

AHMEDABAD MEDICO NEWS Registered under RNI No. GUJENG/2006/17532
 Published on 27th of Every Month under Regd. No. GAMC / 1548 / 2022-2024 issued
 by SSP Ahmedabad. Valid upto 31-12-2024 and Permitted to Post at without Prepayment
 No. PMG/NG/099/2022-2024 Valid Upto 31-12-2024 Ahmedabad PSO on 27th Date of every Month



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AHMEDABAD MEDICAL ASSOCIATION


(Branch of Indian Medical Association) ESTD : 1902

AHMEDABAD MEDICO NEWS

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Email: amagsbima@yahoo.co.in • Website: www.ahmedabadmedicalassociation.com

Dr. JITENDRA SHAH
President - AMA



Dr. GARGI PATEL
Hon. Secretary - AMA

Imm. Past President - Dr. DILIP GADHAVI

VOL. 17

APRIL-2023

ISSUE - 12

HIGHLIGHTS

Programme

07-05-2023 Scientific Programme

Articles

Management of Asthma - A Quick Reference



Please Save Mob. No. : 97268 88775 of AMA to get regular updates on WhatsApp

'TOGETHER WE CAN, TOGETHER WE WILL'

PUBLISHER AND EDITOR : DR. GARGI PATEL, HON. SECRETARY, ON BEHALF OF
AHMEDABAD MEDICAL ASSOCIATION, AMA HOUSE, 1st FLOOR, Opp. H.K. Arts College,
 ASHRAM ROAD, AHMEDABAD-380 009. **PHONE : 2658 87 75**

NAME OF THE PRINTING PRESS & ADDRESS :- HITESHKUMAR & COMPANY
 AMRUT INDUSTRIAL ESTATE, DUDHESHWAR, AHMEDABAD - 380 004.
M. 77780 11951, 92288 85157 | 77780 11951 | E-mail : hiteshkumarandco@gmail.com

Message from President's & Hon. Secretary's Desk



Dear members,

It was an eventful month of April. On 2nd April, Senior citizen club programme was arranged; which was wonderful as usual. On 75th Anniversary of WHO, 7th April 2023, "The World Health Day" was celebrated with the theme of "Health for All". We, at AMA, arranged a workshop on CPR for the staff of various print & electronic media which was participated by a very large numbers of them. On the same day, with the theme of Samarpan Divas, the Diyas & candles were lightened at the AMA campus to spread the messages to all as our commitment towards good health for all on the day.

The last month was also important in history of Indian Medical Association & Ahmedabad branch, in respect to two main events. There was a huge protest against RTH bill imposed by Rajasthan Government on the doctors. On 27th March, protest was called by IMA by observing it as a black day. Ahmedabad Medical Association called a press conference; more than 20 different print & electronic media were present in press conference at AMA, Ashram road;

there was a huge coverage of our concern about darker side of RTH bill. Later the protest turn to be in its larger form; & finally the Rajasthan government accept our all the proposals for modification in RTH bill - it was a great victory of truth & unity of IMA.

This year, Gujarat State branch was given the responsibility to host 229th Central Workin Committee meeting of Indian Medical Association, HQs; which was arranged at Statue of Unity, Ektanagar, Kevadia. As a part of responsibility of largest local branch of IMA, the team of AMA largely participated in organizing the event. It was a huge success & the event was then identified as bench mark for any of such events of IMA. It was our privilege to host & to be part of organizing team of it.

Friends, the too hot weather already been started. Apart from taking care of ourselves during this hot summer, we shall also take care of nature - shall grow more & more trees surrounding us; & If possible shall provide shelter & keep water to drink for the birds.

Wishing you all the Happy establishment day of state of Gujarat !!

Jai Garavi Gujarat !! Jai AMA !! Jai IMA !!

Dr. Jitendra Shah

President

Ahmedabad Medical Association

Dr. Gargi Patel

Hon. Secretary

Ahmedabad Medical Association

AT 229th CWC MEETING AT STATUE OF UNITY, 15-16 APRIL - 2023



AT 229th CWC MEETING AT STATUE OF UNITY, 15-16 APRIL - 2023



AT 229th CWC MEETING AT STATUE OF UNITY, 15-16 APRIL - 2023



VISIT OF DR. JAYESH LELE (VICE PRESIDENT) & DR. ANIL NAYAK (HON. SECRETARY GENERAL) FROM IMA, HQs - AT AHMEDABAD MEDICAL ASSOCIATION



SHINING HEALTH LIGHT A LAMP CANDLE FOR THE HEALTH OF PEOPLE OF INDIA ON 07-04-2023



SCIENTIFIC PROGRAMME IN ASSOCIATION WITH HCG CANCER CENTER, A'BAD ON 26-03-2023



PRESS CONFERENCE ORGANISED BY AMA AGAINST RTH BILL DT. 27-03-2023



BREAKING NEWS

INDIAN MEDICAL ASSOCIATION HEADQUARTERS, NEW DELHI

SOLIDARITY RAJASTHAN

WE STAND

इन्डियन मेडिकल असोसिएशनનો विरोध

IMAએ દેશભરમાં વિરોધનું કાર્યક્રમ શરૂ કર્યું છે. રાષ્ટ્ર દુરબલ બિનનો વિરોધ ગુજરાતના 33 હાથર ડાકીઓનો વિરોધ

#Gujarat #NewsInGujaratiNet #Ahmedabad #Indianmedicalassociation

AHMEDABAD MEDICAL ASSOCIATION

વિવ સામે અમદાવાદ મેડિકલ એસો. નો વિરોધ

NEWS UPDATE

ગાંધીનગર: કોરોના ધારાત્મકો ગુલબંધી સરખે

એલો કરે, Tv9 ગુજરાતના Instagram અને Twitter ને એલો કરે અને tv9gujarat

IMA દ્વારા કાળી પટ્ટી બાંધીને નોંધાવ્યો વિરોધ

મીડિયા એક પત્રક વાચન નાતવ્ય મુદે વિરોધ, ખેડૂતોની મજૂરી

AMA SENIOR CITIZEN CLUB PROGRAMME ON 02-04-2023



FELICITATION OF AMA MEMBERS FOR BEING A PART OF ORGANISING COMMITTEE OF IMA CWC MEETING



FELICITATION OF AMA MEMBERS FOR BEING A PART OF ORGANISING COMMITTEE OF IMA CWC MEETING



CPR WORKSHOP & HEALTH TALK (SAMARPAN DIWAS) ON 07-04-2023



CPR WORKSHOP & HEALTH TALK (SAMARPAN DIWAS) ON 07-04-2023



LADIES CLUB PROGRAMMES



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AHMEDABAD MEDICAL ASSOCIATION YEAR : 2022-2023

OFFICE BEARER

PRESIDENT Dr. JITENDRA HARGOVANDAS SHAH 9824022362	HON. SECRETARY Dr. GARGI M. PATEL 9824343744
VICE PRESIDENT Dr. SURESH KANTILAL PATEL 9824053995	HON. JOINT. SECRETARY Dr. SHAILESH DURGESHBHAI RAVAL 9825300296
Dr. URVESH VIPINCHANDRA SHAH 9228233441	HON. LIB. SECRETARY Dr. SAHIL NITINKUMAR SHAH 9428501412
HON. FINANCE SECRETARY Dr. KALPITA M. DAVE 9924558450	IMM. PAST PRESIDENT Dr. DILIP B. GADHAVI 9898047505

MANAGING COMMITTEE MEMBERS

P.G.	OTHER THAN P.G.
Dr. VISHVAS KIRITBHAI AMIN 9825556359	Dr. ROHAN PIYUSHKUMAR CHRISTIAN 8866125201
Dr. ALPA ATUL GANDHI 9825065061	Dr. MAHESH RATILAL JIVRANI 9825343198
Dr. MUKESH AMBALAL MAHESHWARI 9825174671	Dr. VIRAL ISHAVARLAL KHAMAR 9825928938
Dr. DHAVAL DINKERRAI NAIK 9099111133	Dr. AMRATLAL KIRPALDAS MAHESHWARI 9426285940
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Dr. MAHESH BABULAL PATEL 9824050347	Dr. HITENDRA MAGHABHAI PARIKH 9426027986
Dr. MANSI JITENDRABHAI PATEL 9725114940	Dr. GUNJIT RAJENDRAKUMAR PARMAR 9898680178
Dr. JATIN GOVINDBHAI SANANDIA 7016396661	Dr. MAHESHKUMAR AMBALAL PATEL 9879495551
Dr. JIGNESH RATILAL SHAH 9825493922	Dr. HETALBHAI GUNVANTLAL SHAH 9824029761
Dr. MONIKA BHAVESH VYAS 9925039149	Dr. PRATIKKUMAR VIJAYKUMAR SHAH 9714399838

BULLETIN COMMITTEE

Dr. JITENDRA SHAH	Dr. BIPIN PATEL	Dr. SHIVANG PATEL
Dr. GARGI PATEL	Dr. ATUL GANDHI	Dr. MEGHA PATEL
Dr. URVESH SHAH	Dr. ARPIT PRAJAPATI	Dr. K. R. SANGHAVI

NOTICE

A General Body Meeting of Ahmedabad Medical Association will be held on **WEDNESDAY, 17th May, 2023 at 4.00 p.m.** at our premises to transact the following agenda.

AGENDA

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

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

Nomination for Post of Vice President (Ahmedabad Zone) of Gujarat State Branch, IMA

1. Nominations are invited for the Post of Vice President (Ahmedabad Zone) of Gujarat State Branch, I.M.A. for the year 2023-2024.
2. Nomination forms will be available from the office from Thursday 4th May, 2023 on payment of Rs. 10/- (Rs. Ten only)
3. Nomination forms duly filled, proposed & seconded should reach Hon. Secretary on or before Thursday, 11th May, 2023, 3.00 P.M. at Association's office along with Rs. 250/- for the post of Vice President.
4. Last date of withdrawal of nomination is Saturday, 13th May 2023 before 3.00 P.M.

Dr. Gargi M. Patel
Hon. Secreatry

Note :

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

ANNUAL DAY COMPETITIONS

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

Subject : "Mental stress amongst doctors & its hazards on physical health"

(2) **DR. RANJANK. NANAVATY ESSAY PRIZE**

(For Family Physicians Only)

Subject : "Role of family physicians in prevention of lifestyle disorders amongst community"

* Each candidates shall have to submit three copies typed and double spaced to the office before 31-5-2023 5 p.m. (Maximum 1500 words).

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

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

(For Family Physicians only)

* The last date for submission of abstract is 31-5-2023. 5 p.m. Complete text of the paper will have to be submitted on the day of presentation.

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

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

8 minutes will be allowed for presentation and 3 minutes for discussion.

Presentation with slides / over head projector / transparencies / video will be appreciated.

(4) **DR. B.C. AMIN MEMBERSHIP DRIVE TROPHY** will be awarded to the member who has enrolled the maximum number of members in the year 2022-2023.

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

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

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

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

General Practitioner's best Clinic

(8) **DR. TANUMATI G. SHAH & DR. GIRISHCHANDRA SHAH Octogenarian prize** for the outstanding services to medicine & social services : one for Gentleman & one For Woman Above 80 years.

(9) **DR. KALPESH B. SHAH** Rotating Trophy for Best Diagnostic Center to be awarded to the best diagnostic facility (Laboratory Radio-diagnostic center)

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

Last date of entry is 31-5-2023. 5 p.m.

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

AHMEDABAD MEDICAL ASSOCIATION SENIOR CITIZEN CLUB

Dear Members,

The renewal & New Membership of Senior Citizen Club - AMA is as follow

Annual Membership For Couples : Rs. 500-00

Individual Member : Rs. 300-00

The financial year of Senior Citizen Club is from April to March

Please be a members of Senior Citizen Club

DR. K. L. VASA & DR. LOVE DALAL SCIENTIFIC PROGRAMME

Date : 7th May 2023, Sunday

Time : 10.30 am to 12.30 pm

Venue: AMA, Ashram Road

PROGRAMME DETAILS

Topic : Recent Trends for Management of Renal Stones

Speaker : Dr. Rohit Joshi
Chairman, Aarna Superspeciality HospitalTopic : Wealth Creation for Medical Practitioners :
DIY (Do It Yourself)Speaker : Dr. Gaurang Kadam
Managing Director, Aarna Superspeciality
HospitalTopic : Unveiling UROLIFT : The most recent and
minimally invasive surgery for BPHSpeaker : Dr. Rohit Joshi
Chairman, Aarna Superspeciality Hospital

Programme will be followed by Lunch

Supported by

Aarna Superspeciality Hospital

Register your name at AMA Office
between 2.00 to 6.00 pm. on Ph. : 079-26588775

Co-Ordinator : Dr. Sahil Shah

Dr. Jitendra Shah
President, AMADr. Gargi Patel
Hon. Secretary, AMAReport of Dr. Maneklal G. Pandejee & Smt. Hiraben Maneklal Pandejee
Scientific Programme Dated 26-03-2023

A scientific programme was organized by Ahmedabad Medical Association in collaboration with HCG Cancer Centre, Ahmedabad at Hotel Fortune Landmark, Ashram road. Dr Purvi Patel Consultant Head & Neck Surgical Oncology, Dr Kinjal Jani Director & HoD Radiation Oncology and Dr Kshitij Domadia Consultant Medical Oncology were invited as expert speakers. The Programme was very well co-ordinated by managing committee members Dr A. K. Maheshwari & Dr Mahesh A. Patel. More than 40 participants had attended this scientific programme. The session was lively, engaging, educative and informative.

Report of Protest against "Right to Health" bill
Dated 27-03-2023

Black day was observed by wearing badges at Ahmedabad Medical Association in support of IMA Rajasthan branch against the draconian provisions of the 'Right to Health' bill proposed by Govt of Rajasthan. Press conference was convened to sensitize the people regarding this burning issue. President, Past presidents, Media Convener and other office-bearers of AMA discussed at length the issue and glaring drawbacks of the bill with media persons. It was assured that AMA stands shoulder-to-shoulder with the doctors of Rajasthan in supporting their legitimate demands and would provide all the assistance in resolving this issue.

Report of Senior Citizen Club Programme
Dated 02/04/2023

A unique 'Laughter ward round' programme was organized by Senior Citizen Club of Ahmedabad Medical Association at R.M.Fozdar hall, AMA house. Dr Manoj Ghoda & Dr G.G. Oza were invited as the speakers. The programme was beautifully anchored by Dr Gurudatt Thakkar. Event was thoroughly enjoyed by the audience.

Report of 'World Health Day' Programme
Dated 07/04/2023

As we all know 'World Health Day' is a global health awareness day celebrated every year on 7th April. "Health for all" was the theme for this year. IMA HQ has observed this world health day as 'Samarpan Divas'. Nationwide massive campaign was spearheaded by IMA HQ to elicit due attention for health. In response to this all the members of Ahmedabad Medical Association were requested to light a candle for health of people of India on 7th April, 2023 at 7pm at their clinic/hospital/nursing home. Dr Chirag Doshi – Director of U.N.Mehta Institute of cardiology and research center were invited to deliver a talk on 'Cardiology – Today & Tomorrow'. Hands on training on Cardio-Pulmonary Resuscitation was given by Dr Rasesh Diwan and Dr Atul Gandhi. Press conference was organized at AMA house. Approximately 80 people have participated in this hands on training session.

Report of Spiritual Programme Dated 21/04/2023

A spiritual talk was organized by Ahmedabad Medical Association in collaboration with Rotary Club Ahmedabad Majesty at AMA hall. Respected B.K. Shivanididi from Brahmakumari delivered a talk on "अंदर की शांति, ॐ शांति". Event was aptly coordinated by Dr Mukesh Bavishi and Dr Ankit Patel. The participants were blessed to have insightful learning on ethics, spirituality and motivation and felt very delighted and inspired at the end of event.

OBITUARY

May their soul rest in eternal peace.



DR. DINESHCHANDRA R. MEHTA
L-415 FAMILY PHY.

Date of Birth : 07-07-1931

Date of Death : 26-03-2023



DR. SURYAKANTBHAI M. PATEL
L-764 FRCS SUR.

Date of Birth :

Date of Death : 11-04-2023



DR. KANTIPRASAD B. PARIKH
L-561 M.D. FICI

Date of Birth : 24-10-1937

Date of Death : 25-03-2023



DR. BHARATBHAI S. SHAH
L-868 M.D. PHY.

Date of Birth : 07-06-1938

Date of Death : 23-04-2023

We send our sympathy & condolence to the bereaved family.

લેડીઝ-ક્લબ**નારી સમાજસ્ય કુશલવાસ્તુક્ષર ।**

"પરિવારજનો સાથે ધીરજ રાખવી તે પ્રેમ છે, અન્ય વ્યક્તિઓ સાથે ધીરજ રાખવી એ આદર છે સ્વયં સાથે ધીરજ રાખવી તે આત્મવિશ્વાસ છે, અને ઈશ્વર સાથે ધીરજ રાખવી તે શ્રદ્ધા છે"

તા. ૦૨-૦૪-૨૦૨૩ના રોજ સિનિયર સીટીઝન ક્લબ ઓફ એ.એમ.એ. સાથે ઉજવ્યો.

તા. ૦૭-૦૪-૨૦૨૩ અને તા. ૧૪-૦૪-૨૦૨૩ આ બંને દિવસ આલાયખ ફિઝિયોથેરાપી સેન્ટરમાં બે બેચમાં લેડીઝ ક્લબની બહેનોએ ઉત્સાહભરે ખૂબ મોટી હાજરીમાં સેન્ટરની મુલાકાત લીધી અને આધુનિક પધ્ધતિની ખૂબ સરસ માહિતી મેળવી. ડૉ. દિપેનભાઈ પટેલે ખૂબ સરળ ને સાદી ભાષામાં સમજાવ્યું અને વિડીયો બતાવી બધાને સ્નાયુ અને સાંધાના દુઃખાવા અને નવી ફિઝિયોથેરાપી ટેકનિકથી માહિતગાર કર્યાં. સભ્યોએ ખૂબ સંતોષ સાથે આ કાર્યક્રમ માણ્યો.

આગામી કાર્યક્રમો આ પ્રમાણે છે**કાર્યક્રમ નં. ૧ :****તારીખ :** ૬-૫-૨૦૨૩, શનિવાર**સમય :** બપોરે : ૩.૦૦ થી ૫.૦૦ કલાકે

વિષય : (1) Laser ablation and Sclerotherapy (minimally invasive) for varicose veins
(2) Non-Surgical Uterine fibroid embolisation (UFE) for Symptomatic uterine fibroids - adenomyosis
(3) Vaccum assisted evacuation for breast fibroadenomas (VAE)

વક્તા : Dr. Trupti Mehta (MD, FVIR)
Consultant Interventional Radiologist & Interventional Radiologists

સ્થળ : એ.એમ.એ. હોલ**કાર્યક્રમ પછી હાઈ-ટી ની વ્યવસ્થા છે.****કાર્યક્રમ સહયોગ :** ડૉ. હિમાંશુ શાહ (સિનિયર એનેસ્થેટિસ્ટ)**સંગીતા હોસ્પિટલ, બોપલ**

વધુ માહિતી વોટ્સ એપ મેસેજ દ્વારા જણાવવામાં આવશે. આ કાર્યક્રમ પણ ખૂબ જ આધુનિક ટેકનિકવાળો અને માહિતીસભર છે. તો સૌ સભ્યોએ હાજર રહી લાભ લેવા વિનંતી.

શ્રીમતી સુષમા નયન શાહ
પ્રમુખ - મો. ૯૩૨૮૦૮૩૩૬૯

શ્રીમતી જશનાબેન મહેતા
સેક્રેટરી - મો. ૯૭૨૫૩૭૩૨૩

ડૉ. જીતેન્દ્ર શાહ
પ્રમુખ, એ.એમ.એ.

ડૉ. ગાર્ગી પટેલ
સેક્રેટરી, એ.એમ.એ.

RATES FOR ADVERTISEMENT IN AMA BULLETIN

WITH EFFECT FROM 01-03-2023

PARTICULARS	AMA MEMBER	GROUP MEMBER	NON MEMBER CORPORATE HOSP.
Last Cover Page (Colour)	Rs. 11,000	Rs. 12,000	Rs. 14,000
Inside Cover Page Total 4 in (Colour)	Rs. 9,000	Rs. 10,000	Rs. 12,000
Center Page - the Rates are per page (Colour)	Rs. 9,000	Rs. 10,000	Rs. 12,000
Full Page Colour	Rs. 6,500	Rs. 8,000	Rs. 10,000
Full Page Black & White	Rs. 3,500	Rs. 6,500	Rs. 9,000
Half Page B/W.	Rs. 2,000	Rs. 4,000	Rs. 5,000
Quarter Page B/W.	Rs. 1,000	Rs. 2,000	Rs. 2,500

Note : For Cover Pages & Center Pages
(These are minimum rates; in case of more than one proposal, higher one will be considered)

Size of Bulletin**Full Page 18x12 cm****Half Page 9x12 cm****Qtr. Page 9x6 cm**

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MANAGEMENT OF ASTHMA - A QUICK REFERENCE

Medication class, drug molecules, route, action and use of controller medications in asthma		
Medication Class & Drug molecules	Route	Action & Use
Inhaled corticosteroids (ICS) Beclomethasone, budesonide, ciclesonide, fluticasone propionate, Fluticasone furoate, mometasone, triamcinolone	pMDIs or DPIs (Inhaled once or twice daily)	<ul style="list-style-type: none"> Most effective anti-inflammatory medications for asthma Reduce symptoms, increase lung function, reduce risk of exacerbations and asthma-related hospitalizations and death
ICS and long-acting beta2-agonist bronchodilator combinations (ICS-LABA) Beclomethasone formoterol, budesonide formoterol, fluticasone furoate vilanterol, fluticasone propionate formoterol, fluticasone propionate salmeterol, and mometasone formoterol	pMDIs or DPIs (Inhaled once or twice daily)	<ul style="list-style-type: none"> When low dose of ICS alone fails to achieve good control, addition of LABA to ICS improves symptoms, lung function, reduces exacerbations than doubling ICS dose
Leukotriene modifiers Montelukast, pranlukast, zafirlukast, zilcutan	Oral	<ul style="list-style-type: none"> Used as an option for controller therapy, particularly in children When used alone: Less effective than low dose ICS When added to ICS: Less effective than ICS-LABA
Chromones Sodium cromoglycate and nedocromil sodium	pMDIs or DPIs	<ul style="list-style-type: none"> Very limited role in long-term treatment of asthma Weak anti-inflammatory effect, less effective than low-dose ICS Requires meticulous inhaler maintenance

Abbreviations: ICS, Inhaled corticosteroids; LABA, long-acting beta2-agonist; LTRA, leukotriene receptor antagonist;
Note: Pranlukast, zafirlukast, zilcutan, are not commonly available or used in India

Medication class, drug molecules, route, action and use of reliever medications in asthma		
Medication Class & Drug molecules	Route	Effects
Short-acting inhaled beta2-agonist bronchodilators (SABA) Salbutamol (albuterol), terbutaline	pMDIs, DPIs and, rarely, solution for nebulization or injection	<ul style="list-style-type: none"> Quick relief of symptoms and bronchoconstriction, acute exacerbations and for pretreatment of exercise-induced bronchoconstriction
Low-dose ICS-formoterol Beclomethasone formoterol or budesonide-formoterol	Inhaled	<ul style="list-style-type: none"> Reliever for patients prescribed as needed controller therapy for mild asthma compared with SABA only treatment Reliever for patients with moderate to severe asthma prescribed maintenance and reliever treatment, where it reduces the risk of exacerbations compared with using as needed SABA, with similar symptom control
Short-acting anticholinergics Ipratropium bromide, oxitropium bromide	pMDIs or DPIs	<ul style="list-style-type: none"> Long-term use: Ipratropium is a less effective reliever medication than SABAs Short-term use: in acute asthma

Abbreviations: ICS, Inhaled corticosteroids; SABA, short-acting beta2-agonist.

Medication class, drug molecules, route, action and use of add on therapies in asthma		
Medications	Route	Effects
Long-Acting anticholinergic Tiotropium, > 6 years	MDI/DPI Inhaled twice daily	Add-on option at Step 4 or 5 for patients with a history of exacerbations despite ICS ± LABA
Anti Immunoglobulin E (Anti-IgE) Omalizumab, SC, > 6 years	SC in., once every 2/4 weeks	Add-on option for patients with severe allergic asthma uncontrolled on high dose ICS-LABA
Anti-Interleukin 5 (Anti-IL5) and Anti-interleukin-5 receptor (Anti-IL5R) Anti IL5 mepolizumab [SC, > 12 years] or reslizumab [IV, ≥ 18 years], or anti-IL-5 receptor benralizumab [SC, ≥ 12 years]. Anti-Interleukin-4 receptor (Anti-IL4R) Dupilumab, SC, ≥ 12 years	SC, IV SC	Add on options for patients with severe eosinophilic asthma uncontrolled on high dose ICS LABA In severe eosinophilic or type 2 asthma uncontrolled on high dose ICS-LABA, or requiring maintenance OCS
Systemic corticosteroids Prednisone, prednisolone, methylprednisolone, hydrocortisone	Oral, IV, Intramuscular	In severe acute exacerbations, oral preferred to IM/IV therapy for preventing relapse, tapering required if treatment given for > 2 weeks

Abbreviations: ICS, Inhaled corticosteroids; LABA, long-acting beta2-agonist; IM, intramuscular; SC, subcutaneous; OCS, oral corticosteroids; IL, interleukin

Clinical benefits of inhaled route vs. oral/IV route in asthma	
Inhaled route	Oral/IV route
<p>1 Rapid onset of action Directly delivers to the target organ (lung) → Rapid delivery of high pulmonary drug concentrations → High pulmonary efficacy</p>	Similar pulmonary efficacy compared with inhalation
<p>2 Less severe and less frequent systemic adverse effects Directly delivers to the target organ (lung) → Low systemic drug concentrations → Minimal systemic side-effects</p>	<p>Several independent studies demonstrate that short-term or long-term administration of oral/IV drugs in asthma are associated with many ADRs in all age groups.</p> <ul style="list-style-type: none"> Short-term use of oral/IV corticosteroids: Sleep disturbances, reflux, appetite increase, hyperglycaemia, mood changes Long-term use of oral/IV corticosteroids: Infections, diabetes, osteoporosis, cataract, glaucoma, hypertension, adrenal suppression and psychiatric disorders Long term use of oral leukotriene modifiers: Hyperactivity and abdominal pain¹⁷
<p>3 Small inhaled doses required Lower inhaled doses → Therapeutically equivalent or even superior to higher doses of systemically administered therapy</p>	Large oral/IV doses required
<p>4 Convenient & patient friendly Painless and relatively comfortable</p>	IV route is painful

Advantages and limitations for inhaled devices		
	pMDI	DPI
Advantages	<ul style="list-style-type: none"> • Portable and compact • Doesn't require a deep, fast, inhaled breath • Consistent dosing • Comparatively less expensive • Protected from moisture and pathogens • Spacer chamber improves drug delivery and circumvents need for coordination 	<ul style="list-style-type: none"> • Portable and compact • No need for inhalation actuation synchrony • Environment friendly (no propellants) • No need for spacer • Multiple drugs can be administered from the same device
Limitations	<ul style="list-style-type: none"> • Need for "hand-mouth" coordination • High oropharyngeal deposition • Need of holding chamber in young children 	<ul style="list-style-type: none"> • Require deep, fast, inhaled breath • Requires frequent cleaning • All DPIs are potentially vulnerable to humidity and moisture leading to clumping

Note: Nebulizer should be used for emergency cases and in cases of acute severe asthma. Breath actuated MDI can be considered as an option in MDI with spacer.

Selection of inhalation devices based on age		
Age Group	Preferred Choice	Alternative Choice
0-3 years	pMDI + spacer with face mask	Nebulizer with face mask
4-5 years	pMDI + spacer	pMDI + spacer with face mask
5 years and above	pMDI + spacer/DPI	Nebulizer

Reference :
 Recommendations on Management of Asthma in Primary Care (2020), by Indian Medical Association.

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