



Delhi Medical Association

NEWS BULLETIN

FORTNIGHTLY

Official organ of Delhi State Branch Indian Medical Association

44 Pages

President
Dr. Ashwani Goyal

Hony. State Secretary
Dr. G. S. Grewal

Hony. Finance Secretary
Dr. M. K. Singhal

Associate Editor
Dr. Arvind Narayan

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DELHI ACADEMY OF MEDICAL SCIENCES (P) LTD.

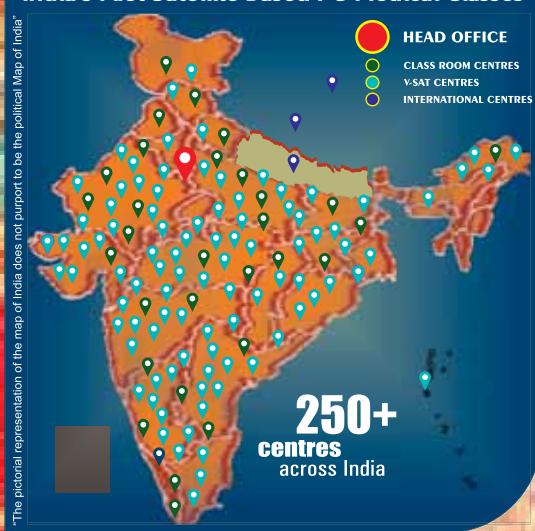
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"Achievements by DAMSONIANS in 2018-19"

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AIIMS NOV 2018	PGI NOV, 2018	PGI NOV, 2018	JIPMER Nov, 2018	DNB Mid Year 2018	NEET PG JAN, 2018	NEET PG JAN, 2019

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President's Pen...



Dear Friends,

It is my last communication to you as President Delhi Medical Association 2018-2019. It had been a matter of pride being in touch with all the esteemed membership of prestigious organisation-Delhi Medical Association and sharing the issues related to our profession and community and the outcome of our struggle against these problems. On this occasion I would like to congratulate the incoming President for the year 2019-20 Dr. Girish Tyagi under the able guidance of whom the incoming team shall be able to deliver the best and the coming year shall be a remarkable one.

I convey my heartiest thanks to my entire team especially my big brother Dr. G.S. Grewal who always had been encouraging and enthusiastic in not only conceiving all the programmes of DMA but also giving taking them to new horizon. My thanks goes to Dr. M.K. Singhal the dedicated & hard working finance secretary, Dr. B.B. Wadhwa, Dr. Rajesh Makashir, Dr. Sandeep Sharma, Dr. Prakash Lalchandani, Dr. Rajeev Gupta, Dr. A.S. Popli, Dr. Dinesh Negi, Dr. Arvind Narayan, Dr. Hans Raj Satija, Dr. H.K. Arora.

I am extremely thankful to the esteemed leadership and friends who always guided and stood beside me in all the activities of DMA and made the programme a great success. My sincere thanks to Dr. Prem Aggarwal, Dr. Harish Gupta, Dr. Rakesh Gupta, Dr. Arun Gupta, Dr. Girish Tyagi, Dr. Anil Bansal, Dr. Ashwani Dalmiya, Dr. Rajender Sharma, Dr. Ajay Bedi, Dr. Sunil Singhal, Dr. H.S. Kukreja, Dr. Mamta Thakur, Dr. Anil Sharma and innumerable other friends whose names I am missing for their guidance and cooperation throughout the year.

I am pleased to put forward the few memorable events of the year –

- ✓ Inauguration of Media Centre Held on 8th April, 2018 at Delhi Medical Association

- ✓ WHO Programme held on 8th April, 2018 at DMA Auditorium. Shri Anil Jain MP was Chief Guest on the occasion.
- ✓ Delhi Medical Association launched NO TO Clinical Establishment Act Mission, Clinical Establishment Task Force Meeting Held on 25th April, at DMA Auditorium.
- ✓ Workshop on Bio-Medical Waste Disposal Newer Laws/Options & Prevention of Hospital Infection Held on 5th May at DMA Auditorium.
- ✓ Delegation of Delhi Medical Association met Shri Satyender Jain Hon'ble Health Minister of Delhi ON 18TH May 2018. Reiterated our demand of empanelment of all DHS registered nursing homes having bed strength of 10 and above.
- ✓ Delhi State Women Conference & Convention on Menstrual Hygiene Theme: (WOMEN HEALTH & WOMANHOOD) organized on 27th May, at DMA Auditorium.
- ✓ World Environment Day Programme organized on 6th June, 2018 at DMA. Dr. Harsh Vardhan, Hon'ble Minister for Environment, Science and Technology GOI was Chief Guest on the occasion.
- ✓ Celebration of Doctors Day on 1st July, at MAMC, New Delhi. Around 600 doctors attended the programme. Shri J. P. Nadda Hon'ble Health Minister GOI graced the occasion as Chief Guest. Dr. Mahesh Sharma Hon'ble Minister for State for Culture was Guest of Honour. Luminaries from Medical field were given awards by Delhi Medical Association.
- ✓ Speciality Con-2018 Held on 12th August, at

The Leela Ambience Convention Hotel. 860 Delegates attended the conference.

- ✓ DMA 104th Foundation Day Celebrations Certificate Course in Emergency Medicine and Award Presentation Ceremony held on 19th August, 2018 at DMA Auditorium.
- ✓ CME on “Pearls for Practice” Tuberculosis “Challenges and Opportunities” held on 1st September, 2018 at DMA Auditorium.
- ✓ National Seminar on Artificial Intelligence & Medicine held on 16th September, at DMA Auditorium.
- ✓ Delhi Medical Association Hasya Kavi Sammelan Held on 11th November, 2018 at DMA Auditorium, Shri Rajesh Chetan, Shri Anil Agrvanshi, Shri Rasik Gupta, Dr. T.S. Daral & Brijesh Trivedi were prominent poets.
- ✓ Delhi Medical Association partnered with 4th International Congress on Gerontology and Geriatric Medicine and Asia Pacific Geriatric Medicine Conference 15th & 16th November, 2018 at AIIMS New Delhi.
- ✓ Delhi Medical Association Panel Discussion on Assault on Doctors: Corrective Action and Preventive Action (CAPA) Held on 1st December, 2018 at DMA Auditorium.
- ✓ State Mid Term Conference Held on 23rd December, 2018 at Hotel Surya, New Delhi hosted by IMA South Delhi Branch and powered by Apollo Hospital
- ✓ 61st DMA Annual Conference – NACON 2019 held on Sunday, 24th March 2019 at Hotel Le-Meridien, New Delhi. Which had been a phenomenal success attended by around 800 delegates and applauded by one and all.

The hall mark of the year is the reduction in one time DPCC charges for Bio Medical Waste Management from Rs. 5000 to Rs. 2500. This is a big victory of DMA.

No NOC required for the nursing homes less than 15 mtr of height from the fire Dept. As discussed with DHS & Health Management Delhi.

I shall fail in my duty if I don't appreciate the hard work put in by all staff members of DMA. I would like to put on record my sincere thanks and praises for Ms. Satinder Kaur who has been a pillar of strength and support for me in my working all the year along with Mrs. Rashmi Bhatnagar and Mr. Tapas Roy. My sincere thanks to Mr. Ashok, Mr. Rajiv, Mr. Anand, Mr. Kedar, Mr. Rajinder, Mr. Madhu and other staff members also without whom all these activities would have not been possible.

Last but not the least I would like to thank my wife Dr. Neerja Goyal, who always stood behind me throughout the year.

I convey my deep hearted condolences on the sad demise of our members who left for their heavenly abode in this year.

Dr. C.B. Sharma
Dr. A. B. Ghosh
Dr. V. K. Shandilya

Dr. Rajiv Dhir
Dr. Anil Jain
Dr. Manjit (Bitti)
Kochhar

Dr. Gyan Singh Sachdeva Dr. R. K. Katharya Dr.
A. K. Navani Dr. (Mrs.) C.K. Kapoor

Dear friends I am indebted to the love and affection given to me by entire office bearers, executive members & membership throughout the year.

I humbly submit my apologies if I failed in my duty some time and I tender my whole hearted sincerely services in the future whenever asked for.

Long Live DMA



Dr. Ashwani Goyal
President, DMA

Mob.: 9811113647

E-mail: goyalak62@gmail.com

Secretary Pen...

W O W ! W O W !

I demit office on 31 March as State Secretary of the great institution, the DELHI MEDICAL ASSOCIATION! It is indeed a matter of proud privilege for me to have served the Association a second time as the State Secretary.



I would like to thank all the members of DMA for their cooperation and participation; it was their blessings that were my strength, my endeavor was to serve the interests all sections of the membership. My special thanks to the staff of DMA Office, specially Satinder, Tapas & Rashmi; they are phenomenal and supported the whole team headed by Dr. Ashwani Goyal throughout the year; my best wishes to them and their families.

My humble submission to all members to pardon me if I have disappointed them in any way, I assure you it was inadvertently and should be taken as a passing incident. I shall always be available to each of you for any issue, I shall to my best and work for the welfare and well being of the fraternity and society at large.

Wishing the Team 2019-20 headed by President Dr. Girish Tyagi

Your's Truly
Always Anywhere 365 X 24!

Dr. G.S. Grewal

E-mail : grewal247@yahoo.in Mob : 9811078010



Delhi Medical Association

(Delhi State Branch of IMA)



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OFFICE BEARERS OF DELHI MEDICAL ASSOCIATION 2018-2019

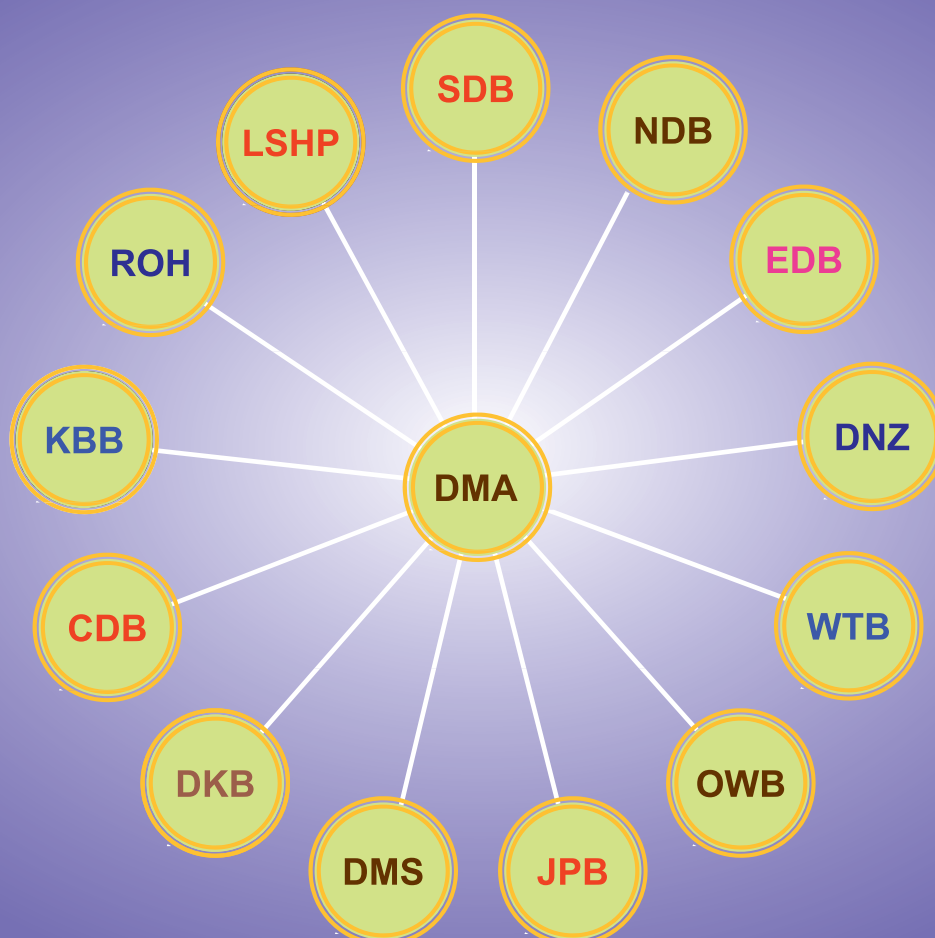


OBITUARY

DMA would like you to join in praying God for the departed souls of the following members whom we lost during the year 2018-2019.

▪ Dr. C.B. Sharma	▪ Dr. Manjit (Bitti) Kochhar
▪ Dr. Rajiv Dhir	▪ Dr. Gyan Singh Sachdeva
▪ Dr. A. B. Ghosh	▪ Dr. R. K. Katharya
▪ Dr. Anil Jain	▪ Dr. A. K. Navani
▪ Dr. V. K. Shandilya	▪ Dr. (Mrs.) C.K. Kapoor

DMA BRANCHES



DMA MEMBERSHIP STRENGTH – 14902

01.	Direct Members Branch	21
02.	Central Delhi Branch	679
03.	LHSP Branch	186
04.	New Delhi Branch	490
05.	South Delhi Branch	3046
06.	Delhi North Zone	2064
07.	Janakpuri Branch	634
08.	Westtown Branch	1542
09.	East Delhi Branch	3493
10.	Karol Bagh Branch	609
11.	Outer West Branch	444
12.	Rohini Branch	1227
13.	Dwarka Branch	467
Total		14902

**SEEKING BLESSING FROM ALMIGHTY FOR 2018-2019 (HAWAN)
HELD ON 1ST APRIL, 2018 AT DMA**



**INAUGURATION OF MEDIA CENTRE AT DMA
HELD ON 8TH APRIL, 2018**



**WHO PROGRAMME HELD ON 8TH APRIL, 2018 AT DMA
SHRI ANIL JAIN MP WAS CHIEF GUEST ON THE OCCASION.**



**WHO PROGRAMME HELD ON 8TH APRIL, 2018 AT DMA
SHRI ANIL JAIN MP WAS CHIEF GUEST ON THE OCCASION.**



**DELHI MEDICAL ASSOCIATION NO TO CEA 2010. GLIMPSES OF CLINICAL ESTABLISHMENT TASK FORCE MEETING
HELD ON 25TH APRIL, 2018 AT DMA**



DELHI MEDICAL ASSOCIATION

FREE PICK UP & DROP FACILITIES INTRODUCED FOR CONVEYANCE OF MEMBERS OF DELHI MEDICAL ASSOCIATION (PICKUP & DROP FACILITY FROM METRO STATION DELHI GATE & OPP. FROM 72, ANSARI ROAD) TO DMA HOUSE



WORKSHOP ON BIO-MEDICAL WASTE DISPOSAL NEWER LAWS/OPTIONS & PREVENTION OF HOSPITAL INFECTION HELD ON 5TH MAY, 2018 AT DMA



MEETING HON'BLE HEALTH MINISTER SHRI SATYENDER JAIN

Delegation of Delhi Medical Association met Shri Satyender Jain Hon'ble Health Minister of Delhi. Reiterated our demand of empanelment of all DHS registered nursing homes having bed strength of 10 and above. At Health Minister office held on 18th May, 2018.



MEETING OF DPCC

Delhi Medical Association representation with Dr. Ashwani Goyal, Dr. V. K. Goyal and Dr. Sandeep Sharma had meeting at Member Secy Environment office with Dr. Ravinder Agarwal from DGHS, Dr. Pankaj from DPCC. DPCC agreed to consider DMA's Demand to reduce Registration Charges for single doctor clinics from Rs 5000 to Rs 2500.

Biotic Waste Management Agency which was charging more than notified amount from single doctor clinics was also reprimanded and now shall be charging only Rs 6000 per annum.



WORKSHOP ON BIO-MEDICAL WASTE DISPOSAL NEWER LAWS/OPTIONS & PREVENTION OF HOSPITAL INFECTION HELD ON 5TH MAY, 2018 AT DMA



Delhi State Women Doctors Conference & Convention on Menstrual Hygiene

THEM : WOMEN HEALTH & WOMANHOOD HELD ON 27TH MAY, 2018 AT DMA.



WORLD ENVIRONMENT DAY PROGRAMME

HELD ON 6TH JUNE, 2018 AT DMA



CELEBRATION OF DOCTORS DAY ON 1ST JULY, AT MAMC, NEW DELHI. AROUND 600 DOCTORS ATTENDED THE PROGRAMME. SHRI J. P. NADDA HON'BLE HEALTH MINISTER GOI GRACED THE OCCASION AS CHIEF GUEST. DR. MAHESH SHARMA HON'BLE MINISTER FOR STATE FOR CULTURE WAS GUEST OF HONOUR. LUMINARIES FROM MEDICAL FIELD WERE GIVEN AWARDS BY DELHI MEDICAL ASSOCIATION.



Speciality Con-2018 Held on 12th August, at The Leela Ambience Convention Hotel. More than 900 Delegates attended the conference



**104th DMA FOUNDATION DAY ON TUESDAY,
14th AUGUST 2018 AT DMA HOUSE**



NURSING HOME FOR SALE

Nursing Home – Cum – Residence Building

FOR SALE IN DARYAGANJ

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DMA 104th Foundation Day Celebrations Certificate Course in Emergency Medicine and Award Presentation Ceremony held on 19th August, 2018 at DMA Auditorium.



CME on “Pearls for Practice” Tuberculosis “Challenges and Opportunities” held on 1st September, 2018 at DMA Auditorium.



CME ON “Pearls for Practice” Tuberculosis “Challenges and Opportunities” held on 8th September, 2018 at DMA Auditorium.



CME ON “Pearls for Practice” Tuberculosis “Challenges and Opportunities” held on 15th & 22nd September, 2018 at DMA Auditorium.



Glimpses of National Seminar on Artificial Intelligence & Medicine Held on 16th September, 2018 at DMA Auditorium



Deepawali Celebrations Held on 6th November, 2018 at DMA Auditorium.



Hasya Kavi Sammelan Held on 11th November, 2018 at DMA Auditorium.



A Historical Footing !

Founded : Lahore, 1921..... Reinstated : Delhi, 1954



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Nobility for Non Profits...

Department of Hematology

Overview

From a relatively small Hematology laboratory about 15 years ago, to a state-of-the-art Department of Hematology, with clinico-pathological correlation for better service, resident training and research activities, we indeed have come a long way. Our mission is to provide latest investigative facilities for the comprehensive diagnosis of hematologic diseases and the highest quality of clinical care for our patients with the most modern therapeutic tools. In addition, to impart training and mentor the next generation of academic Hematologists, through our Diplomate of National Board (DNB) programme, is a high priority. Department of Hematology in the Hospital started the DNB course in Hematology of the National Board of Examinations in 2008, the first such course in the country in the super-specialty of Hematology. It is equivalent to DM in Hematology.

The laboratory is widely known as a centre of excellence for providing diagnostic facilities for a wide spectrum of Haematologic disorders using cutting edge technology. It is recognized as a referral centre for second opinion on difficult and rare cases by hospitals and institutions nationwide. The Fortis Hospital, Vasant Kunj, New Delhi has signed an MOU with us since Sep 2015 for reporting of Bone marrows and Flowcytometry. Recently a MOU has also been signed with Dang Labs for all molecular assays.

Teaching and Research : The Department started the DNB Super-specialty training program in the discipline of Hematology in 2008. Till date, eight (8) candidates have successfully cleared the DNB Hematology finals and one (1) is due to appear for practical examination. The department actively participates in various national and international Hematology conferences and wins prizes for best papers and posters at nearly all events. The faculty has multiple research projects and one ICMR funded project was completed in 2016. The department has a large number of national and international publications.



Haematology Team

Sitting L to R : Dr. Kartik Purohit, Dr. Soma Pradhan, Dr. Sabina Langer, Dr. (Col.) Jyoti Kotwal, Dr. Amrita Saraf, Dr. Jasmita, Dr. Vandana Arya, Dr. Loveena Rastogi, Dr. Chetan Aggarwal

Standing L to R : Ms. Lissamma Samuel, Ms. Saramma Mathews, Ms. Annamma K. Johnson, Ms. Surjit Kaur, Ms. Sheela, Moncy, Ms. Bimla N. Lal, Ms. Seema Maydeo, Ms. Annamma Phillip, Ms. Ranjana Sahu, Ms. Bijee Manoj, Ms. Sonia Anand, Ms. Anita Sharma, Ms. Preeti Nagpal, Mr. Vijendra Kaushik, Mr. Arfin Khan, Mr. Piyush Negi, Ms. Kunjukunjamma Raju, Mr. Alok Kumar

Spectrum of services

- ▶ **CBC with 6-part differential, reticulocyte count with RET-He and IRF, Immature platelet fraction** using the Sysmex XN series of cell counters.
- ▶ **Coagulation and hemorrhagic disorders:** We are the only lab in Delhi offering all factor assays including factor VIII, IX, uncommon factors like factor XI, XII, VII, X, V. We also do a quantitative factor XIII assay and are a referral center for Bethesda assay. In addition to the routine, PT, APTT, TT, Fibrinogen and D-dimer test, we also do the PT and APTT mixing tests, anti-Xa assay for heparin and LMWH monitoring on the state of the art ACL TOP750 and TOP 700 equipments. We also offer the vWF antigen assay and vWF ristocetin cofactor activity for vWD workup.
- ▶ **Heparin induced thrombocytopenia:** Screening test and a confirmatory test using heparin induced platelet aggregation test are done to identify anti-HPF4 antibodies.
- ▶ **Platelet aggregometry:** We are a referral center for the platelet function disorder workup, vWF workup, monitoring of drug resistance to anti-platelet agents.
- ▶ **Thrombophilia:** A complete work up including Thrombophilia panel:- Mutations of Factor V (Leiden) mutation of prothrombin gene and MTHFR gene, Protein C, Protein S, AT, APCR, Lupus anticoagulant (with both DRVVT and SCT), Anticardiolipin antibody IgG, IgM; Anti $\beta 2$ glycoprotein IgG and IgM and Composite Thrombophilia Mutation Panel- For 9 genetic mutations – Factor V Leiden, Factor V R2, Prothrombin, MTHFR C677T, MTHFR A1298C, PAI-1 4G/5G, Factor XIII, EPCR Haplotype
- ▶ **Hemoglobin HPLC and Hemolytic disorders:** complete work up including HbHPLC on Biorad Variant II, acid and alkaline Hb electrophoresis (Helena system), Test for HbH Inclusion, Methemoglobin estimation, Sickling test, Heinz bodies, HbF cytochemistry, urine hemosiderin, G6PD screening, EMA dye binding test and osmotic fragility test for the diagnosis of Hereditary spherocytosis.
- ▶ **Flow cytometric immunophenotyping using BD FACS CANTO II (BD Biosciences) and FC500 Cytomics (Beckman Coulter) :** Leukemia and lymphoma immunophenotyping on peripheral blood, bone marrow, body fluids, MRD assays in B-ALL, T-ALL and myeloma, Myeloma flow cytometry, diagnostic adjunct to MDS, CD4 & CD8 counts, immunodeficiency panels including T, B and NK subsets, DHR assay for chronic granulomatous disease, LAD type I, PNH assay, HLA cross match, stem cell enumeration.
- ▶ **Molecular Hematology:** The molecular hematology service is expanding at an exponential rate with the acquisition of a sequencer in addition to the real time PCR and other equipments. The tests offered are: ALL Translocation Panel, AML PCR Panels including detection of RUNX1-RUNX1T1, PML-RARA, FLT3, NPM mutations, CBF-MYH11, Qualitative and quantitative BCR-ABL1 assays for CML monitoring on the IS scale, MPN reflex panels including JAK2V617F mutation, CALR mutation analysis and MPL mutation analysis, FIP1L1-PDGFR rearrangement and will be starting the chimerism testing for hematopoietic stem cell transplant patients in a short while.
- ▶ **Auto-immune markers:** ANA-3 profile, ds-DNA, c-ANCA, p-ANCA, Myositis Profile 3, anti-cardiolipin and anti- $\beta 2$ glycoprotein I IgG and IgM antibodies.
- ▶ **Myeloma workup:** We have started the comprehensive myeloma panel to optimize the cost of testing to suspected myeloma patients. This panel includes serum protein electrophoresis, immunofixation electrophoresis, serum free light chain assay (on SPA Plus), quantitative IgG, IgA and IgM and $\beta 2$ microglobulin levels. In addition, we do the 24 hour urinary electrophoresis and urinary immunofixation electrophoresis.
- ▶ **Clinical Pathology:** Urine RE is done on the Laura M analyser, Microscopic exam, Urine for Dysmorphic red cells, urine porphobilinogen assay, Hemosiderin in urine
- ▶ **Body fluids:** We accept samples for all body fluids and analyse these first on the Sysmex XN cell counter followed by a manual analysis.

Contact Us : Haematology Division

Telephone : + 91 11 42252105



Department of

Biochemistry

Overview

The Department of Biochemistry in Sir Ganga Ram Hospital had a humble beginning as a small section of a basic clinical pathology laboratory over 50 years ago. It has evolved into a full-fledged independent department, with the current laboratory premises having been inaugurated by our Previous President, Late Honourable APJ Abdul Kalam. The department functions 24x7 and boasts of some of the top of the range highly sophisticated fully automated analyzers and a wide range of test menu of routine and specialized tests. The laboratory is accredited by the NABL (ISO 15189:2012) since 2005 and has a highly experienced and accomplished faculty, headed by Dr. Seema Bhargava.

Spectrum of services

Routine tests for diabetes assessment, liver function, kidney function, extended lipid profile, cardiac enzymes, immunological parameters, pancreatic & intestinal function, metabolic profile (including TSH, insulin). fluids (like urine, CSF, pleural, peritoneal, synovial aspirate, etc.) can be analysed for glucose, protein, albumin, chloride, LDH, amylase, immunoglobulins, ACE, ADA, osmolality.

Special features :

- ▶ The Biochemistry Laboratory is the Referral Centre for Lead testing-Delhi region
- ▶ Participation in International External Quality Assurance Programs for all parameters tested in lab with excellent results.
- ▶ Bidirectional Interfacing of auto-analyzers which removes possibility of errors while testing.
- ▶ Hospital Information System (HIS) with inbuilt delta check facility which helps in two level monitoring and checking of preanalytical errors and also helps in release of patient results within a very short turn around time.
- ▶ Generation of specific 2D bar code numbers specific for each patient which decreases problems like mislabeling, missing labels from vial / vacutainer.
- ▶ Implementation of Pneumatic Tube system from Emergency and Wards for early delivery of samples to the laboratory

Specialized Tests:

- ▶ **Cardiac bio-markers** : hsTrop I, CKMB (mass), hs-CRP, NT Pro-BNP, Homocysteine
- ▶ **Inflammatory markers** : Procalcitonin, IL-6, Ferritin
- ▶ **Tumour markers** : CEA, PSA, Free-PSA, CA125, CA19-9, CA 15-3, HE4 (& ROMA score)
- ▶ **Anaemia markers and vitamins**: Folic acid, Vitamin B₁₂, Active B₁₂
- ▶ **Antibiotics** : Vancomycin and Amikacin.
- ▶ **Drugs** : Carbamazepine, Phenytoin, Digoxin, Theophylline, Methotrexate, Valproate
- ▶ **Hormones** : Cortisol, Anti Mullerian Hormone (AMH)
- ▶ **Immunosuppressant drug** : Tacrolimus, Everolimus
- ▶ **Allergy testing** : Phadiatop screening and specific allergens, Food Intolerance test
- ▶ **Miscellaneous** : Glycated Hb, Lead, Zinc, Magnesium, β_2 Microglobulin, Ammonia, Lactate, Pre-albumin, Fructosamine, ACE, ADA, DHEAS, stone analysis, Vanillyl Mandelic Acid (VMA) in urine

Teaching and Research

The department is involved in PhD and DNB programs, and training for MSc/BSc/MLT students, the faculty being supervisors/co-supervisors of PhD/DNB theses. The faculty have ICMR and DBT-sanctioned projects which have culminated into publications in indexed journals as well as translational outcomes for the benefit of patients. The faculty are also invited as speakers to National and International Conferences. Clinically oriented CMEs are organized regularly by the department and a newsletter is published and released in the annual CME. Faculty of the department are advisors/chairpersons / committee members for various international and institutional bodies and Government organizations, e.g. DBT, QCI, IFCC etc. In addition, the faculty are trained assessors for NABL and NABH.

Message from the Chairman



Dr D S Rana
Chairman
Board of Management

Biochemistry Lab is operational round the clock and equipped with highly sophisticated automated analyzers and offers a wide range of test menu of routine and highly specialized tests. It is managed by eminent and competent consultants and highly skilled staff.

Hematology Lab provides investigative facilities for comprehensive diagnosis of wide spectrum of hematologic disorders in conjunction with clinical input. The labs are considered as a referral centre for routine, difficult and rare cases.

The laboratories are among the Centres of Excellence at Sir Ganga Ram Hospital.



Biochemistry Team

Sitting L to R : Ms. Rachel Kuriakose, Dr. Ashima Sinha, Dr. Manushri Sharma, Dr. Mamta Kankara, Dr. Seema Bhargava, Dr. Anjali Manocha, Dr. Parul Singla, Ms. Jyoti Punjabi, Mr. Vinod Kumar

Standing L to R : Mr. Udhava Nand, Ms. Jancy Gergon, Ms. Jessy Shaji, Ms. Molly Mathew, Mr. Sushil Dwivedi, Mr. Bhaskar Joshi, Ms. Vandana Sinha, Ms. Brij Kishori Bhat, Ms. Seema Ahluwalia, Ms. Anna Sultan, Ms. Ridhima Sharma, Ms. Preet Mehra, Mr. Hari Kishan, Mr. Harpal Singh

Contact Us : Biochemistry Division

Telephone : + 91 11 42252121, 42252124



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24 Hour Helpline : 25750000, 42254000, Fax: +91-11-25861002,
E-mail: gangaram@sgrh.com Visit us at www.sgrh.com

Hasya Kavi Sammelan Held on 11th November, 2018 at DMA Auditorium.



Delhi Medical Association is Partnering with 4th International Congress on Gerontology and Geriatric Medicine and Asia Pacific Geriatric Medicine Conference-2018 held on 15th & 16th November, 2018 at All India Institute of Medical Sciences, New Delhi



Fellowship & Award Function of DMA Members Held on 17th November, 2018 at DMA Auditorium



Delhi Medical Association Panel Discussion on Assault on Doctors: Corrective Action and Preventive Action (CAPA) Held on 1st December, 2018 at DMA Auditorium.



**Delhi Medical Association Panel Discussion on Assault on Doctors:
Corrective Action and Preventive Action (CAPA)
Held on 1st December, 2018 at DMA Auditorium.**



**State Mid Term Conference
Held on 23rd December, 2018 at Hotel Surya, New Delhi**



State Mid Term Conference Held on 23rd December, 2018 at Hotel Surya, New Delhi



Glimpses of Health Checkup Camp organized by Delhi Medical Association at 5, Windsor Place on 1st March, 2019 for the Indian Women's Press Conference , the largest Women Journalist organization of its kind in the country.



Glimpses of 61st Annual Delhi State Medical Conference NACON 2019 held on Sunday, 24th March, 2019, Hotel Le-Meridien, New Delhi















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INTERVENTIONAL RADIOLOGY AND INTERVENTIONAL ONCOLOGY THE FOURTH PILLAR OF CANCER CARE



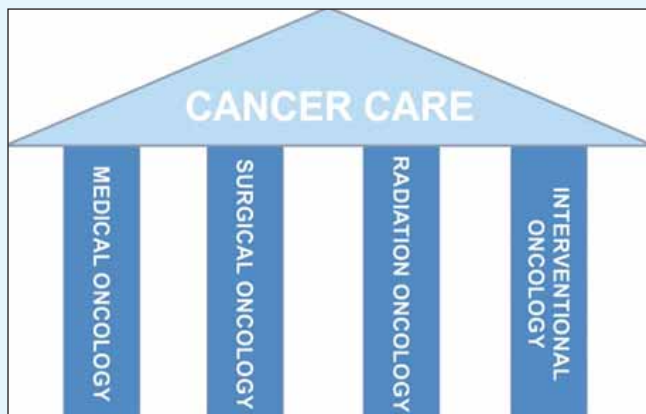
Interventional Radiology (IR) is a specialty where trained radiologists perform minimally-invasive procedures in various organs of the body, using small devices such as needles, catheters & wires. Their training in imaging techniques like ultrasound, CT, MRI, angiography etc. helps them to use these modalities to guide them to perform these procedures accurately and with high precision. In fact they were the first ones to ever perform an angiography on a patient's heart!

Interventional oncology (IO) is a type of cancer care performed by interventional radiologists. With advancements in various equipments & techniques, it has established itself as an essential fourth pillar of Oncology care in the Western world and is rapidly gaining popularity in India. Most of the Interventional Radiology procedures do not require any incision, general anesthesia, or overnight admission. Therefore they are quick, cost-effective and with very few complications.

IRs can help cancer patients all along during their journey with the disease. Starting right from the beginning with providing a tissue for diagnosis, or treating tumors [like radiofrequency ablation (RFA) / microwave ablation (MWA)]; managing complications like bleeding or pus formation; blocking blood supply of tumors with or without medicines (embolization / TACE / TARE) or providing palliative care in the form of pain relief, and end of life care.

Besides cancer care; many conditions like fibroids, varicocele, infertility, varicose veins, jaundice, dialysis access, leg ulcers, bleeding from various sites (coughing / vomiting of blood, blood in stools) etc. can be exclusively managed by IRs without much toxic side effects and mostly as daycare procedures.

To summarize; IRs & IOs provide individualized patient care with quality of life preserving, minimally invasive therapies integrated into comprehensive patient care along with other disciplines.



Dr. Abhishek Bansal

Consultant, Interventional Radiology
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Arthroscopy & Sports Related Injuries: Where we stand



Dr Amit Kumar Srivastava
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With evolution of techniques and skill in most of the subspecialty of orthopaedics, arthroscopy and sports injury has also evolved to great extent. In earlier days young people with recurrent dislocation of shoulder had to undergo complex and open surgical procedures were performed and morbidity was immense with not very great outcomes. Now a days with arthroscopic (key hole) surgeries these patients are recovering much faster and in more definitive manner. Sports person are able to go back to resume athletic activity after a year or so after successful arthroscopic procedure.

If we look back to our geriatric population, most of the people suffering from painful restriction of shoulder were mostly treated for frozen shoulder by general orthopaedicians but numerous possibilities are there for such restriction of movement and degenerative rotator cuff tear is one of the most important underlying cause and if we pick it up at right time with the arthroscopic repair of such tear one can save the patient from a very dreaded complication called rotator cuff arthropathy where whole of the shoulder joint is destroyed over a period of time if rotator cuff tear left untreated.

By doing arthroscopic cuff tear we stitch back the two ends of the tissue by making 4-5 cuts of 5 mm each and there is no blood loss, less morbidity and patient is discharged after 48 hours of surgery.

Another common condition that usually happens in young adults is anterior cruciate ligament (ACL) tear of the knee with or without meniscus tear that most of the time left untreated if not diagnosed early. In my personal experience patients waited for 6-7 years before I made them to understand the significance of ACL in normal knee kinematics and damage cost to them because of torn ligament.

Now these procedures are day care, grafts are taken from autologous hamstrings and fixation devices has improved quality and mechanics. In sharp contrast to earlier done ACL reconstruction that used to be a morbid thing with long incision, harvesting of bone patella tendon graft and primitive fixation devices with long rehabilitation and stiff knees recent Arthroscopic ACL reconstruction is quick, key hole incision surgery with quicker rehabilitation and patients are returning back to their preinjury activity level much sooner and in a much more definitive manner.

At last cartilage regeneration and autologous cartilage transplant is a boon in younger athletes with limited chondral (cartilage) defect and it's very much possible to do the procedure arthroscopically.



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Dr. Kunwarjit Singh Duggal, M.D. is a Board Certified Physical Medicine and Rehabilitation Specialist (Physiatrist). He earned 2 undergraduate degrees in Economics and Finance, with a minor in Chemistry at the University of Illinois at Urbana/Champaign and obtained his medical degree at Rush Medical College in Chicago, IL. Upon graduation from medical school Dr. Duggal went on to complete a 1-year medical internship and 3-year residency-training program in the field of Physical Medicine and Rehabilitation at Rush University Medical Center in Chicago, IL. Dr. Duggal is an Assistant Professor in the Department of Physical Medicine and Rehabilitation at Rush University Medical Center where he lectures on several topics and teaches resident physicians. Dr. Duggal specializes in Pain management, Non-surgical orthopedics, Stroke Rehab, Traumatic Brain Injury Rehab, Spine pain, Balance/gait problems, Musculoskeletal Medicine, Electro diagnostic Medicine and treatment of the elderly. He lectures extensively on the health benefits of lifestyle modifications including meditation, plant-based diets and therapeutic exercise.



We are living significantly longer lives as a whole due to great technological and medical advancements. However, this is a double-edged sword. On one hand, we are outliving in years our forefathers and are able to better fight off disease and infection. On the other hand, since we are living longer we are suffering from a larger overall number of physical and psychological ailments as our bodies start to deteriorate due to the aging process. Because of this we live in a day and age in which illness and disease is becoming more and more prevalent. As a people, we need to continue to stay ahead of the curve and learn to prevent and fight off illness and debilitating disease to ensure that we continue to thrive as a species. The key to this is making healthy life choices.

Modern society has evolved significantly from the past, and this has caused a significant increase in ailments caused by our lifestyle. We are under too much stress. We do not get enough sleep. We eat more than we should. We do not move enough. We have lost our purpose or sense of belonging. This has caused turmoil within each of our physical bodies, and that turmoil has in turn caused disease.

When we are stressed out our body responds by producing too much cortisol, which is known as the stress hormone. This hormone is very useful to us in states of flight or fight,

instances in which our body must be able to avoid threatening situations that may jeopardize our lives. When this hormone level is increased around the clock, it puts our body in a constant state of anxiety and fear. This wreaks havoc on our psych and body and leads to many mood disorders. Depression and anxiety have become so commonplace in society due to this, and people with these ailments are seeking more and more medical attention. As physicians, we are very quick to turn to allopathic treatments to help manage these imbalances. I use the word manage intentionally because our pharmacologic treatments are not intended to eradicate the root cause of these issues but rather to help control the imbalance. This has led to an exponential growth in the quantities of anti-depressants and anti-anxiety medications being prescribed, all of which alter neurotransmitter levels and thus come with a wide range of unwanted side effects. All the while, these medications are often numbing us to the human experience of emotion and leaving our patients unhappy in their existence.

We also suffer from diseases of abundance. In simple words, we eat too much. We also eat the wrong things. Advancements in food processing and preservation have made animal-based proteins part of every single meal for much of the human race. Animals are being raised in factory

farming conditions with poor nutrition and overcrowded living environments only to be slaughtered for human consumption. This ends up with a fast-food restaurant on every corner, often open late or 24 hours a day. Meat and dairy consumption is increasing. Animal products are being ingested in record volume. Our portion size has grown out of control with our body's calorie requirements. Poor dietary choices are leading to increased incidence of hypertension, dyslipidemia, diabetes, strokes, heart attacks, obesity, cancer and reproductive complications. All of this contributes to millions of premature deaths each and every year. Our food is literally killing us.

I am here to tell you that there is hope. We can not only treat but also prevent these ailments from ever being a part of our lives. The human body is such a magnificent creation that has the means to heal itself when given the proper environment. We as physicians need to start helping our patients prosper from those proper environments. It is our duty to properly inform and educate our society on the healthy lifestyle choices that will serve as their medication and treatments.

With recent advancements in research, we now have the evidence that meditation is the greatest tool we have to combat stress. More and more studies are confirming that meditation decreases stress and cortisol levels, decreases levels of depression and anxiety, helps those afflicted with ADHD (attention-deficit-hyperactivity disorder), decreases pain, improves focus and memory, enhances neurogenesis, decreases neurodegeneration and the resulting dementia, and improves mood disorders. These benefits of meditation have additive effects as well as long-term carry-over. They result in a lesser "need" for patients with these diseases to be on regular medications. Meditation is well proven to improve the quality of life in both afflicted and healthy people. Regular daily meditation gives people a sense of connectedness with both the physical and spiritual worlds. Advancements in meditation research have shown clear results that meditation leads to both subjective and objective improvements in health

and wellness. This is the tool that we have been waiting for; all we need to do is use it. Physicians across the world are increasing efforts to teach their patients and the larger population meditation techniques that are allowing them to improve their lives and decrease the amount of medications they are taking.

Much has been studied and proven regarding the topic of diet and its effects on the body. The research has been overwhelming and clear: a plant-based diet is by far the healthiest and most natural diet for us. It has been shown to reverse the damage done by cardiovascular disease and add years of longevity to our lives. Cardiovascular disease is a simple plumbing issue. It is an issue of cholesterol plaques (from animal-based proteins) depositing on the inside of our blood vessels (or pipes). We call this by many fancy names: hypertension or high blood pressure, dyslipidemia (elevated cholesterol), coronary artery disease (blockages in the heart), peripheral artery disease (blockages in the peripheral vessels of the extremities), cerebrovascular disease (blockages in the brain). These are all in fact the same disease, and that disease is overindulgence in animal-based proteins. A diet based in plant-proteins reverses the damage caused by animal products. It also prevents plaque build-up and thus cardiovascular disease. Plant-based diets help treat and prevent diabetes and many types of cancer. By simply eating a diet that is intended for our species as easily noted based on the anatomy of our digestive tracts, we have the ability to prevent and treat a majority of the diseases that are killing us prematurely. A vegan diet is the healthiest way we can eat to ensure our body works at the highest level of efficiency.

The two greatest lifestyle choices we can make for the betterment of our health are simple: a regular meditation schedule and eating a plant-based diet. The research is overwhelmingly clear. We must do our duty as physicians to educate our society and patients on this matter so that they may reap the benefits of these two interventions. We have the power to make a change that can help better our world and all of humanity. Now lets do it!



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