

RADIATION THERAPY FOR BREAST CANCER

Advances in radiation therapy include hypofractionation techniques, better dose delivery, customisation of radiation fields based on tumour extent and biology, avoidance of radiation in certain low-risk populations. Avoiding radiation-related morbidity, especially cardiac, is a current focus area.

CONCLUSION

The management of breast cancer is complex and challenging as newer advances are the only constant. Survival has improved significantly, multidisciplinary approach is the norm, and shared decision making with the patient mandatory. Every breast cancer patient deserves access to the benefits of modern cancer care; nothing more and certainly nothing less.

Role of Radiation therapy in cancer treatment- Changing Landscape

Dr. Rohit Kabre, MD Radiation Oncology

Treatments for cancer care have grown multi-fold across the globe, and regardless of the types of cancer and their severity, there is hope for recovering from the same. For a layperson, terms like surgery, chemotherapy, and radiation may sound familiar. But there are a lot of scientific and medical decisions that go into administering these treatments.

Radiation is a common, and perhaps the oldest treatment for cancers. Also known by various names, including radiation therapy, radiotherapy, irradiation, and x-ray therapy, the use of radiation in healthcare is over a 100-year-old technique. Yet, it has advanced incredibly in treating cancers and incorporates the various safety frontiers and measures for a better prognosis.

- **What Is Radiation Therapy?**

Radiation therapy is administered using high-energy waves or particles, including x-rays, gamma rays, protons, and electron beams to destroy the malignant cells. Radiation damages DNA of cells either directly or indirectly, through the formation of free radicals and reactive oxygen species. Radiation therapy is prescribed for cancer patients depending on the type and stage of the cancer. More than half (about 60%) of people with cancer have radiation therapy. Sometimes, radiation may suffice for the entire treatment, but is often offered in combination with other therapies.

Contd.

- **The goals of radiation therapy include:**

- 1) Definitive Radiation Therapy- To cure patient using only radiation as treatment modality in early stage cancer.
- 2) Neo- Adjuvant RT- Shrinking or eliminating the cancer cells if the cancer is in an advanced stage before surgery.
- 3) Adjuvant RT- To prevent the recurrence of cancer and stop them from spreading to other parts of the body after Surgery or Chemotherapy.
- 4) Palliative RT- For symptomatic relief from conditions, including pain, inability to breathe easily, blockages in the bowel, etc., in the advanced stages of cancer.

- **Is radiation therapy used with other types of cancer treatment?**

Yes, radiation therapy is often used with other cancer treatments.

1. Radiation therapy and surgery.

Radiation may be given before, during, or after surgery. Doctors may use radiation to shrink the size of the cancer before surgery, or they may use radiation after surgery to kill any cancer cells that remain. Sometimes, radiation therapy is given during surgery, so that it goes straight to the cancer without passing through the skin. Radiation therapy given during surgery is called intraoperative radiation.

2. Radiation therapy and chemotherapy.

Radiation may be given before, during, or after chemotherapy. Before or during chemotherapy, radiation therapy can shrink the cancer so that chemotherapy works better. After chemotherapy, radiation therapy can be used to kill any cancer cells that remain.

- **Does radiation therapy hurt?**

No, radiation therapy does not hurt while it is being given.

- **What is External beam radiation therapy?**

External beam radiation therapy comes from a machine that aims radiation at your cancer. The machine is large and may be noisy. It does not touch you, but it can move around you, sending radiation to your body from many directions. External beam radiation therapy is a local treatment, meaning that the radiation treats a specific part of your body. For example, if you have lung cancer, you will have radiation only to your chest, not to the rest of your body.

The patient does not need to follow any specific precautions after returning home after the treatment.

Different techniques utilized in of External radiations are as follows:

- Stereotactic Radio surgery (SRS) and Stereotactic Body Radiotherapy (SBRT)
Stereotactic Radio surgery (SRS) is a highly-advanced, non-invasive radiotherapy treatment that delivers very intense doses of radiation to cancer cells. When this treatment is administered to the other parts of the body besides the brain, it is referred to as Stereotactic Body Radiotherapy (SBRT) or Stereotactic Ablative Radiotherapy (SABR). SRS and SBRT are highly-effective in treating very tiny but well-defined tumours in inaccessible parts of the body, which are tough to remove surgically. With the help of advancements in technology, high doses of radiation are provided within a short duration to remove the tumour.
- Intensity Modulated Radiotherapy (IMRT) : High-precision RT that improves the ability to conform the treatment volume to concave tumour shapes.

Contd.

- Volumetric modulated arc therapy (VMAT): Novel radiation therapy technique that delivers the radiation dose continuously as the treatment machine rotates. It has shorter dose delivery time thus improving patients comfort and reducing the possibility of intrafraction motion. Decreased number of monitor units diminishes scattered radiation which was indicated to be the cause of second malignancies. Improved homogeneity and conformity index, as well as dose reduction on OARs
- Image-guided radiation therapy (IGRT)
Image-Guided RT (IGRT) Repeated imaging scans (CT, MRI or PET) are performed daily while pt is on treatment table. Allows to identify changes in a tumour's size and/or location and allows the position of the patient or dose to be adjusted during treatment as needed. Can increase the accuracy of radiation treatment (reduction in the planned volume of tissue to be treated) decrease radiation to normal
- Four-dimensional radiation therapy (4DRT) Also called respiratory gating, is a radiation treatment used to target tumors that move with a patient's breathing, such as lung, pancreatic, and other gastrointestinal cancers. When respiratory gating is used, the physicians select the proper segment of the patient's breathing cycle to deliver treatment. The patient's breathing cycle is tracked during treatment using specialized cameras and the radiation beams are only turned on during the pre determined portion of the breathing cycle when tumor motion is as minimal as possible.

Understanding Precision Oncology

Dr. Jaikumar Patel, DM Medical Oncology

Precision medicine

Before understanding the concept of precision oncology, we need to look into the term precision medicine. Precision medicine is about matching the right drugs or treatments to the right people, based on a genetic or molecular understanding of their disease. It is an approach to patient care that is based on the idea that all patients' disease is not exactly the same. Precision medicine attempts to understand more about variations in our genes, proteins and other factors that influence our health. The area of precision medicine that addresses treatments decisions for various cancers type is called precision oncology.

Precision Oncology

Precision Oncology can be simply defined as molecular profiling of tumors to identify targetable genetic alterations and has entered the mainstream of clinical practice in a big way. Tumors have multiple genetic changes that give advantage to cancer cell to proliferate and metastasize. The genetic changes that occur in one person's cancer may not occur in others who have the same type of cancer. It is now understood that every person's cancer is unique to them, comprised of a distinct combination of gene mutations and other cellular changes. Precision oncology is important to understand because a treatment that helps one person's cancer doesn't always work for somebody else.

What are the benefits of Precision Oncology?

The precision oncology strategy takes individual genetics in consideration to create treatment options designed specifically for that individual and others with similar molecular changes. This involves analyzing tumor tissue or blood and as appropriate using "targeted treatments", which are drugs or other substances that kill cancer cells. Unlike chemotherapy, targeted treatments cause fewer and less severe side effects. Precision oncology is transforming the way Oncologists are treating cancer patients.

Contd.

Earliest example of Precision oncology is treatment of the BCR-ABL rearrangement in chronic myeloid leukemia by the small molecule Imatinib in year 1998, leading to dramatic clinical benefit. An example in solid tumor oncology was the ability to test for HER2 positivity as defined as fluorescent in situ hybridization-based gene amplification or immunohistochemistry to demonstrate overexpression of the this protein. Positive results predicted response to trastuzumab-based therapies, whereas HER2-negative tumors did not derive benefit from this approach. Testing of EGFR mutation in patient with advanced Adenocarcinoma Lung has made paradigm shift in treatment of this cancer with oral targeted therapy with Gefitinib and Erlotinib with minimal adverse events as compared to chemotherapy.

Next-Generation DNA Sequencing (NGS)

The most fundamental requirement for precision oncology is , a genomic test with clinical utility which should be predictive of a treatment response from a targeted agent. Next-Generation DNA Sequencing (NGS) testing on tumour tissue has now become backbone for treatment of patient by Precision Oncology. A range of genomic somatic variants can be ascertained with NGS, including single nucleotide variants (SNVs), i.e. point mutations, small insertions or deletions of bases. Additionally, copy number variants, which reflect amplifications and deletions of genes and/or larger portions of a chromosome, gene rearrangements and fusion genes can be detected.

Who and When to do NGS test

Many patients with metastatic disease may be good candidates for genomic testing at varying times in their clinical course. Patients with disease with fewer or no standard treatment options are candidates for early molecular profiling in the hope that they will be a candidate for a clinical trial evaluating a particular alteration. In general, early-stage patients undergoing definitive treatment do not typically require somatic gene panels.

Molecular Tumor Board

As the scope of precision oncology expands, there is an increased need to include multiple domain experts in decision making using massive amount of tumou information wisely. Either virtual or real-time molecular tumor boards are accomplished . Members include medical, surgical, and radiation oncologists complimented by pathologists, genetic counselors, and research staff. Additional expertise is often required are molecular pathologists and molecular geneticists. Multiple databases are publicly available for searching during molecular tumor boards to help in making variant-therapy associations.



SCIENTIFIC PROGRAMME

DAY 1 – 19 TH NOVEMBER		
TIME	TOPIC NAME	FACULTY
08.00 AM – 08.45 AM	<u>REGISTRATION & BREAKFAST</u>	
08.45 AM – 09.00 AM	<u>WELCOME</u>	
09.00 AM – 09.20 AM	REDEFINING PRECISION HEALTHCARE USING ADVANCED NUCLEAR MEDICINE TECHNOLOGIES	DR. PIYUSH CHANDRA
09.20AM – 09.40 AM	MANAGEMENT OF NASH - DIET, DRUGS AND DRILLS	DR. ASHISH SETHI
09.40 AM – 10.00 AM	3D IMAGING OF CORONARY ATHEROSCLEROSIS AND ITS IMPORTANCE IN CARDIAC CARE	DR. CHIRAG SHETH
10.00 AM – 10.20 AM	CLOTS, COAGULATION AND PARADIGMS IN LUNGS : MULTIDISCIPLINARY DISCUSSION	DR. KAMALDEEP CHAWLA DR. PARTH SOLANKI DR. NEEL THAKKAR DR. AMIT DAVE
10.20 AM – 10.30 AM	FACTS & MYTHS -DO'S& DON'TS- THE DREADED DENGUE	DR. REVATHI AIYER
10.30 AM – 10.40 AM	MYTHS AND FACTS ABOUT FLUID THERAPY AND SHOCK	DR. RITESH SHAH
10.40 AM – 11.00 AM	ENDOVASCULAR INTERVENTIONS FOR VASCULAR DISEASES	DR. VIJAY THAKORE
11.00 AM – 11.20 AM	APPROACH TO JOINT PAIN IN CLINICAL PRACTICE	DR. HIMANSHU PATHAK
11.20 AM – 11.40 AM	<u>TEA BREAK</u>	
11.40 AM – 12.00 PM	ENDOVASCULAR INTERVENTION IN NEURO-VASCULAR CASES	DR. BHAGWATI SALGOTRA
12.00 PM – 12.20 PM	RENAL FUNCTION TEST – EVERYTHING YOU NEED TO KNOW	DR. MANISH DABHI
12.20 PM – 12.40 PM	BREAST CANCER DIAGNOSIS AND TREATMENT - WHAT HAS CHANGED?	DR. RAJIV BHATT
12.40 PM – 01.10 PM	KEYNOTE ADDRESS -	DR. KIRAN PATEL
01.10 PM – 02.00 PM	<u>LUNCH</u>	
02.00 PM – 02.20 PM	MANAGEMENT OF LEG SWELLING AND ULCERS	DR. SUMIT KAPADIA
02.20PM – 02.40PM	DIETARY FADS VERSUS FACTS SIMPLIFYING THE OVER-SIMPLIFIED FOOD	DR. ROOPAL PANCHANI,
02.40 PM – 03.00 PM	WEIGHT MANAGEMENT: A SURGICAL APPROACH	DR. PANKAJ KHANDELWAL
03.00 PM – 03.30 PM	DR. B. J. VASA ORATION MALE SEXUAL DISORDERS – AN ENIGMA!!	DR. DEEPAK JUMANI
03.30 PM – 03.50 PM	ADVANCES IN NON-CORONARY INTERVENTIONS	DR. DARSHAN BANKER
03.50 PM – 04.10 PM	PRESERVATION OF NATURAL KNEE – MIS APPROACH	DR. DHRUMIL PATEL
04.10 PM – 04.40 PM	PADMASHREE DR. V. C. PATEL GUEST LECTURE - CLINICAL AND SPIRITUAL IMPACT OF SOUND	DR ANIL JHA
04.40 PM – 05.10 PM	DR. P. R. TRIVEDI ORATION – WHAT IS NEW IN OPHTHALMOLOGY	DR ASHOK SHROFF
05.10 PM – 05.30 PM	<u>TEA BREAK</u>	
05.30 PM ONWARDS	<u>INAUGURATION</u>	
07.30 PM ONWARDS	<u>GALA DINNER FOLLOWED BY ANKIT TIWARI NIGHT</u>	



SCIENTIFIC PROGRAMME

DAY 2 - 20 TH NOVEMBER		
TIME	TOPIC NAME	FACULTY
08.00 AM – 08.40 AM	<u>TEA AND BREAKFAST</u>	
08.40 AM – 09.00 AM	NEWER ADVANCES IN INTERVENTIONAL PULMONOLOGY	TEAM OF KALYAN HOSPITAL, A UNIT OF DALAL SLEEP AND CHEST MEDICAL INSTITUTE PVT LTD
09.00 AM – 09.20 AM	INTERPRETATION OF CBC AND ITS NEW PARAMETERS	DR. DHAVAL BAMANIA
09.20 AM – 09.40 AM	APPROACH TO AN UNCONSCIOUS PATIENT	DR. SHREYAS PATEL
09.40 AM – 10.10 AM	LUNG & HEART TRANSPLANT: SURGERY, SURVIVAL & MORE	DR. PROF. K R BALAKRISHNAN
10.10 AM – 10.30 AM	APPROACH TO RESISTANT ANEMIA	DR. VIBHA NAIK
10.30 AM – 10.50 AM	INTRACRANIAL BLEED: CASE BASED DISCUSSION	DR. MAULIK VAJA
10.50 AM – 11.10 AM	CONTRACEPTIVE PILLS: LET'S REVISIT	DR. ARCHANA DWIVEDI
11.10 AM – 11.30 PM	<u>TEA BREAK</u>	
11.30 AM – 11.50 AM	SCOPE OF ENDOSCOPE IN BRAIN AND SPINE SURGERY	DR. NIMESH PATEL
11.50 AM – 12.10 AM	WHEN, WHERE & WHOM TO REFER CRITICAL PATIENT WITH LIVER DISEASE	DR. PRASHANT BUCH
12.10 PM – 12.30 PM	APPROACH TO HEADACHE	DR. MANAN MEHTA
12.30 PM – 12.50 PM	ORTHOBIOLOGICS - THE NEW FRONTIER	DR. MIHIR DHOLAKIA
12.50 PM – 01.10 PM	WHY SPINE SURGERY FAILS?	DR. RAVISH PATEL
01.10 PM – 01.30 PM	RECENT ADVANCES IN CARDIOLOGY WITH CASE BASE DISCUSSIONS	DR. V. C. CHAUHAN
01.30 PM – 01.50 PM	TRANSCATHETER AORTIC VALVE REPLACEMENT (TAVR)	DR. ABHISHEK RAJPOPAT
01.50 PM – 02.10 PM	<u>VALEDICTORY FUNCTION</u>	
02.10 PM ONWARDS	<u>LUNCH</u>	

ABSTRACT

Male Sexual Disorders- An Engima

- Dr. DEEPAK JUMANI

Being in Sexual Medicine Practice for over three and half decades in India, the country which gave birth to the first epic on Aphorisms of Love and Love making "The Kamasutra". my mission is to revolutionize the way the people learn about sex. I know that it isn't easy to walk into a bookstore and buy a book about sex, and read it to learn. When it comes to your sex life, I know no healer can guarantee satisfaction. That part is up to you. But surely I want to help. Talking about sex isn't easy, but, in the end, not talking about sex is even harder. You only have one sex life, and I want to help you live it to the fullest.

The World Health Organization defines sexual health as a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

Every normal human has physical and emotional changes that occur as a person becomes sexually aroused and participates in sexually stimulating activities which include intercourse or even masturbation.

The phases of Sexual human response according to Masters and Johnson and Henry Kaplan are divided in four phases: excitement, plateau, orgasm, and resolution.

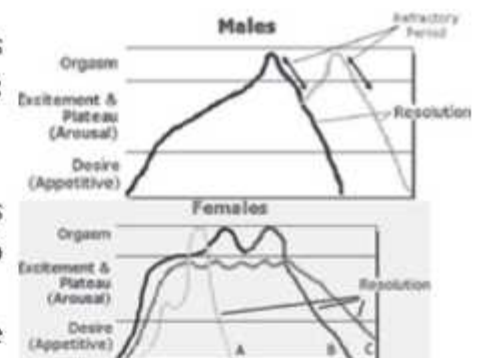
Understanding our body's response to each phase can help us increase the understanding of the sexual problems and also increase intimacy.

Both men and women experience these phases, although the timing usually is different. For example, it is unlikely that both partners will reach orgasm at the same time. In addition, the intensity of the response and the time spent in each phase varies from person to person. Sexual dysfunctions can occur during any phase of the human sexual response viz: low or high desire, arousal issues like erectile dysfunction in men, diminished lubrication in women, ejaculation issues in men and orgasmic dysfunctions.

Sexual dysfunction is any physical or psychological problem that prevents you or your partner from getting sexual satisfaction. Male sexual dysfunction is a common health problem affecting men of all ages, but is more common with increasing age. Treatment can often help men suffering from sexual dysfunction.

The main types of male sexual dysfunction are:

- Erectile dysfunction (difficulty getting/keeping an erection).
- Premature ejaculation (reaching orgasm too quickly).
- Delayed or inhibited ejaculation (reaching orgasm too slowly or not at all).
- Low libido (reduced interest in sex).



Man Can survive earthquakes, epidemics, horrors of diseases, and all the agonies of soul, but for all time his most tormenting tragedy has been and shall always be the tragedy of bedroom said Leo Tolstoy. One of the most common issues in the bedroom a man faces today is inability to get and sustain erection for successful intercourse which then leads to emotional dysfunction and avoidant behaviour.

There's no single psychological cause that can trigger erectile dysfunction in men. Instead, a variety of issues can all cause or contribute to psychological ED, such as:

- Anxiety, whether general in nature or specifically related to sex
- Fear or sexual failure or poor sexual performance
- Feelings of guilt about engaging in sexual activity
- Stress about sex or chronic stress related to other issues
- Depression and other mood disorders
- Relationship problems
- Excessive porn consumption
- Low self-esteem

Some medications used to treat psychological issues, such as antidepressants, can also play a role in the development of erectile dysfunction. Even if there is an organic cause for Erectile Dysfunction there is always a psychological component which adds salt to the wounds.

Till date there has been no cure for the symptom of Erectile Dysfunction. From the invention of Sildenafil "Viagra" way back in 1998 which was tried for treatment for hypertension, angina etc but a side effect of which was men started getting erections and hence Pfizer grabbed this side effect as a wand to make it a blockbuster pill for management of Erectile dysfunction.

When it comes to treatment for ED we need to know that ED is Endothelial dysfunction which means it could be decrease in eNOS, NO and CGMP or PDE5 inhibition in the vascular endothelium and corpora cavernosa leading to inability of the corpora cavernosa to be fuelled with blood. Hence I also called erectile dysfunction as penile angina or penile attack.

The Current treatment for erectile dysfunction is as follows

First Line of Rx	Oral Drugs	Counselling	Life style Modifications
Second Line of Rx	Intra Cavernous Injections of papaverine & Largactil Vacuum Therapy MUSE	Counselling	Life Style Modifications
Third Line of Rx	Anastamotic Surgeries and Penile Implants	Counselling	Life Style Modifications

But whatever line of therapy one tries it has to be personalized according to the needs and acceptance of the patient. Along with these therapies one thing which needs to be done is Counselling and Advice on life style modification which is the bench mark for the treatment of erectile dysfunction.

The Regenerative medicine which is a new buzz word has shown promising results, but still need robust evidence to imply them into practice, Amongst the Regenerative medicine we have Platelet rich plasma, Stem cell therapies, Gene Therapy, Nano technology and amongst the Phytoneutraceuticals we have L arginine which is a potent metabolic amino acid and Nitric Oxide donor which is available and along with it Fenugreek in saponised form. Both these medical foods can increase the desire and also initiate erections and improve the endothelial dysfunction.

There are various other strategies to improve erectile dysfunction by restoring the endothelial dysfunction. Successful strategies for reversal of endothelial dysfunction are: PPAR alpha and gamma agonists which increase NO production in endothelium; anti-oxidants such as vit. E and C; supplementation with L-arginine, tetrahydrobiopterin-BH4 or sepiapterin (precursor of BH4), SOD mimetic tempol, statins which apart from lowering cholesterol improve NO production, selective beta1 adrenoreceptor antagonists such as nebivolol; suppression of angiotensin-mediated endothelin production by ACE inhibitors and ATR blockers; CB1 receptor blockers, PKC β inhibitors, nitric oxide donors (glyceryl trinitrate and isosorbide dinitrate), dietary supplements of EPA/DHA and regular physical exercise and control of mental stress.

In Diabetics the novel way to treat patients who have Erectile dysfunction is to put them on SGLT 2 inhibitors either Dapa or Empagliflozin along with Metformin both these drugs due to their class properties reduce weight, control hyperglycaemia and also improve endothelial dysfunction. These patients if bring their hyperglycaemia under control which is possible they do not need PDE 5 inhibitors as they get normal morning physiological erections.

With the state of art medical and surgical treatments every phase of sexual dysfunctions in both men and women can be corrected and managed. Sex in the elderly can be a more joyous experience, as one is off the day to day struggles of life like career, bringing up children, menstruation, pregnancy etc and have adequate time to experiment and enjoy to the fullest the most vital desire of humans. Counselling can manage all the sexual myths and ignorance and can create a clear understanding of this normal and natural function of our life.

Today what ever be the cause of Erectile Dysfunction be it vasculogenic, hormonogenic, neurogenic or even iatrogenic all these etiopathologies can be corrected and the symptom of erectile dysfunction can be managed.. Similarly with Ejaculatory issues or desire issues can be managed and if one follows intense lifestyle modification and with counselling Every male Sexual Dysfunction is a Correctile Dysfunction and not a ENIGMA any more...

I have no conflict of interest.

- Prof Deepak K Juman

Senior Sexual Health Physician & Counselor at

Sir JJ Group of Govt Hospitals and Mumbai Police Hospitals.

Email: deepak.jumani@gmail.com



ABSTRACT

APPROACH TO JOINT PAIN IN CLINICAL PRACTICE

- Dr. HIMANSHU PATHAK

Joint pain is one of the most common symptom with which patients' seek help from a doctor. It becomes very important to deduce arthralgia (joint pain symptom) competently to give an appropriate working diagnosis and to start effective treatment. Important part of management is patient education specially during initial few visits as afterwards there remains high likelihood that patient start searching for some magic potion to get better. This all may lead to delayed diagnosis and sometimes irreversible damage if underlying diagnosis is of inflammatory arthritis. In lecture I will be discussing how to identify inflammatory and non-inflammatory joint pain, initial investigations required and management possibilities. The aim would be to educate doctors about early diagnosis and treatment of inflammatory arthritis so future complications can be prevented.

- **Dr. Himanshu Pathak,**

MD FRCP

Consultant Rheumatologist

Vadodara

ABSTRACT

- **DR. PIYUSH CHANDRA**

Nuclear medicine practice over the past decade has a paradigm shift in both diagnostic and therapeutic domains. FDG PET over past 3 decades has revolutionized modern oncology practice by making precise faster and more efficient treatments. Over past few years, PET imaging has seen a rapid transformation with more cancer specific imaging agents like FES, DOTA and PSMA PET for breast carcinoids and prostate cancers respectively. Therapeutic success in chemorefractory carcinoid and PSMA has given personalized radionuclide cancer treatment a shot in the arm. Not limited to oncology, nuclear imaging and PET imaging has significantly contributed in improving patient outcomes be it severe infections, autoimmune disorders, neurodegenerative/seizure disorders and heart failure.

- **Dr. PIYUSH CHANDRA**

ABSTRACT

Dr. SHREYAS K. PATEL

Unconsciousness / Coma is an acute failure of neuronal systems governing arousal and awareness and represents a medical emergency. When encountering an unconscious patient, the clinician must have an organized approach to detect easily remediable causes, prevent ongoing neurologic injury, and determine a hierarchical plan for diagnostic tests, treatments, and neuromonitoring. Coma was chosen for GIMACON because timely medical and surgical interventions can be life-saving, and the initial work-up of such patients is critical to establishing a correct diagnosis.

Dr. Shreyas K. Patel,

Associate Professor,

Dept. of Emergency Medicine,

Parul Institute of Medical Sciences and Research,

Parul University, Baroda, Gujarat.



ABSTRACT

UNEXPLAINED ANEMIA

DR. VIBHA NAYAK

D.M. Oncomedicine

- Non Nutritional Anemia
- More than 1 to 2 months duration affecting QOL
- Chronic Infection & Inflammation : Cytokine mediated
- Renal, Liver and Endocrine pathology needs to be looked into for Unexplained Anemia
- Hematological Disorders: Hemolytic Anemias, Bleeding Disorders, Hematological Cancers
- Cancer: Direct infiltration of Bone Marrow, Cytokine Mediated
- Drug History: Bone marrow suppressive
- GI bleed: Ulcer, Varices, Cancer
- Bone Marrow Failure Syndromes: MDS, Aplastic Anemia
- Chronic Deficiencies: A, B6, C, E
- Starvation
- Porphyrrias

ABSTRACT

DIABETIC DERMOPATHY

HETU SHAH

3rd Year M.B.B.S. GMERS MEDICAL COLLEGE, M.S.U. Vadodara

Diabetes is a disease that is rampant in our community. Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. It is a significant contributor of many micro and macro-vascular complications that occur later in life such as nephropathy, cardiovascular complications, stroke, retinopathy, and peripheral neuropathy amongst others. Apart from these, certain cutaneous manifestations are also frequently seen. One of them being, Diabetic Dermopathy which is what my paper is based on.

- Diabetic dermatopathy is an indicator of poor glycaemic control. It refers to small pink, tan, red or dark brown lesions or spots on the skin. This diabetic skin condition can form anywhere on the body but more commonly is seen on the shin (most common), front of the thighs, scalp, chest forearms, etc.
These spots are round/ oval, bilateral (present on both sides at the same time), and somewhat scaly. These lesions appear in clustered patches which over a period of time, become slightly indented.
- The condition is diagnosed by a visual examination of the affected skin and confirming whether the lesions are characteristic of diabetic dermatopathy or not. Rarely, a biopsy may need to be performed to rule out other possible skin conditions.
- The treatment is mainly focussed on prevention. The existing lesions fade away with time. Healthy and moisturised skin, that is free from injury will prevent the condition from developing further. Hence, patients presenting with such skin lesions are advised to use a suitable moisturiser. There is no other specific treatment.
- Uncontrolled blood glucose level is the biggest trigger for diabetic dermatopathy. Hence, the most important step is to control blood sugar levels. This condition also has a strong association with microvascular complications as they also stem from unregulated glucose levels in the blood. Hence, it is a warning sign for the patient that strict glycaemic control is now required.

ABSTRACT

Cross-sectional study to find prevalence of hearing loss in patients with Type-2 Diabetes Mellitus, at a tertiary care centre, in Western India

Bhavi Desai, 3rd First, Medical College, Baroda

This is an original study carried out at S.S.G Hospital as an ICMR-STS project for which the ethical committee permission has been granted.

INTRODUCTION: Diabetes mellitus is a disease affecting millions of people across the globe. Diabetes is growing challenge in India as well with estimated 9.6 % diabetic population in the age group of 20 and 79 years.

In people with Type II DM, the elevated blood glucose can lead to certain severe and potential health complications, including both macrovascular and microvascular complications. Hearing loss manifests as one of the most common neuropathy in type 2 diabetes but is rarely given that much attention.

People with diabetes or prediabetes appear to have greater incidence and an early onset of hearing loss compared to those without these conditions. According to National Institute of deafness and communication disorders (NIDCD-USA), diabetes related hearing loss starts as early as 30 -40 years. The focus of our nation now also involves non-communicable disease like type II DM, which is a lifelong companion. Considering that both hearing loss and DM are significant health issues, it is important to examine the relationship between the two.

AIM: To evaluate hearing loss in type II diabetes mellitus patients using PTA
Correlate the quantum of hearing loss with the duration of diabetes and HbA1c
To assess the frequencies at which hearing loss occurs

MATERIALS AND METHOD : The cross -sectional study of 99 participants was carried out in S.S.G.H after the due permission from The Institutional Ethics Committee. Confirmed type-II DM patients were enrolled with consent and patients with occupational noise exposure ,H/O Ototoxic drugs, F/H/O deafness/congenital deafness,presence/past history of ear infection/history of surgery/trauma were excluded.

Hearing assessment was done by general ear examination which was done using otoscopy followed by PTA.Both air and bone conduction testing was done. The obtained data was thereafter grouped into different grades as defined by WHO and the commonest frequency at which hearing loss occurs was recorded.

RESULTS: There exists a link between type II DM and hearing loss with 66% incidence. With an increase in age ,duration of diabetes,poor glycemic control and treatment in compliance the hearing loss worsens. Also, higher frequencies are affected more commonly.

CONCLUSION: A strong positive relationship is present between DM and hearing loss as determined by various variables in the study. It can be used to screen and monitor patients with DM to prevent worsening of hearing loss and start treatment accordingly.





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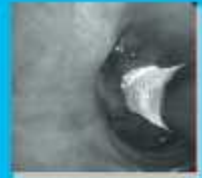
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