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**AHMEDABAD MEDICAL ASSOCIATION**  
 (Branch of Indian Medical Association)  
**AHMEDABAD MEDICO NEWS**

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 President - AMA



**DR. KIRITKUMAR C. GADHAVI**  
 Hon. Secratry - AMA

Imm. Past President - DR. JAYESH P. SACHDE

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ISSUE-12

**HIGHLIGHTS**

- |            |                               |            |                       |
|------------|-------------------------------|------------|-----------------------|
| 02-05-2019 | Ladies Club Programme         | 18-05-2019 | Ladies Club Programme |
| 05-05-2019 | Senior Citizen Club Programme | 25-05-2019 | Ladies Club Programme |
| 07-05-2019 | નારક - ગરકના ચહેરા            | 26-05-2019 | Public Seminar        |
| 12-05-2019 | Scientific Programme          | 02-06-2019 | Scientific Programme  |
| 17-05-2019 | Face Book                     | 29-06-2019 | } KDAMACON - 2019     |
| 13-05-2019 | Kid's Club Programme          | 30-06-2019 |                       |

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\*Times of India, All India Fertility & IVF Ranking Survey 2019

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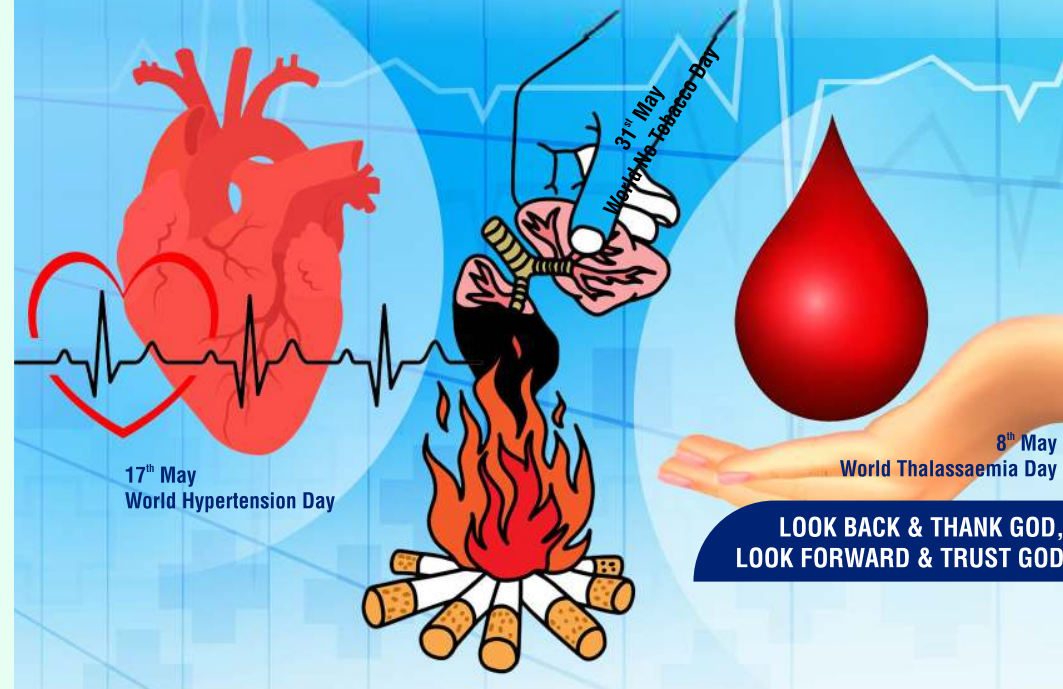


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**Message From President and Hon. Secretary Desk**

Greetings,

Dear friends,

It is that part of year when a multitude of changes attack the person at all level whether it is the climate , the finance, political scenarios, sport adventures as well as matter related to medical practice. Spring has just been shown the door and summer has already set in and student will be enjoying vacation. Many of you may have planned to travel during this summer. We wish you safe and enjoyable journey, do come with lots of sweet memories.

Last month on 24th March, there was one more Medical Health Check Camp at Umreth. Thanks to all specialties, Dr. Sunil Chenwala, Dr. Devendra Patel, Dr. Sudhaben Patel, Dr. Manan Shah (ENT), Dr. Mehul Shah (Ortho) who rendered their best services in the camp.

On same day one more program was arranged on "END TB" Dr. Tushar Patel & Dr. Hiren Thanki were speakers. It was grand success. Thanks to Dr. Bipinbhai M. Patel , State Co-ordinator and Dr. Divyesh Panchal – District Co-ordinator for organizing program very well.

On 24<sup>th</sup> March world TB Day 2<sup>nd</sup> Face Book Live was broadcasted. On 3<sup>rd</sup> April and 20th April there were two CME programs, One on pain Management Update, Wealth building and 2nd was on cardiac update. Thanks to Dr. Hiteshbhai Patel, Dr. Rohit Thakar, Mr. Utpal Shah and also thanks to Dr. Rameshbhai Kapadia and Dr. Dhaval Doshi to made the programs very interesting.

Friends along with self learning program and CME it is our professionals obligation to participate in implementation of various National Health program. 25<sup>th</sup> April National Malaria Day let us all joins hands to do our best to eradicate this deadly disease as per Malaria – guide line for diagnosis & treatment of malaria and co-operate in malaria eradication program.

Our next program will be on 5-5-2019 1. **બોલીવુડ સોંગ**  
2. "कल और आज" 3. **સદા બહાર ગીતો.**

On 12<sup>th</sup> May Geriatric Update are arranged, from 13-5-2019 to 18-5-2019 Summer camp, on 17<sup>th</sup> May Face book live on Hypertension and on 26th May, there will be public seminar on cancer awareness on "World No Tobacco Day".

Details of entire programs is given in our bulletin.

"JAY AMA" "JAY IMA"

**Dr. Mehul N. Shelat**

President

Ahmedabad Medical Association

**Dr. Kiritkumar C. Gadhavi**

Hon. Secretary

Ahmedabad Medical Association



### LADIES CLUB



#### TELEPHONE NUMBERS

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A.M.A. (Fax).....	2658 7498	N.S.S.S.....	2658 5430
G.S.B. ....	2658 7370	PHY.ASSO.....	2657 4763
S.S.S. ....	2658 0690	A.O.G.S. ....	2658 6426

### TB PROGRAMME



**Be a Member of  
F.B.S.,  
S.S.S., P.P.S.,  
Health Scheme  
and N.S.S.S.**





# CME WITH FALICITATION OF DR. ANIL NAYAK



# CME WITH FALICITATION OF DR. ANIL NAYAK





# CME WITH FALICITATION OF DR. ANIL NAYAK



# UMRETH MEDICAL CAMP





# UMRETH MEDICAL CAMP



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AHMEDABAD MEDICAL ASSOCIATION YEAR : 2018-2019

## OFFICE BEARER

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DR. ATUL GANDHI	DR. JITENDRA N. PATEL	DR. BHAVESH M. PATEL

**NOTICE**

A General Body Meeting of Ahmedabad Medical Association will be held on WEDNESDAY, 8<sup>th</sup> May, 2019 at 4.00 p.m. at our premises to transact the following agenda.

**AGENDA**

1. To read and confirm the minutes of the last meeting.
2. Any thing arising out of it.
3. Election, if required for the post of Vice President of Gujarat State Branch, I.M.A.
4. Any other business with the permission of the chair.

N.B. For the want of quorum the meeting will be adjourned and will be held after fifteen minutes.

1. Nominations are invited for the Post of Vice President (Ahmedabad Zone) of Gujarat State Branch, I.M.A. for the year 2019-2020.
2. Nomination forms will be available from the office from Monday 29<sup>th</sup> April, 2019 on payment of Rs. 10/- (Rs. Ten only)
3. Nomination forms duly filled, proposed & seconded should reach Hon. Secretary on or before Monday, 6<sup>th</sup> May, 2019, before 3.00 P.M. at Association's office along with Rs. 250/- for the post of Vice President.
4. Last date of withdrawal of nomination is Tuesday 7<sup>th</sup> May 2019 before 3.00 P.M.

Dr. Kiritkumar C. Gadhavi  
Hon. Secretary

**Note :**

1. He/She must be a life member of I.M.A.
2. He/She must have 7 years continuous membership of I.M.A.
3. He/She should have served G.S.B.I.M.A. as Working committee Member for at least 3 years.



## AHMEDABAD MEDICAL ASSOCIATION

and

## SENIOR CITIZEN CLUB - AMA

**BOLLYWOOD SONGS - સદા બહાર ગીતો**

(Audio Video Presentation)

Date : 05-05-2019, Sunday

Time : 5.00 pm onwards

Venue: Ahmedabad Medical Association Hall

Anchor : Dr. G. G. Oza

Co-operation : Dr. Urman Dhruv

Registration Fee : For Senior Citizen Club Members - FREE  
Other AMA Members - Rs. 50/-Please registration at AMA Office before 03-05-2019  
Phone : 26588775

The programme will be followed by DINNER.

Be a member of AMA Senior Citizen Club

Dr. K. R. Sanghavi

Dr. Abhay S. Dikshit

AMA Senior Citizen Club Co-ordinators

Dr. Mehul N. Shelat  
President, AMADr. Kiritkumar C. Gadhavi  
Hon. Secretary, AMA

## AHMEDABAD MEDICAL ASSOCIATION

## CULTURAL FORUM

We are presenting two programme in month of May  
**BOLLYWOOD SONGS** કલ્લ ઓર આજ "સદા બહાર ગીતો"  
(Audio Video Presentation)

Date : 05-05-2019, Sunday

Time : 5.00 pm onwards

Venue: Ahmedabad Medical Association Hall

Anchor : Dr. G. G. Oza

Supported by : Dr. Urman Dhruv

LIST OF PROGRAMMES SHOWN IN 2018-2019

1. શરદોત્સવ 2. એન ઈવનીંગ વીથ શક્તિ 3. બુકો બડો બાજુગર
4. પપ્પા અમારા પ્રાર્થમ મિનિસ્ટર 5. માસ્ટર સ્ટ્રોક 6. સંભવ અસંભવ
7. સદા બહાર ગીતો 8. બરફના ચહેરા

The programme will be followed by Dinner

Date : 7-5-2019, Tuesday  
Venue : Thakorbbhai Desai Hall,  
Law Garden

## Dr. Pradyut Thakore Scientific Programme No. 11

## AHMEDABAD MEDICAL ASSOCIATION

and

## SENIOR CITIZEN CLUB - AMA

Date : 12-05-2019, Sunday

Time : 09.30 am onwards

Venue : Ahmedabad Medical Association Hall

## GERIATRIC UPDATE

## PROGRAMME

- 09.30 to 10.00 a.m. Registration and Breakfast
- 10.00 to 10.30 a.m. Dr. Sudhir Shah - Neuro Physician  
Topic : Dementia & Alzheimer
- 10.30 to 11.00 a.m. Dr. Dilip Gadhavi - Gynecologist  
Topic : Menopausal problems
- 11.00 to 11.30 a.m. Dr. Jyotindra Pandit - Consultant  
Orthopedic Surgeon  
Topic : Orthopedic problems in old age
- 11.30 to 12.00 noon Dr. Mahadev Desai - Consultant  
Physician  
Topic : Prescribing in Geriatric
- 12.00 to 12.30 p.m. Dr. Mrugesh Vaishnav - Consultant  
Psychiatric  
Topic : Behavioral & Psychological  
problems in old age.

Registration Fee : For Senior Citizen Club Members - FREE  
Other AMA Members - Rs. 50/-.

Please register at our Office before 10-05-2019 Phone : 26588775

The programme will be followed by LUNCH.

Dr. Sunil Chenwala

Dr. J. D. Patel

Co-ordinators

Be a member of AMA Senior Citizen Club

Dr. K. R. Sanghavi

Dr. Abhay S. Dikshit

AMA Senior Citizen Club Co-ordinators

Dr. Mehul N. Shelat  
President, AMADr. Kiritkumar C. Gadhavi  
Hon. Secretary, AMA

## DRUG BANK

Concept by : Dr. Mehul Shah

- આપની હોસ્પિટલ / ક્લિનિકમાં સેમ્પલની દવાઓ / ઈન્જેક્શન / ડ્રેસિંગ  
મટીરીયલ્સ AMA Drug Bank માં આપ આપી શકો છો.

જેનો સદુપયોગ અમદાવાદ અને અમદાવાદ બહાર ચાલતી ચેરીટી સંસ્થા/  
ક્લિનિકમાં અમે પહોંચાડીશું.

## એરીયા કો-ઓર્ડિનેટર્સ

ડૉ. ધીરેન સાણંદીયા	સાબરમતી	૯૮૨૫૬૩૩૮૮૯
ડૉ. મનીષ શાહ	મણીનગર	૯૦૯૯૯૬૨૦૯૪
ડૉ. જ્યોતિન્દ્ર મહેતા	પાલડી-વાસણા	૯૮૨૫૦૩૯૬૫૩
ડૉ. જયેશ સચદે	સિવિલ	૯૮૨૪૦૧૮૮૪૮
ડૉ. સાહિલ શાહ	નવરંગપુરા	૯૪૨૮૫૦૧૪૧૨

or Contact : AMA Office 2 to 6 pm : 26588775



# AMA KID'S CLUB ORGANISES SUMMER CAMP FOR AMA KIDS

Co-ordinator : Dr. Ashish Bhojak

Dr. Deval Panchal



Dance

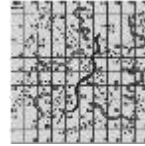


Drawing

Quiz

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20

Games



Music



Craft



Yoga



Zumba



Exercise

Date : 13-5-2019 to 18-05-2019  
Venue : AMA Sports Zone, AMA Hall  
Camp Fees : Rs. 100 Per Kid with Breakfast  
Time : 5.00 pm to 6.30 pm

Reg. on 26588775  
before 10-05-2019

## 5<sup>th</sup> Face Book Live... on World Hypertension Day

Date : 17-05-2019, Friday  
Time : 3.00 pm

Subject : Hypertension - How to Deal  
Speaker : Dr. Bhavesh Patel MD, DNB  
Intensivist and Cardiac Physician  
Co-ordinator : Dr. Vipul Shah

## AMA INITIATIVE



ઉનાળાના ધોમધખતા  
તાપમાં

પક્ષીઓ માટે...

પાણીના કુંડા



AMA પર ઉપલબ્ધ દરેક મેમ્બર માટે

# PUBLIC SEMINAR

on

## CANCER AWARENESS

(Celebration of World No Tobacco Day)

Date : 26-05-2019, Sunday  
Time : 10.00 am to 12 pm  
Venue : Ahmedabad Medical Association Hall

### :: PROGRAMME HIGHLIGHTS ::

**10.00 am to 10.30 am**

**Subject** : કેન્સર એટલે કેન્સલ નહીં...

**Speaker** : Dr. Dipak Rao (Cancer Surgeon)

**10.30 am to 11.00 am**

**Subject** : Nutrition in Cancer

**Speaker** : Dr. Mohit Sharma (Cancer Surgeon)

**11.00 am to 11.30 am**

**Subject** : વ્યસન મુક્તિના ઉપાયો

**Speaker** : Dr. Himanshu Desai (Psychiatrist)

**11.30 am to 11.45 am**

**Question - Answer Session**

**11.45 am onwards : Lunch**

Registration you name before 24-05-2019 on

Phone : 26588775

Dr. Mehulbhai N. Shelat  
AMA President  
9825398891

Dr. Kiritkumar C. Gadhavi  
AMA Secretary  
9998370353

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# KDAMACON - 2019



Festival of Spirituality, Literature & Education

Date	upto 20 <sup>th</sup> May 2019	upto 20 <sup>th</sup> June 2019
Member	800	1000
Spouse	600	800
Children>5 Years	300	500

N.B. :

- After 15<sup>th</sup> June - 'SPOT REGISTRATION'
- Pl. pay by Cash / Cheque in favour of 'Ahmedabad Medical Association'.



## KDAMACON - 2019



Tentative Program

29<sup>th</sup> June, 2019

### Workshop @ KD Hospital

1.00 to 2.00 pm Lunch  
2.00 to 4.00 pm Workshop @ KD Hospital  
4.00 pm High Tea

@ AMA Hall

8.00 to 9.00 pm Dinner

9.00 to 9.20 pm Scientific Lecture

9.20 pm onwards



Mr. Sanjay Rawal's  
Motivational talk on

"**ટેન્શન ને ટાટા  
બીક ને બાય બાય**"



## KDAMACON - 2019

30<sup>th</sup> June, 2019, Sunday



:: Venue ::

K D Hospital

Vaishnodevi Circle, S.G. Highway.

9 am to 4 pm

- ⇒ 2 Spiritual talk
- ⇒ 2 Literature talk
- ⇒ 6 Educational talk
- ⇒ Special Session for Ladies & Child delegates
- ⇒ Mega Lucky Draw
- ⇒ Kit for everyone
- ⇒ Special gift in every lecture
- ⇒ Entertainment program for Spouse & Child delegate.

## Geetaben M. Desai SCIENTIFIC PROGRAMME NO. 12

College of G. P. GSB IMA

&

FFPAI (Federation of family physicians of India)

Date : 02-06-2019, Saturday  
Venue : Ahmedabad Medical Association  
Time : 09.00 am to 10.00 am  
Registration and Breakfast

10.00 am onward programme

1. Speaker : Dr. R. K. Bajpai (Indore)  
Topic : Past, Present & Future of Family Practice
2. Speaker : Dr. Raman Kumar (New Delhi)  
Topic : Status of Family Practice across the World
3. Speaker : Dr. Jayendra Kapadia (Surat)  
Topic : Widening Horizons in Family Practice
4. Speaker : Dr. Jasvantsinh Darbar  
Topic : Technology for Family Physicians
5. Dr. Panel Discussion : Group Practice

Programme will be followed by LUNCH

Programme Co-ordinators  
Dr. Keyur Shah - President - AFPA  
Dr. Kamlesh Naik - Hon. Secretary - AFPA

Registration Fee Rs. 50/-  
Please register your name before 31-05-2019 on Phone : 26588775

Dr. Mehul N. Shelat      Dr. Kiritkumar C. Gadhavi  
President, AMA              Hon. Secretary, AMA

## CONGRATULATIONS

Dr. Jigar Bhupeshbhai Chhapan was awarded first prize for paper presentation in consultant category in Gujarat orthopaedic annual conference 2019.

## ACTIVITY REPORT

On 23<sup>rd</sup> March, there was World T.B. Day. AMA longe 2<sup>nd</sup> live Facebook programme on subject Tuberculosis-AtoZ. Speaker was Dr. Bhavesh Modi. There were so many likes by members & others.

On 24<sup>th</sup> March, one more mega medical health check-up camp at Umreth. More than 400 patients checked & treated by various faculties, various specialists - Physicians, Surgeons, Gynaec., ENT, Orthopedics, Skin- gave their services & free medicines. It was grand success.

On 3<sup>rd</sup> April, there was CME with spouse on (1) Pain Management update (2) wealth Building It was co-ordinated by Dr. Adit Desai. More than 185 members participated There was also a felicitation of Dr. Anil Nayak (vice Chancellor, Hemchandracharya North Gujarat University -In charge).

On 7<sup>th</sup> April World Health day is celebrated by longe of messages of Past Presidents on Facebook live. This was third Facebook live programme.

On 20<sup>th</sup> April, CME with spouse on "हृदयरोग, कल, आज और कल" by Dynamic speakers Dr. Ramesh Kapadia & Dr. Dhaval Doshi. Programme was very successful.



## ANNUAL DAY COMPETITIONS

### (1) INDIAN ASSOCIATION OF OCCUPATIONAL HEALTH ESSAY PRIZE

**Subject : Role of Technology in Medical Practice**

### (2) DR. RANJAN K. NANAVATY ESSAY PRIZE

(For Family Physicians Only)

**Subject : Impact of 'Desh Jitega - TB Harega' - Project**

\* Each candidates shall have to submit three copies typed and double spaced to the office before 16-5-2019 5 p.m. (Maximum 1500 words).

\* Candidates should not write their names or addresses on the essay. They should not reveal their identity in the essay. Candidate should write the name and complete address on a separate piece of paper.

### (3) DR. PIYUSH SHAH PAPER PRESENTATION PRIZE

(For Family Physicians only)

\* The last date for submission of abstract is 16-5-2019. 5 p.m. Complete text of the paper will have to be submitted on the day of presentation.

\* All papers accepted by the Scientific Committee will be read few days before our Annual Day function.

\* The paper must be original and must not have been published or read previously.

8 minutes will be allowed for presentation and 3 minutes for discussion. Presentation with slides / over head projector / transparencies / video will be appreciated.

### (4) DR. B.C. AMIN MEMBERSHIP DRIVE TROPHY will be awarded to the member who has enrolled the maximum number of members in the year 2017-2018.

Other Trophies : The entry fee is Rs. 100/- only.

### (5) DR. K. K. SHAH TROPHY For Best Nursing Home.

### (6) DR. P. B. HARIBHAKTI TROPHY For Best Consulting Room.

### (7) DR. DAHYABHAI SHIVRAM JOSHI TROPHY For

General Practitioner's best Clinic

Those members who want to take part in these competitions, should send the application on their letter pad.

Last date of entry is 16-5-2019. 5 p.m.

**Note : The winners of the Trophy in past should not apply again.**

## ASSOCIATION CORNER

### OFFICE BEARERS OF AOGS TEAM - 2019-2020

Dr. Anil Mehta	President
Dr. Rajal Thaker	President Elect
Dr. Sunil Shah	Vice - President
Dr. Mukesh Savaliya	Hon. Secretary
Dr. Lata Trivedi	Hon. Jt. Secretary
Dr. Nita Thakre	Clinical Secretary
Dr. Mahesh Jariwala	Hon. Treasurer

### MANAGING COMMITTEE MEMBERS

Dr. Akshay Shah	Dr. Nilesh Chauhan
Dr. Anjana Chauhan	Dr. Pawan Dhir
Dr. Kamlesh Jagwani	Dr. Praful Panagar
Dr. Mehul Sukhadiya	Dr. Vishal Sharma
Dr. Munjal Pandya	

Gujarat State TB Association has carried out following important activities during March 2019

- 1) Gujarat State TB Association awarded "Bhai Mohan Sing Cup" for general activities and achievement during 2017 on 27-03-2019 by TB Association of India at New Delhi. The award was received by Dr. B. M. Soni, Dr. P. M. Parmar & Dr. R. M. Patel from Dr. S. Venkatesh, Chairman TAI and Director General of Health Services.
- 2) office bearers of GSTBA attended awareness rally on 23-03-2019 at Kankaria lake as a part of World TB Day Celebration.

- The members above the age of 75 years and not felicitated previously in the Annual Day Celebration are requested to inform the office with membership number and birth date.

## WE WELCOME FOLLOWING NEW LIFE MEMBERS

- 9720 L DR. MEHTA DHARUVIN JAYESHKUMAR  
 9721 L DR. SATAPARA DARSHANBHAI JADAVJIBHAI  
 9722 L DR. KOYANI DARSHANKUMAR LAKSHAMANBHAI  
 9723 L DR. TAMBOLIYA GAUTAM HARISHBHAI  
 9724 L DR. CHANDAK AMITKUMAR ABHAYKUMAR  
 9725 LC DR. PATEL SANDIPKUMAR DAHYABHAI  
 9726 LC DR. PATEL TRUPTIBAHEN DIPAKBHAI  
 9727 L DR. GANDHI DARPAN PANKAJKUMAR  
 9728 L DR. PARGI RAJESH KANUBHAI  
 9729 L DR. RIBADIYA NIRAV CHATURBHAI  
 9730 LC DR. SOLANKI ANIL MAGANBHAI  
 9731 LC DR. SINOL HINALBAHEN ARVINDKUMAR  
 9732 L DR. PATEL JAYMIN NARESHKUMAR  
 9733 LC DR. PATEL RUCHIR SAURABHKUMAR  
 9734 LC DR. PATEL YESHA RUCHIR  
 9735 LC DR. SHAH HARSH J.  
 9736 LC DR. SHAH SWATI HARSH  
 9737 L DR. SARDA PRAVEEN KISHANCHAND  
 9738 L DR. DESAI KARTIK KUMARY.  
 9739 L DR. PATEL KIRTAN JITENDRAKUMAR  
 9740 L DR. GOHIL RITESH POPATBHAI  
 9741 L DR. JAIN SHUBHI PRADIPKUMAR  
 9742 LC DR. PATEL DHAVALKUMAR BABUBHAI  
 9743 LC DR. PATEL MANSI JAYANTIBHAI  
 9744 LC DR. BHOJWANI DEEPAK NARAIN  
 9745 LC DR. BHOJWANI NISHA DEEPAK  
 9746 LC DR. PARIKH ADITYA KANDARP  
 9747 LC DR. PARIKH SHAILEE ADITYA

## "અવતરવા દર્દએ દીકરીને"

એક ચૈતન્યસભર અસ્તિત્વ

તે દીકરી.....

સૂરજ ના અજવાળાને

કોડિયામાં પ્રગટાવી, રોશની ફેલાવતી

દીકરી.....

દીકરો તો ભાગ્યથી મળે છે

પણ દીકરી તો .....

સોભાગ્યથી મળે છે.

ઈશ્વરની સ્નેહવર્ષાનું પ્રતીક ને

ઈશ્વરનું વરદાન છે.....

દીકરી.....

પરિવારની એકતાની જ્યોતિ

ને સોની વ્યથા અને કથા સમજે...

દીકરી.....

સંબંધોમાં માધુર્ય લાવી

જીવન મહેંકાવી દે તે... દીકરી.....

હોય જો પૂર્વ જન્મના પુણ્ય

તો દીકરી અવતરે આંગણે...

પામવો હોય લાગણી ભીનો "ભાવ"

તો અવતરવા દર્દએ..... દીકરી.....

સૌજન્ય

ડૉ. એસ. પી. શુક્લ  
MS, FICS, FIAGES

## OBITUARY

We send our sympathy & condolence to the bereaved family.  
May his/her soul rest in eternal peace.



Dr. NAVNIT VITTHALBHAI PATEL

Date of Birth : 11-04-1955

Date of Death : 17-02-2019



Dr. KETAN ANANTRAY TRIVEDI

Date of Birth : 31-12-1963

Date of Death : 20-02-2019



Dr. KANTILAL P. PATEL

Date of Birth : 26-01-1934

Date of Death : 30-03-2019

## લેડીઝ-ક્લબ

### यत्र नारी पूज्यते तत्र रमन्ते देवता

Happy summer to all my friends.

Ladies in a huge number attended very informative session on Kidney at Hotel Radisson Blu and enjoyed delicious lunch.

\*\*\*\*\*

Kick your \*BACK PAIN\*, \*KNEE PAIN\*, \*SHOULDER PAIN\* with minimal invasive Pain Management Technology.

Date : 2<sup>nd</sup> May, 2019.

Time : Lunch : 1.30 pm Lecture : 2.30 pm

Venue : Hotel President, C. G. Road.

\*\*\*\*\*

We are planning Family House in second week of June.

We all will play together with lots of prizes and delicious food.

Check on our Website and WhatsApp for further details.

[www.ladiesclubama.com](http://www.ladiesclubama.com)

\*\*\*\*\*

Winner of Webquiz-4 (March)

Dr. Rashida Rangwala

Mrs. Poonam Doshi

\*\*\*\*\*

We have planned wonderful Spirituality and Inner Peace Meditation workshops, at very well equipped advanced meditation studio.

#### Workshop 1

Topic : Moving Meditation and Sound Bath

Time : 3.00 pm to 5.00 pm

Date : 18<sup>th</sup> May, 2019

#### Workshop 2

Topic : Chakra Dhyana, Activation and Balancing through specific yogic kriyas, mudras, mantras

Time : 3.00 pm to 5.00 pm

Date : 25<sup>th</sup> May, 2019

Subject Expert : Ms. Mauli Bavisker

Venue : Damaru Yoga and Sound Therapy Studio

17/194, Pooja Apartments, Nr. Himmatlal Park, Ambawadi.

Each workshop will have limited entries.

Workshop will be follow by hightea.

Mrs. Kiluben H. Shah

Mrs. Darshnaben A. Shah

President

Secretary

9825316222

8780970821

Dr. Mehulbhai N. Shelat

Dr. Kiritkumar C. Gadhavi

AMA President

AMA Secretary

9825398891

9998370353



## Thalassemia

The thalassemias are a group of congenital anemias that have in common deficient synthesis of one or more of the globin subunits of normal human haemoglobin. The primary defect is usually quantitative, consisting of the reduced or absent synthesis of normal globin chains. It is considered one of the most common genetic disorder worldwide. It occurs in a particularly high frequency in a broad belt extending from the Mediterranean basin through the Middle East, Indian subcontinent, Burma, Southeast Asia and islands of Pacific. About 3% of the world's population carry  $\alpha$ -thalassemia genes. In Indians, frequencies between 3.5 % and 14.5% have been reported.

The thalassemias are genetically transmitted disorders. Normally an individual inherits two  $\beta$ -globin genes located one each on two chromosomes 11, and two alpha globin genes one each on two chromosome 16, from each parent i.e. normal adult hemoglobin is  $\alpha_2\beta_2$ . Depending upon whether the genetic defects or deletion lies in transmission of  $\alpha$  or  $\beta$  globin chain gene, thalassemias are classified into  $\alpha$  and  $\beta$ -thalassemias. They may occur as heterozygous (minor) or homozygous state (major). The former is generally asymptomatic while the later is severe congenital hemolytic anemia.

The alpha thalassemias are most commonly due to deletion of one or more of the alpha chain genes located on short arm of chromosome 16. In this disorder, there is defective synthesis of  $\alpha$ -globin chains resulting in depressed production of hemoglobin that contains alpha chains i.e. HbA, HbA<sub>2</sub> and HbF. In  $\alpha$ -thalassemia, there is decreased rate of  $\alpha$ -chain synthesis resulting in reduced formation of HbA in the red cells. Most of  $\alpha$ -thalassemias arise from different types of mutations of  $\alpha$ -globin gene resulting from single base

changes. Each of two main types of thalassemias may occur as heterozygous (minor) or homozygous state (major). The former is generally asymptomatic while the later is severe congenital hemolytic anemia. These subgroups have in common an imbalanced globin produced in excess is responsible for ineffective erythropoiesis and hemolysis.

The clinical features of thalassemia major includes features that are due to the disease itself and others that represent the consequences of the therapy. The early symptoms of the disease that is anemia appear usually in the first year of life. The infants fail to thrive and may have bouts of fever, diarrhea and other gastrointestinal symptoms. The course of the disease in childhood depends almost entirely on whether the child is maintained on adequate transfusion program. Untransfused or poorly transfused patients with thalassemia develop typical bone abnormalities due to the extremely increased erythropoiesis with consequent expansion of the bone marrow to 15 to 30 times normal. The skull is large and deformed by frontal and posterior bossing with the diploe increased in thickness to several times normal. Metatarsal, metacarpal, ribs and vertebral bones are also expand as a consequences of increased erythropoiesis. Osteoporotic changes in bones due to bone marrow expansion, endocrine dysfunction and iron overload have been observed in thalassemia patients. Gall stones, thrombotic complications and pseudoxanthoma elasticum are also observed in these patients. Clinical manifestations of iron overload due to repeated blood transfusion therapy are common complications even in child who has received chelation therapy. The first indication of iron loading usually is the absence of the pubertal growth spurt and failure of the menarche. Over the succeeding years, a variety of endocrine disturbances may develop, particularly diabetes mellitus, hypogonadotropic hypogonadism and growth hormone

deficiency. Hypothyroidism and adrenal insufficiency also occur. Cardiac siderosis may cause an acute cardiac failure with arrhythmia or intractable cardiac failure. Liver parenchymal siderosis is also present from the very early stages of iron loading.

Laboratory findings at presentation are low haemoglobin with Mean Corpuscular Volume(MCV) is typically 60 to 70 fl and Mean Corpuscular Hemoglobin(MCH) is 12 to 18 pg/cell. There is great variation in size and shape of erythrocyte in peripheral smear examination. High performance liquid chromatography findings are characterized by HbF levels ranging from 10 to 100%; HbA2 may be normal or increased up to 5 to 7% and remaining percentage is HbA. In the case of transfused patients, diagnosis can be made by globin chain synthesis analysis from peripheral reticulocytes or by  $\alpha$ -globin gene analysis to identify various DNA mutations.

Current disease management of  $\alpha$ -thalassemia consists of prenatal diagnosis, transfusion therapy and allogeneic bone marrow transplantation (BMT) of which only the allogeneic BMT is potentially curative. However, because of the complications like graft-versus-host disease and transplant-related mortality the use of allogeneic bone marrow is limited. Regular blood transfusions, iron chelation in an attempt to prevent iron overload, judicious use of splenectomy in cases complicated by hypersplenism and a good standard of general pediatric care are the treatment options available for the majority of thalassemic children in India. Children with thalassemia who are maintained at Hb level of 9.5 to 10 gm/dl constantly through hypertransfusion, grow and develop normally without skeletal abnormality. However there are advantages and disadvantages of hypertransfusion protocol. Iron overload is one of them. Maintaining a lower Hb level than this range without any deleterious effects on development with the added

advantage of reducing the level of iron loading may be possible. Usually blood transfusions are given every 4 weeks on an outpatient basis. Red cell antigen phenotype matched leukocyte reduced packed red blood cells is always preferable for transfusion to reduced frequency of alloimmunization and transfusion reactions. Assessment of iron store by monitoring serum iron, serum ferritin and transferrin saturation and iron chelation therapy must be started with in first 2 to 3 years of life to prevent iron loading toxicity.

Increase haemoglobin F production by an increased globin chain production by using different therapeutic agents e.g. 5-Azacytidine, hydroxyurea, cytarabine, vinblastine and butyrate and its analogue have been used. Due to inconsistent results and concerns about the potential for serious side effects from the long term use these drugs, use of HbF inducers remains experimental and cannot be recommended outside of clinical trials.

As thalassemia is genetically derived disorder, genetic and cellular targets are potential approaches in management of disease. Currently the therapy is mainly directed at gene transfer into potential hematopoietic stem cells using retroviral vectors. Other approaches also are being taken, including attempts at the restoration of normal splicing in cases of splicing mutations and use of trans-splicing ribozymes to correct  $\alpha$ -globin gene transcript. Gene therapy and gene editing continue to hold promise as a potential curative approach for people with thalassemia. In recent years, genetic-based approaches to thalassemia have begun moving from animal studies into early stage clinical trials involving human subjects. Clinical trials are imminent, it is still not clear how long this novel approach will take to reach the clinic.

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Dr. Sanghita Shah. Dr. Shital Shah. - Blood Bank. Civil Hospital.

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