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#### AHMEDABAD MEDICAL ASSOCIATION

(Branch of Indian Medical Association)

ESTD: 1902

#### AHMEDABAD MEDICO NEWS

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DR. DHIREN R. MEHTA Hon. Secretary - AMA

Imm. Past President - DR. MONA P. DESAI

OCTOBER-2020

ISSUE-6

#### **HIGHLIGHTS**

#### **PROGRAMMES & ARTICLE**

13-11-2020

धनवंतरी पूरन

14-11-2020 to 19-11-2020 AMA & AFPA - Doctor on Call in Diwali

VIRAL RESPIRATORY TRACT INFECTIONS OTHER THAN COVID 19 IN WINTER: By Dr. Vipul Shah

## 119th Installation Ceremony of AMA



Wish You Happy Diwali

a Prosperous New Year

'SERVICE TO MANKIND... NOT DESTINATION... BUT WAY OF LIFE

#### Message From President's Desk



Dear Friends,

First of all, I am very much thankful to each and every member of our Association & our leaders & Past Presidents from bottom of my heart for considering me and such a soulful opportunity to serve as President of this most esteemed Association - The Ahmedabad Medical Association. It is not a designation but a responsibility. So I pray to God to give me strength to perform my duties.

Friends, our association is worried about our community but our members are not aware of schemes run by AMA & IMA GSB. I want to work on awareness of Schemes. We will also plan for community awareness about Blood Donation, Organ Donation & Precancerous condition. I am sure it would be our contribution towards "Healthy India".

I will also like to continue our trends of arranging CMEs for our members.

Following guidelines of Government we will like to arrange entertainment programmes also.

I congratulate Dr. Monaben Desai for her glorious work done during COVID-19.

We are fighting against Corona Pandemic. We have lost so many Corona Warriors - many of our friends, family members. We have lost our own Dr. Pankajbhai Sheth -Treasurer of AMA & we have also lost our pillars, our beloved Ramikaka & Prakashbhai. I pay homage to them.

Ending of my first message I as a president of AMA hope active participation from my managing committee and all the members of AMA.

> "Happy Diwali" "Happy New Year" in advance

> > "Jay AMA"

Dr. Kiritkumar C. Gadhavi President Ahmedabad Medical Association

#### Message From Secretary's Desk



Respected Seniors and Members,

This will be second year of my tenure as Hon. Secretary of Ahmedabad Medical Association. First of all, I am thankful to President of last tenure Dr. Monaben Desai and whole team for helping and supporting sincerely for all successful programs done last year.

"Every challenge makes us more powerful to work hard and sincerely. And that makes us more passionate to achieve goal." These were the words written by me in first message and really we got challenge in the form of Corona time and that we changed into opportunity to serve better for our fraternity and society as well. All credit of extreme nice work done by us, goes to our vibrant and hard-working President, Dr. Monaben Desai. I was really lucky that I got chance to work with her untiredly. We also were blessed by our seniors and stalwarts and also support of all members of our

association. We really believe in "Just Do It, Nothing Is Impossible".

Still Corona period is going on and now I have got chance to work with President Dr. Kirit C. Gadhavi and our new team. I am quite confident for confidence and passion of whole team and powerful leadership of our President. We had very good start by successful Installation Ceremony. We had followed all guidelines like masks and social distance. We will also follow now onwards and will have to restrict our programs of gathering. But definitely show will go on.

Really nicely said, "If passion drives you, let reason hold the reins."

"We must act out passion before we can feel it."

"Happy Diwali" "Happy New Year" in advance

> Jay IMA, Jay AMA. Thank you.

> > Dr. Dhiren R. Mehta Hon. Secretary Ahmedabad Medical Association

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#### **AHMEDABAD MEDICO NEWS 27-10-2020**

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DR. URVESH SHAH

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DR. VIPUL SHAH, ID

\*

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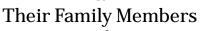
# Wish you Happy Diwali and

Prosperous New Year



All Doctor Members







**Ahmedabad Medical Association** 

From

Office Bearers

**Managing Committee Members** 



**AMA Sub Committees** 



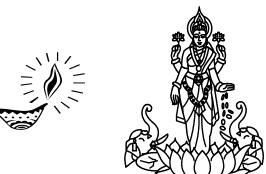
All Past Presidents



Office Staffs

Ahmedabad Medical Association





AHMEDABAD MEDICO NEWS 27-10-2020

તારીખ : ૧૩-૧૧-૨૦૨૦, શુક્રવાર

સમય: બપોરે 3.30 કલાકે

સ્થળ : અમદાવાદ મેડીકલ એસોસીએશન

સર્વે ડૉક્ટર મિત્રોને ધનવંતરી પૂજનમાં જોડાવા હાર્દિક આમંત્રણ છે.

ડૉ. કિરીટકુમાર સી. ગઢવી 💮 ડૉ. ધીરેન મહેતા

уңч

સેક્રેટરી

અમદાવાદ મેડીકલ એસોસીએશન અમદાવાદ મેડીકલ એસોસીએશન

## CONGRATULATION



Congratulations to Shrey Bavishi for securing AIR 55 in the JEE Advance 2020. He has passed with score 291/300.

Dr. Nilesh Bavishi, MS, Orthopedic surgeon.

Dr. Sejal Bavishi, MD, Paediatrician.

## Blood Donation Campaign

Dear Members,

All of us know very well the importance of blood and blood donation also. We know the requirement of blood in emergency and other conditions also. As because of lack of blood and more demand in this Corona pandemic society has to suffer. So Ahmedabad Medical Association wants to take initiative to tackle this issue by proper and enough steps. Considering our responsibility, we want to form committee and we invite interested friends to come forward and to participate in this activity.

This committee will look after all activities regarding this cause only and will conduct meetings as per requirement depending on situation.

So interested doctor friends are requested to send their names to following coordinators.

> Dr. Jitendra Patel 98253 25200

Dr. Visvas Amin 98255 56359

Dr. Kiritkumar C. Gadhavi President. AMA 99983 70353

Dr. Dhiren R. Mehta Hon. Secretary, AMA 98988 54158

## **OBITUARY**

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



DR. JITENDRA A. SHAH M.B.B.S. M.N. L-929

Date of Birth : 31-12-1940 Date of Death : 11-09-2020

## A.M.A. SUB - COMMITTEES 2020-2021

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Dr. Samir Dani	Dr. Monaben Desai
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Dr. Mahendra Desai	Dr. Maulik Sheth
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Dr. Devendrabhai Patel	Dr. Jitendra N. Patel
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#### ORGAN DONATION AWARENESS DRIVE BY AMA and AMAWDW

We are now going to launch an unique Organ Donation Awareness Drive. As you all know the rate of Organ Donation in our country though thickly populated, is below 1%. This is because of lack of awareness. We being doctors have to improve on this statistics. We are going to have Organ Donation Awareness Counselling Cell in every hospital which have ICUs and Ventilator Facilities. This Project will be in collaboration with SOTO. Those Doctors who are interested in giving their services for this noble work, kindly give your -NAME, SPECIALITY, CONTACT NUMBER to AMA office.

We would like to launch this project on 22nd November-2020, -The Gujarat Organ Donation Day.

#### WE WELCOME FOLLOWING NEW LIFE MEMBERS

10053	L(Transfer)	DR.PATEL SATISH AMRUTLAL
10054	LC	DR.SHAH PRIYANK MUKESH
10055	LC	DR.SHAH HETSHI PRIYANK
10056	L	DR.PATEL ISHAN HITENDRABHAI
10057	LC	DR.PATEL DARSHAN NATVARBHAI
10058	LC	DR.PATEL BHOOMIKA DARSHAN
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10063	LC	DR.DAVE MEETALI SAMARTH
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10065	LC	DR.YASHKUMAR PRAKASHKUMAR MODH
10066	LC	DR.MODH DHARA YASHKUMAR
10067	L	DR.SHAH MOHIT PARAG
10068	L	DR.SHAH AASTHA DHARMENDRA
10069	LC	DR.ISRANI PRATIK HARESH
10070	LC	DR.ISRANI ANKITA PRATIK
10071	L	DR.PATEL RAVI RAJNIKANT
10072	L	DR.SHAH DIPAL CHANDRESHKUMAR
10073	L	DR.PATEL ARJAV MAHESH
10074	L	DR.CHARKHAWALA URVI ASHOKKUMAR

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

Dear Friends.

During Diwali festival many of our friends go out of station on vacation. So many of people face problems in their needs during these days. So to avoid such inconvenience to society we conduct project of Doctors on Call since 10 years in association with Ahmedabad Family Physicians Association and this will be 11<sup>th</sup> year. Though because of Corona many of doctors may not go out but we continue our activity this year also.

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:

**Patient** 

Call the Area Coordinator

As per need Call transfered to /Patient guided to available Doctor/ Hospital

Telephonic advise is totally free to patient

In Clinic /Hospital charges as per routine can be charged

We will publish the Help Line number which will be operational from 14/11/2020 to 19/11/2020

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

Dr. Kiritkumar C. Gadhavi President (AMA)

Dr. Dhirendra Sanandiya Acting President (AFPA)

Dr. Dhiren Mehta Hon. Secretary (AMA) Dr. Pragnesh Vachharajani Hon. Secretary (AFPA)

**Co-Ordinators** Dr. Sahil N. Shah

## Report of 119<sup>th</sup> Installation Ceremony

119<sup>th</sup> Installation Ceremony of Dr. Kirit C. Gadhavi as President and his team was on 4/10/2020, Sunday. It was started in time and we had good start by melodious prayer by Dr. Shubhangi Shah. Our Master of Ceremony, Dr. Ashish Bhojak and Dr. Vipul Shah took the charge of program and then moved on very smoothly. Our outgoing President, Dr. Monaben Desai gave superb welcome speech which was followed by felicitation of Installation Officer, Dr. Devendrabhai Patel, Chief Guest, Dr. Nitin Vora and Guest of Honour, Dr. Mahadevbhai Desai and lamp lighting. Hon. Secretary, Dr. Dhiren Mehta informed about the activities done during year 2019-20.

After introduction of Installation Officer. Dr. Devendrabhai Patel installation started, first of Managing Committee members, other than P.G., followed by Managing Committee members P.G. and Office Bearers. Lastly President Dr. Kirit C. Gadhavi was installed as President for year 2020-21. And then there were exchange of Presidential Crest and Chairs. Newly installed team took Oath and after that Dr. Devendrabhai Patel gave his nice speech, advice and blessings to new team. He also congratulated new team and wished best of luck.

Newly installed President was introduced by his grandson - and after that he gave acceptance speech to audience. He promised dedication and to work hard for Ahmedabad Medical Association and society also.

The Guest of Honour, Dr. Mahadevbhai Desai explained about Telemedicine and also told to motivate it in larger scale from platform of AMA. He also wished complements to newly installed team.

Chief Guest, Dr. Nitin Vora also congratulated and gave blessings to new team. He explained well by examples from our great Puranas.

Our Master of Ceremony conducted whole program very nicely and smoothly by very good comments. After felicitation of Dr. Shubhangi Shah for prayer and both MoC, Secretary, Dr. Dhiren Mehta gave vote of Thanks. The whole program was webcasted on Face Book and You Tube and it was enjoyed by so many viewers.

After wishes and felicitation by attended audience, program ended with lunch.

> Be a Member of F.B.S., S.S.S., F.W.S., P.P.S., **Health Scheme** and N.S.S.S.



## વેચવાનું છે

નવું મશીન ખરીદવાનું હોવાથી, ચાલુ કન્ડીશન વાળું, મેમોગ્રાફી મશીન, Model Flat-SE Made by Metal Tronica-Italy



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AHMEDABAD MEDICO NEWS 27-10-2020

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Tele No. 079-2658 8929 E-mail: ppsgsbima1@yahoo.in

(Reported by Dr. Bipin M.Patel, Managing Director, P.P.S.)

**Sub.: ANNUAL REPORT: 2019-2020** 

The office has received back the Annual Report of the following members with postal remarks as 'left' or 'Not Known'. The concerned members are requested to notify immediately change of their addresses.

Sr. No.	P.P.S. No.	NAME	BRANCH / CITY
1	15205	Dr. Akhani Dhavalkumar Dineshkumar	Ahmedabad
2	13606	Dr. Bavishi Mukesh Chandulal	Ahmedabad
3	13697	Dr. Bavishi Vidula Mukesh	Ahmedabad
4	15901	Dr. Bhatt Anand Dineshkumar	Ahmedabad
5	2446	Dr. Choksi Dushyant Navnitlal	Ahmedabad
6	2445	Dr. Choksi Jarastin Dushyant	Ahmedabad
7	10453	Dr. D"costa Lakir Jayantilal	Ahmedabad
8	5793	Dr. Dalal Nipa Aroonkumar	Ahmedabad
9	387	Dr. Doctor Niranjan Natverlal	Ahmedabad
10	12826	Dr. Fataniya Dipesh Kishorbhai	Ahmedabad
11	5587	Dr. Joshi Harkant Gunvantrai	Ahmedabad
12	15600	Dr. Kothari Ankur Arunbhai	Ahmedabad
13	14359	Dr. Mohite Ninad Pradip	Ahmedabad
14	14003	Dr. Pandya Munjal Maheshbhai	Ahmedabad
15	12744	Dr. Parikh Devendra Ghanshyam	Ahmedabad
16	12745	Dr. Parikh Kusuma Devendra	Ahmedabad
17	11820	Dr. Parikh Purvi Mitul	Ahmedabad
18	14358	Dr. Prajapat Moolchand Chhawarlal	Ahmedabad
19	12865	Dr. Prajapati Rahul Manibhai	Ahmedabad
20	14791	Dr. Shah Hardik Vijaybhai	Ahmedabad
21	3240	Dr. Shah Ketan Shantilal	Ahmedabad
22	13528	Dr. Shah Krupesh Shaileshkumar	Ahmedabad
23	2776	Dr. Shah Rita Pragnesh	Ahmedabad
24	2910	Dr. Sheth Anil Bansilal	Ahmedabad
25	14047	Dr. Vora Hetal Dharmesh	Ahmedabad

#### લેકીઝ-કલલ

"Strong Woman empower each other"

મિત્રો અને વડિલો.

તા. ૧૭-૧૦-૨૦૨૦ ના રોજ એ.એમ.એ. લેડીઝ ક્લબની નવી ટીમનો શપથગ્રહણ સમારોહ ધામધૂમથી ઉજવાયો.

મુખ્ય અતિથિ - શ્રીમતી મમતાબેન ભોમિયા, અતિથિ વિશેષ - ડૉ. નિતિન સુમન્ત શાહ, અતિથિ વિશેષ - ડૉ. દેવેન્દ્રભાઈ અને શપથ ગુરૂ ડૉ. મોનાબેન દેસાઈ, એ.એમ.એ. ના પ્રમુખ, ડૉ. કિરીટકુમાર સી. ગઢવી સાહેબ, સમારંભની શોભા વધારવા ઉપસ્થિત હતા.

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

આપ સૌની ઉપસ્થિતિ માટે અમે આપના આભારી છીએ.

യാചി നട്ടവ

શપથવિધિ બાદ લેડીઝ ક્લબના મેમ્બર્સે માતાજીની આરતી કરીને બેઠા ગરબા ગાયા હતા.

#### પ્રોગામ નં. - ૧ : બેસ્ટ કેન્સર અવેરનેસ

આજે બ્રેસ્ટ કેન્સરના કેસ ખૂબ જ વધી રહ્યા છે. ભારતમાં બ્રેસ્ટ કેન્સર એ બીજા ક્રમાંકે આવે છે. ઓક્ટોબર માસ એ બ્રેસ્ટ કેન્સર અવેરનેસ માસ છે. તેથી બહેનોને બ્રેસ્ટ કેન્સર વિશે માહિતી સભર જાણકારી મળી રહે તે માટે આપણે ઝાયડસ હોસ્પિટલના સહયોગથી તા. ૧૪-૧૦-૨૦૨૦ ના રોજ H.C.G. હોસ્પીટલના ઓન્કોલોજી ડૉ. માનસી દ્વારા બ્રેસ્ટ કેન્સર અવેરનેસ વેબિનારનું આયોજન કર્યું.

(મારતા પટલ	પુષ્પા બાવજર	
પ્રમુખ - લેડીઝ ક્લબ	માનદ્ મંત્રી - લેડીઝ ક્લબ	
મો. ૭૮૭૪૦ ૯૩૦૯૩	મો. ૯૨૨૭૨ ૨૨૦૮૮	
ડૉ. ક્રિરીટકુમાર સી.ગઢવી	ડૉ. ધીરેન મહેતા	
<b>у</b> ңы	સેક્રેટરી	
અમદાવાદ મેડિક્લ એસોસિએશન	અમદાવાદ મેડિક્લ એસોસિએશન	

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Dr. Kirit A. Gandhi

Hon. Jt. Secretary

#### SOCIAL SECURITY SCHEME, G.S.B. I.M.A.

Office Phone: 079-26580690 Time: 2.00 to 6.30 pm DFC 45 was circulated to all the members. Last date of Payment is Date. 20/11/2020

Following members have not yet paid the same. Send the DFC amount with penalty Rs.150/-

	Sr. No.	SSS NO.	NAME OF MEMBER	CITY
	1	10091	Dr. Shah Parag Rajnikant	Ahmedabad
	2	10184	Dr. Dileep Srinivasan	Ahmedabad
	3	10275	Dr. Trivedi Darshan Dilipkumar	Ahmedabad
	4	11068	Dr. Bhatt Pragnesh Mukundray	Rajkot
	5	12036	Dr. Patel Trupti Shreyans	Ahmedabad
	6	12043	Dr. Joshi Rohit Naranjibhai	Ahmedabad
	7	12062	Dr. Parikh Rutul Rameshchandra	Ahmedabad
	8	12358	Dr. Patel Udayankumar Purushottamdas	Ahmedabad
	9	12367	Dr. Kotadiya Tarunkumar Punjabhai	Gandhinagar
	10	12559	Dr. Rawal Pragna Jayesh	Ahmedabad
	11	12617	Dr. Mehta Kaushik Anilkumar	Ahmedabad
	12	12701	Dr. Shah Pratik Hemendrabhai	Ahmedabad
	13	12746	Dr. Mehta Bhumi Dhaval	Ahmedabad
	14	12825	Dr. Patel Vaibhavi Bhupendrakumar	Ahmedabad
	15	12826	Dr. Mehta Vikram Pradipukumar	Ahmedabad
	16	13067	Dr. Dutt Karan Harishchandra	Ahmedabad
	17	13087	Dr. Anand Kaushal Maganbhai	Ahmedabad
	18	13193	Dr. Kaushik Shuchi Shrigopal	Ahmedabad
	19	13194	Dr. Shah Bhagyesh Ashwinkumar	Ahmedabad
	20	13255	Dr. Agrawal Manoj Nawalkishore	Ahmedabad
	21	13438	Dr. Kapadia Siddharth Ravindrabhai	Ahmedabad
١				

22	13517	Dr. Patel Niket Sureshbhai	Mehsana					
23	13581	Dr. Parikh Purvi Mitul	Ahmedabad					
24	13582	Dr. Parikh Mitul Shaileshbhai	Ahmedabad					
25	13613	Dr. Parikh Nilesh Lalitchandra	Ahmedabad					
26	13646	Dr. Solanki Sameer Babubhai	Ahmedabad					
27	13847	Dr. Gadbail Gaurish Govind	Vesu-Surat					
28	14198	Dr. Parikh Dharmesh Viththalbhai	Ahmedabad					
29	14264	Dr. Patel Nikhileshkumar Rambhai	Bhachau					
30	14323	Dr. Shah Pritish Shrenikbhai	Ahmedabad					
31	14324	Dr. Shah Parth Shrenikbhai	Ahmedabad					
32	14404	Dr. Shah Kuntal Gunvantlal	Ahmedabad					
	So please send your Cheque / Draft at Ahmedabad office directly.							

◆ AHMEDABAD MEDICO NEWS 27-10-2020

Dr. Jitendra B. Patel

Hon. Secretary

#### FAMILY WELFARE SCHEME, G.S.B. I.M.A.

Dr. Yogendra S. Modi

Hon. Treasurer

Office Phone: 079-26580690 Time: 2.00 to 6.30 pm DFC No.2 was circulated to all the members. Last date of Payment is Date. 22/11/2020 Following members have not yet paid the same. Send the DFC amount with penalty Rs.300/-

S.No. 1	FWS No. 2137	NAME OF MEMBER  Dr. Shah Sunil Govindlal	BRANCH/CITY Ahmedabad
2	2281	Dr. Vaghela Navinchandra Khodidas	Ahmedabad
3	2771	Dr. Agrawal Hasmukh Nathulal	Ahmedabad

#### So please send your Cheque / Draft at Ahmedabad office directly.

Dr. Jitendra B. Patel	Dr. Yogendra S. Modi	Dr. Kirit A. Gandhi
Hon. Secretary	Hon. Finance Secretary	Hon. Jt. Secretary

## AMA FAMILY BENEFIT SCHEME

Following members have not paid DFC No. 6 as on 15/10/2020. Please pay at the earliest. For queries, Please contact AMA Office on Telephone No. 26588775

Sr. No.	Mem. No.	NAME OF MEMBER
1	86	MRS. MINAKSHI KAUSHIK VAIDYA
2	101	DR. RAJAN POPATLAL PATEL
3	102	MRS. BINDU RAJAN PATEL
4	120	DR. SIDDHARTH RAVINDRABHAI KAPADIA
5	121	MRS. JIGNA SIDDHARTH KAPADIA
6	137	DR. RAKESH MANHARLAL SHAH
7	138	MRS. MONA RAKESH SHAH
8	143	DR. PARESH RATILAL MEHTA
9	144	DR. RUPAL PARESH MEHTA
10	151	DR. DUSHYANT CHATRABHUJ TALSANIA
11	152	DR. HEMA DUSHYANT TALSANIA
12	158	MRS. PRITI RAKESH SHAH
13	162	DR. RAJESH SHANTILAL SHAH
14	163	MRS. SUREKHA RAJESH SHAH
15	205	DR. KIRITKUMAR SHIVDAN MOD
16	206	MRS. RANJANBEN KIRITKUMAR MRS. MOD
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20	216	MRS. RONAK ROHAN CHAUHAN
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24	249	MRS. DAKSHABEN RAMESHBHAI PATEL
25	257	DR. DHIRUBHAI ANANDGIRI GOSAI
26	258	DR. NITABEN DHIRUBHAI GOSAI
27	268	MRS. HINALBEN KUNTAL GAJJAR
28	288	MRS. SHITAL JINESH MODI
29	291	DR. SURESH NANDLAL JAIN
30	292	MRS. PREMLATA SURESH JAIN
31	314	DR. GURUDATT NAVINBHAI THAKKAR
32	315	DR. NAYANA GURUDATT THAKKAR

<b>₿</b> AHN	MEDABAD MED	ICO NEWS 27-10-2020 MONTHLY NEWS BULLETIN	<b>₹</b> AHΝ	MEDABAD MED	DICO NEWS 27-10-2020 MONTHLY NEWS BULLETIN
33	335	DR. NIRU ANIL GUPTA	70	755	DR. BRIJESH KUMAR BHUPENDRA KUMAR SHUKLA
34	344	DR. JETHANAND LEKHRAJ VIDHANI	71	756	MRS. HEMANGI BRIJESH SHUKLA
35	360	DR. SUSHMA RAKESH SHAH	72	765	DR. MUKESH VRUJLAL SAVALIYA
36	421	DR. NARENDRAKUMAR BANSILAL RAVAL	73	766	DR. BHAVNA MUKESH SAVALIYA
37	431	DR. MUKESHKUMAR BHIKHABHAI PATEL	74	791	MR. AJAY YASHWANTKUMAR SHAH
38	432	MRS. DIPIKA MUKESHKUMAR PATEL	75	792	DR. KETAL AJAY SHAH
39	435	DR. PINAKIN MULCHANDBHAI DALAL	76	826	DR. PRIYESH NARESHCHANDRA KHATRI
40	436	DR. VARSHA PINAKINBHAI DALAL	77	827	MRS. MITIKA PRIYESH KHATRI
41	445	DR. DASHARATHLAL TRIBHOVANDAS PATEL	78	851	DR. RAJESH BHASKAR KOLTE
12	446	MRS. SITABEN DASHARATHLAL PATEL	79	852	DR. SANJIVANI RAJESH KOLTE
43	473	DR. SHRIPAL NARENDRA DALAL	80	861	MRS. BHARATI ASHOKBHAI KANODIA
44	485	DR. HIRENKUMAR BHIKHABHAI JANSARI	81	864	DR. MAYUR MANUBHAI SHAH
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17	514	DR. CHETANA DEEPALBHAI PAREKH	84	880	DR. SHITAL HITESHKUMAR PATEL
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50	535	MRS. HETAL AMIT SHAH	87	901	DR. ANIL KANTILAL DHORAJI
51	536	DR. SUNIL DWARKADAS SHAH	88	902	MRS. MANISHABEN ANILBHAI DHORAJIA
52	537	MRS. RAGINI SUNILBHAI SHAH	89	917	DR. JIGNESH NATVARLAL PATEL
53	601	DR. PIYUSH NAVANITLAL PARIKH	90	918	MRS CHANDRIKA JIGNESH PATEL
54	602	DR. GEETA PIYUSH PARIKH	91	935	DR. BELLA ANAND DESAI
55	618	DR. SUNIL JASVANTLAL SHAH	92	936	DR. ANAND MARUTIBHAI DESAI
66	619	DR. BINJAL SUNIL SHAH	93	939	DR. HARSH VIKRAM DESAI
57	637	DR. HARSHA ATUL PARIKH	94	946	DR. SANDEEP BACHUBHAI SHETH
<b>58</b>	644	DR. URMILA SHRI SANWARMAL GOENKA	95	947	MRS. MEGHA SANDEEP SHETH
69	679	DR. JANAK ASHOKBHAI DESAI	96	949	DR. BHARGAV KRISHNAKANT BHATT
60	680	MRS. NISHA JANAK DESAI	97	950	MRS SHEETAL BHARGAV BHATT
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32	682	MRS. ANJUBEN VALLABH PATEL	99	952	MRS. PAYAL BIREN SHAH
33	683	DR. HIMANSHU VALLABHBHAI PATEL	100	963	DR. HIMANSHU KHODABHAI PATEL
64	684	MRS. MINAXI HIMANSHU PATEL	101	964	MRS. RASHMIKA HIMANSHU PATEL
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37	715	DR. RAJAN BHAILALBHAI PATEL	104	971	DR. KUNDAN KUMAR KUBERDAS VARMA
8	716	DR. ALKA RAJAN PATEL	105	972	DR. KIRTI KUNDAN VARMA
89	727	DR. KANAIYALAL JIVABHAI PATEL	106	981	DR. UMESH GOVINDLAL VAISHNAV
		4	\$		

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Allim		NEWS 27-10-2020 MONTHLY NEWS BULLETIN	AK ANN	IEDABAD MEDI	ICO NEWS 27-10-2020 MONTHLY NEWS BULLE
07	982	DR. KAVITA UMESH VAISHNAV	144	1278	MRS. SHILA AJAY SHAH
80	983	DR. SAMIR NATVERLAL SHAH	145	1295	DR. GITESH RAMANLAL SHAH
09	986	DR. AMRATLAL NARSINHBHAI PATEL	146	1296	MRS. PRANATI GITESH SHAH
10	987	MRS. BHARTIBEN AMRATLAL PATEL	147	1303	DR. DINESH LILABHAI PATEL
11	1006	DR. VIRAL RAMESHCHANDRA PATEL	148	1304	MRS. SHILPABEN DINESHBHAI PATEL
112	1007	MRS. RINA VIRAL PATEL	149	1329	DR. RAKSHIT GAJANAN AGNIHOTRI
113	1025	MRS. RITA CHETAN PARMAR	150	1330	MRS. RASHMI RAKSHIT AGNIHOTRI
114	1031	MRS. VIJAYABEN MAHESHCHANDRA PATEL	151	1351	DR. MOHAMMEDAMIN ABDULMAJID KHARAD
115	1044	DR. SUNIL NAVINBHAI SHAH	152	1363	DR. VISHAL CHAMANLAL SHARMA
116	1045	MRS. RASHMI SUNIL SHAH	153	1364	MRS. PRITI VISHAL SHARMA
117	1080	DR. SURESH KADVABHAI PATEL	154	1365	DR. PIYUSH BRAJASUNDAR PATNAIK
118	1081	MRS. RASILA SURESHBHAI PATEL	155	1366	MRS. VIPULA PIYUSH PATNAIK
119	1082	DR. DEEPA KRISHNAKANT BHATT	156	1369	DR. SUNIL SHRIKUMAR THANVI
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143	1277	DR. AJAY INDRAVADAN SHAH	180	1526	MRS. DHARINI CHANDRESH CHAUHAN

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Dr. Pragnesh M. Vachharajani Hon. Secretary

MONTHLY NEWS BULLETIN 数

With the welcome of foggy mornings and chilly evenings, we get relief from the hot climate of Ahmedabad. Winter is about to set and it's the time to rejoice! It's the season of endless cups of "ginger tea" and strong coffee. However, for many, the winter season brings a lot of diseases especially related to respiratory tract infection.

#### VIRAL RESPIRATORY TRACT INFECTIONS OTHER THAN COVID 19 IN WINTER

During winters, the body heat usually experiences a drop as the environment cools. At the same time, the body is adjusting to the new climate. Three theories have been put forward to explain viral seasonality. 1: The effect of climatic conditions on host resistance to infection 2: The effect of meteorological factors (e.g. temperature, humidity) on virus survival and hence on infection rates. 3: The effect of behavioural changes on transmission (e.g. spending more time indoors in close proximity to others or aggregation of susceptible children at schools during the colder months).

Upper respiratory tract infection (URTI) is never been in high priority list even though it can cause sleepless nights, school absences and missed work, which can lead to economic loss to family. Each year hundreds of millions of people are affected with respiratory tract infections.

Acute respiratory infections (ARIs) are caused by variety of pathogens worldwide and it vary geographically. The viruses causing ARI belong to several families. Human Rhinoviruses (HRV) are responsible for around 30% to 70% of all respiratory infections. Since there are >100 different rhinovirus types, reinfections are very common. Coronavirus is the second most common cause of URTI, causing 7% to 18% of cases. Other viruses like influenza viruses (Type A, B and C), respiratory syncytial viruses (RSV) types A and B, human parainfluenza viruses (HPIV) types 1-4, adenoviruses, human metapneumovirus (HMPV) also cause URTI.

#### Clinical features

Upper respiratory tract infections (URTIs) include the common cold, laryngitis, pharyngitis/tonsillitis, acute rhinitis, acute rhinosinusitis and acute otitis media. Lower respiratory tract infections (LRTIs) include acute bronchitis, bronchiolitis, pneumonia and tracheitis. Respiratory viruses infect any person from infant to old age. It can cause spectrum of diseases from simple URTI like common cold to severe pneumonia and its complications. Most of viruses causing respiratory tract infections present with similar symptoms and signs and difficult to differentiate clinically.

Most cases of respiratory viral infections are asymptomatic or relatively mild, causing minor illness. Serious illness can develop, especially among certain high-risk groups, leading to hospitalization, worsening of chronic conditions, and even death.

Adults suffer from a common cold two to five times a year, and children can have 7–10 episodes annually. The common cold is typically a mild upper respiratory tract infection (URTI). Infection of the nasal, nasopharyngeal, and oropharyngeal mucosa causes a runny nose, coughing, sneezing, and sore throat. Barking cough occurs when there is tracheobronchitis or croup. Bronchitis refers to inflammation of the bronchi and presents with a cough; bronchiolitis, involving the smaller distal airways, is characteristic of RSV infection in young infants and presents with wheezing. URTI are mostly self-limiting but can progress to lower respiratory tract infections (LRTI) particularly in high risk patients. Pneumonia occurs when infection and inflammation involve the alveoli and lung parenchyma and is associated with a cough and shortness of breath

Rhinovirus, adenovirus, and human coronavirus infections are usually limited to the upper respiratory tract. Parainfluenza viruses cause croup, RSV causes bronchiolitis and influenza, Severe Acute Respiratory Syndrome virus (SARS), Middle East Respiratory Syndrome virus (MERS), and Severe Acute Respiratory Syndrome Corona Virus 2 (SARS-CoV-2) can cause pneumonia.

Rhino virus infection is manifested by nasal stuffiness and throat irritation, usually accompanied by low-grade fever, anorexia and myalgia. Sneezing is accompanied by a watery nasal discharge, which after one to three days becomes mucopurulent and can persist for up to ten days in over a third of patients. Rhinovirus infection causes concomitant inflammation of the paranasal sinuses.

Influenza viru infection - Fever is the most common symptom and is higher and of longer duration than in rhinovirus infection. Rhinorrhoea occurs commonly. The classic symptoms are sudden onset of fever, with or without chills, headache, malaise, and cough. The patient may complain of myalgia disproportionate to fever. The upper respiratory symptoms usually have a later onset and include conjunctivitis and gastrointestinal symptoms. Influenza can lead to serious sequelae such as pneumonia, encephalopathy or encephalitis, myocarditis, and secondary bacterial infections.

Respiratory syncitial virus - symptoms are runny nose, decreased appetite, cough, sneezing, fever and wheezing. These symptoms usually appear in stages and not all at a once. It can cause bronchiolitis and pneumonia apart from URTI, which can be presented with fever, severe cough, wheezing. Infants are most severely affected.

Parainfluenza viruse – symptoms of URTI may include fever, running nose and cough. Once lower respiratory tract is involved, it can cause croup, bronchitis, bronchiolitis or pneumonia. In croup, typically

the child exhibits a croupy cough, inspiratory stridor, hoarse voice and respiratory difficulty on inspiration.

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Adenovirus – it can cause common cold or flu like symptoms, fever, sore throat, conjuctivitis. It can also cause pneumonia and GI symptosm.

Human metapneumovirus – it can cause URTI and LRTI in people of all ages. Common symptoms are cough, fever, nasal congestion. It may progress to bronchitis or pneumonia and can cause shortness of breath.

#### Similarities and differnces between Covid 19 and flu

	COVID 19	FLU
Causative virus	SARS-CoV-2	Influenza
Severity	Asymptomatic to severe.	Mild to severe illness.
	More serious illness in high risk population	Severe illness with novel infulenza (e.g. H1N1) in high risk population
Symptoms	Change in or loss of taste and smell unique, though not found in all patients.	Similar symptoms. No alteration in taste or smell.
Incubation period	4.5 to 5.8 days	1-2 days
People at high risk	Older adults, immunocompromised condition, pregnant lady	Similar to Covid 19 Complications are higher in healthy children
Complications	Similar as in flu except thrombotic phenomenon	No thrombotic complications
Antiviral medications	Remdesivir, Favipiravir	oseltamivir, zanamavir, peramivir, baloxavir
Vaccine	Not available	Available

#### Treatment

A large number of patients suffering from common cold have strong desire for some specific antiviral agent for cure. Most upper respiratory tract infections (URIs) are self-diagnosed and self-treated at home with symptomatic treatment. Patients who present with URIs often benefit from reassurance, education, and instructions for home treatment. Symptom-based therapy represents the mainstay of URI treatment in immunocompetent adults, although antiviral therapy is appropriate in selected patients. Except influenza virus infections, there are hardly any antiviral agents having clinical activity for other respiratory viruses. Those patients who develop LRTI or complications require hospitalization.

- Dr. Vipul Shah, (ID)

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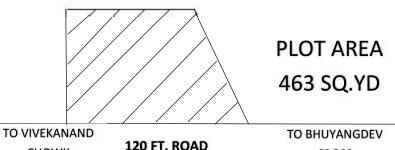
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