Respected Seniors and Colleagues,

Please accept my sincere greetings!

It was heartening to see the response of the members on the pressing issues of Clinical Establishment ACT, NCHRH Bill, Dissolution of MCI etc on the 25th of June. It is aptly said that “A stitch in time saves nine.” As far as the NCHRH bill is concerned, we have raised the noise in a planned and concerted manner at local and national level. Meticulous planning went into the execution of this protest. Executive meetings were held to organize this protest and valuable inputs were gathered from the members. Meetings were arranged with NIMA, IDA and Homeopathic associations a number of times. It was made sure that the protest is a successful one, specially seeing the response of the recent protests organized at IMA House were hardly 15 members used to gather. We did not want this protest to be just symbolic. By doing that we would have been fooling ourselves and the Organization.

IMA is essentially an association of practicing doctors, may it be in the private or government sector, and only the practicing doctors understand the intricacies of the profession. It was evident from the response at the plaza, sector 17, Chandigarh.

As a part of organizing this protest, members were apprised about the CI.Establishment Act, NCHRH Bill and the agenda of the strike through the Bulletins. A Candle march was organized to galvanize the members and kick start the campaign. Information was sent through the media about the strike to inform the Doctors and the Community.

Executive Members Dr. B.S. Aggarwal, Dr. G.S. Kochhar, Dr. A.K. Kaushal, Dr. Manjit Singh and myself attended the Dharna at Jantar Mantar, New Delhi on the 18th of June. Many thanks to them for sparing time and energy to represent IMA Chandigarh.

IMA Chandigarh observe strike and mass awareness program on 25th June

A decent gathering of members was present at the Plaza, Sector 17, Chandigarh on the 25th of June. Members are congratulated for participating whole heartedly in the strike and the awareness program, without their active involvement the campaign would not have been successful. Members like Dr. Shyam Bansal visited clinics in his vicinity to ensure their closure. We are thankful to Dr. G. Dewan for helping in arranging the
awareness program. The program was covered live by local and national TV Channels like IBN 7, CNN, PTC, Fast Way, Siti Cable, Day & Night, MH1, DD etc, which was broadcasted throughout the day. The Print media gave a comprehensive coverage to the event and the issues. A memorandum was given to the Chandigarh Administration highlighting our demands. The Government of India has relented and started the dialogue with the IMA members. Any further development on the matter will be duly intimated to the esteemed members from time to time. Wish we had made a concerted effort for the Clinical establishment Act in 2010.

The last CME on Lymphomas was well attended. The candle march on the eve of this CME provided the required impetus to the campaign.

**The official Web Site** of IMA Chandigarh is almost ready and can be accessed at www.imachandigarhstate.com. Many thanks are due to Dr. K.S. Rana for working on this website. The proposed draft of the Constitution can be seen on this site. Kindly go through the draft and send suggestions, if any to the Committee comprising of Dr. Neeraj Nagpal, Dr. B.S. Aggarwal and Dr Harminder Singh or to Dr. V. Kappal or myself by 25th of July, before a final draft is prepared and sent to IMA Hqrs for approval.

**Dr. Neeraj updates members about IMA Directory**

I hope a new comprehensive form for collection of personal data would have reached all members. Kindly fill the form immediately and send it in the stamped envelope provided or SMS to Mr. Dinesh Chopra at 9815355664 who will get it collected. In case of couple members, if you have received only one form, kindly Photostat it and fill for both members.

The data collected from members will be entered in software so that it is easily retrievable and correctable. Restricted data will be published in directory as well as visible on website. We aim to prepare a directory of highest quality. Kindly send your suggestions to me or Mr. Dinesh Chopra.

Advertisement in the Directory is a cost effective way in which our members who are providing specialist services can assess all members. For your own advertisement or giving lead for possible advertisers, kindly contact Mr. Dinesh Chopra at the earliest. A good collection from advertisements will help IMA in construction of Auditorium.

I again urge all members to help us in preparing a Directory worthy of our esteemed organization. If any member has not yet received data form kindly contact me immediately at 9888024613.

Dr. Neeraj Kumar

Thanks Dr. Neeraj. We know it is an arduous task and you are doing a professional job and with the cooperation of the members, the Directory will be worthy of this esteemed organization.

Rooms of the IMA Complex are being upgraded. The committee of Dr. Gurmohan Singh, Dr. Rajan Chug and Dr Ramneek Sharma is in the process of furnishing the rooms with an additional AC, TVS and Refrigerator. Three rooms are being upgraded to deluxe level.

We are looking forward to further inputs from the members to improve IMA Chandigarh.

**Sincerely Yours,**

Dr. Ramneek Singh Bedi
Respected Members,

Greetings!

All the members deserve to be congratulated at the outset on the successful holding of the protest and strike on the 25th of June. IMA Chandigarh has held one of the most successful campaigns in the recent times. It was made possible due to meticulous planning and execution by the leaders and enthusiastic participation by the members. We are thankful to NIMA, IDA and Homeopathic associations to participate on the call given by IMA for this strike. We are also thankful to the IMA Mohali and IMA Panchkula for joining in the awareness program at Sector 17. Dr Malhotra Lab had arranged a on the spot blood testing, which was utilized by the people. It is just the beginning and we will have to be prepared to launch a continuous struggle if the Government does not accede to our genuine demands. At least some channels have been opened up and hopefully the talks would bear fruits.

It is our privilege that the IMA Secretary General Dr. Rai is visiting IMA Chandigarh on the 15th of July at the CME and will address the members on various issues of health and the role of IMA. Dr. Bedi is also arranging the visit of the National President in the future. Hopefully we will hear more good news for our members shortly.

IMA CGP is organizing a study tour for Australia and New Zealand for the IMA members from 20th of September 2012. Australia Rs 1,35,000, for New Zealand add Rs 35,000 for more information log on to www.imacgpindia.com or call 9444047724

It has been rightly proven that IMA is not about CME’s only, in these challenging times we have to assert ourselves as the largest organization, so that our views are heard at all levels while making policies on healthcare. It is evident that single doctors and small scale healthcare facilities are in danger and will struggle to survive if these laws are framed.

Since the beginning of this year a lot has happened in the past three months. We have progressed in the field of framing of Constitution, IMA Directory is under print, Strike has been executed successfully, rooms of the IMA Complex have been upgraded. Representation has been given against commercial charges levied for water usage and misuse charges levied against Nursing Homes, Web Site has been launched etc. All this has been possible due to the cooperation of the members and the positive atmosphere in the IMA. Hope nobody disturbs this positivity, and thus helps in taking IMA forwards.

Hope to see you at the first CME of this monsoon.

Sincerely Yours,

Dr. V. Kappal
In Sync With Times

DON'T WANT TO WEAR SPECS- LASIK - IS THE ANSWER

Various surgical modalities for the permanent treatment of refractive errors i.e. Myopia, Hypermetropia and Astigmatism have been tried but the one which has emerged as the most popular is the Lasik Laser surgery. Over the years lots of research has been done in this field and the results of this technique have stood the test of time and are reliable now. With the advent of new age technology, the day has come when we will be able to see a world of people without spectacles. The Lasik Laser Surgery has come as a boon to the humanity. Lasik is fast replacing as an alternative to spectacles and contact lenses as it offers an advantage of accomplishing a comfortable, safe and better vision and the freedom from the 'CHASHM-E-BADDUR' remarks.

WHAT IS LASIK

Lasik is the most advanced, latest option for treating refractive errors in which 'Laser' (strong amplified light) is used to cut and reshape the inner layers of Cornea in the central and the mid-peripheral region. In this procedure the non-thermal or cool beam of Laser light breaks molecular bonds in a process called "Photoablation" thus evaporating molecules of corneal tissue very precisely under computerised control to give perfect focussing ability to the refractive system of the eyes. Before this photoablation is done a flap of corneal tissue is raised using a microkeratome, pulled aside and repositioned after the photoablation procedure. Lasik laser is being successfully used to correct myopia, hypermetropia and astigmatism. Lasik Laser is also being done for Presbiopia also, but at present the results are not very encouraging and more research and modification in the procedure are required.

PRE-CONDITIONS FOR A LASIK SURGERY

1. The individual should have crossed the growing age, which is 18 years for girls and 21 years for boys because as one gains height, the size of the eye also increases leading to change in the refractive error of the eye. Though there is no upper limit for undergoing a lasik eye surgery but it is not advisable after 40 years of age, as after that the ageing process sets in leading presbiopia and few years later Cataract may also appear, which may upset the gains of lasik surgery.

2. The power of one's glasses should be stable for at least one year before undergoing surgery, because if the power of the glasses has not stabilised, the refractive error may reappear even after the Lasik laser treatment which require recorrection. Sometimes recorrection with laser is not possible because after Laser surgery thickness of cornea may be so less that resurgery may pose chances of vision threatening complications.

CONTRAINDICATIONS FOR LASIK SURGERY

Lasik laser surgery should not be done in following:

1. Keratoconus
2. Very thin Corneas i.e. Corneal thickness less than 500 microns
3. Degenerative Myopia

SUCCESS RATE

The success rate of lasik Laser surgery is almost near 100%, provided case selection has been
done after maticulous eye examination. In this regard the thickness of Cornea is an important deciding factor, and in any case the minimum thickness of cornea must be more than 500 microns and in very thin corneas the Blade Free Laser procedure should be preferred so as to salvage as much corneal thickness as possible. The success story in the Lasik laser surgery also depends on the experience of the surgeon. Most of the studies have shown 0.01% risk of visual deterioration after lasik surgery compared to a higher risk of eye infections after contact lenses use.

ADVANTAGES OF LASIK LASER SURGERY

1. Provides a hassle free perfect vision. The thrill and comfort attached to the surgery and the crystal clarity of vision is the propelling force behind the popularity of Lasik. The procedure offers special advantage in certain professions like Sports where it provides freedom of movement.

2. Provides freedom from glasses, contact lenses and the associated risks of ocular allergies and irritation, redness and watering associated with contact lens use and not only that it also gives freedom from the contact lens solutions.

DISADVANTAGES

The only disadvantage which comes in the way of having a lasik laser surgery is, the cost of treatment which is 20,000 plus and the newer (but safer) techniques or the blade free lasik laser treatment is even costlier, available at present with a cost tag of 60,000 plus, because of higher cost of investment, which runs in crores.

Other disadvantage is the always standing risk of rupture of the eye, therefore Sports where lot of strain is involved i.e. weight-lifting, boxing and martial arts etc. should be avoided.

COMPLICATIONS

The complications are very rare, if proper case selection has been done, but still there may be undercorrection or overcorrection which means you may have to wear minor powered spectacle to see more clearly, regression of results may be there after few years, requiring you to wear spectacle, which may be minor. Visual aberrations may also occur in some cases. Some people may have glare and experience diurnal change in the vision which may disturbing. Vison threatening complications like infections are very rare.

CHOICE OF LASER

1. Conventional Lasik: Its a Laser which comes with fixed parameters. Though its effective for most but in some cases may produce minors aberrations.

2. Wavefront (Customised) Lasik: In this Laser the laser energy is applied according to the corneal curvature.

The results are better with customised Lasik Laser as the corneal aberrations are taken care of.

So we are ushering into an era when no body will ask you... ‘What is your contact number?’

As a gesture of goodwill "JAFFA" authentic labenese Restaurant offers 15% discount to IMA members - Courtesy Dr. Charanjit Singh
Booth no.30 sec 9 inner Market, Chandigarh
Dr. A.S. Ahluwalia....A Stalwart

Born in 1926, he joined King Edward Medical College Lahore in 1945 and migrated to Glancy Medical College Amritsar (now Govt. Medical College) after partition 1947. He graduated with honors in 1950. Thereafter he was selected under USAID programme for higher studies (post graduation) in University of California Berkley, U.S.A. for two years. He was awarded W.H.O. fellowship in Manila, Philippines and visited many countries under the Malaria Eradication Programme in 1973.

The National Award for the largest number of sterilization surgeries in the country was bestowed on him in 1971 in Jaipur: and was awarded many state awards during his distinguished career. He worked in various positions in State Health Department, Punjab- as Civil Surgeon for more than ten years and retired as Director Health Services, Punjab in 1984.

He excelled in sports was best Athletic in Medical College Amritsar and attained 1st position in Hammerthow in Panjab and All India Inter University Championship. His passion with tennis continued and he won the All India Civil Services Tennis Tournament at Hyderabad in 1981. He passed on his love for tennis to his children and grand children.

He married Dr. Balbir Kaur (an eminent Gynecologist)- his batchmate in the Medical College and has two children- a son and a daughter who are doing well in their own fields.

You are cordially invited for
CME on Sunday, the 15th July 2012 at 7.30 p.m.
at IMA Complex, Sector 35, Chandigarh.

Guest Speaker: Dr. Jignesh Ved

Address By: Dr. D.R. Rai
Hony Secretary General IMA Hqrs.
Know Your Executive

DR Alka Sehgal is conv. Aao Gaon Chalen as undergraduate of Indira Gandhi Medical College, Shimla, received state level awards for contributing to publications for the state magazine of health from Family planning & welfare department of Himachal Pradesh. For her postgraduate training she joined Postgraduate institute of medical education & research & also cleared her DNB in the same year, to be followed by senior residency in the field of Obstetrics and Gynecology from same institute. She served as assistant professor in the BPKIHS at Nepal for a short duration before joining services in GMCH in 1997 & same year got nominated for MNAMS. She was amongst the Pioneer team that worked on hepatitis vaccine in neonates in India. Her work in rural Haryana was awarded as amongst best publications of WHO. Trained in Fetal medicine from All India Institute of Medical Sciences she was again amongst the Pioneer team that established Genetics in GMCH from her own specialty. With about 45 publications to her credit mostly in international & national journal of repute & few chapters to her credit, she is also one of the authors of Booklet on Emergency Contraception, Published by Family Planning & Welfare in three languages English, Hindi & Punjabi. She is reviewer of many International & National journals. She visited China for teaching in one of the medical colleges for one session.
An active member of Chandigarh branch of IMA since year 1999 in various capacities, this year she was elected for the post of convener of Aao gaon Chalen. She is also an executive member of both Chandigarh Obst & gynae society & menopause society Chandigarh Branch.

Dr. Avinash Kumar Kaushal is Director IMA College of Gen Practitioners. He is a graduate of Govt. Medical College Jabalpur (M.P.). He is associated with IMA for the last 20 years. He has held various position in IMA Executive. He was elected Hon. State Secretary IMA Chd. State branch for 2 consecutive terms. Air conditioning and renovation of IMA Dining Hall were achieved during his term with help of a donation of Rs. 1.5 Lac from fortis Mohali. During his term a record no. of 19 CMES were held in one year, some of them in most prestigious hotels of Chandigarh notably Mount View Hotel. Record No. of 50 Dot’s centres were opened under RNTCP Programme of IMA, due to his efforts.
He has held the post of President Chandigarh Nursing Home and Private Hospital Association for 4 years. During this time he championed and got stay from Hon’ble Punjab and Haryana, High Court for the relief of association members. He is a dedicated worker of IMA willing to devote more time to help members face the new challenges like Clinical Establishment Act and others.

Dr. A.S. Bhatia is Secretary IMA-CGP. He did his MBBS and MD in Anaesthesiology from Govt. Medical College, Patiala. After that he served in PCMS at various places in Punjab for about ten years. Then, he joined his wife who is a Gynecologist and started A.G. Nursing Home in Sector 28-A Chandigarh in 1991 with facilities for Gynae & Obstetrics, Painless Labour, General Surgery, Ultrasound Scanning, Infertility Management and Complete Laboratory. After more than two decades of service to the people of tricity, they have made a niche for themselves with satisfied bunch of clientele because of ethical, compassionate service at reasonable rates. His other interests include Cricket, Travelling, Reading and service to genuine and needy people. He has been actively associated with IMA also since last more than ten years.