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

### AHMEDABAD MEDICO NEWS

AMA House, First Floor, Opp. H. K. Arts College, Ashram Road, Ahmedabad - 380 009  
Phone : (079)2658 87 75

Email: amagsbima@yahoo.co.in

Website: www.ahmedabadmedicalassociation.com

DR. MONA P. DESAI  
President - AMA



DR. DHIREN R. MEHTA  
Hon. Secretary - AMA

Imm. Past President - DR. MEHUL N. SHELAT

VOL. 14

OCTOBER-2019

ISSUE-6

### HIGHLIGHTS

25-10-2019	Dhanvantari Poojan	16-11-2019	Ladies Club Programme
10-11-2019	KD Marathon at 5.30 am	17-11-2019	Scientific Programme
10-11-2019	Diwali Get Together at 5.00 pm	01-12-2019	Senior Citizen Club Programme
14-11-2019	Ladies Club Programme		

Article - 'Beyond Lasik' by Dr. Parimal Desai

### INSTALLATION CEREMONY Year 2019-2020



Wish you Happy Diwali  
and  
a Prosperous New Year

PUBLISHER AND EDITOR : DR. DHIREN R. MEHTA HON. SECRETARY, ON BEHALF OF  
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ASHRAM ROAD, AHMEDABAD-380 009. PHONE : 2658 87 75

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'SECRET' TO SUCCESS IS THE RESULT OF  
PREPARATION, HARD WORK AND PERSEVERANCE'

## Message From President's Desk



First of all I am overwhelmed by the Trust, Blessings and Love you all have showered on me and installed me as the president of this most esteemed Association -the Ahmedabad Medical Association . Indeed , I am fortunate to be the first Post Graduate Lady President in 118 years of AMA, but as it is well said - "It is not a Designation it is a Responsibility". I pray to God Almighty to give me strength to perform my duties with full vigour and dedication.

Any association is a wonderful platform to work for the betterment of fraternity and society at large. So my request to all my Committee Members to work with sincere efforts and give justice to their post and to all my senior and junior colleagues -members of AMA to participate actively in all the events organised by AMA as your active participation will inspire us to perform better and better !

We have charted out few programs to improve the life style of us - Doctors, to make it less stressful, boring and monotonous and also programs that would impart knowledge

useful in their day to day practice or if they imbibe it in their routine , it would definitely improve their practice and life.

Few awareness programs for the general public. If we educated class would not take up this task who else would ? We all know -a very old saying-" Prevention is better than cure" -so if we could spread awareness of Cancer, Tobacco chewing, Smoking, Health & Hygiene, Good eating habits, Life Style Diseases- I am sure it would be our contribution towards "Healthy India" . India is our country and we are it's "Health Ambassadors" , so just by saying 'Jai Hind' our country cannot uplift.

So ,members of this oldest and largest branch of IMA, our own AMA- be prepared for variety of programs with few changes in AMA- making it more Digital and Paperless.

Ending my very first message as a President of AMA with a prayer and hope of active participation from my Managing Committee and all the members of AMA.

"A Creative person is motivated by the desire to achieve, not by the desire to beat others "

**HAPPY DIWALI AND PROSPEROUS  
NEW YEAR TO ALL.**

Dr. Mona P. Desai  
President  
Ahmedabad Medical Association



## Message From Hon. Secretary's Desk



Respected seniors and dear members,

First of all I am thankful to all my seniors and stalwarts of Ahmedabad Medical Association for selecting me for the post of Hon. Secretary to very prestigious, the biggest and the oldest association of IMA. I am also thankful for giving me chance to work with such a dynamic and vibrant President, Dr. Monaben Desai. As Nelson Mandela has rightly said,

"It always seems impossible until it's done",

'Every next level of your life demand a different you'.

Yes, every challenge makes us more powerful to work hard and sincerely. And that makes us more and more passionate to achieve goal.

Wish you a very very happy Diwali and prosperous New Year. May God bless you with more and more energy to work and to get success. We have already started our work with bang and also in future we are coming with many surprising programs. We wish very active participation and supports from all of you. We want to work for society as well as for medical fraternity. And if we work with strong desire, nothing is impossible. We can change "Impossible" to "I am possible". If we will change our thoughts, we can change our world. So, at last,

"Always do your best. What you plant now, you will harvest later and you will get fruits.

Jay IMA, Jay AMA.

Thank you.

Dr. Dhiren Mehta

Hon. Secretary

Ahmedabad Medical Association



## AHMEDABAD MEDICAL ASSOCIATION OFFICE BEARERS - 2019 - 2020

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DR. MONA P. DESAI

### VICE PRESIDENT



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### VICE PRESIDENT



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DR. PANKAJ K. SHETH

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DR. RACHIT J. PATEL

### IMM. PAST PRESIDENT



DR. MEHUL N. SHELAT

## CONGRATULATION



Congratulations to **Dr. Parimal Desai** for receiving TWO of the most prestigious ICL Awards 1. **EVO Visian ICL\*500 Award** 2. **EVO Toric Visian ICL\*500 Award** - in Paris at STAAR Surgical International EVO Visian ICL Expert Summit-11 to 13 September-2019-Paris-France. He was the only Ophthalmologist from Gujarat and Western India to receive this Award. It is a great moment of pride for AMA.

## NATIONAL CONFERENCE ON EMOTIONAL WELL BEING AT NEW DELHI-IMA-HQ ON 10-10-19



## TALENT EVENING



## TALENT EVENING



## INSTALLATION CEREMONY



## INSTALLATION CEREMONY



## INSTALLATION CEREMONY



## INSTALLATION OF MANAGING COMMITTEE OTHER THAN PG



## INSTALLATION OF MANAGING COMMITTEE PG



## INSTALLATION CEREMONY OFFICE BEARERS



## INSTALLATION CEREMONY



## INAUGURATION OF SOLAR SYSTEM



## Installation of New Team of AMA for Year 2019-2020





## INSTALLATION CEREMONY - LADIES CLUB



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AHMEDABAD MEDICAL ASSOCIATION YEAR : 2019-2020

**OFFICE BEARER**

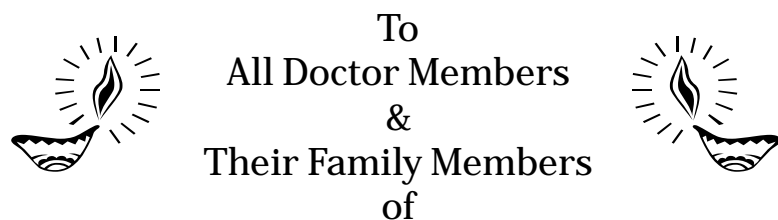
PRESIDENT	HON. SECRETARY
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M. 9825016769	M. 98988 54158
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	DR. MEHUL N. SHELAT
	M. 98253 98891

**MANAGING COMMITTEE MEMBERS**

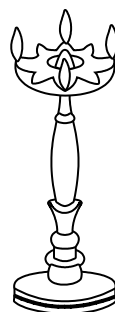
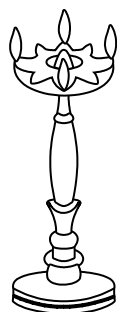
P.G.	OTHER THAN P.G.
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M. 98259 10060	M. 99245 58450
DR. RAJESH M. DESAI THALTEJ	DR. ADIT K. DESAI BODAKDEV
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DR. NISARG D. DHARAIYA ELLIS BRIDGE	DR. AMIT K. MISTRY MANINAGAR (EAST)
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DR. KUNTAL H. GAJJAR USMANPURA	DR. JAGDISH J. MOD THALTEJ
M. 98250 87821	M. 98986 72481
DR. MANJIT J. NAYAK NAVJIVAN POST	DR. PRAKASH P. MOHATTA ISANPUR
M. 99982 27871	M. 94263 55122
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M. 97243 19934	M. 98259 56928
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DR. MITESH K. PATEL SABARMATI	DR. H. G. PATWARI BAPUNAGAR
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*Wish you Happy Diwali  
and  
Prosperous New Year*



To  
All Doctor Members  
&  
Their Family Members  
of  
Ahmedabad Medical Association  
From  
Office Bearers  
&  
Managing Committee Members  
&  
AMA Sub Committees  
&  
All Past Presidents  
&  
Office Staffs  
of  
Ahmedabad Medical Association



## A.M.A. SUB - COMMITTEES 2019-2020

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Dr. Dhiren R. Mehta  
Dr. Sunil B. Chenwala  
Dr. Atul Gandhi  
Dr. Jitendra H. Shah  
Dr. Nisarg Dharaiya  
Dr. Sumit Patel  
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Dr. Shailesh Raval  
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Dr. Alpa A. Gandhi  
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Dr. H. G. Patwari  
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Dr. Parimal M. Desai  
Dr. Jitubhai B. Patel  
Dr. Devendra R. Patel  
Dr. Bipin M. Patel  
Dr. Dhanesh A. Patel  
Dr. Kirtibhai M. Patel  
Dr. Vidyut J. Desai  
Dr. Yogendra S. Modi

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Dr. Naitik B. Patel  
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Dr. Nisarg D. Dharaiya  
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Dr. B. N. Rathod

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Dr. K. R. Sanghavi  
Dr. Devendra R. Patel  
Dr. Jaswant Darbar  
Dr. Mehul J. Shah  
Dr. Vidyut Desai  
Dr. Brijan Choksi

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Dr. Jagdish Mod  
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Dr. Sumit Patel  
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Dr. Rachit J. Patel  
Dr. Nisarg Dharaiya  
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Dr. Suresh K. Patel	Dr. Shailendra N. Vora
Dr. Gargi M. Patel	Dr. Mahendra B. Desai
Dr. Kalpita M. Dave	Dr. Jitubhai B. Patel
Dr. Nisarg D. Dharaiya	Dr. Jitendra N. Patel
Dr. B. N. Rathod	Dr. Bipin M. Patel
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Dr. Dhiren R. Mehta	DR. Vipul V. Shah
Dr. Jitubhai B. Patel	DR. Naitik B. Patel
Dr. Mahendra B. Desai	Dr. K. R. Sanghavi
Dr. Bipin M. Patel	DR. Atul J. Gandhi
Dr. Yogendra S. Modi	DR. Devendra R. Patel
Dr. Shailendra N. Vora	DR. Maulik S. Sheth
Dr. Jitendra N. Patel	DR. Urvesh V. Shah
Dr. Vidyut J. Desai	
Dr. Devendra Patel	
Dr. K. R. Sanghvi	

## ધનવંતરી પૂજન



તારીખ : ૨૫-૧૦-૨૦૧૯, શુક્રવાર

સમય : બપોરે ૩.૩૦ કલાકે

સ્થળ : અમદાવાદ મેડીકલ એસોસીએશન

સર્વે ડૉક્ટર મિત્રોને ધનવંતરી પૂજનમાં જોડાવા હાર્દિક આમંત્રણ છે.

ડૉ. મોના દેસાઈ

પ્રમુખ

અમદાવાદ મેડીકલ એસોસીએશન

ડૉ. ધીરેન મહેતા

સેક્રેટરી

અમદાવાદ મેડીકલ એસોસીએશન



## Happy & Prosperous New Year

Hope you all have enjoyed your Diwali Vacation, now it is time to enjoy with our medical fraternity at AMA. Let us have most enjoyable Diwali Get Together full of laughter and fun.

To relieve your stress we have called a "Stand up Comedian" with a promise of unstopable laughter and after that "MEGA HOUSIE" with a chance to WIN BIG PRIZES.

So do not miss this most entertaining event.

Date : Sunday 10th November, 2019

Time : 5.00 pm onwards

Venue : AMA Hall, Ashram Road

Program: 5.00 to 7.00 pm - Stand Up Comedy by

Mr. Chirayu Mistry

7.00 to 8.00 pm - MEGA HOUSIE

8.00 PM DINNER

Get your passes from AMA Office from 01-11-2019.

Rs. 100/- per person.

DR. Mona P. Desai  
President, AMA

Dr. Dhiren R. Mehta  
Hon. Secretary, AMA

## SCIENTIFIC PROGRAMME NO. 2

### DR. N.T. Shah & Dr. H. G. Jambhekar Scientific Program

Date : 17-11-2019, Sunday  
 Time : 9:00 a.m. Onwards  
 Venue : Ahmedabad Medical Association Premises  
 Subject : "All about Diabetes"

9.00 a.m. to 9.30 a.m. Registration and Break Fast  
 9.30 a.m. to 9.45 a.m. Welcome address by Dr. Mona Desai

Time	Topic	Speaker
9.50 am to 10.10 am	Increasing Prevalence of Diabetes - A growing concern way forward	Dr. Dhruvi Hasnani
10.10 am to 10.30 am	Challenges in diabetes management & solution	Dr. Navneet Shah
10.30 am to 10.50 am	Clinical inertia - its time to do more	Dr. Sanjeev Pathak
10.50 am to 11.05 am	Discussion	
11.10 am to 11.30 am	Controversies in diabetes management	Dr. Srikant Somani
11.30 am to 11.50 am	Use of technology in diabetes management	Dr. Banshi Saboo
11.50 am to 12.10 pm	Diabetes is reversible A myth or FACT	Dr. Dharmendra
12.15 pm to 12.30 pm	Discussion	
12.30 pm	LUNCH	

Registration Fee Rs. 50/-  
 Please register at AMA Office  
 Telephone - 26588775 before 15-11-2019

This program is supported by "DIA-CARE"

**DR. Mona P. Desai**  
 President, AMA

**Dr. Dhiren R. Mehta**  
 Hon. Secretary, AMA

## AHMEDABAD MEDICAL ASSOCIATION & AMA SENIOR CITIZEN CLUB Organizes

### GERIATRIC UPDATE-3

Date : 1-12-19, Sunday  
 Venue : AMA HOUSE  
 Following Topics will be addressed:  
 \* Urinary Retention \* Urinary Incontinence  
 \* Nutrition in Elderly \* Constipation in elderly  
 \* Tumour Markers in elderly

More details will be given in next bulletin.  
 Registration : Rs. 50/-  
 Register at AMA office before 27-11-19

**Dr. Mona Desai**  
 President

**Dr. Dhiren Mehta**  
 Hon. Secretary

**Dr. K. R. Sanghvi Dr. Abhay Dikshit Dr. K. C. Gadhavi**  
 Co- Ordinators Senior Citizen Club

### WE WELCOME FOLLOWING NEW LIFE MEMBERS

9849 L DR. PATEL DHAVAL KANTIBHAI  
 9850 L DR. PATEL PARTH ATULKUMAR  
 9851 L DR. PATEL KAMLESH PRAHLADBHAI  
 9852 L DR. GANDHI APAL PARESHBHAI  
 9853 L DR. PATEL NIRAL GEMARBHAI  
 9854 L DR. KHATRI ABDULAZIZ MOHAMMEDHANIF  
 9855 L DR. PATEL PANKAJKUMAR RANCHHODBHAI  
 9856 L DR. VALA RUCHI HASMUKHBHAI  
 9857 L DR. OJHA SANDEEPKUMAR RIPUNJAYA  
 9858 L DR. KHANDLA ZEEL (MISS) UJAMSHIBHAI  
 9859 L DR. MAKWANA VIRAL BHARATBHAI

## NEWS CLIP



### AMAના 118 વર્ષમાં પ્રથમ મહિલા પ્રેસિડેન્ટ ડૉ. મોના દેસાઈ

અમદાવાદ મેડિકલ એસોસિયેશનના 118 વર્ષમાં પ્રથમ પોસ્ટ ગ્રેજ્યુએટ મહિલા ડોક્ટર મોનાબેન દેસાઈ પ્રેસિડેન્ટ બન્યા છે. એટલું જ નહીં આ પ્રથમ દંપતી છે કે જેમના પતિ ડૉ. પરિમલ દેસાઈ 1997માં પ્રેસિડેન્ટ બન્યા હતા. ત્યારબાદ તેમના પત્ની 2019-2020 માટે અમદાવાદ મેડિકલ એસોસિયેશનના પ્રેસિડેન્ટ બન્યા છે. તેમના પદગ્રહણ સમારોહમાં શહેરના નામાંકિત ડોક્ટર્સ ઉપસ્થિત રહ્યા હતા.

નવગુજરાત સમય

## BLESSINGS FROM DR. KETANBHAI DESAI



Dr. Mona,

It is indeed heartening and immensely gratifying that you would be taking over the reigns as President and carry the mantle of responsibility towards target dispensation in an exemplary and emulative manner, which would create its benchmarks of its type on the sands of time. It is an accolade which has come to you as you richly and rightly deserve it by all yardsticks.

It would have been a bliss for me to have witnessed this splendid event for myself and capture the same in my memory for all times to come and also to revere it as a personal treasure but I feel myself inadequately blessed in as much as not to be a visualizing party of the much awaited event, which would always incessantly immensely haunt me. I extend my core felt compliments and good wishes to you for your breath taking success, which awaits you with open arms to embrace in the most befitting manner.

Always remember that "leadership is an responsibility and not designation".

Dr. Ketanbhai Desai  
Past President,  
World Medical Association

## BLESSINGS FROM DR. BABUBHAI J. PATEL (UNJHA)



Dear Dr. Monaben,

Please do accept my heartfelt congratulations for being elected as President of prestigious Ahmedabad Medical Association. It is indeed a great pleasure to be present at installation ceremony of the same and I am thankful for inviting me in the ceremony.

You have been a fierce advocate of women empowerment in IMA since your association with IMA. I also admire your sincere and honest attitude and dedicated efforts towards all activities of IMA.

Although you have proved yourself beyond any doubt to be at highest post of AMA. I think it is AMA which is honored by getting you to be there.

I am writing these words of praise not because you and Dr. Parimal are my best friends, but I have witnessed your dedicated work at all levels of IMA whether it is local branch, AMA, GSB-IMA or IMA HQ.

I am pretty confident, you not only will do great work for AMA in your tenure, but set standards which will be difficult to match for next many presidents and generations to follow.

Though I am not very much articulate in expressing my words and feelings, but I mean much much more than that.

Last but not least, I wish you all the very best and pray for best of health for you and your family and dear ones.

With Love and regards,

Yours affectionately

Dr. Babubhai J. Patel  
 Past GSB-IMA President  
 Unjha

## INSTALLATION CEREMONY OF THE NEW TEAM OF AMA FOR THE YEAR-2019-20

Installation Ceremony of the Managing Committee and the Office Bearers headed by President Dr. Mona Desai M.D.(PED) took place on Sunday - 29<sup>th</sup> September-2019 at Ahmedabad Medical Association. A history was created as FIRST POST GRADUATE LADY DOCTOR was installed as the President of this esteemed association- Ahmedabad Medical Association in 118 years. Also the FIRST COUPLE to be Presidents of AMA - Dr. Parimal Desai -President-AMA-(1997-98) and Dr. Mona Desai - President AMA-(2019-20).

The Program started with a melodious prayer sung by Mrs. Falguni Joshi which transformed the whole hall into divine atmosphere, our outgoing President- Dr. Mehul Shelat gave an emotional Welcome Speech followed by felicitation of all the invited guests and then Lamp Lighting. The Hon. Secretary Dr. Kirit Gadhavi informed about the activities done in AMA during the year-2018-19.

After the introduction of the Installation Officer -Dr. Parimal Desai, he installed first -other than PG-Managing Committee members, then PG Managing Committee members, then the Office Bearers and lastly Dr. Mona Desai was installed as the President for the year 2019-20. There was ceremony of Exchanging the PRESIDENTIAL CREST -the outgoing President Dr. Mehul Shelat gave the Presidential Crest to the newly installed President - Dr. Mona Desai and then there was exchange of CHAIRS. The newly installed team then took the OATH. Dr. Parimal Desai -the Installation officer gave his speech and advised the medical fraternity to have unity and help each other in times of crises as Doctors are going through a very tough time. He congratulated the outgoing team and gave his blessings and best wishes to the newly

installed team and requested every member to actively participate in all activities of AMA.

The newly Installed President Dr. Mona Desai gave her acceptance speech, and promised the august crowd to work with full devotion and dedication and try to live up to their expectation for the betterment of AMA, Medical Fraternity and Society at large.

The Guest of Honor - Dr. Ravi Wankhedkar (Treasurer of WMA, Imm. Past National President of IMA) first congratulated the new team and told them that they were being led by a President who was very hard working and focused and blessed the new team to shine and bring AMA to a different height.

The Chief Guest - Dr. Jitubhai B. Patel (Past National President of IMA)- Congratulated and gave his blessings to the newly installed team and gave advice to work with full dedication and not take these designations lightly and fulfil the responsibility given to them with utmost sincerity and dedication. He told the august gathering that he was sure under the able leadership of Dr. Mona Desai the new team will work to bring up the name of AMA and our Medical Fraternity to great heights.

Our Master of Ceremony - Dr. Mukesh Bavishi did a commendable job with his flawless compering making the whole event interesting and humorous.

The program ended with Vote of Thanks given by newly installed Hon. Sec. Dr. Dhiren Mehta and special thanks was given to the record breaking audience who silently sat for 3 hours. All the friends and relatives congratulated the new team and Dr. Mona Desai personally one by one.

Most delicious lunch was like icing on the cake to finish the Perfectly Managed Installation Ceremony.

## AN INITIATIVE TO CREATE...BREAST CANCER AWARENESS !

Breast problems have become exceedingly common in occurrence today, cancer as well as non-cancerous problems. In India, there is 1 in every 20 women today who is likely to have Breast cancer and this is increasing day by day, by leaps and bounds! Also it is strange but true that younger and younger women have started having Breast cancer...as young as teenagers and girls in 20s and 30s !!

Why ??? We do not know ! But what we know is that...

BREAST CANCER IS NOT PREVENTABLE...but...

IF DIAGNOSED EARLY...BREAST CANCER IS CURABLE !

For early diagnosis and saving your lives and saving your breasts... we at the Ahmedabad Medical Association have taken the initiative to create Breast Cancer Awareness in each and every woman in our society, each and every woman around us... for which our specialist with their team are planning to deliver talks at different institutes with women gatherings, make them aware of different Breast problems, teach them BREAST SELF EXAMINATION, which is the key to early diagnosis. BSE is the simplest way to diagnose Breast problems at no cost... Provided one does it in the right way and diligently, starting as early as at the age of 20 years ! We also have our experts who will guide the women for the same, offer free clinical examination and screen them with Mammograms and Ultrasonography as and when required (at subsidized rates) as well as give them timely treatment.

IF BREAST CANCER IS DIAGNOSED EARLY... BREAST CAN BE PRESERVED, THE DIGNITY AND PRIDE OF THE WOMAN CAN BE PRESERVED !

This is the aim of our mission... To spread awareness and screen as many women as possible and offer them the best possible treatment !

It is also important to know and understand that every Breast problem or lump is NOT cancer !! Every breast problem does not need treatment or surgery !

The aim of our mission is to let the women be free of the scare of the disease !

We, in the coming 3 months, are contemplating to have awareness talks and free clinical check ups by our experts and we shall be very happy to have these sessions...for which we seek your support and involvement !

### 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.

## OBITUARY

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



DR. HARGOVIND L. TRIVEDI

Date of Birth : 31-08-1932

Date of Death : 02-10-2019

- M.B.B.S. degree at the B. J. Medical College, Ahmedabad from 1953 to 1963.
- He had higher training for two years in the Cleveland Clinic in the US, and Practiced for eight years in Hamilton, Ontario, Canada.
- He joined B.J. Medical College as a professor of nephrology.
- He founded the Institute of Kidney Diseases and Research Centre (IKDRC, also known as Kidney Hospital) located in the Ahmedabad Civil Hospital campus on 7 October 1981.
- It is the largest kidney hospital in the world with 438 beds. He and his team completed more than 5200 kidney transplantations in the institute. It is also the only public-sector liver transplantation institute in India.
- He founded the Indian Society of Organ Transplantation. He was also the founding chief editor of the Indian Journal of Transplantation and Indian Journal of Nephrology.
- He was honoured by the Government of India in 2015 with the Padma Shri, the fourth highest Indian Civilian award. He was also awarded by The Transplantation Society in 2018.



DR. DILIP B. BHAGAT

Date of Birth : 07-12-1951

Date of Death : 28-09-2019

## AMA & AFPA - "DOCTOR ON CALL " in Diwali

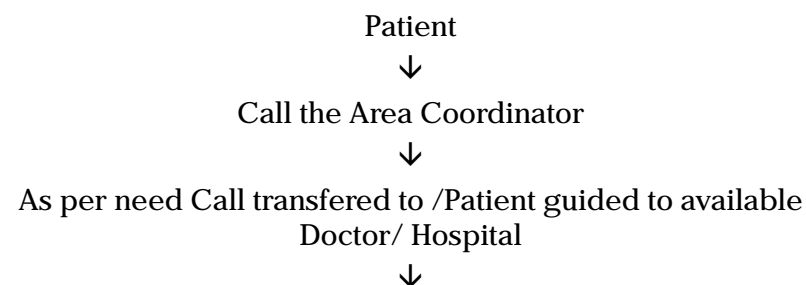
Dear Friends,

During Diwali there is always limited availability of Doctors as most of us go on much needed holidays. So to avoid inconvenience to patients during this time, we are planning, like in past years, "DOCTOR ON CALL " -SERVICES for Diwali days.

We are planning a list of Doctors available during these festival days of Diwali in Ahmedabad. If you are interested in rendering your services during Diwali kindly send your Contact - Speciality - Area - through email to AMA -amagsbima@yahoo.co.in

You are not suppose to sit in your clinic round the clock - you will only be called in case of any emergency.

We are preparing a master list -Area wise and Speciality wise. The project will work like this :-



We will publish the Help Line number which will be operational from 26/10/19 to 29/10/19

Those Doctors who wants to give their services are requested to contact Office of AMA.

Dr. Mona Desai  
President (AMA)

Dr. Keyoor Shah  
President (AFPA)

Dr. Dhiren Mehta  
Hon. Secretary (AMA)

Dr. Kamlesh Naik  
Hon. Secretary (AFPA)

Co-Ordinators  
Dr. Pragnesh Vachhrajani

## ALERT TODAY - ALIVE TOMORROW

While breast, colorectal, pancreas, prostate and lung are the major cancers in the developed world, head and neck is the predominant sub-site in India and constitutes 25-30% of all cancers as compared to 3-4% in the Western World. Of head and neck cancers, oral cancers are the commonest and constitute 40-70% [Age Standardized Rate (ASR) of 7.2]. 1 These are predominantly caused because of the smokeless form of tobacco consumption.

According to the Global Adult Tobacco Survey, 4 the consumption rate of tobacco among adults in India is 34.6%.

Head and neck cancers are the 6th most common cancers worldwide. In contrast, according to population-based cancer registries these constitute the commonest cancer in Indian men and third most common cancer in women.

In addition to high incidence, presentation in the majority of patients is at an advanced stage, resulting in oral cavity being a leading cause of mortality within the country.

Ignorance resulting in to late detection and thus inability to seek timely medical attention is one of the main factors contributing to approximately 60% of cases presenting in an advanced stage (Stage III, IV).

Due to heavy tobacco use, many users develop pre malignant lesions like submucous fibrosis, leucoplakia, erythroplakia etc. Which has malignancy transformation rate from 5% to 50%.

In order to arrest this menace of society, AMA & Ahmedabad Cancer Foundation are joining hands on a project: "Alert Today - Alive Tomorrow".

A dedicated plan to examine tobacco users ie oral examination by our vast network of Family Physicians. ACF under the leadership of Dr. Kaustubh Patel & team will train Family Physicians & M.D. Physicians in a batch of 50. Certify them as Certified Preventive Oral Oncology Expert. We strive to cover entire Ahmedabad & thus create examination centres in entire Ahmedabad for early detection of Cancer & also discourage tobacco users.

We invite all Family Physicians and M.D Physicians to register their name for this training programme and be a part of this Noble Awareness project. Kindly register your names at AMA Office. We plan to start the project Post Diwali.

Details of the project will be given in next bulletin.

## AMA FAMILY BENEFIT SCHEME

FOLLOWING MEMBERS HAS NOT PAID THEIR CONTRIBUTION OF  
NOTICE NO-5. LEASE PAY IMMEDIATELY

MEM_NO	NAME
249	MRS. DAKSHABEN RAMESHBHAI PATEL
826	DR. PRIYESH NARESHCHANDRA KHATRI
827	MRS. MITIKA PRIYESH KHATRI
1187	DR. AKSHAY CHANDRAKANTBHAI SHAH
1188	DR. DIPTI AKSHAY SHAH
1191	DR. PRIYAN HASMUKLAL GANDHI
1192	MRS. HETAL PRIYAN GANDHI
1229	DR. GAURANG VASANTRAO KADAM
1230	MRS. PRACHI GAURANG KADAM
1342	MRS. SHITAL HITESH VASNAWALA
1596	DR. SAMEER BABUBHAI SOLANKI
1643	DR. VINODKUMAR CHANDANLAL GAUTAM
1644	DR. ARUNA VINOD GAUTAM
1731	DR. KUNJAL RONAKBHAI SHAH
1780	DR. NIGAM RAMESHBHAI SHAH
1781	DR. BIJAL NIGAM SHAH
1793	DR. PARTH MAHENDRABHAI DESAI
1928	DR. GAURANGKUMAR JAGDISHCHANDRA PATEL
1929	DR. GITESH NARENDRA BHAI SHAH
1982	DR. MIHIR KIRITKUMAR MEHTA
2064	DR. HEENA SUNIL CHHANWAL
2102	DR. NILAY NIKUNJ SHAH
2104	DR. AJAY NARANBHAI PRAJAPATI
2105	MRS. AARTI AJAYBHAI PRAJAPATI

## લેડીઝ-ક્લબ

"Women are the real architects of society"  
- Cher

મિત્રો અને વડિલો,

## Happy Diwali & Happy New Year

તા. ૦૪-૧૦-૨૦૧૯ના રોજ એ.એમ.એ. - લેડીઝ ક્લબની નવી ટીમનો શપથગ્રહણ સમારોહ ધામધૂમથી યોજાયો.

મુખ્ય અતિથિ - શ્રીમતી અંજલીબેન રૂપાણી, અતિથિ વિશેષ - ડૉ. નિતિલ સુમન્ત શાહ અને શપથ ગુરુ - ડૉ. કીર્તિભાઈ પટેલ, એ.એમ.એ. ના પ્રમુખ - ડૉ. મોના દેસાઈ, સેક્રેટરી - ડૉ. દીરેત મહેતા અને ખાસ આમંત્રિત તરીકે ડૉ. હિતેષ પટેલ અને ડૉ. શીતલ પંજાબી સમારંભની શોભા વધારવા ઉપસ્થિત રહ્યા હતા.

એ.એમ.એ. ના નામાંકિત ભૂતપૂર્વ પ્રમુખો તથા લેડીઝ ક્લબના ભૂતપૂર્વ પ્રમુખો અને લેડીઝ ક્લબના મેમ્બર્સ મોટી સંખ્યામાં ઉપસ્થિત રહીને સમારંભની શોભામાં અભિવૃદ્ધિ કરી નવી ટીમના ઉત્સાહમાં વધારો કર્યો હતો.

ફરી એક વખત આપ સર્વેની ઉપસ્થિતિ માટે અમે આપના આભારી છીએ.

"સસોત્સવ"

શપથવિધિ બાદ - લેડીઝ ક્લબ ના મેમ્બર્સ - પંચમગૃપ ની સંગાથે ગરબાની રમઝટ બોલાવી હતી.

**Radio One** ના **R J Devang** ની ઉપસ્થિતિ ને કારણે ખેલૈયાઓના ઉત્સાહમાં વધારો થયો હતો.

ગરબા હરિફાઈમાં ઈનામ જીતનારા દરેક ખેલૈયાઓને હાર્દિક અભિનંદન.

જૈમીનીબેન ત્રિવેદી ને જજ તરીકે ઉપસ્થિત રહેવા બદલ આભાર.

- **FM 95.0 Radio One** તરફથી **Best dressing** માટે શ્રીમતી કમલીનીબેન શાહ ને સ્પેશ્યલ - સરપ્રાઈઝ ઈનામ આપવામાં આવ્યું હતું.

ઈનામ વિજેતાઓને અભિનંદન :

- |                |                                                               |
|----------------|---------------------------------------------------------------|
| ૨૦ થી ૩૦ વર્ષ  | ૧. ડૉ. વ્યોમા શાહ<br>૨. પરી<br>૩. બીનીતાબેન                   |
| ૩૫ થી ૫૦ વર્ષ  | ૧. ડૉ. પ્રીતીબેન<br>૨. દિપલબેન<br>૩. કિંજલબેન                 |
| ૫૦ વર્ષ થી વધુ | ૧. સરલાબેન ત્રિવેદી<br>૨. ડૉ. પુષ્પાબેન મુલતાની<br>૩. બીનાબેન |

પ્રોગ્રામ નં. ૩ :- "બાળદિનની ઉજવણી"

તારીખ : ૧૪-૧૧-૨૦૧૯

- જીવનતીર્થ, વાડજની મુલાકાત અને બાળકોને Health Kit નું વિતરણ.

સ્થળ : જીવનતીર્થ, રામાપીરનો ટેકરો, વાડજ.

સમય : બપોરે ૩.૩૦ વાગ્યે

- આ સંસ્થાના બાળકો માટે આ ઉપરાંત - સ્વેટર - ચપ્પલ - સ્કૂલ બેગની જરૂરીયાત પણ છે.

જે કોઈ મેમ્બર્સ આમાં યોગદાન આપવા માગતા હોય તો અમારો સંપર્ક કરવા વિનંતી.

પ્રોગ્રામ સંયોજક : હિરલ શેલત - ૯૯૨૫૩ ૯૮૮૯૧

પ્રીતિબેન દેસાઈ - ૯૪૨૯૬ ૨૯૬૯૫

પ્રોગ્રામ નં. ૪ :-

Mega Financial Seminar - A to Z of Family Finance

- આજના જમાનામાં તમારી અને તમારા કુટુંબની સુખ, સાહ્યબી અને જીવન શૈલી જાળવી રાખવા માટે ઘરની દરેક વ્યક્તિએ નાણાકીય વ્યવહારો અંગેની જાણકારી મેળવવી ખૂબ જ જરૂરી છે.

- આ જ ઉદ્દેશથી આ ખાસ અનોખા Seminar નું આયોજન કરેલ છે. જેમાં તમને અને તમારા પરિવારજનોને આ અંગેની સંપૂર્ણ માહિતી મળશે અને તમારી તમામ શંકા-કુશંકાનું સમાધાન experts કરશે.

- આપ સૌને આ Seminar માં જોડાવા આમંત્રણ છે.



**તારીખ** : ૧૬-૧૧-૨૦૧૯, શનિવાર

**સમય** : ૧.૦૦ થી ૨.૦૦ Registration & Lunch

૨.૦૦ થી ૪.૦૦ પ્રોગ્રામ

**સ્થળ** : અમદાવાદ મેડીકલ એસોસિએશન, આશ્રમ રોડ

**Speaker** : Mr. Parthiv Shah

Director TRACOM

Famous Investment Advisor

**Chair** : Dr. Jignesh Shah

Nifty Doctor

**Topics** : (1) Household Financial Management -

Successful Strategies

(2) ABC of Household Financial Management &

Investment Planning

(3) Be Incharge of your Financial Management

(4) Be Informed. Be an empowered Investor

(5) Technology in Financial Management

Registration : Members - Free

Guest - 100 Rs.

Programme Co-Ordinators

**પુષ્પા બાવિસ્કર**

૯૨૨૭૨૨૨૦૮૮

**નેહા ચોક્સી**

૯૮૨૪૮૭૦૦૭૩

Programme Supported by

TRACOM STOCK BROKERS PVT. LTD.

પ્રોગ્રામના અંતે Quiz અને આકર્ષક ઈનામો જીતવાની તક.

- દરેક Delegate ને ખાસ ઉપયોગી Gift મળશે.

**મયુરી વછરાજાની**

પ્રમુખ - લેડીઝ ક્લબ

**હિરલ શેલત**

માનદ્ મંત્રી - લેડીઝ ક્લબ

**ડૉ. મોના દેસાઈ**

પ્રમુખ

અમદાવાદ મેડિકલ એસોસિએશન

**ડૉ. ધીરેન મહેતા**

સેક્રેટરી

અમદાવાદ મેડિકલ એસોસિએશન



## BEYOND LASIK

### "JOURNEY FROM PRK to ICL"

Without change there is no innovation, creativity or incentive for improvement. Those who initiate change will have a better opportunity to manage the change that is 'inevitable'.

Every once in a while, a new technology, an old problem, and a big idea turn into an innovation.

Ophthalmology is a branch which is fast developing and ever growing and ever transforming with pace, technology has improved significantly, previously imaginable things are now a reality! and every ophthalmologist has to keep up with the innovative ideas to cope up with the change in the field.

For millions of people across the globe, glasses are hurdle and it comes in the way of their

- Personality
- Confidence level
- Job prospects
- Sporting activities
- Marriage

People with glasses (refractive errors) have significant limitations for various activities. First thing in the morning they have to look for their glasses or any form of visual aids to see the world clearly and start their day. Have complete dependence on visual aids to get their things done. You cannot join arm forces, air force, railways, police force, Navy with glasses or contact lens. It is very difficult to play sports like cricket, football, boxing etc with glasses. Swimming becomes extremely difficult with glasses or contact lens. Should you be aspiring to be a model or Actor it hinders your aesthetics and for few people it hinders their confidence. Now a days in the era of social media and social networking everyone wants to look their best. They look out for the best options to get rid of their glasses and contacts. Hence, the demand for refractive surgery has increased significantly.

Clinicians, ophthalmologist and technical experts all over the world have been involved to give freedom from glasses since last few decades.

In early 1970s it was RADIAL KERATOTOMY i.e. putting

multiple radial cuts on cornea, the depth of 2/3rd thickness of cornea. When corneal healing takes place, it becomes flat and the number is corrected. It was a known Russian technique as it was first performed by Svyatoslov N. Fyodorov in Russia.

It was short lived, as it had lots of complications and limitations

- 1) Incorrect correction of numbers
- 2) Highly unpredictable
- 3) Micro perforation of cornea
- 4) Early cataract
- 5) Myopia upto certain power was corrected

PRK (Photo Refractive Keratectomy)

It is also known as surface ablation It was short lived, as it had lots of complications and limitations

PRK was originally developed to treat myopia by removing a small amount of the cornea with a laser. It is performed in patients having low myopias, thin corneas and performed for certain jobs, Railway, Army, Navy etc.

Results if properly done are quite good.

Limitations

- 1) It can be done up to -4Dsph to -5Dsph of myopia
- 2) Gives lot of corneal haze
- 3) It is painful initially
- 4) It takes long period of time regain vision
- 5) You have to instil steroids drops for a longer period time may be 6 months and more which lead to other complications.

LASIK (Laser Assisted In Situ Keratomileusis)

What is Lasik?

Laser Assisted in Situ Keratomileusis or LASIK, is the most performed refractive surgery in the world.

- In Lasik the eye surgeon uses a microsurgical instrument called microkeratome/ femtosecond laser FS 200 (bladeless) to create the corneal flap and then excimer laser reshape the cornea according to patient's refractive error in such a way that the rays are focused on the retina automatically without the help of glasses or contact lenses.
- More than 5-6 million eyes are operated every year by LASIK

worldwide

- No pain, no injection, no dressing and the procedure is of only few seconds.
- Patient can resume his/her work from very next day.
- It is an outpatient surgical procedure to treat distance, near and cylinder numbers
- Patient can read, write, work on the computer, travel, cook, watch T.V. go for a movie, drive his/her vehicle and take shower or head bath within two days.

Most performed refractive surgery by Lasers in the world. But it has its own limitations in modern era. Intraoperative

- o Flap related complications like incomplete flap, free cap, button holing.
- Late complications
  - o Halos
  - o Dryness
  - o Ectasia
  - o Under-correction
  - o Over-correction

And ophthalmologists not being able to correct numbers beyond

-12Dsph or +6Dsph, there was a dawn of new refractive surgery era due to which scientists came up with multiple options.

With the advent of new era and technological upgradation LASIK has started becoming Second Choice of the patients due to above mentioned complications.

#### BLADE-FREE LASIK

- o Femto-Lasik is a 'Bladefree procedure'. Where only laser systems are used to cut the flap. It is thus a more precise, predictable and safe method for creating the corneal flap as compared to conventional microkeratome ('blade') flaps.
- o In addition to the increased safety during surgery, Femtosecond flaps have vertical edges which ensure quicker and stronger healing as compared to microkeratome flaps which have sloping edges.
- o Less risk of displacement of flaps in case of inadvertent injury to the eye.

- o Quality is superior due to crispness and improved contrast because of uniformly thick flaps and the smooth corneal bed.
- o Blade related complications can be avoided.
- o No chances of infection as disposables are separate for both eyes.

#### SMILE - (SMALL INCISION LENTICULE EXTRACTION)

SMILE is a recently approved procedure in which the Laser is used to create a lenticule inside the intact cornea. The lenticule is then removed through an incision to reshape the cornea. SMILE can be used to treat myopes (-1.00 D to -9.00 D) without astigmatism (<0.5 D). A healthy cornea is a requirement just like it is with LASIK and PRK. SMILE is ideal for candidates for LASIK or PRK. However, SMILE may have advantages for patients who struggle with dry eye or contact lens intolerance because it bypasses the corneal nerve plexus.

#### ADVANTAGES

- o Patient face less of dry eyes in comparison to Lasik laser procedure
- o Less rate of complication in comparison to Lasik performed by micro keratome blade

#### Disadvantages

- o It doesn't offer good hypermetropic (plus numbers) programme
- o Doesn't offer good astigmatic (cylindrical numbers) programme
- o The range of myopic correction is limited
- o Enhancement or re-surgery is not possible in SMILE in case of regression.
- o Very expensive procedure
- o It doesn't have US FDA approval for all range of refractive errors.

#### ICL- Intra Collamer Lens Implantation

ICL has revolutionised the concept of whole refractive surgery.

In this we implant intra corneal lens behind the cornea and in front of crystalline lens of the eye.

ICL is alternative procedure for LASIK, PRK, SMILE etc.

It is performed where patient is not eligible to undergo Lasik laser procedure:-

- o Thin corneas
- o High refractive error
- o Myopia more than -12Dsph upto -20Dsph
- o Hypermetropia -Beyond +6Dsph upto +16Dsph
- o Astigmatism +/-1Dcyl to +/-6Dcyl
- o Very flat or steep cornea

ICL implantation in post Lasik regression can also be performed.

We can correct upto -30Dsph by BIOPOTICS (LASIK+ICL)

#### ADVANTAGES OF ICL

- o Very safe
- o Procedure of 15 minutes only
- o Under topical anaesthesia
- o No Pain, No Patch, No Redness
- o Post operatively - no dry eyes and no glare like in Lasik
- o Vision is restored in 1-2 days
- o Long term use of medication not required
- o Reversible surgery
- o LASIK can be done in case of regression
- o US FDA Approved
- o It is a blessing for patient having very high myopia and hypermetropia

#### CONTOURAVISION

Contoura vision is the latest advancement in specs removal by laser Vision Correction

While procedures like LASIK and SMILE only correct specs power, Contoura vision goes one step further in addition to correcting your corneal irregularities while working on visual axis, thereby providing much sharper visual outcomes, unmatched by LASIK and SMILE.

Contoura vision meets the HIGHEST standards when it comes to safety. It has been approved by US-FDA as the safest eye surgery today.

Removal of corneal irregularities is a unique feature of Contoura vision and this is what makes it so special. Surface of cornea is not perfectly smooth and contains some irregularities at microscopic level.

Contoura vision with the help of topolyzer is able to map these irregularities using 22000 unique data points, which helps in correcting these irregularities when treated by this program creating an optically perfect surface of the cornea giving you sharpness unmatched by Lasik or Smile procedure.

While Laser procedures such as Lasik and Smile treat on pupillary axis, Contoura vision treatment is directed towards visual axis, providing you much sharper visual outcomes compared to Lasik and Smile.

I strongly recommend Contoura vision correction while undergoing Lasik surgery.

#### INTACS

INTACS is a trademark name of micro thin inserts. It is used for patients having high astigmatism due to keratoconus. It is USFDA approved. When INTACS rings are inserted in keratoconus corneas, they flatten the cornea changing the shape and location of the cone eliminating some or all the irregularities caused by keratoconus and in turn provide improved vision.

This the only procedure which can correct very high cylindrical numbers of induced by keratoconus. It is safe. Procedure takes 15mins. It is absolutely painless. Patient gets reasonably good vision after few days.

Hence, modern day Refractive Surgery offers multiple choice to correct wide range of refractive errors, which is blessing to all the patients suffering from the stigma of wearing thick glasses and it restores their self-esteem.

By  
Dr. Parimal Desai M.S.(OPHTH.)