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AHMEDABAD MEDICAL ASSOCIATION

(Branch of Indian Medical Association)

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AHMEDABAD MEDICO NEWS

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Dr. JITENDRA H. SHAH
President - AMA



Dr. GARGI PATEL
Hon. Secretary - AMA

Imm. Past President - **Dr. DILIP B. GADHAVI**

VOL. 17

OCTOBER-2022

ISSUE - 6

HIGHLIGHTS

Programme

12-11-2022

Diwali Get Together

01-12-2022 to 10-12-2022

Yoga Shibir

Wish You Happy Diwali & Prosperous New Year



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

'TOGETHER WE CAN, TOGETHER WE WILL'

**Message From President's Desk**

Respected seniors, my colleagues & dear members

It is my great honor for being installed as the President of one of the oldest & the most eminent Ahmedabad Medical Association. I am thankful to all of you for considering me & giving me this opportunity. It is the hard work, dedication & vision of our senior members, all past presidents & office bearers due to which our association is becoming more & more strong & vibrant.

"Strength and growth come only through continuous effort and struggle."

- Napoleon Hill

If we want growth & strength for our fraternity, we need to make continuous efforts... & struggle would be endless.... Achieving excellence is a race without finish line. So, it is my humble request to all to give your active participation in each & every movements of our association.

I am fortunate to have quite positive & dynamic Dr. Gargiben Patel with me as secretary and certainly a team of experienced and enthusiastic office bearers & committee members.

I congratulate our outgoing president Dr. Dilip Gadhavi & team AMA 2021-22 for their wonderful tenure & many successful events & achievements for the association during last year.

It was wonderful beginning of tenure with memorable



installation ceremony. We are grateful to the Chief guest Dr. Anil Nayak & Guest of honor Mr. Jaxay Shah for gracing the installation ceremony. It was our privilege to honour Dr Anil Nayak for his appointment as Hony secretary of IMA HQs for the year 2022-24. I am thankful to Dr Yogendra Modi for his blessings as installation officer. I express my gratitude to all the senior members for their blessings with their esteemed presence. Distinctly, I am thankful to Respected Dr Ketan Desai sir for his blessings & encouraging message on my installation as president.

To be together & to be as a family, we will try to organize more cultural & entertainment programmes. The various CMEs will continue as usual. Ongoing public awareness programmes, social & welfare activities make our Association very distinguished. All of your participation is anticipated.

"None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful."

– Mother Teresa

I request all to come forward & to work on this year's motto, "Together we can, Together we will".

Let's wish this Diwali will illuminate our lives with new hope, prosperity and happiness.

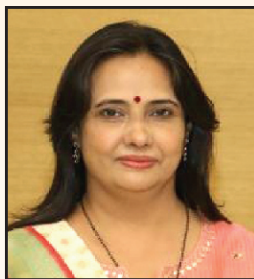
Wishing you a very Happy Diwali & Prosperous New year too.....

Jai AMA

Dr. Jitendra H. Shah

President

Ahmedabad Medical Association

**Message From Hon. Secretary's Desk**

Dear members,

I am feeling privileged on sustaining my duties as honorary secretary of our esteemed Association. **Wendell Phillips** rightly quoted, *"Responsibility educates"*. I learnt a lot with a year of working & responsibility as secretary under leadership of Dr Dilip Gadhavi & under guidance of senior members / stalwarts of Ahmedabad Medical Association. Working in preceding year was really a huge experience; we worked at almost all fronts. We will continue our efforts also for the things which we still to achieve. It will be a great opportunity to work under leadership of calm & very hard working president, Dr Jitendra Shah. As he rightly quoted, *"Together we can, Together we will"*

I would like to quote again,

"The strength of the team is each individual member. The strength of each member is the team."

- Phil Jackson

There are two important phenomena of this year's installation ceremony, which I feel noteworthy:

1. We are aware of many challenges emerging for us; but, if each & every members of AMA / IMA will stand together, we will definitely overcome those issues. In his speech,



Dr. Anil J Nayak, Hony secretary elect for Year 2022-24, stressed upon for our unity. No doubt, unity is something to be desired, to be striven for, but it cannot be willed by mere declarations, shall be enacted.

2. The installation ceremony was on 2nd October, the birth anniversary of "Mahatma Gandhi" the synonymous of "truth"; on that day, AMA felicitated the media persons, who did true & honest efforts to bring our hard work & dedication during Covid pandemic in notice to the public at large.

In this coming year, we plan to conduct several programmes for the benefit of our members. We will organize educative & scientific programmes for doctors. We will also plan to conduct activities those will benefit the society in general. The Ahmedabad Medical Association is committed towards the welfare and well being of our members and we will always support & strive to solve all important issues and problems related to medical fraternity.

Friends, we will continue our all regular activities with support of active & enthusiastic team of managing committee members.

Finally I end my message with best wishes to all of you for the sparkling & very happy Diwali.

I wish, this Diwali of Vikram Samvat 2078, will make our life free from darkness; & Vikram Samvant New year 2079 will become more prosperous, joyous & successful for all of us.

Jai AMA !! Jai IMA !!

Dr. Gargi Patel

Hon. Secretary

Ahmedabad Medical Association



**Message From Respected Dr. Ketan Desai**

To,

Dr. Jitendra Shah

I would like to extend my heartfelt compliments to your ascendency to the prestigious post of President of Ahmedabad Medical Association. I had the fortune of knowing you since our college days and in terms of the leadership qualities that you are blessed with, you deserve this honor vested on your goodself. I am sure by virtue of sincerity and empathetic attitude that you possess you shall carry the mantle of responsibility of the august office in an exemplary manner and would raise it to newer heights of credit and credence.

I am pretty sure that you shall serve the cause of the association during your entire term as the President of the Association raising its bar to a newer height. Your astute leadership would also provide real life solutions to the challenges that confront the profession as of now.

I wish you an around success in this notable venture of yours praying Almighty to bless you for real meaningful and successful tenure.

- Dr. Ketan Desai


AHMEDABAD MEDICAL ASSOCIATION
OFFICE BEARERS - 2022 - 2023

PRESIDENT



Dr. JITENDRA H. SHAH

VICE PRESIDENT



Dr. SURESH K. PATEL

VICE PRESIDENT



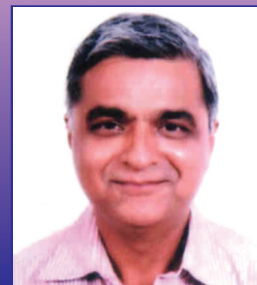
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HON. SECRETARY



Dr. GARGI M. PATEL

HON. JT. SECRETARY



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Dr. KALPITA M. DAVE

HON. LIBRARY SECRETARY



Dr. SAHIL N. SHAH

IMM. PAST PRESIDENT



Dr. DILIP B. GADHAVI





IMA
Gujarat State Branch



BAPS Swaminarayan Sanstha

Medico - Spiritual conclave Journey - Medical Science to Spiritual World.

We invite all members of the IMA GSB to participate in the special one-day conference to be held at Pramukh Swami Maharaj Nagar in association with BAPS Swaminarayan Sanstha on Sunday, 18 December 2022.

BAPS Swaminarayan Sanstha is celebrating Pramukh Swami Maharaj's Centenary from 15 December 2022 to 15 January 2023 at Pramukh Swami Maharaj Nagar, Sardar Patel Ring Road, Ahmedabad.

BAPS has invited IMA GSB to organize a one-day conference at the 600-acre Pramukh Swami Maharaj Nagar festival site. The conference will feature presentations from leading doctors on medical topics, presentation by BAPS swamis and a guided visit to the vast festival site, exhibitions and attractions.

Pramukh Swami Maharaj Nagar comprises of exhibition pavilions on life values, children's adventure land, light & sound show, thematic glow gardens, cultural gates, Pramukh Swami Maharaj's maha-murti, a replica of Swaminarayan Akshardham in New Delhi, and other inspiring attractions.

Date : December 18, 2022, Sunday

Venue: Pramukh Swami Maharaj Nagar,
Sardar Patel Ring Road, Ahmedabad

Registration : Free but compulsory...



IMA
Gujarat State Branch



BAPS Swaminarayan Sanstha

:- KEYNOTE SPEAKERS :-



Puja Brahnavihari Swami
BAPS Swaminarayan Sanstha



Puja Dr. Gnanvatsal Swami
BAPS Swaminarayan Sanstha



Padmashri Dr. Tejas M Patel
Senior Cardiologist
Apex Heart Institute
Ahmedabad



Dr. Chetan Bhatt
Director, Dept. of Gastroenterology,
Reliance foundation hospital
(H.N.Hospital) Mumbai



Dr. Sandeep Gangaya Attawar
Thoracic Organ Transplantation
Assist Devices, KIMS Institute for
Heart & Lung, Hyderabad



Dr. Mahadev T. Desai
Consultant, Internal Medicine
Ahmedabad

& Many more dignitaries....

SALIENT FEATURES

- Divine Occasion : PRAMUKH SWAMI MAHARAJ SHATABDI MAHOTSAV
- Attractive Venue : PRAMUKH SWAMI MAHARAJ NAGAR
- Eminent speakers from all our Gujarat
- Leading National Faculties
- Expert Panel discussions on Recent Subjects
- Interactive Sessions
- Topics involving issues of current health care scenario
- Blessings and Active Participation from BAPS Saints
- Guided tour of Pramukh Swami Maharaj nagar for delegates

For Registration



Link : <https://forms.gle/ENEqUPqsB1QHMgeW7>

121st Installation Ceremony



121st Installation Ceremony



121st Installation Ceremony



121st Installation Ceremony



121st Installation Ceremony



121st Installation Ceremony



121st Installation Ceremony



121st Installation Ceremony



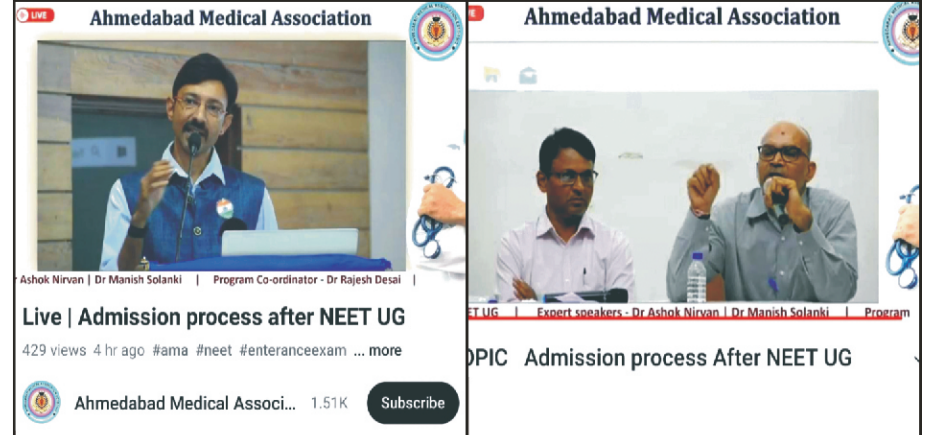
121st Installation Ceremony



Air Ambulance Nodal Officer Dr. Ajay Chauhan and
AMA President Dr. Jitendra Shah



Education Seminar on 06-10-2022



Meeting With Health Ministers, Health Secretary & Commissioner at Gandhinagar regarding PC & PNDT implementation



Ladies Club Programme



**A.M.A. BULLETIN INDEX**

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ધનવંતરી પૂજન

અમદાવાદ મેડીકલ એસોસીએશન દ્વારા
ધનવંતરી પૂજનું આયોજન કરવામાં આવ્યું હતું.

તારીખ : ૨૨-૧૦-૨૦૨૨, શનિવાર

સમય : ૩.૩૦ કલાકે

સ્થળ : અમદાવાદ મેડીકલ એસોસીએશન

Dr. Jitendra H. Shah
President, AMA

Dr. Gargi M. Patel
Hon. Secretary, AMA

**AHMEDABAD MEDICAL ASSOCIATION YEAR : 2022-2023****OFFICE BEARER**

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9825065061
Dr. MUKESH AMBALAL MAHESHWARI
9825174671
Dr. DHAVAL DINKERRAI NAIK
9099111133
Dr. BIPIN JIVANBHAI PATEL
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Dr. KAMLESH RATILAL PATEL
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Dr. JIGNESH RATILAL SHAH
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Dr. MONIKA BHAVESH VYAS
9925039149

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9824029761
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Dr. ARPIT PRAJAPATI

Dr. SHIVANG PATEL
Dr. MEGHA PATEL
Dr. K. R. SANGHAVI



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.

Do not miss this most entertaining event.

Date : 12th November, 2022, Saturday
Time : 4.00 pm onwards
Venue : Ahmedabad Medical Association,
Ashram Road, Ahmedabad.
Program: 4.00 to 6.00 pm
Games for Kid's & Eating Competition
6.00 to 7.00 pm
Mega Housie
7.00 pm onwards
Musical Programme & Dinner

Get your passes from AMA Office from 4-11-2022.

Rs. 150/- per person.

:: Supported By ::

DJ TOYOTA

:: Co-Ordinator ::

Dr. Alpa Gandhi

Dr. Hetalbhai Shah

Dr. Monika Vyas

Dr. Jitendra H. Shah
President, AMA

Dr. Gargi M. Patel
Hon. Secretary, AMA



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Dr. Urvesh Shah	Dr. Suresh Patel	Dr. Dilip Gandhavi
Dr. Rajesh Desai	Dr. Shailesh Raval	Dr. Parimal Desai
Dr. Dhaval Naik	Dr. Kalpita Dave	Dr. Mahendra Desai
Dr. Jignesh R Shah	Dr. Alpa Gandhi	Dr. Jitubhai B. Patel
Dr. Kamlesh Naik	Dr. Hetalbhai Shah	Dr. Mehul Shah
Dr. Mansi Patel	Dr. Vikram Shah	Dr. Bipinbhai Patel
Dr. Dhiren Mehta	Dr. Rasik Patel	Dr. Kirtibhai Patel
Dr. Yogesh Gupta	Dr. Monika Vyas	Dr. Yogendra Modi
Dr. Aditya Desai	Dr. Vaibhav Patel	Dr. Vidhyut Desai
Dr. Vipul Shah (ID)	Dr. Rutvij Parkh	Dr. Dhanesh Patel
Dr. Jaswant Darbar	Dr. Mehul Shelat	Dr. Mahesh B Patel
		Dr. Bansi Saboo
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Dr. Suresh Patel	Dr. Kirtibhai Patel	Dr. Dilip Gandhavi
Dr. Mukesh Maheshwari	Dr. Mahendra Desai	Dr. Parimal Desai
Dr. Kamlesh Patel	Dr. Jitubhai B. Patel	Dr. Mahendra Desai
Dr. Mahesh Patel	Dr. Mehul Shah	Dr. Jitubhai B. Patel
Dr. Mahesh Jivrani	Dr. Bipinbhai Patel	Dr. Mehul Shah
Dr. Rajesh Saihgai	Dr. Devendra Patel	Dr. Bipinbhai Patel
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Dr. Divyesh Panchal		
Dr. Dilip Gadhavi		
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Dr. Gargi Patel	Dr. Gargi Patel	Dr. Gargi Patel
Dr. Sahil Shah	Dr. Maulik Sheth	Dr. Vishwas Amin
Dr. Mahesh Makwana	Dr. Kaushik Gajjar	Dr. Harjivan Patel
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Dr. Viral Khamar	Dr. Nimesh Patel	Dr. Jatin Sanandia
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		Dr. K. C. Gadhavi



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Dr. Gargi Patel	Dr. Gargi Patel	Dr. Gargi Patel
Dr. Urvesh Shah	Dr. Kalpita Dave	Dr. Rajesh Desai
Dr. Bipin Patel		Dr. Naitik Patel
Dr. Atul Gandhi		Dr. Rohan Christian
Dr. Arpit Prajapati		Dr. Ashish Bhojak
Dr. Shivang Patel		Dr. Deval Panchal
Dr. Megha Patel		Dr. Brijen Choksi
Dr. K. R. Sanghavi		

Public awareness program on Breast Cancer

Month of October is observed as Breast Cancer awareness month. In that reference, a webinar was arranged.

The streaming of program on you tube & at our facebook page was scheduled on

Date : 20th October 2022, Friday

Time : 10.00 am

Experts' panel

Dr. Dhruv Patel
Surgical Oncologist

Dr Aakash Patel
Medical oncologist

Dr. Mukesh Maheshwari
Histopathologist

Moderator

Dr. Deepak Rao
Surgical oncologist

Dr. Jitendra H. Shah
President, AMA

Dr. Gargi M. Patel
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.

Kusum Dhirajlal (KD) Hospital, Ahmedabad comes forward for IMA GSB Members and Family

Indian Medical Association, Gujarat State Branch (IMA-GSB) has always been at the forefront for our members for their professional and personal well-being. We are supporting our members for their **healthcare need through Health Scheme** for specific disease groups and urge you to become a member of the same. Recently during COVID-19 pandemic and otherwise many of our IMA GSB members and family had to visit some or other hospital for their healthcare needs. With advancement in medical field the cost of delivery has also escalated. As a token of gesture, Kusum Dhirajlal (KD) hospital, Ahmedabad has come forward and has shown willingness to treat our healthcare heroes and family (all IMA GSB members) with special offerings.

KD Hospital (Kusum Dhirajlal Hospital) is a multi/super speciality hospital located at the prime location of Vaishnodevi Circle, SG Road, Ahmedabad; with state-of-the-art facilities & treatments at an affordable cost, encompassing wide spectrum of accurate diagnostics and elegant therapeutics created on the philosophical edifice of patient and ethical centricity ensuring humanistic dispensation.

Under the aegis of **Shri Harihar Maharaj Charitable Trust**, KD Hospital is spread over a massive 6 acre campus providing 300+ beds and catering for nearly 45 super-specialties, all under one roof. A multispeciality approach enables each speciality to have the comfort of collaborating on complex cases thereby ensuring a comprehensive assessment/ treatment of the patient. Patients are provided with multiple options for treatment, the most suitable of which are arrived at through a collaborative case assessment approach that decides the best course of treatment for the best outcomes. KD Hospital has bagged 6 of the highest quality accreditations from the Quality Council of India (QCI) which reflects the vision of providing exceptional quality care to everyone.

Special offerings for all our IMA-GSB family members:-

CATEGORY OF SERVICES	IMA GSB MEMBERS&IMMEDIATE FAMILY MEMBERS (ELIGIBLE % OF DISCOUNT)	
OP CONSULTATION	50%	
DIAGNOSTICS	30%	
HEALTH CHECKUP	30%	
DAYCARE, IP & Others Services	FOR CASH PAYING ~15% (Excluding Consumables, Implants & Pharmacy)	FOR INSURANCE CLAIMS ~ UptoRs 5000 discount on DISALLOWED CONSUMABLES

Please note the following:

- 1) Family members of GSB~ IMA Members include Spouse, Children, Mother & Father (of the life time GSB ~IMA Member)
- 2) To avail the above discount, the GSB ~ IMA Members needs to carry Life time membership card.

To facilitate smooth coordination of appointments and admission kindly contact-

Mr. Mahendra Desai- 6359603627 Mr. Nirav Patel- 6359603626

For more information about the hospital
kindly visit: www.kdhospital.co.in



YOGA SHIBIR

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

For Doctors & their Family Members

Date : 01-12-2022 to 10-12-2022

Time : 07:00 a.m. to 08:00 a.m.

Venue : AMA Premises

Yoga is a great way to work on your flexibility and strength. Just about everyone can do it.

ADVANTAGES : Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. Regular Yoga practice creates Mental clarity and calmness, increases body awareness, relieves chronic stress, relaxes the mind centers and sharpens attention. It also helps to build up immunity and improves respiration and lung capacity. So in current Corona period Yoga is the best weapon to fight against Corona and useful for prevention.

10 Benefits of Yoga :

- Improve flexibility
- Improve strength and posture
- Stretches & Tones your muscles
- Better all round fitness
- Maintain Weight
- Increase your energy
- Reduce stress
- Breathe better
- Be happier
- Become more mindful i.e. alert

Registration fee **Rs. 50/-** per person

This Shibir will be conducted by

Dr. Pushpa P. Multani (Qualified Yoga Teacher)

Dr. Jitendra H. Shah

President, AMA

Dr. Gargi M. Patel

Hon. Secretary, AMA





Report of 121st Installation Ceremony

The installation ceremony of the new team AMA - managing committee and the office bearers, under leadership of President Dr. Jitendra Shah was held on “Gandhi Jayanti”, 2nd October 2022 at Ahmedabad Medical Association.

The programme was started with IMA prayer by Dr. Maulik Sheth & IMA flag salutation by Dr Kalpita Dave. After opening remarks by Hon secretary, Dr. Gargi Patel, the outgoing president Dr. Dilip Gadhavi welcomed all with emotional speech & quotes. The felicitations of all the invited guests & installation officers were done with nice mementoes; it was followed by lamp lighting by all the dignitaries on the dais.

In presence of large crowd in the hall, Installation officer Dr Yogendra Modi, installed all the new managing committee members & office bearers. The new President Dr. Jitendra Shah then installed by installation officer followed by ceremony of exchange of presidential crest & chairs from outgoing President, Dr. Dilip Gadhavi to newly installed President Dr. Jitendra Shah. The oath was pledged by entire new team AMA as recited by installation of Dr. Yogendra Modi. Afterwards in his speech, Dr. Yogendra Modi, the installation officer congratulated the outgoing team for their good contributions & gave best wishes to the new team. Dr Urvesh Shah narrated the message of the legendary & honorable Dr Ketan Desai sir, congratulating the incoming President Dr Jitendra Shah. Dr. Vikram Shah gave brief about the new President. The new President Dr. Jitendra Shah, accepted the responsibilities in his speech & he promised the crowd to give his full devotion to the association acknowledging every senior & eminent persons present over there.

The Guest of Honour Mr. Jaxay Shah, praise the work of doctors especially during phase of Covid 19 pandemic. He congratulated President Dr. Jitendra Shah & his entire team.

As a token of gratitude, AMA felicitated 18 reporters from



different print & electronic media for their ground level work during pandemic & especially for their honest efforts to bring the hard work of doctors in the notice of public at a large scale.

The chief guest, Dr. Anil Nayak (Hony secretary elect, IMA HQs for 2022-24) gave the blessings to newly installed team. In his speech he stressed upon unity of doctors. AMA took the opportunity to felicitate Dr Anil Nayak for his appointment as Hony secretary at IMA HQs.

The entire programme was nicely managed on stage by Masters of ceremony Dr. Mansi Patel & Dr Ashish Bhojak.

Finally the programme ended with vote of thanks by Dr. Urvesh Shah.

Report on Education Seminar

In reference to undergraduate medical and paramedical admission process after NEET UG, an educational orientation seminar was organized by Ahmedabad Medical Association on 06/10/2022. Dr Ashok Nirvan – Associate Professor, Anatomy B.J. Medical College, Ahmedabad & Dr Manish Solanki - Associate Professor, Pharmacology B.J. Medical College, Ahmedabad were invited as expert speakers. Seminar was co-ordinated by Dr Rajesh Desai – Associate Professor, Physiology GMERS Medical College, Gandhinagar. The seminar was lively, engaging, educative and informative. All the questions / doubts raised by the students, parents and guardians were answered satisfactorily. The seminar was streamed live on YouTube also. Around 300 students/parents have attended the seminar in offline mode and there were nearly 1000 viewers connected with the seminar in online mode.

Report of “Doctor on call” service during Diwali

As per very year, this year also, AMA & AFPA have provided on call service during the holidays of Diwali. More than 50 doctors shown their readiness & provided services to needy people of the city of Ahmedabad.



**લેડીઝ-ક્લબ****નારી સમાજસ્ય કુશલવાસ્તુક્ષર ।**

"એક દિવો જ્ઞાનનો, એક દિવો પ્રકાશનો, એક દિવો પ્રગતિનો,
એક દિવો માણસાઈનો અને એક અખંડ દિવો દેશનો..."

આવા પાંચ દિવક સાથેની દિવાળીની ઉત્સાહભરે ઉજવણી પછી નવા વિક્રમ સંવતમાં
આવો પિતૃસંસ્થા સાથે સ્નેહમિલનમાં જોડાઈએ.

કાર્યક્રમ નં. ૩ : દિવાળી સ્નેહસંમેલન પિતૃસંસ્થા સાથે

તારીખ : ૧૨ નવેમ્બર ૨૦૨૨, શનિવાર
સમય : સાંજે ૪.૦૦ કલાકથી
સ્થળ : આર.એમ. ફોજદાર હોલ, એ.એમ.એ. આશ્રમરોડ

**કાર્યક્રમ નં. ૪ : બાળદિન નિમિત્તે જરૂરિયાત મંદ બાળકોની મુલાકાત,
બાળકોને જરૂરી વસ્તુઓની વહેંચણી**

તારીખ : ૧૪ નવેમ્બર ૨૦૨૨, સોમવાર
સમય : બપોરે ૩.૦૦ કલાકે
સ્થળ : "પ્રકાશ" મેન્ટલી રીટાયર્ડ ચાઈલ્ડ
થલતેજ ટેકરા, નહેરુ ફાઉન્ડેશન પાસે, બોડકદેવ.
સભ્યોના સાથ સહકાર સાથે

શ્રીમતી સુષમા નયન શાહ
પ્રમુખ - મો. ૯૩૨૮૦૮૩૩૬૯

શ્રીમતી જશનાબેન મહેતા
માનદ્ મંત્રી - મો. ૯૭૨૫૩૭૩૩૨૩

ડૉ. જીતેન્દ્ર શાહ
પ્રમુખ, એ.એમ.એ.

ડૉ. ગાર્ગી પટેલ
માનદ્ મંત્રી, એ.એમ.એ.

OBITUARY**May their soul rest in eternal peace.****DR. TARULATA H. DESAI**

L-185 M.B.B.S., B.CH

Date of Birth : 18-02-1939

Date of Death : 26-09-2022

We send our sympathy & condolence to the bereaved family.



Correcting refractive errors, reaching new horizons (then and now)

- Dr. Parimal Desai (M.S OPHTHAL)
- Dr. Aditya Desai (M.S OPHTHAL)

People world over wanted to get rid of glasses since its invention. The world as we know is shifting more and more to get rid of refractive errors, for various reasons like :- various jobs, sports, cosmetic reasons, marriage purposes, intolerance to contact lens, personality purpose, fogging on the glasses etc.

Scientists and ophthalmologist world over have tried to find solution for the alternative to glasses.

This hunger for innovation and to find the solution has led to various technologies and techniques developed over years.

They came out with Radial keratotomy in which radial cuts were put on cornea by diamond knife, which in turn flatten cornea when corneal healing took place. It had its own limitations and lot of complications.

When excimer laser was invented, it was PRK (photo refractive keratectomy). It was surface ablation with excimer laser rays. limitations: limited range of numbers can be corrected -4 Diopters.

Beyond that there was lot of corneal haze, delayed healing, took lot of time to get back the vision.

Steroid drops were used for longer period of time.

LASIK was new revolution in refractive surgery.

Lasik means (Laser assisted in situ keratomileusis).

In Lasik corneal flap is created and lifted, laser ablation is given and corneal flap is placed back into position.

It was faster, safer procedure more than 6 million eyes are operated all over the world every year.

It has its own limitation with dry eyes, night glare for short period of time, blade related complications like free cap and button holing which are very rare.

FEMTO-LASIK is a 'blade free procedure' where only laser systems are used to create the flap. It is thus a more precise, predictable and safe method for creating the corneal flap as compared to the conventional microkeratome ('blade') flaps. In addition to the increased safety during surgery, Femtosecond -Lasik flaps have vertical edges which ensure quicker and stronger healing compared to microkeratome flaps which have sloping edges. This causes much less risk of displacement of flaps in case of inadvertent injury to the eye.

Quality of vision is also superior with Femtosecond-Opti LASIK because of



the uniformly thick flaps and the smooth corneal bed.

Benefits of Femtosecond-Lasik (bladeless opti-lasik)

- It gives the opportunity of improving your vision to higher standard than is achievable with glasses or standard treatment.
- More patients achieve 20:20 or better vision with this technology.
- Better flap of even thickness with no chances of free cap or button hole.
- Creates less damage to corneal nerves, do less dryness in eyes and contrast sensitivity is better. Flaps are sharp and deep, so it adjusts to rest of the cornea properly.

SMILE (Small Incision Lenticule Extraction)

It is technique in which a stromal lenticule is created by Femtosecond laser, and is extracted through a small opening, which becomes much more safer than creating a flap of lasik laser procedure.

It is a no dissection technique in which lenticule is gently peeled off the corneal stroma.

ADVANTAGES of SMILE

- No flap created, hence no flap related complications.
- Very precise
- Less dry eye problem comparison to lasik

DISADVANTAGES of Smile.

- Limited range of treatment profile
- Can treat myopia but astigmatic and hyperopic programme has limitations.
- Re-surgery is not possible or difficult.
- Expensive procedure

CONTURA VISION

Contura vision adds a new dimension to vision correction. Contura vision utilizes a three-step correction technique using a Femto Laser, Excimer Laser and topolyser.

In contura vision we use a special instrument – Wavelight Topolyser vario, it maps 22000 points on cornea in each eye. It also maps all the conduction defects like higher order aberrations and even minute imperfections in the curvature of the cornea and the data of the image is transferred directly to the treating excimer laser machine.

In this way it is able to give an aspheric correction of spectacle power while also correcting corneal irregularities and working on VISUAL AXIS. They give you perfect optical surface and thereby much superior visual outcome compared to conventional LASIK or SMILE procedures.

While Lasik and Smile procedure can only provide a normal 6/6(20/20)





vision, Contura is able to give better than perfect results of up to 6/5 or better.

Contura vision correction is also known as Fingerprint correction or Topo guided Lasik.

ICL (Implantable Collamer Lens)

It has revolutionized whole refractive surgery. It is an implant.

ICL is placed in the eye, in the posterior chamber behind the cornea and in front of crystalline lens of eye.

It is collamer lens. It can be placed in the eyes of patient having very high myopia more than -12 diopter to -20 diopter with astigmatism +/- 6 diopter cylinder and hypermetropia of above +4 to +10 diopter spherical.

Best part of ICL implantation is that it corrects vast range of refractive error.

Advantages

No corneal thinning, corneal flattening, no dry eyes, no night glare.

It is a procedure of only 10-12 minutes per eye in which

- No local Anesthesia given(only topical)
- No sutures
- No dressing
- No pain
- No red eyes

Recovery is very fast; patient can resume his/her duty after one week.

It is nearly lifelong implant and blessing for the patients of very high refractive error.

Bioptics can be performed that is ICL procedure plus Lasik procedure for residual numbers.

We have corrected upto -32 diopters at our center by bioptics

Patient can wear contact lenses(because corneal curvature is not altered) after ICL implantation

Re-correction is possible, it is reversible and there are very little to no chance of complications.

Medication is for very small period of time

Newer advancement is ICL VIVA which corrects distance numbers as well as near vision numbers(presbyopia) for patient above the age of 40 years.

In this era of war and environmental disaster, where misuse of science and technology has led to human suffering, this technological advancement in refractive surgery has led to wellbeing of humans.

All the development in refractive surgery has taken place in last 2 decades for the betterment of mankind, we can definitely expect much more to come in near future.

