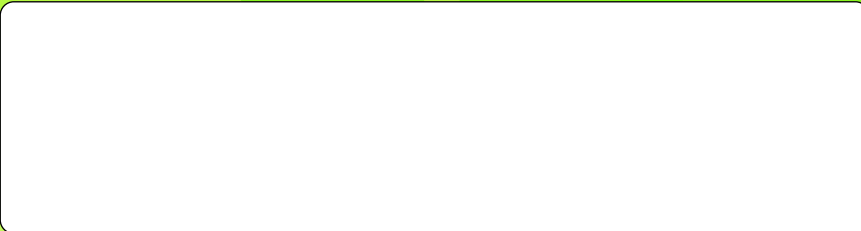


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All India Fertility & IVF Ranking Survey - 2018

# HAT TRICK!

2016, 2017 Now **2018**



AHMEDABAD



→ **Mumbai Institute**  
Mumbai: 3<sup>rd</sup>  
Western India: 6<sup>th</sup>

→ **Delhi Institute**  
Delhi NCR: 7<sup>th</sup>  
Northern India: 10<sup>th</sup>

→ **Kolkata Institute**  
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in 2018

**THE TIMES OF INDIA**  
(i3RCinsights Survey)



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Building Families

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# AHMEDABAD MEDICO NEWS

**Ahmedabad Medical Association**

(Branch of Indian Medical Association)

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E-mail : amagsbima@yahoo.co.in • Website : www.ahmedabadmedicalassociation.com

**DR. MEHUL N. SHELAT**  
President - AMA



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

Imm. Past President - **DR. JAYESH P. SACHDE**

**Vol.13**

**NOVEMBER-2018**

**Issue-7**

## HIGHLIGHTS

- 02-12-2018 AMA Kid's Club Programme
- 03-12-2018 to Yoga Shibir
- 12-12-2018
- 04-12-2018 Ladies Club Programme
- 09-12-2018 Scientific Programme
- 12-12-2018 Scientific Programme
- 13-12-2018 Urogynaec-2018
- 15-12-2018 Senior Citizen Club Programme
- 16-12-2018 Public Seminar
- 20-12-2018 Ladies Club Programme
- 06-01-2019 AMA Young Forum Programme

"Look back & THANK GOD, Look forward & TRUST GOD"

## Message From President and Hon. Secretary Desk



Respected Seniors & Dear Friends,  
Namaste !

First of all we are very much thankful to you all for making spiritual success of our all time great Sharadotsav programme.

Dhanvantri Poojan made all fraternity blessed by lord Dhanvantari as our this time slogan "LOOK BACK & THANK GOD, LOOK FORWARD & TRUST GOD."

Our Diwali Get together was a classic example of team efforts. It was a real entertainment programme with Fashion Show, Veshbhusha, Anokhi Antakshari & Neurology Seminar.

A special thanks to Dr. Deval Panchal, Shailiben Shah & Dr. Vimal Mehta for making real entertainment programme.

Neurology Seminar was Well Conducted by Dr. Viral Shah.

Let me surely thanks to our own Dr. Nirav Modi & Dr. Ashish Bhojak for their best efforts in Fashion Show & Veshbhusha.

Thanks to Dr. Priyank Shah & his NEG for big sponsorship.

Fuggafod, Lari Sing, Dhamdhamti Dhani, Fire Crackers, Housie for children, colourful AMA premises, delicious food was real add on in gathering.

Now be ready for this month's programme. . . . ISRO Visit, Winter Symposium, Urogynaec Conference, Public seminar on Depression, Guru Speaks etc.

We request you to come in all programme & give us moral support for making new heights of AMA.

JAY AMA, JAY IMA

**Dr. Mehul N. Shelat**

President

Ahmedabad Medical Association

**Dr. Kiritkumar C. Gadhavi**

Hon. Secretary

Ahmedabad Medical Association



## DIWALI GET TOGETHER



## DIWALI GET TOGETHER







## DIWALI GET TOGETHER



## DIWALI GET TOGETHER



## NEURO SEMINAR - DIWALI GET TOGETHER

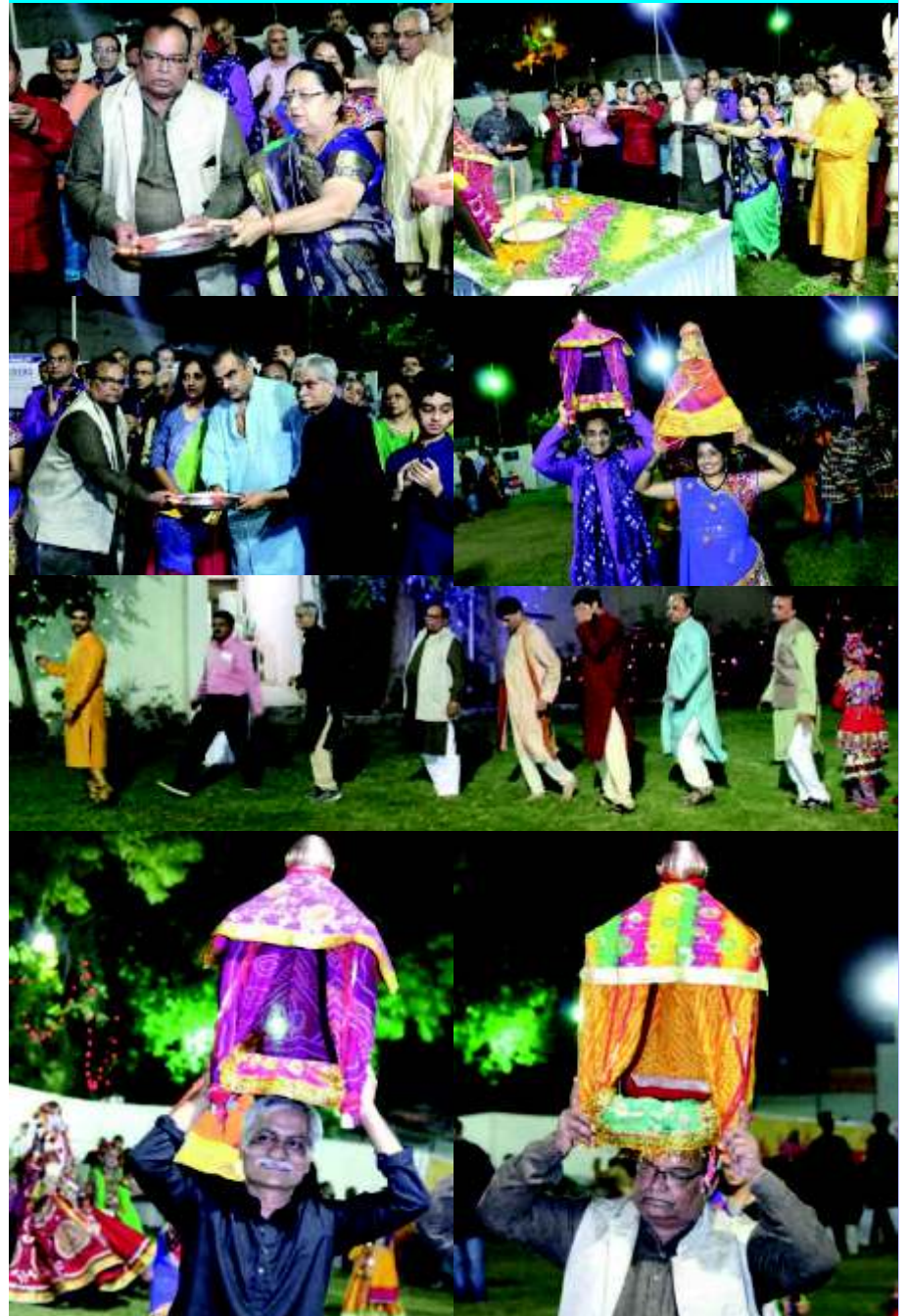




## RAAS GARBA - 2018



## RAAS GARBA - 2018





# RAAS GARBA - 2018



# RAAS GARBA - 2018



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AHMEDABAD MEDICAL ASSOCIATION YEAR : 2018-2019

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





## AMA KID'S CLUB



Concept by : Dr. Deval D. Panchal

This Year we are starting Kid's Club up to 17 years of a Medico family's Child. Our Aim is to give something new to our future.

Registration : Rs. 100/- for 1 year for better management

Major Attractions of Kid's Club :

- Visit to Scientific places
- Picnic
- Movies
- Seminars / Lectures on Different topics like...
  - Exam Fear
  - How to become a top
  - NEET - JEE
  - Doctor / Engineer / CA - Choice of Future
  - Social Media
  - Reading - Our best friend etc...
- Yoga - Meditation - Spirituality
- Sports - Parenting & Childhood
- Sports
- Extra Curricular activities



### KID'S CLUB PROGRAMME NO. 1

Visit to ISRO  
(Indian Space Research Organisation)

Date : 2/12/2018

Time : 10 am to 12 pm

Will gathered @ AMA 9 am  
will reach to ISRO by private Vehicle



Programme will be followed by lunch.

Mother / Father can come with their child

Programme Co-ordinator : Vashishtha Kuntal Gajjar

## :: MAJOR ATTRACTIONS ::

- Sound & light show in colour
- 3D TV without spectacles
- Augmented Reality
- Virtual Presenter
- GSLV Animation
- SD Theatre
- Interactive Bhuvan
- Flight Sair
- Astropants
- Satellite Communications & etc...



Contact AMA Office on 26588775 for details

Dr. Mehul N. Shelat  
President, AMA

Dr. Kiritkumar C. Gadhavi  
Hon. Secretary, AMA

## YOGA SHIBIR

Late Dr. C. C. Raval - Divya Jivan Sangh

For Doctors and their Family Members

Date : 03-12-2018 to 12-12-2018

Time : 7.00 a.m. to 8.00 a.m.

Place : AMA Premises

# Registration fee Rs. 50/- per Person

# This Shibir will be Conducted by

Dr. Pushpa P. Multani (Qualified Yoga Teacher)





## SCIENTIFIC PROGRAMME NO. 4

Dr. N.T. Shah Scientific Programme

### WINTER SYMPOSIUM

Ahmedabad Medical Association

Invites you for a mega winter symposium updating members about latest in medicines in various fields useful in day to day practice.

Date : 09th December, 2018

Time : 09:00 am onwards

09:00 am - 09:45 am - Breakfast & Registration

09:45 am - 10:00 am - Inauguration

10:00 am to 12.30 - Scientific Program

Venue : AMA Hall, Ashram Road, Ahmedabad.

Celebrating 25 yrs of Expertise in Health Care

Speaker : Dr. Bharat Gajjar (Director – Shalby Hospitals)

### Session 1

#### Topic

An approach to Cardiac disorders as a "Heart Team"

#### Speakers

Dr. Lalchand Daga : Interventional Cardiologist

Dr. Bhavin Desai : Cardiovascular & Thoracic Surgeon

#### Chair Persons

1 Dr. Jyotindra Mehta

2 Dr. Pankaj Sheth

### Session 2

Panel Discussion :



Cancer as a "Pandora's Box" – A 360 Degree Approach to Deal with It.

#### Speakers

Dr. Bhavesh Parekh : Medical Oncologist

Dr. Ekta Vala : Medical Oncologist

Dr. Itesh Khetwani : Consultant Medical Oncologist

Dr. Kinner C Shah : Oncosurgeon

Dr. Ankit Thakker : Onco Radiation Oncologist

#### Chair Persons

1 Dr. Deepak Rao

2 Dr. Jitendra Shah

### Session 3

Panel Discussion on : "Liver Transplantation"

#### Speakers

Dr. Anand Khakhar : Liver & Multi-organ Transplant Surgeon

Dr. Bhavin Vasavda : Hepatobiliary and Liver Transplant Surgeon

Dr. Hardik Patel : Hepatobiliary and Liver Transplant Surgeon

#### Chair Persons

1 Dr. Kaushik Gajjar

2 Dr. Pritesh Shah

Registration fees Rs.100

There will be Quiz with attractive prizes during and after the symposium.

Surprise gift for all delegates.

Dr. Mehul N. Shelat

President, AMA

Dr. Kiritkumar C. Gadhavi

Hon. Secretary, AMA

Courtesy by : Shalby Hospitals





## SCIENTIFIC PROGRAMME NO. 5

### Dr. Pushpaben P. Multani & Medical Mitra Mandal Scientific Programme

Date : 12/12/2018, Wednesday

Time : 9.00 p.m. onwards

Venue : Fortune Landmark Hotel,  
Ushmanpura, Ahmedabad.

Chair Person : Dr. Hitesh Patel

Speaker : Dr. Sapan Pandya, M.D., D.M.  
(Rheumatology & Clinical Immunology)

Subject : Do's & Don't in Rheumatology

Entertainment by : Dr. Yakshat Shah

8.30 p.m. to 9.00 p.m. DINNER

Registration fee Rs. 50/-. You are requested to register your  
name at our AMA office on Telephone No. 079-26588775  
before 10-12-2018 before 5.00 p.m.

#### AMA Co-Ordinators

Dr. J. D. Patel

Dr. Sunil Chenwala

Dr. Mehul N. Shelat  
President, AMA

Dr. Kiritkumar C. Gadhavi  
Hon. Secretary, AMA







In association with



AHMEDABAD MEDICAL ASSOCIATION



SOUTH FEDERATION OF UROGYNAECOLOGY



SOCIETY OF VAGINAL SURGEONS OF INDIA

Venue

**WORKSHOP**

Institute of Kidney Diseases &  
Research Center (IKRDC)  
B.J. Medical College Campus  
Civil Hospital, Ahmedabad

**CONFERENCE :**

HOTEL STAROTTEL,  
Ashram Road,  
Ahmedabad

**SPECIAL LECTURE**

**AT  
AMA HOUSE**

Date : 13/12/2018

Time : 1.00 p.m. to 2.00 p.m. Lunch  
2.00 p.m. to 3.00 p.m. Lecture

Subject : • What is new in women health  
• Vaccine- Cervical Screening  
• Contraception-child spacing

Speaker : Dr. Ajay Rane  
Consultant Urogynaecologist, Australia

Registration for AMA special lecture is free but compulsory at  
AMA office on 26588775.

Free Paper, Poster & Video presentation Sessions available at  
Conference.

**Organizing Chair Person**

Dr. Vineet Mishra, M.D. Ph.D.

I/C Director,

Prof. & HOD of Ob. & Gynaec,

IKDRC & ITS Civil Hospital, Ahmedabad

For Registration & Information of  
Conference & Workshop

Phone 079-49017038, 49017031, 49017404,

(M) 9426078333

E-mail:- urogynaec2018@gmail.com

www.urogynaec.com

Dr. Mehul N. Shelat  
President, AMA

Dr. Kiritkumar C. Gadhavi  
Hon. Secretary, AMA

## AHMEDABAD MEDICAL ASSOCIATION SENIOR CITIZEN CLUB

Wishing a Happy New Year to AMA Senior Citizen Club Members, with pleasure we are announcing our next programme.

### PROGRAMME

Date : 15-12-2018, Saturday  
Time : 4-00 pm to 5-00 pm  
Speaker : Dr. Kandarp Pandya  
(Dermatologist)  
Subject : Skin Care after 60 years.

We invite all the senior citizen club members of AMA with their spouse.

Register your names before 14-12-2018 with AMA office.

The programme will be followed by High-Tea.

### Co-ordinators

Dr. K. R. Sanghavi

Dr. Abhay Dikshit

Dr. Mehul N. Shelat  
President - AMA

Dr. Kiritkumar C. Gadhavi  
Hon. Secretary - AMA

### DISCLAIMER

Opinions in the various articles are those of the authors and do not reflect the views of Ahmedabad Medical Association. The appearance of Advertisement is not a guarantee or endorsement of the product or the claims made for the product by the manufacturer.

## PUBLIC SEMINAR

Date : 16/12/2018, Sunday  
Time : 5.00 p.m. onwards  
Venue : AMA Premises  
Subject : Anxiety, Depression and Parenting  
Co-ordinator : Dr. Mitesh Patel

### Topic 1

#### Anxiety - Depression

Speaker : Dr. Nehal Shah, M.D. (Psychiatry)  
5.00 to 6.00 p.m.

### Topic 2

#### How to do better Parenting

Speaker : Dr. Prachee Shah, M.D. (Paed.), CLES, IBCLS  
Lactational Consultant Director, Neev Lactation Clinic  
6.00 to 6.40 p.m.

### Topic 3

#### Skit on Mental Disorder

6.45 to 7.00 p.m.

7.00 p.m. onwards - High Tea

Registration is free but it is compulsory. All doctors with their friends and relative are invited. You are requested to register your name at our AMA office on Telephone No. 079-26588775 before 14-12-2018 before 5.00 p.m.

### AMA Co-Ordinators

Dr. J. D. Patel

Dr. Sunil Chenwala

Dr. Mehul N. Shelat  
President, AMA

Dr. Kiritkumar C. Gadhavi  
Hon. Secretary, AMA



## AMA YOUNG FORUM



Concept by : Dr. Mehul Shah

AMA is an Association of Doctors and their Family Members. Besides Scientific, Social and Community services, this year we would like to strengthen our young family members for their betterment.

To know each other and to develop their educational skills, personality & cohesiveness among each other, We would like to give them AMA platform to move further in their career.

As we have Kid's Club also this time. Ahmedabad Medical Association Young forum is for College students and for graduates.

We want to do important activity under this forum for young generation, like Seminars, Career counselling, Campus visits etc.

So kindly give your views, opinion and participation for young brigade to make this AMA Young forum successful.

### AMA YOUNG FORUM CO-ORDINATORS

Dr. Adit K. Desai

Dr. Kirit H. Kharsadiya

Dr. Sahil N. Shah

Dr. Urvesh V. Shah

## AMA YOUNG FORUM



PRESENTS  
CARRIER SEMINAR



Date	: 06/01/2019, Sunday
Time	: 9.30 am to 1.00 p.m.
	9.30 a.m. to 10.00 a.m. Breakfast
	10.00 a.m. to 1.00 p.m. Lectures
	1.00 p.m. LUNCH
Venue	: AMA Hall, Ashram Road, Ahmedabad
Chief Guest	: Dr. Maheshbhai Patel Dean, Medical Faculty, Gujarat University.
Guest of Honour	: Dr. Parimalbhai Desai AMA Past President
	Programme Co-ordinator :- Dr. Mehul Shah

### Programme Highlights

- Reputed speakers from well-known Institutes
- Career lectures for Medicine, Engineering, Arts, Commerce, Foreign Education, IPS/IAS etc.
- Question-Answer session.

Dr. Mehul N. Shelat  
President, AMA

Dr. Kiritkumar C. Gadhavi  
Hon. Secretary, AMA



## ASSOCIATION CORNER

### Introduction :

Dear Member,



- Greetings from TEAM AMA
  - We have started this new initiative in AMA BULLETIN from last month.
  - The idea is to share information across specialities & let members find all useful activities information about various regional & speciality association on a single platform of AMA.
  - You are invited to share information on important updates like...
    - Change of Office Bearers.
    - CME
    - Conferences of Association
    - Community Service Programme
    - Entertainment Programme etc...
- You are requested to write it on your letterpad before 15<sup>th</sup> of every month & after review by bulletin committee it will be publish.
- Please be brief & precise, matter only up to 3 to 10 lines
  - All the members of association must be IMA eligible.

### AHMEDABAD FAMILY PHYSICIANS ASSOCIATION

11<sup>th</sup> GSFPF Convention & 17<sup>th</sup> AFPA Conference will be held on 22<sup>nd</sup> & 23<sup>rd</sup> December for Family Physicians of Gujarat State at AMA House (on 22<sup>nd</sup>) & K. D. Hospital (on 23<sup>rd</sup>). For registration & more details contact

- |                     |                 |
|---------------------|-----------------|
| (1) Dr.J.C.Mehta    | (M.) 9825039653 |
| (2) Dr.Kamlesh Naik | (M.) 9824068671 |





## ACTIVITY REPORT

### NAVRATRI CELEBRATION

'Ma ne kalawala, AMA ne lage vala'

On 21/10/2018, Sunday, as per our tradition, Navratri Celebration was organized, at Sindur Party Plot. Large number of family members attended the programme with delicious food served by Real Paprica.

### DHANVANTARI PUJAN

On 05/11/2018 Monday at 1.00 p.m. as per tradition 'Dhanvantari Pujan' was organized at AMA House. Large Number of members attended the programme.

### DIWALI GET TOGETHER

On 18/11/2018, Sunday, Diwali get together was arranged at our premises AMA. There were fusion of entertainment & scientific knowledge. Fancy dress competition & fashion show was organized for kids. It was very warm response by members. There was neurology panel discussion in Gujarati by neurologist. Family members appreciated the programme. With the AnokhiAntakshari, participated by the doctors & their family, entertained by Dr. Vimal Mehta & group, Programme was started with Pop-corn, Mathadi sing, Soft drink (ORS) followed by delicious pani-puri & dinner.

## AHMEDABAD MEDICAL ASSOCIATION SHARAD-UTSAV 2018

CATEGORY	NAME OF WINNER
ARTI COMPETITION	DR. HARSHAD SHAH
ARTI COMPETITION	KAMLINI HARSHAD SHAH
BEST GROUP GARBA	MANINAGAR GROUP
BEST GROUP GARBA	B J MEDICAL COLLEGE
BEST DRESS	KEVAL SHETH
BEST DRESS	JAHAVI YASH MOHTA
BEST DRESS	DIVYA YASH MOHTA
BEST DRESS	KAMLINI HARSHAD SHAH
BEST STYLE	CHARMIE KHAMAR
BEST STYLE	PARA AASHISH JOSHI
BEST STYLE	BIJAL GOVANI
BEST STYLE	DHWANI PANDHI
BEST COUPLE	DR. PRIYANK & DR. VYOMA SHAH
BEST DRESS	DR. PUSHPA MULTANI
BEST DRESS	DR. HARSHAD SHAH
BEST STYLE	KAMLINI HARSHAD SHAH
BEST STYLE	DR. JAYSHREEBEN UPADHYAY

### DRUG BANK

**Concept by : Dr. Mehul Shah**

- આપની હોસ્પિટલ / ક્લિનિકમાં સેમ્પલની દવાઓ / ઈન્જેક્શન / ડ્રેસીંગ 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 સયદ	સિવિલ	૯૮૨૪૦૧૮૮૪૮
ડૉ. સાહિલ શાહ	નવરંગપુરા	૯૪૨૮૫૦૧૪૧૨

**or Contact : AMA Office 2 to 6 pm : 26588775**

## CONGRATULATIONS

**FOLLOWING MEMBERS OF AMA HAVE BEEN ELECTED IN GUJARAT STATE BRANCH, I.M.A.  
For the year 2018-2019**

Vice President	Dr. Mehul J. Shah
Hon. State Secretary	Dr. Kamlesh B. Saini
Hon. Joint Secretary	Dr. Shailendra N. Vora
Hon. Asst. Secretary	Dr. Bharat I. Patel
Hon. Treasurer	Dr. Devendra R. Patel
Hon. Zonal Jt. Secretary	Dr. Mehul N. Shelat
Zonal Representatives	Dr. Jayesh P. Sachde
Zonal Representatives	Dr. Tushar B. Patel
Hon. Editor of the Medical Journal of State Branch	Dr. Kirti R. Sanghavi
Hon. Joint Editor of the Medical Journal of State Branch	Dr. Harshad C. Patel
Hon. Secretary of Medical Journal of State Branch	Dr. B. I. Patel
Director of Studies, IMA CGP Gujarat State Faculty	Dr. Kirit C. Gadhavi
Hon. Secretary IMA CGP Gujarat State Faculty	Dr. Vasant B. Patel
Hon. Joint Secretary IMA CGP Gujarat State Faculty	Dr. Balkrishna N. Rathod

Chairman, Academy of Medical Speciality	Dr. Vidyut J. Desai
Convener, Academy of Medical Speciality	Dr. Dilip B. Gadhavi
Hon. Secretary, Social Security Scheme IMA GSB	Dr. Jitendra B. Patel
Hon. Treasurer, Social Security Scheme IMA GSB	Dr. Yogendra S. Modi
Trustee, Social Security Scheme IMA GSB	Dr. Shailendra N. Vora
Hon. Secretary - Family Welfare Scheme, IMA GSB	Dr. Jitendra B. Patel
Hon. Finance Secretary - Family Welfare Scheme, IMA GSB	Dr. Yogendra S. Modi
Managing Director PPS IMA GSB	Dr. Bipin M. Patel
Joint Director, PPS IMA GSB	Dr. Jitendra N. Patel
Asst. Director, PPS IMA GSB	Dr. Parimal M. Desai
Finance Director, PPS IMA GSB	Dr. Jitendra B. Patel
Legal Director, PPS IMA GSB	Dr. Parth M. Desai
PPS Zonal Director, IMA GSB	Dr. Mehul N. Shelat
PPS Zonal Director, IMA GSB	Dr. Mehul J. Shah
PPS Zonal Director, IMA GSB	Dr. Jayesh P. Sachde
PPS Zonal Director, IMA GSB	Dr. Shailendra N. Vora
PPS Zonal Director, IMA GSB	Dr. Yogendra S. Modi
Chairman IMA NSSS	Dr. Kirti M. Patel
Hon. Secretary IMA NSSS	Dr. Yogendra S. Modi

Hon. Finance Secretary IMA NSSS	Dr. Bipin M. Patel
Hon. Asst. Finance Secretary IMA NSSS	Dr. Mahendra B. Desai
Chairman, Health Scheme IMA GSB	Dr. Navneet K. Patel
Vice Chairman, Health Scheme IMA GSB	Dr. Bharat J. Shah
Hon. Secretary, Health Scheme IMA GSB	Dr. Abhaykumar S. Dikshit
Hon. Treasurer, Health Scheme IMA GSB	Dr. Uday Patel
Convener, Family Planning Committee	Dr. Pankaj K. Sheth
Member of Science Committee, From Ahmedabad Zone	Dr. K. G. Patel
Editorial Board from Ahmedabad Zone, Gujarat Medical Journal	Dr. Mitesh Patel



DR. VINEET MISHRA on being appointed as Director (I/C),  
Institute of Kidney Diseases and Research Center (IKDRC),  
Ahmedabad.

## WE WELCOME FOLLOWING NEW LIFE MEMBERS

9618	L	DR. PATEL ANKIT RAMESHBHAI
9619	L	DR. SHETHWALA SMIT JITENDRAKUMAR
9620	L	DR. BHIMANI SAGAR PRAVINKUMAR
9621	L	DR. CHANDARANA UTTAM HASMUKHBHAI
9622	L	DR. SONI RAVI MUKUNDKUMAR
9623	L	DR. BHAVSAR HARSHALI KAPILBHAI
9624	L	DR. PATEL RUCHIBEN SHARADCHANDRA
9625	L	DR. SHAH SANAM SANJIV
9626	L	DR. CHIKHALKAR TEJASHREE SWAPNIL



## લેડીઝ-ક્લબ

યત્ર નારી પૂજ્યતે તત્ર સ્મન્તે દેવતા

ઢાલી સખીઓ,

દરેકને મારા અને મારી ટીમના સાલમુબારક.

નવા વર્ષના દિવસે જ આપણે, આપણા લેડીઝ ક્લબની Website લોન્ચ કરી જે આપણા સૌ માટે ખૂબ ગૌરવની વાત છે.

દરેક મહિનાની ૫ થી ૧૦ તારીખની વચ્ચે Web quiz રમાડવામાં આવશે, જેના ઉત્તરો Whatsapp પર પણ આપી શકાશે. વિજેતાનું નામ બુલેટીનમાં જાહેર થશે અને એને સુંદર ઈનામ આપવામાં આવશે. Visit our website. [www.ladiesclubbama.com](http://www.ladiesclubbama.com)

સાયકોલોજીકલ પરિબળો સ્ત્રીની વધતી ઉંમર પર ઘણી અસર કરે છે. વૃદ્ધત્વને કેવી રીતે સુંદર બનાવી શકાય અને એના ફાયદા શું છે તે આપણને ડૉ. રવિભાઈ સોની સમજાવશે.

તારીખ : ૪ ડિસેમ્બર, ૨૦૧૮ મંગળવાર

સ્થળ : હોટલ અર્બન

નગરી હોસ્પિટલની સામે, ગુજરાત કોલેજ રોડ, અમદાવાદ.

Lunch : બપોરે ૨.૦૦ થી ૩.૦૦ કલાકે

લેક્ચર : બપોરે ૩.૦૦ થી ૪.૩૦ કલાકે

સારી વ્યવસ્થા માટે ૧ ડિસેમ્બર સુધીમાં રજીસ્ટ્રેશન કરાવી લેવું.

મેમ્બર્સ ફી ગેસ્ટ રૂ. ૧૦૦/-

શિયાળો સ્વાસ્થ્ય સુંદર બનાવવાની ઋતુ છે. Be your beautiful self with the hidden language of your soul, with

**Smita's YOGAMANTRA**

# YOGA MUSIC

# YOGA GARBA

# YOGA DANCE

# CLAPPING THERAPY

તારીખ : ૨૦ ડિસેમ્બર, ૨૦૧૮ ગુરુવાર

સમય : બપોરે ૩.૦૦ થી ૫.૦૦ કલાકે

સ્થળ : એ.એમ.એ. હોલ

રજીસ્ટ્રેશન ૧૬ ડિસેમ્બર સુધીમાં કરાવી લેવું. પ્રોગ્રામના અંતે હાઈ-ટીની વ્યવસ્થા રાખેલ છે.

શ્રીમતી કીલુબેન એચ. શાહ

શ્રીમતી દર્શનાબેન એ. શાહ

પ્રમુખ

માનદ્ મંત્રી

૯૮૨૫૩૧૬૨૨૨

૯૭૮૦૯૭૦૮૨૧

ડૉ. મેહુલભાઈ એન. શેલત

ડૉ. ફિરીટકુમાર સી. ગઢવી

પ્રમુખ, એ.એમ.એ.

માનદ્ મંત્રી, એ.એમ.એ.

૯૮૨૫૩૯૮૮૯૧

૯૮૯૮૩૭૦૩૫૩

## OBITUARY

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



Dr. MAULESH G. SHAH

Date of Birth : 01-01-1959

Date of Death : 30-10-2018



Dr. KAMAL MAHENDRA NAIK

Date of Birth : 18-08-1939

Date of Death : 20-09-2018

# Doctors on call in Diwali Social Service initiative by AMA & AFPA

વેસ્ટર્ન ટાઇમ્સ

શનિવાર, તા. 3 નવેમ્બર, ૨૦૧૮ 3/11/2018

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## અમદાવાદમાં દિવાળીનાં તહેવારોમાં ડોક્ટર ઓન કોલની સેવા આપશે

અમદાવાદ, દિવાળીનાં તહેવારોને પાનમાં રાખીને અમદાવાદ મેડિકલ એસોસિએશન (એએમએ) અને અમદાવાદ ફેમિલી ફિઝિશિયન એસોસિએશન (એએફપીએ) દ્વારા સતત નવમાં વર્ષે દર્દીઓ માટે તા. ૫ નવેમ્બરથી તા. ૧૨ નવેમ્બર ૨૦૧૮ દરમિયાન ડોક્ટર ઓન કોલની સેવા રજૂ કરવામાં આવી છે. દર્દીઓ માટે આશિર્વાદપૂર્ણ પુરવાર બનેલી આ સેવામાં બંને એસોસિએશન દ્વારા ડૉ.એમ.આર.આઈ. ૧૦૮ અને હોસ્પિટલો સાથે પણ સહયોગ સાધવામાં આવ્યું છે. એએમએ દ્વારા આ ઉપરાંત દિવાળીનાં તહેવારોમાં કાર્યરત ડોક્ટરોનું ચોટરા અંધ શુપ બનાવવામાં આવ્યું છે અને ડોક્ટરોની યાદી તેમજ એશિયા કોન્સીડેરેશનનાં નંબરો પણ પૂરા પાડવામાં આવ્યા છે.

આ સંગે વધુ માહિતી આપતા અમદાવાદ મેડિકલ એસોસિએશનનાં પ્રેસિડેન્ટ ડૉ.



મંજુલ અંત. શેલને જણાવ્યું કે, 'દિવાળીનાં તહેવારોમાં મર્યાદિત ડોક્ટરો ઉપલબ્ધ હોવાને લીધે દર્દીઓએ ઘણું સહન કરવું પડતું હોય છે. દર્દીઓને અગવડ ના પડે અને સમાજને મદદરૂપ થવાય તેવી પ્રાવનાથી અમદાવાદ મેડિકલ એસોસિએશન (એએમએ) અને અમદાવાદ ફેમિલી ફિઝિશિયન એસોસિએશન (એએફપીએ) દ્વારા હેલ્થ નવ વર્ષથી ડોક્ટર ઓન કોલ દિવાળી સેવાનું આયોજન કરવામાં આવે છે.'

તેમણે વધુમાં જણાવ્યું કે, 'આ વર્ષે સ્વાર્થન હેલ્થ ચિકન-ગુનિયા,

કમળો, મેલેરિયા, ડેન્ગ્યુ તેમજ વાયરલ ઈન્ફેક્શન વગેરે જેવા રોગોના દર્દીઓની સંખ્યામાં ઘણો વધારો નોંધાયો છે. ડોક્ટર ઓન કોલ દિવાળી સેવાનો માટે અમે એશિયા કોન્સીડેરેશન અનુસાર હેલ્થવાર્ડન નંબરો બનાવ્યા છે. જેના આધારે મદદ મળી રહે છે અને નજીકનાં વિસ્તારમાં ક્યા ડોક્ટર ઉપલબ્ધ છે તેની જાણકારી મળે છે.'

ડોક્ટર ઓન કોલ દિવાળીનાં પ્રોગ્રામ કોન્સીડેરેશન દર ડૉ. પ્રવેશ વજરાજાનીએ જણાવ્યું હતું કે, 'એએમએ દ્વારા ટેકનોલોજીની પણ મુદ્રો ઉપયોગ કરવામાં આવ્યો છે.

## દેશ-પરદેશની આજકાલ

Dec 3 - 11 - 2018, Saturday

### દિવાળીમાં ડોક્ટર ઓન કોલની સેવા ઉપલબ્ધ બનાવવા તૈયારી

દિવાળીનાં તહેવારોને પાનમાં રાખીને અમદાવાદ મેડિકલ એસોસિએશન (એએમએ) અને અમદાવાદ ફેમિલી ફિઝિશિયન એસોસિએશન (એએફપીએ) દ્વારા સતત નવમાં વર્ષે દર્દીઓ માટે તા. ૫ નવેમ્બરથી તા. ૧૨ નવેમ્બર ૨૦૧૮ દરમિયાન ડોક્ટર ઓન કોલની સેવા રજૂ કરવામાં આવી છે. દર્દીઓ માટે આશિર્વાદપૂર્ણ પુરવાર બનેલી આ સેવામાં બંને એસોસિએશન દ્વારા ડૉ.એમ.આર.આઈ. ૧૦૮ અને હોસ્પિટલો સાથે પણ સહયોગ સાધવામાં આવ્યું છે. એએમએ દ્વારા આ ઉપરાંત દિવાળીનાં તહેવારોમાં કાર્યરત ડોક્ટરોનું ચોટરા અંધ શુપ બનાવવામાં આવ્યું છે અને ડોક્ટરોની યાદી તેમજ એશિયા કોન્સીડેરેશનનાં નંબરો પણ પૂરા પાડવામાં આવ્યા છે.

## મુંબઈ સમાચાર

MUMBAI SAMACHAR

શનિવાર, તા. 3-11-2018

### અમદાવાદમાં દિવાળીના તહેવારોમાં એએમએ દ્વારા કરાશે દર્દીઓ માટે ઓનકોલ સેવા આપશે

અમદાવાદ: દિવાળીનાં તહેવારોને પાનમાં રાખીને અમદાવાદ મેડિકલ એસોસિએશન અને અમદાવાદ ફેમિલી ફિઝિશિયન એસોસિએશન દ્વારા સતત નવમાં વર્ષે દર્દીઓ માટે તા. ૫ નવેમ્બરથી તા. ૧૨ નવેમ્બર ૨૦૧૮ દરમિયાન ડોક્ટર ઓન કોલની સેવા રજૂ કરવામાં આવી છે. દર્દીઓ માટે આશિર્વાદપૂર્ણ પુરવાર બનેલી આ સેવામાં બંને એસોસિએશન દ્વારા ડૉ.એમ.આર.આઈ. ૧૦૮ અને હોસ્પિટલો સાથે પણ સહયોગ સાધવામાં આવ્યું છે. એએમએ દ્વારા આ ઉપરાંત દિવાળીનાં તહેવારોમાં કાર્યરત ડોક્ટરોનું ચોટરા અંધ શુપ બનાવવામાં આવ્યું છે અને ડોક્ટરોની યાદી તેમજ એશિયા કોન્સીડેરેશનનાં નંબરો પણ પૂરા પાડવામાં આવ્યા છે.



AHMEDABAD, SATURDAY, NOVEMBER 3, 2018 DAILY NEWS & ANALYSIS

## SAFE DIWALI DOCTORS SAY BRACING FOR RISE IN INFECTIOUS CASES

### AMA's doctor-on-call to tackle burns

DNA Correspondent

Doctors in Ahmedabad said that over the past few months, the number of burn and accident injuries during Diwali has gone down. In fact, they say it is often infected cases and respiratory troubles for which the calls tend to increase in Diwali.



Photo for representation

The association on Friday issued a list of numbers for the IDs of doctors from each specialty who would act as a doctor for the day.

These numbers will ensure that the patient is directed to the nearest doctor. This time, the association has for the first time issued a list of numbers for the IDs of doctors from each specialty who would act as a doctor for the day.

On an average, the second week of Diwali, every year, is the worst for the number of burn accidents. This year, the association will be available from November 5 to 12.

NAME	SPECIALITY	CONTACT NO.
Dr. Jigar Desai	Urology	9828028577
Dr. Brijendra Choudhary	Ophthalmology	9824255642
Dr. Anshu Kishor	Family physician	9327918200
Dr. Kishor Kishor	General Surgery	9824644690
Dr. Manish Kishor	Orthopedics	9227700200
Dr. Farid Shah	Orthopedics	9913363762
Dr. Umash Upadhyay	Pediatrics	9085576805
Dr. Chiranjeev Patel	Physician	7382233041
Dr. M. R. Kishor	Pathology	7974490854
Dr. Erjesh Gulati	Radiology	9909903628

On an average, the second week of Diwali, every year, is the worst for the number of burn accidents. This year, the association will be available from November 5 to 12.

## JAI HIND AHMEDABAD

SATURDAY - 3-11-2018 09

### દિવાળીના તહેવારોમાં એ.એમ.એ દ્વારા ડોક્ટર ઓન કોલ સેવા પ્રાપ્ત થશે

અમદાવાદ: દિવાળીનાં તહેવારોને પાનમાં રાખીને અમદાવાદ મેડિકલ એસોસિએશન (એએમએ) અને અમદાવાદ ફેમિલી ફિઝિશિયન એસોસિએશન (એએફપીએ) દ્વારા સતત નવમાં વર્ષે દર્દીઓ માટે તા. ૫ નવેમ્બરથી તા. ૧૨ નવેમ્બર ૨૦૧૮ દરમિયાન ડોક્ટર ઓન કોલની સેવા રજૂ કરવામાં આવી છે. દર્દીઓ માટે આશિર્વાદપૂર્ણ પુરવાર બનેલી આ સેવામાં બંને એસોસિએશન દ્વારા ડૉ.એમ.આર.આઈ. ૧૦૮ અને હોસ્પિટલો સાથે પણ સહયોગ સાધવામાં આવ્યું છે. એએમએ દ્વારા આ ઉપરાંત દિવાળીનાં તહેવારોમાં કાર્યરત ડોક્ટરોનું ચોટરા અંધ શુપ બનાવવામાં આવ્યું છે અને ડોક્ટરોની યાદી તેમજ એશિયા કોન્સીડેરેશનનાં નંબરો પણ પૂરા પાડવામાં આવ્યા છે.

### દિવાળીના તહેવારોમાં હેલ્થવાર્ડન શરૂ કરાઈ હતી 300થી વધુ દર્દીઓ 'ડોક્ટર ઓન કોલ'ની સેવા લીધી

અમદાવાદ: દિવાળીનાં તહેવારોને પાનમાં રાખીને અમદાવાદ મેડિકલ એસોસિએશન (એએમએ) અને અમદાવાદ ફેમિલી ફિઝિશિયન એસોસિએશન (એએફપીએ) દ્વારા સતત નવમાં વર્ષે દર્દીઓ માટે તા. ૫ નવેમ્બરથી તા. ૧૨ નવેમ્બર ૨૦૧૮ દરમિયાન ડોક્ટર ઓન કોલની સેવા રજૂ કરવામાં આવી છે. દર્દીઓ માટે આશિર્વાદપૂર્ણ પુરવાર બનેલી આ સેવામાં બંને એસોસિએશન દ્વારા ડૉ.એમ.આર.આઈ. ૧૦૮ અને હોસ્પિટલો સાથે પણ સહયોગ સાધવામાં આવ્યું છે. એએમએ દ્વારા આ ઉપરાંત દિવાળીનાં તહેવારોમાં કાર્યરત ડોક્ટરોનું ચોટરા અંધ શુપ બનાવવામાં આવ્યું છે અને ડોક્ટરોની યાદી તેમજ એશિયા કોન્સીડેરેશનનાં નંબરો પણ પૂરા પાડવામાં આવ્યા છે.

## Doctors on call in Diwali we are thankful to following Doctors for rendering services

Dr. Ashok C. Shah	Anaesthesiology
Dr. C. S. Vora	Anesthetic / critical care for Ambulance
Dr. Rachit Patel	Critical Care
Dr. Hitesh Patel	Critical care
Dr. Yogesh Vaghela	Critical care medicine
Dr. Dhaval Waghela	Critical Care medicine
Dr. Shah Bhagyesh Ashwinkumar	Critical Care Medicine / Emergency Medicine
Dr. Anjali Kothari	Dentist
Dr. Manish Agarwal	Diabetologist
Dr. Najmee Surka	Ear, Nose, Throat
Dr. Harshil Mehta	Emergency Medicine
Dr. Shamik Mehta	ENT
Dr. Akshay Sahayata	Eye specialist
Dr. Hitesh Ramanuj	Eye specialist
Dr. Brijen Chokshi	Eye specialist
Dr. Nirav Modi	Eye specialist
Dr. Ekta Shah	Eye specialist
Dr. Sapan Shah	Eye specialist
Dr. Haard Shah	Eye specialist
Dr. Hitesh Mehta	Family medicine
Dr. Abhay S. Dikshit	Family Physician
Dr. Jyotindra Mehta	Family Physician
Dr. Amit K. Mehta	Family Physician
Dr. Dhiren R. Mehta	Family Physician
Dr. Rajnikant S. Shah	Family Physician
Dr. Sukumar Kansara	Family Physician
Dr. Rasik Raval	Family Physician
Dr. Hemang Chinubhai Shah	Family Physician
Dr. Bakroliya Tariq Abdulrahim	Family Physician

Dr. Ajit Vithalani	Family Physician
Dr. Shwetal Shah	Family Physician
Dr. Krishnakant N. Patel	Family Physician
Dr. Mitra H. T.	Family Physician
Dr. Kaivan Shah	Gastroenterology
Dr. Sandip P. Shah	Gastroenterology
Dr. Yogesh Harwani	Gastroenterology
Dr. Mayur M. Mehta	General Surgeon
Dr. Urvish Doshi	General Surgeon
Dr. Hiren Modi	General Surgeon
Dr. Vidyut Desai	General Surgeon
Dr. Ashok Gurjar	General Surgeon
Dr. Afnan Delhiwala	General Surgeon
Dr. Manoj Sanghvi	General Surgeon
Dr. Kaushik Shah	General Surgeon
Dr. Jignesh Shah	Gynaecologist
Dr. Chintan Gandhi	Gynaecologist
Dr. Shetal Deshmukh	Gynaecologist and Obstetrics
Dr. Nisarg Dharaiya	Gynecologist
Dr. C. R. Kakani	Gynecologist
Dr. Vijay Shah	Gynecologist
Dr. Kirtan Vyas	Gynecologist
Dr. Jitendra Shah	Gynecologist
Dr. Pragnesh Shah	Gynecologist
Dr. Sumant Shah	Gynecologist
Dr. Nidhi Jain	Gynecologist
Dr. Shashwat Jani	Gynecologist & Obstetrician
Dr. Rajita Shashwat Jani	Gynecologist & Obstetrician
Dr. Kamal R. Jani	Gynecologist & Obstetrician



Dr. Rozil Gandhi	Interventional Radiologist
Dr. Umesh Godhani	Nephrology
Dr. Jay H. Shah	Nephrology
Dr. Bhumir Chauhan	Neurology
Dr. Sandip Shah	Neurosurgeon
Dr. A. K. Maheshwari	Obstetric and Gynecology
Dr. Parth Patel	Orthopaedics
Dr. Shantilal G. Patel	Orthopaedics
Dr. Vivek Thakker	Orthopaedics and Trauma
Medilink Hospital	Orthopedic
Dr. Kalpan Desai	Orthopedic Surgeon
Dr. Kuntal	Orthopedic Trauma
Dr. Nitish Vora	Paediatric Neurology
Dr. Hardik Patel	Paediatrics
Dr. Tausif Chhipa	Paediatrics
Gujarat Child Care	Paediatrics
Parth child care	Paediatrics
Dhiraj Children Hospital	Paediatrics
Sukkon Children Hospital	Paediatrics
Little Flower Hospital	Paediatrics
Ankur Institute	Paediatrics
Dr. Viran Gandhi	Paediatrics
Dr. Sanjay Wadhwa M.D.	Paediatrics
Dr. Bharat Prajapati	Paediatrics
Synergy Hospital	Paediatrics
Sydney Hospital	Paediatrics
Orange Hospital	Paediatrics
Dr. Pooja Bisht	Paediatrics
Kalpesh Gandhi	Pathologist
Radiscan Pathology Laboratory	Pathology

Dr. Parag Dagli	Pediatric and neonatal intensive care
Dr. Tausif Chipa	Pediatric and neonatal intensive care
Dr. Vishal Bhojani	Pediatric and neonatal intensive care
Dr. Ankit Mehta	Pediatric emergency and intensive care
Dr. Patel Sunilkumar Chhabildas	Pediatric Intensivist & Neonatologist
Dr. Kairav Kothari	Pediatrics & Neonatologist
Dr. Sagar Patel	Pediatrics NICU PICU
Dr. Priyank Kapadia	Physician
Dr. Gyanendra H. Singh	Physician
Dr. Ramesh Rau	Physician
Dr. Bhavesh Patel	Physician
Dr. Aniruddh Pandya	Physician
Dr. Narendra J. Rathi	Physician
Dr. Jayesh Thakkar	Physician
Dr. Biren Nayak	Physician
Radiance Hospital	Emergency Medicine
Dr. Ramashanker Yadav	Psychiatry
Dr. Adish Doshi	Psychiatry, De addictions specialist & Sex Therapist
Dr. Jayant Trivedi	Pulmonologist
Dr. Vaishal Sheth	Pulmonologist ( Chest Physician)
Dr. Pradeep Verma	Radiologist
Dr. Ruchit Patel	Radiologist
Dr. Brijesh Gajjar	Radiology

## 2018 ESC / ESH Guidelines for the management of Arterial Hypertension

### ❖ Key Points for Practice

Accurate measurement of blood pressure is essential to categorize blood pressure, stratify cardiovascular risk, and guide management. The ESC/ESH and US guidelines both suggest regular use of home BP monitoring and ambulatory BP monitoring as an option to confirm the diagnosis of hypertension, detect white-coat and masked hypertension, and monitor BP control for medication adjustment.

The more conservative European guideline suggests considering drug treatment in only very high-risk patients with CVD (especially coronary artery disease [CAD]) with BP 130-139/85-89 mm Hg. However, drug treatment is suggested at that threshold in low to moderate risk without CVD, renal disease, or target organ damage if after 3-6 months of lifestyle intervention BP is not controlled.

The European guideline threshold for treatment of office SBP is 140 mm Hg and DBP 90 mm Hg for 18-79 year olds. For those ≥ 80 years, SBP is 160 mm Hg and diastolic 90 mm Hg. Recommendations are similar in patients with diabetes, chronic kidney disease (CKD), CAD, and stroke/transient ischemic attack (TIA). The European target in hypertension, diabetes, CAD, and stroke/TIA is SBP 120-130/70-79 mm Hg for 18-65 year olds, and 130-139/70-79 for 65 to >80 year olds. In CKD, the target is <140 to 130 mm Hg, if tolerated. In the US, BP goal for hypertension, diabetes, CAD, and CKD is <130/80 mm Hg, as tolerated.

The definition of hypertension was unchanged as compared with the one in the 2013 Guidelines, with SBP ≥ 140 mmHg and/or DBP ≥ 90 mmHg. For diagnosis, in addition to office

BP, out of office BP measurements can be used, for example ABPM. Other new messages include recommendations for BP-lowering drug treatment in those with high normal BP (SBP 130-139 /DBP 85-89 mmHg) when CV risk is very high and in those with grade I hypertension (SBP 140-159 /DBP 90-99 mmHg), including older patients (≥ 65 not >80 years) in addition to lifestyle advice.

Furthermore, the new guidelines recommend to start with a two drug combination in most patients as initial therapy to reduce BP, this in contrast to a stepwise treatment in the previous recommendation. As no adherence plays a major role in poor control of BP and no adherence increases with the number of pills, two drug or even three drug combination in a single tablet "could transform blood pressure control rates".

A simplified drug treatment algorithm - the treatment strategy so that patients with uncomplicated hypertension and many patients with a variety of co morbidities (e.g. HMOD, diabetes, PAD, or cerebrovascular disease) receive similar medication. We recommend a combination of an ACE inhibitor or ARB with a CCB or thiazide (thiazide like diuretic as initial therapy for most patients. For those requiring three drugs, we recommend a combination of an ACE inhibitor or ARB with a CCB and a thiazide (thiazide like diuretic. We recommend that beta blockers be used when there is a specific indication for their use (e.g. angina, post myocardial infarction, HFrEF, or when heart rate control is required).

➤ Dr. Jay Sanghavi, Dr. Baban Kumar, Dr. K.K. Goyal, Dr. Rashmit Pandya, Dr. Sameer Dani