

IMA - TIRUNELVELI NELMA



OFFICIAL MAGAZINE | SEPTEMBER 2022

Congratulations

Dr.R.Anburajan & Dr.N.Subramanian receiving Doctor's day Awards of IMA TNSB



IMA MSN Best Teachers Awardees - Dr.N.Subramanian, Dr.Raja.S.Vignesh, Dr.S.Pradeepa



IMA & Hindu Tamil Thisai Maruthuva Natchathiram Virudhugal - 2022

Dr.M.Mohamed Rafi
Dr.R.Amutha Rani
Dr.S.Thirumalai Kolunthu
Dr.S.Rufus Ponniah
Dr.Raja S.Vignesh



No.14, Flat G11, IMA Residence, STC College 60feet Road, Perumalpuram, Tirunelveli - 628 007.

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Dr. இராஜா S.விக்னேஷ்

மூளை & தண்டுவட நரம்பு
அறுவை சிகிச்சை மருத்துவர்



NiMS



MULTI SPECIALITY HOSPITAL

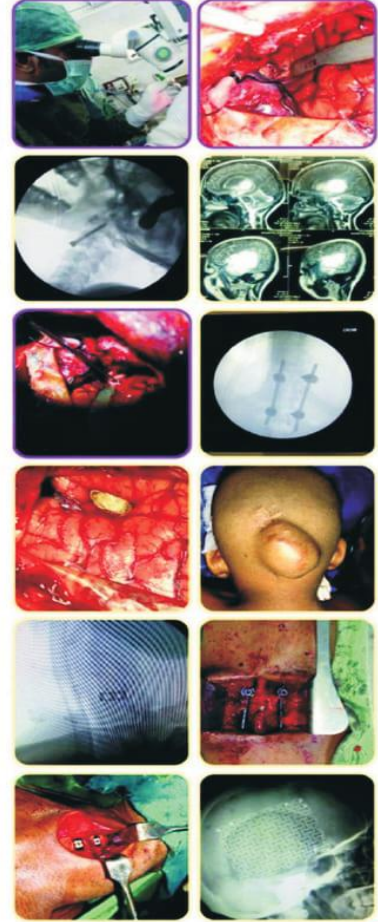
Advanced Affordable Healthcare

lab pharmacy ambulance physiotherapy

மூளைநீர் தேக்கம், முதுகுதண்டுவட சவ்வு பாதிப்பு,
மூளை மிட்யூட்டரி கட்டிக்கு,
நியூரோ எண்டோஸ்கோப்பி மூலம் அதிநவீன சிகிச்சை

அதிநவீன, சிறப்பான குறைந்த கட்டணத்தில் மூளை,
தலைக்காயம், முதுகு தண்டுவட அறுவை சிகிச்சை

- ❖ தலைக்காயம் ❖ மூளை கட்டி புற்றுநோய்
- ❖ தண்டுவட புற்று கட்டிகள்
- ❖ மூளை இரத்தக்குழாய் வீக்கம்
- ❖ நரம்பு வலிகள் *தண்டுவட பாதிப்புகள்
- ❖ முதுகு தண்டுவட நரம்பு வீக்கம்



Dr. RAJA S. VIGNESH M.S., M.Ch.,
GOLD MEDALIST



St. Joseph Street, Near Sarah Tucker College
Perumalpuram, Palayamkottai - 627007



www.neurosurgeontirunelveli.com
www.neurosurgeontirunelveli.in



81 44 41 42 72



drsvignesh78mch@gmail.com





PRESIDENT MESSAGE

Dr. S. RUFUS PONNIAH
PRESIDENT



Dear friends,

Heartfelt Greetings to you all!

It's sheer delight to connect with you all through this edition of our Newsletter.

To start with, I wish to thank the members for bolstering our office in every possible way. By virtue of your support, my journey as President has been pleasant and hugely rewarding in all these seven months. At this significant moment, I assure you that the upcoming months will be highly productive and you'll make the most of the future events.

On the strength of your greatest support, we have turned in an impressive volume of activities on various facets. That indeed helped our community take the highway to enlightenment. Besides, the diverse topics presented through the monthly CME have made our intrinsic intelligence blossom into its fullest potential.

Medical profession hardly leaves time for us to look into our well-being. Having sensed the need, we have focussed on Zonal Sports Meet. This initiative will make us experience how to manage time effectively to maintain our physical fitness.

Arranging events to suit every single occasion has been possible primarily due to the dedication of our office bearers. I whole heartedly acknowledge their valuable efforts.

Our members have been proving their unswerving unity since ages. Of late, it is apparent through the blueprint of Bharani House – our dream project, which is all set to get its approval. I deem it a pleasure to acknowledge the generous contributions made by our members towards this lofty mission. Alongside, I earnestly appeal to other members to hasten the process of donating money. Construction work can progress well provided we channelize the funds at this crucial moment. Let's shoulder the responsibility of constructing Bharani House that will certainly manifest our solidarity.

Being in an illustrious career, the dawn of each day expands our dimension. I'm pretty sure that our members would have added more accolades to their credit in this span. I use this channel to congratulate all the high performers.

To conclude, I express my sincere thanks for making us remain consistent in all our efforts to uphold our chapter that is directly proportional to the benefits of the members as well.

I wish all the best to our community.



SECRETARY MESSAGE

Dr. RAJA S. VIGNESH
SECRETARY



Dear members Happy to connect through second edition of nelma 2022. This year we have been doing lots of activities, CME programs successfully. Wish that future CME programs will see an improvement on attendance Great effort by the sports team headed by Dr. Larif in conducting the south zone sports meet 2022. I congratulate All those who were part of this huge success. My special thanks and gratitude to all generous sponsors to make the meet a grand success. Congratulations to members who were awarded by MSN and Tamil hindu. Special mention to efforts of nimodot team for their exemplary work. Gratitude and thanks to all sponsors of Nimadot And finally thank all the contributors to nelma and congratulations to nelma editors for their work.



EDITOR'S MESSAGE



Dr. Prabhuraj M



Dr. Chandrakala K



Dr. Meenakumari P

Dear colleagues and friends

It is our pleasure to bring out September 22 Nelma. Nelma helps to bring each members talents and acts as a bridge between members among Tirunelveli IMA. Helps to update our knowledge in Medical field and it is a platform to bring our kids talents out.

We request each and every our members to join their hands on subsequent editions by submitting their articles and write ups and also to bring their kids skills out.



GENTLE REMINDER FOR OUR UPCOMING EVENTS

- ▲ **16.10.2022** - Monthly CME on Mind your Mental Health - Tips to Doctors & Update on Breast Cancer and Approach to adnexal masses.

IMA TNSB Sports Meet 2022 - Hosted by Tirunelveli IMA has been scheduled on,

- ▲ **15.10.2022 & 16.10.2022** - Cricket Tournament
- ▲ **29.10.2022 & 30.10.2022** - Athletics & Indoor Games



THE PATIENT WHO FALLS - GERIATRIC FALLS

Dr. N.S.Balakrishnan
Primary Care Physician
IMA TvI.



DIFFERENTIATE between "FALL" CAUSES - by loss of consciousness (syncope, seizure) and non syncopal falls. Most older indians wear chappels which provide little foot support - higher prevalence of arthritis, visual impairment - affect gait in older individuals.

MOST FALLS DONOT have a unique cause and the aetiology tends to be multi factorial. Most falls occur indoors - bathroom, bedroom, kitchen, stairs esp going downstairs. Bathroom floors exacerbate falls with limited lighting. Outdoors - common areas are curbs & stairs. Uneven walkways, clothing (sarees, lungis) increase the risk.

CAUSES OF FALL : INTRINSIC FACTORS Orthostatic hypotension, disease affecting Balance, Central processing, Neuropathies MSK problems, visual impairment, metabolic diseases, senile gait, frontal gait disorder etc.

EXTRINSIC FACTORS - demands greater postural control and mobility than the person can manage

SITUATIONAL FACTORS - make falls more likely eg. walking to the bathroom in the dark

FINDING OUT ABOUT FALLS :

- * Determine any premonitory symptoms
- * Any predisposing intrinsic factors
- * Was there any injury after the fall
- * Any witness who watched the "FALL"

PHYSICAL EXAMINATION:

Include testing for orthostatic hypotension while taking vital signs.

Neurologic examination should include MMSE, Visual acuity sensory, proprioceptive and vestibular & cerebellar functions. muscle strength to be tested.

PERFORMANCE BASED ASSESSMENT : (FUNCTIONAL ASSESSMENT)

1. FUNCTIONAL REACH (FR) Measures the distance in inches that a standing individual can reach or lean forward without stepping. Scores of 6 inches or less in 70 yrs strongly co-related with "HIGH RISK FALLS"

2. TUG (TIMED UP & GO TEST) Time in seconds for an individual to 'STAND UP' from a chair, walk 10 feet turn around come back and sit down. Scores more than 30 seconds or more indicates impaired mobility and assistance required.

3. BERG BALANCE SCALE: Functional activity test - that rates performance from 0 (unable to perform) to 4 (normal) on 14 tasks. TIME required is 15 minutes. TASKS - ability to sit, stand, walk, turn in a complete circle, reach leanover, turn and look over each shoulder and step. score - Max 56 (14X4) excellent balance < 45 predicts multiple faller

4. MOTOR CO-ORDINATION TEST (MCT) Muscle, skeletal risk factors for fall - decrease knee and ankle strength, inability to extend the back and decreased ROM in the ankle dorsiflexion and neck motion. Evaluation of elderly with recurrent falls should be individualised.

EVALUATION OF RECURRENT FALLS : Recurrent falls to be differentiated from syncope & seizures. History of Trip - point to environmental hazard.

INTERVENTIONS TO PREVENT / REDUCE FALLS :

1. Fall related education
2. Environmental assessment & modification Home visits to correct environmental hazards.

3. Modification of medication regimen

4. Interventions to improve strength, balance & endurance. Endurance training can be done on an individual or group basis. Increasing the number of repetitions or speed for sit to stand, perimeter, or outdoor walking distances are important ways to improve endurance. This form of exercise is useful for patients with less endurance and who develop fatigue fast during repetitive contractions. The effect of a fall on an older person can be devastating, chronic pains loss of independence & reduced QOL.



இளமையும் முதுமையும்

Dr. M. ஆர்ஞா பர்ஷீன்

மகளிர் மற்றும் மகப்பேறு மருத்துவர்
கிரசண்ட் மல்டிசுபேர் கிளினிக், திருநெல்வேலி



ஆர்ப்பரிக்கும் இளமை அர்ப்பணிக்கும் முதுமை
வேகம் நிறைந்தது இளமை விவேகம் மிகுந்தது முதுமை
ஆற்றுநீர் தான் இளமை அதன் தடுப்பணையே முதுமை
மலர்மாலை இளமை முள்கிரீடம் முதுமை
முன்னோக்கிப் பார்க்கும் இளமை பின்னோக்கிப் பார்க்கும் முதுமை
துடுக்கானது இளமை துயர்நிறைந்தது முதுமை
இளமையின் சேமிப்பு முதுமையின் பாதுகாப்பு
இளமை அழகின் சிரிப்பு முதுமை அறிவினி செழிப்பு
இளமை துணிகிறது முதுமை சிந்திக்கிறது
இளமையோர் என்றும் அவசரக்காரர் முதியோர் வாழ்வில் அனுபவசாலி
ஏட்டறிவுத்திறமைக்கு இளமை பட்டறிவுப்பெட்டகமாம் முதுமை
அவசரக்காரர் இளைஞர் அனுபவசாலி முதியோர்
வாலிபர்க்கு வழிகாட்டி வயோதிகர்களின் உபதேசம்
இளமையில் திருந்தாதவன் முதுமையில் தள்ளாடுவான் இன்ப துன்பங்களை இணையாகக் கருதுபவர் முதியோர்
இளமையும் முதுமையும் ஒத்துப்போகாது வாலிபத்தை நன்கு ஆண்டால் வயோதிகம் தானே ஆளும்.....!



என்னுடனே இரு என் தங்கமே

Dr. T.M.புர்ணலங்கம்

பிளாஸ்டிக் அறுவை சிகிச்சை நிபுணர்



வாய்ச்சண்டை வந்தாலும் நான் வீண் வம்பு செய்தாலும்
எங்கேயும் போகாமல் என்னுடனே இரு என் தங்கமே.
பணம் காசு முடையென்றாலும் பட்டினிதான் வாழ்வென்றாலும்
எங்கேயும் போகாமல் என்னுடனே இரு என் தங்கமே.
பணம் காசு சேர்ந்தாலும் பந்தங்கள் பல வந்தாலும்
எங்கேயும் போகாமல் என்னுடனே இரு என் தங்கமே
நரை வந்து சேர்ந்தாலும் திரை முகத்தில் விழுந்தாலும்
எங்கேயும் போகாமல் என்னுடனே இரு என் தங்கமே.
பல் விழுந்து போனாலும் சொல் தளர்ந்து போனாலும்
எங்கேயும் என்னுடனே இரு என் தங்கமே
வயதாகிப் போனாலும் வியாதி வந்து சேர்ந்தாலும்
எங்கேயும் போகாமல் என்னுடனே இரு என் தங்கமே
மகள் விட்டுப்போனாலும் மருமகள் வந்து சேர்ந்தாலும்
எங்கேயும் போகாமல் என்னுடனே இரு என் தங்கமே
காலமெல்லாம் என்னோடிருந்து காதலால் கசிந்துருகிய நீ
எங்கேயும் போகாமல் என்னுடனே இரு என் தங்கமே

Branch Events



World Asthma Day & No Tobacco Day at Gold Child & Chest Hospital



Monthly EC Meeting



Nurses Day Celebration at NIMS Hospital



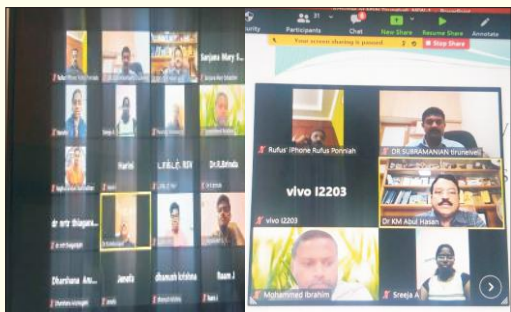
World Environmental Day at Chendur Hospital



Blood Donation Awareness Camps Conducted by Tirunelveli IMA along with Life Line Blood Bank at ATC, SIPCOT & FX Eng. College



Action Plans of Research Committee Presented by Dr.N.Subramanian and Sports Committee Presented by Dr.Mohammed Ibrahim at 313th State Council Meet at IMA Ramanathapuram



TVMC MSN Installation via zoom



World Breast Feeding Awareness Programme at Krishna Hospital



Free Master Health Checkup for IMA Doctors by Liberty Lab & Life Line Blood Bank



Coronary Calcium Score Evaluation done at Bharath Scans at free of cost



Independence Day Celebration at Peace Health Centre



Nutritional Week Activities by MSN, TVMC



IMA Bharani House - Physical visit & Construction plan briefed to Members at proposed site

Doctors Day Celebrations



IMA South Zone Sports Meet



Art Works



Muhammad Samir
S/o Dr.Maalik Babu, Dr.Hidhaya Fathima



Santhosh Sriram
S/o Dr.P.Prabhakar



Diya
D/o Dr.Rajkamal Pandian



Sarvesh
S/o Dr.Chandrakala



Karthick
S/o Dr.Govinda Rajan



Nivisha
D/o. Dr.Raja. S.Vignesh & Dr.Brinda



MONKEY POX - ANOTHER CHALLENGE TO MANKIND

Dr. P.Meena Kumari M.D.,
Asst. Professor
Medicine Department, TVMCH



Key points:

- Monkeypox is caused by monkeypox virus, a member of the Orthopoxvirus genus in the family Poxviridae.
- Monkeypox is usually a self-limited disease with the symptoms lasting from 2 to 4 weeks. Severe cases can occur. In recent times, the case fatality ratio has been around 3–6%.
- Monkeypox virus is transmitted from one person to another by close contact with lesions, body fluids, respiratory droplets and contaminated materials such as bedding.
- Monkeypox is a viral zoonotic disease that occurs primarily in tropical rainforest areas of central and west Africa and is occasionally exported to other regions.
- An antiviral agent developed for the treatment of smallpox has also been licensed for the treatment of monkeypox.
- The clinical presentation of monkeypox resembles that of smallpox, a related orthopoxvirus infection which was declared eradicated worldwide in 1980. Monkeypox is less contagious than smallpox and causes less severe illness.

Current trends

By August 2022, global cases have multiplied quickly, with about 30,000 cases of monkeypox in more than 89 countries to date. The outbreak was first reported in India on 14 July 2022 from Kerala. As of August 8, 2022, the country reported nine confirmed cases of monkeypox, five from Kerala, and four from Delhi,

Signs and symptoms

The incubation period of monkeypox is usually from 6 to 13 days but can range from 5 to 21 days. The infection can be divided into two periods:

- A) The invasion period (0–5 days) characterized by fever, intense headache, lymphadenopathy, back pain, myalgia and asthenia. Lymphadenopathy is a distinctive feature of monkeypox compared to other diseases
- B) Rash usually begins within 1-3 days of fever onset, lasting for around 2-4 weeks. Rash is deep-seated, well-circumscribed and often develop umbilication. Lesions are often described as painful until the healing phase when they become itchy (in the crust stage). Stages of rash (slow evolution) Enanthem- first lesions on tongue and mouth Macules starting from face spreading to arms, legs, palms, and soles (centrifugal distribution), within 24 hours The rash goes through a macular, papular, vesicular and pustular phase. Classic lesion is vesicopustular.

Case definition: Suspected case: A person of any age having history of travel to affected countries within last 21 days presenting with an unexplained acute rash AND one or more of the following signs or symptoms Swollen lymph nodes Fever Headache Body aches profound weakness Complications of monkeypox can include secondary infections, bronchopneumonia, sepsis, encephalitis, and infection of the cornea with ensuing loss of vision. The case fatality ratio of monkeypox has historically ranged from 0 to 11 % in the general population and has been higher among young children. In recent times, the case fatality ratio has been around 3–6%.

Diagnosis

Polymerase chain reaction (PCR) is the preferred laboratory test given its accuracy and sensitivity.

Prevention

Surveillance and rapid identification .

All suspected cases to be isolate.

Although vaccination against smallpox was protective in the past, today persons younger than 40 to 50 years of age may be more susceptible to monkeypox .

Treatment

Supportive care with adequate hydration, paracetamol, topical calamine lotion, antihistaminics and topical antibiotics. CDC holds an expanded access protocol that allows for the use of stockpiled Tecovirimat to treat monkeypox during an outbreak. Tecovirimat is available as a pill or an injection. Complications should be treated accordingly.




KINSHIP -THE KEY TO HAPPINESS

Dr. S. RUFUS PONNIAH
PRESIDENT



“It's such a happiness when good people get together” – Jane Austen.

Life, the most precious gift of God to humanity, has to have cheer in every phase. When people pursue happiness in the right perspective, the living atmosphere becomes healthy and peaceful, which impacts greatly on the life of the ensuing generations. Opening the doors to this serene world is quite easier through the key named kinship – the quality that the Creator has bestowed on His children. The more people use this faculty, the richer they become in handling the complexities and sailing through life successfully.

Significance of kinship:

Apropos of the saying “Birds of a feather flock together”, people of the same frequency share their space with one another. They create a beautiful world for themselves, enjoy the pleasant aspects of life together, sustain one another during crisis, and keep intact the harmony of life. Further, the sweetness of emotion that they relish in their association develops the overall personality of people. Predominantly, kinship enhances the longevity of an individual.

Preserving the bond thus created is of paramount importance to every individual since it helps people milk happiness in its entirety.

How to foster kinship?

Mutual respect, understanding, showing genuine care and affection to the core will certainly reinforce the relationship between people. In that state, ego, dominance, and differences of opinion will fall apart. People attach importance to the individuals and they overplay their virtues to preserve the relationships that they are into. Such people never expect others to act according to their whims and fancies rather they accept individuals as they are. Above all, they gain the pleasure of being cooperative and considerate to their acquaintances.

Traversing the road to life might have unforeseen threats. But people can easily overcome such jeopardies through togetherness. This finest quality makes an individual empathetic in dealing with relationships besides making an individual the most contented person on the planet.

“The earth has music, for those who listen” – Shakespeare.

People have the potential to transform their mundane life into a blissful state of togetherness thereby adding value to every second of their lives and making their lives worth living – an act of gratitude paid to the Ocean of Divinity for blessing us with this invaluable life.



SERUM URIC ACID - A DOUBLE EDGED WEAPON



Dr. Chandrakala K

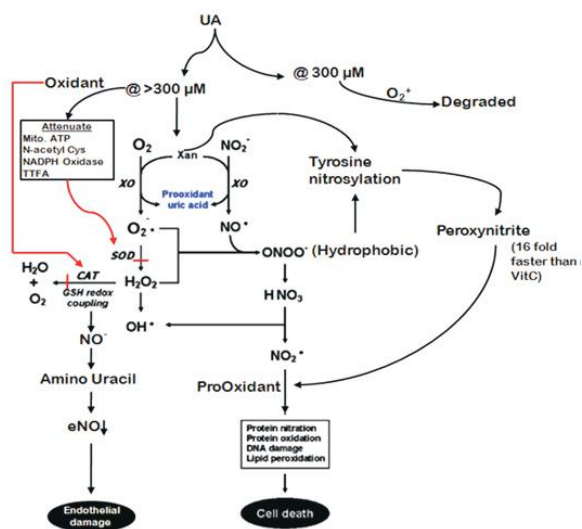
Asst. Professor

Department of Biochemistry, TVMC

Stroke ranks as a third most common cause of mortality in the world after ischaemic heart disease and malignancy in the elderly. The prevalence of hyperuricemia in stroke is 35.2% in men and 8.7% in women in developing countries, and it is significantly higher in patients with acute stroke than the normal population. Serum uric acid role in stroke is controversial. Serum uric acid is a soluble pro-oxidant and antioxidant.

Serum uric acid is a soluble antioxidant scavenger, and the increase in serum uric acid above optimal level forms a marker of acute endothelial dysfunction and an important feature of the metabolic syndrome. Hyperuricemia has been found to be associated with raised endothelin levels, involved in the process of thrombus formation. Recent experimental studies on pathogenetic role for uric acid in

vascular disease have demonstrated that hyperuricemia is associated with endothelial dysfunction, generation of local oxidants, increased circulating levels of systemic inflammatory markers like monocyte chemoattractant protein-1, tumour necrosis factor- α , interleukins like 1β and interleukin-6, and smooth muscle proliferation.



Conclusion:

Lower most level of uric acid above which the increased incidence of stroke is 5.2 mg% for males and 4.3 mg% for females. So the optimal level for serum uric acid to be maintained so that it does not have its deleterious side effects as a pro-oxidant and antioxidant will be around 5.2 mg% for males and 4.3 mg% for females. Treatment aimed at reducing serum uric acid and maintaining an optimal level can be useful to prevent the fatal outcome of acute cerebrovascular and cardiovascular events.



OBSTRUCTIVE SLEEP APNEA

Dr.B.Bala DNB, IDCCM.,
*Consultant Pulmonary,
 Critical Care & Sleep Medicine
 Shifa Hospital, Tirunelveli*



What is Obstructive Sleep Apnea (OSA)?

It is a condition, that makes you stop breathing for short periods while your are asleep. This happens because your throat narrows or closes. People with OSA do not know they stop breathing when they are asleep.

What are the symptoms of OSA?

- ❖ Loud snoring
- ❖ Sleepiness during daytime
- ❖ Feeling of inadequate sleep, while waking up in the morning
- ❖ Trouble thinking clearly or remembering things
- ❖ Waking up startled up or gasping for breath at night (bed partner will notice the last symptom).
- ❖ Tiredness during daytime.
- ❖ Morning headaches

Who are prone to get OSA?

OSA can occur in any patients including adults and some children. But it is more commonly seen in people who are obese or overweight, people who have a thick/short neck, people who have hypothyroidism. People who are prone to develop OSA will have severe symptoms if they also consume alcohol or some sedative medications before sleep.

How to diagnose OSA?

If your doctor/nurse suspects that you have OSA, they will suggest a "Sleep Study". This can be done at home or in-hospital. It is done overnight. The study helps to record your sleep pattern, your vital signs including Heart rate, Oxygen levels, snoring and other body functions.

Why is it important to diagnose and treat OSA?

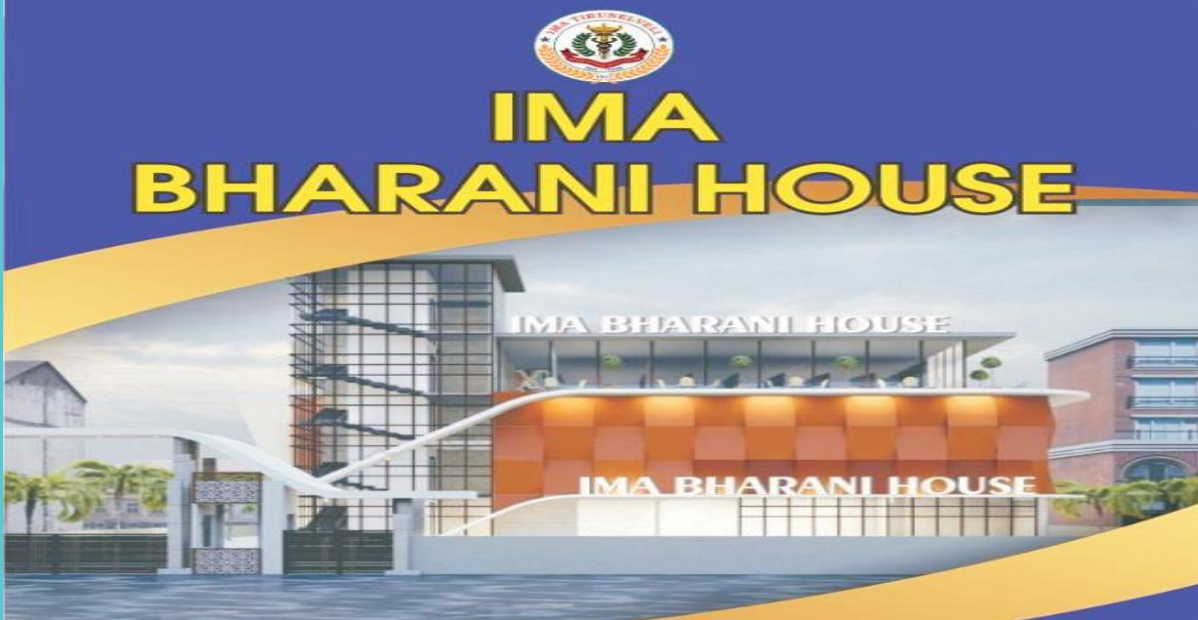
People who have OSA, and who also have other comorbidities like Diabetes, Hypertension, Heart disease will have extremely high risk of developing further complications like heart attacks, stroke and kidney diseases. People who don't get a good quality sleep at night, will have difficulty in coping up with work and also has a high chance of road traffic accidents.

How to treat OSA?

- ❖ Treatment includes involvement from both the doctor and the patient.
- ❖ Accepting Life style modifications: Healthy diet, Brisk walking for at least an hour every day, physical activities, Weight loss, avoiding alcohol.
- ❖ If patient has hypothyroidism, that should be treated appropriately.
- ❖ Patients who have severe OSA, with significant risk for complications and significant impact on quality of life, should get treated with Continuous Positive Airway Pressure (CPAP).
- ❖ CPAP is a device that keep your airway/throat open while you are sleeping. People getting CPAP will wear a small mask at night, that keep them breathing. The mask might seem uncomfortable at first, but as they use more regularly, they will feel more rested and generally feel better. Using CPAP helps you keep your blood pressure and sugar under control and also prevents people with OSA from developing complications like Heart attack and stroke.
- ❖ Surgery in OSA, is only for selected group of patients who has a structural anomaly in their throat. It is not effective when compared to CPAP.

NELMA

IMA Bharani House Dream Project



Respected members of IMA Tirunelveli,
Greetings

We request everyone to contribute generously to the mentioned account for making our dream project to become true sooner.



Account details

Name - NELLAI IMA DOCTORS TRUST
S/B Account No.: 418100050301361
Tamilnad Mercantile Bank
Branch - TMB NGO Colony
IFSC Code - **TMBL0000418**.

The Annual subscription amount of **Rs. 1,000/-** per member for the year 2022 can be paid online in the following bank account by NEFT/IMPS. Members can also transfer by UPI by scanning the QR code below. Kindly send a screenshot of your transfer by WhatsApp to **9884172943**.

Thank you so much for your support and cooperation.



IMA TVL SBI ACCOUNT DETAILS

Account Name
**INDIAN MEDICAL ASSOCIATION
TIRUNELVELI**
Current A/c No.:
00000039871728235
State Bank of India
Perumalpuram branch
IFSC CODE: SBIN004766



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48F, St. Xavier Colony, South Bypass Road
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www.srisakthihospital.org

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