



Karnataka State Chapter of Association of Surgeons of India

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Official news letter of Karnataka State Chapter of Association of Surgeons of India Issue: 3/17: July 2017

SHASTHRA

Office Bearers KSCASI



Chairman

Dr Durganna T
Bengaluru



Secretary

Dr Narayan Hebsur
Hubballi



Treasurer

Dr MB Patil
Vijayapura

Chairman Elect:

Dr Dayanand Nooli

National EC Members:

Dr Ashok S Godhi

Dr Aravinda Patel

Dr Siddesh G

Dr SS Soppimath



Editor, Shasthra
Dr Ramakrishna HK
Bhadravathi

EC Members:

Dr Chandrashekar S

Dr Naaz Jahan Shaikh

Dr Jaspal Singh Tehalia

Dr K Seshagiri Rao

Dr K Byakodi

Dr Mohammed Shafiuddin

Dr Karaveeraprabhu Kyalakond

Dr Basavaraja GN

Dr BN Patil

Co-opted Member:

Dr Ramakrishna HK

Ex officio:

Dr Rajan CS

Dr Shivaram HV



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From Editor's pen

Dear friends,

Last couple of months saw lot of news on KPME act amendments. We are all afraid that the new law will be detrimental to medical practice and small to medium set ups. The medical bundh and Bengaluru Chalo called by IMA, KPMEA and various other medical organizations have been hugely successful.

KPME Association members along with other organization leaders met DGP of Karnataka to form a SOP (Standard Operating Procedure) to be followed by station in charge in case of mob attack in any medical establishment. Doctor cannot be arrested. Although this law existed, many police officers attempted to arrest the doctors. Doctor himself or thru' association can contact DGP if the station in charge does not follow SOP.

It is sad to note that response to KSCASImidCON 2017 has been poor once again. It had to be cancelled due to poor response form PGs and members.

Lot of branch activities show the enthusiasm of the branches. Please send a report on word format with a few photos to publish in Shashtra and also on website.

Also, I request members to register in large numbers for KSCASICON 2018, Hassan. Organizers have been working hard to give us a wonderful academic feast along with a good Malnad hospitality. Shortly online registration and paper submission will be enabled.

I request and invite the members to send some articles for Shashtra.

I am happy to inform that 4 of our members got international honors. Dr Shivaram aHV, our dynamic past secretary, got FACS. Dr AS Godhi, Dr Ramakrishna HK and Dr Hariprasad got FRCS, Glasgow. I congratulate them all both individually and on behalf of KSCASI.



Dr Ramakrishna HK

MS, DNB, FMAS, FRCS (Glasgow)



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Secretary's Message

Dear Members,

Hearty Congratulations to our members for being conferred the Esteemed honours -Living Legends to Senior Surgeons Dr.CMadaiah & Dr Kamala by Bangalore surgical Society.

FACS to Dr Shivram, FRCS to Prof . Dr.A.S.Godhi , Dr.Ramakrishna & Dr Hariprasad, Nadaprrphu Kempegouda Award 2017 to Dr.Arvind.Gubbi. We are really proud to have such Honorable members amongst us.

We had to call off KSCASI MIDCON due to unavoidable circumstances. KSCASICON will be held on 2nd,3rd,4th Feb,2018. Please block your dates & get ready to attend the Annual Surgical Feast. The organising team is all geared up & I request all the members to come forward & register.

Dr Narayan Hebsur

MS

Gen & Laparoscopic Surgeon

Narayan,Hebsur Hospital,

Deshpande Nagar,

Hubli-580029

9845254814



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ASI Announcement

The Regional Refresher Course for the states of Tamil Nadu & Pondicherry, Karnataka, Kerala & Goa will be conducted at the Auditorium – ASI Headquarters at Chennai on 21st - 23rd July 2017. For details check <http://thewebcreatives.com/beta/asiindia/ASI-Regional-Refresher-Course-2017->

Gleneagles Global Hospitals
A PARKWAY PANTAI ENTERPRISE
KENGERT | VIJAYANAGAR | RICHMOND ROAD | RAMANAGARA

GLOBAL INSTITUTE OF GASTROSCIENCES
presents

GI masterclass
SERIES - 4

**DIFFICULT DECISION MAKING IN
GI PRACTICE**

13 Aug 2017 | Radisson Blu Atria
Palace Rd, Bengaluru

Organising Chairman: **Dr K Ravindranath**
Chairman, Global Hospitals

Organising Secretary: **Dr Manish Joshi**
Sr Consultant & Head,
Department of Surgical Gastroenterology
MIS & Bariatric Surgery

For Registrations: 9740512480 / 7090592929
gimasterclass@gmail.com

SECOND ANNOUNCEMENT

Registration - ₹ 3000/-
Early bird (for first 100 only) - ₹ 1500/-

Bank: HDFC Bank
A/c Name: Ravindranath Ge Medical Associates Pvt Ltd
A/c No.: 10392090000013 | IFSC Code: HDFC0001039
Branch: Rajarajeshwarinagar Branch | MICR Code: 560240031.

Guidelines for Treatment

Ministry of Health and Family Welfare, Govt. of India has issued standard treatment guidelines for medical conditions in its website.

<http://clinicaestablishments.nic.in/cms/Home.aspx>

For general surgery category, follow this link

<http://clinicaestablishments.nic.in/WriteReadData/603.pdf>



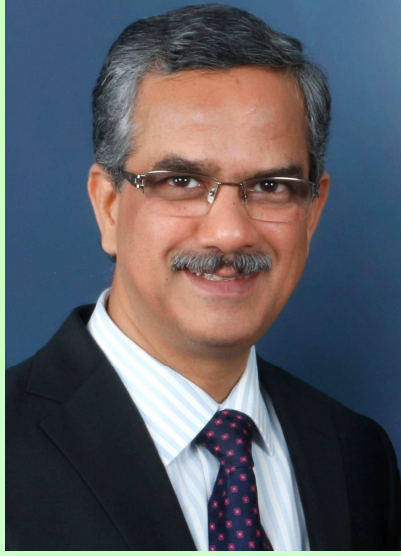
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CONGRATULATIONS

Dr H V Shivaram, our past Secretary has been conferred with FACS by the American College of Surgeons, considering his academic and professional accomplishments. He will receive the same at San Diego, USA on 22 October 2017 during the Convocation Ceremony. KSCASI heartily congratulates him and wish him many more awards and accolades! !



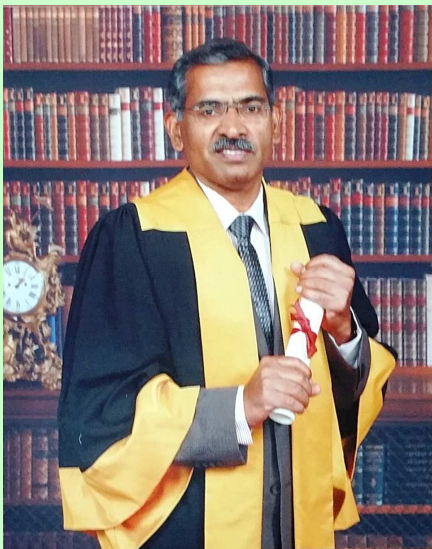
CONGRATULATIONS

Dr AS Godhi has been conferred FRCS (Glasgow)



CONGRATULATIONS

Dr Ramakrishna HK has been conferred FRCS (Glasgow)



CONGRATULATIONS

Dr Hariprasad has been conferred FRCS (Glasgow)





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CS Tips' for a Healthy Mind

Mental decline is common, and it's one of the most feared consequences of aging. But this cognitive impairment is not inevitable. Here are 10 'CS Tips' you can use to help reduce your risk of age-related memory loss. (Note, some of the 'CS Tips' are an overlap with those recommended for a 'Healthy Heart' in the previous edition of the Shasthra News letter)

Cerebral Stimulation, which implies regular mental exercise and activity. These activities help retain old neuronal connections, besides building up newer connections, thus adding a functional reserve against age induced neuronal loss. Simple word puzzles (like crosswords), and use of learnt maths skills like addition, subtraction, multiplication and division (WITHOUT the use of a Calculator!), retain a lot of brain activity.

Concentrate and **Solve** small tasks, that require manual dexterity and mental effort, like drawing, painting or any other hobby of craft.

Create Stamina, in that one should get regular physical exercise. A daily walk, at one's pace of comfort is most useful, along with an active gentle stretch of all muscle groups, is advocated. This exercise will increase the number of tiny blood vessels that bring oxygen-rich blood to the region of the brain that is responsible for thought.

Correct Selection of food intake, ensuring adequate calorie intake (NOT excessive...!), of right foods, and also with enough of the Vitamin B components of B6 (Pyridoxine), B9 (Folic Acid) and B12 (Cyanocobalamin). The green leafy vegetables are a good source of these.

Control Sugar and **Salt** intake, so that one does not have issues with uncontrolled Diabetes or Blood Pressure, both of which are not good for mental health.

Cease Spirits (Alcohol) abuse. Controlled intake of alcohol is a social stimulant, but excesses MUST be avoided. Needless to add, **Smoking** is also detrimental to mental health, and should be stopped.

Combat Stress. People, who are anxious, depressed, or exhausted, tend to score poorly on mental function tests. Learn to walk away from stressful situations. Plan, prepare and do work systematically, so that stress factors are reduced.

Companions and **Soul mates** are very important. One should always be in a circle of likeminded friends and relatives, who offer companionship and cheer. *Solitude in the senior years is by far the easiest way to endanger mental function.* Make sure you attend as many KSCASI/ASI/IMA activities as possible!! Professional friends are life long, and they are the ones who pick up changes in one's persona and abilities, and will be most helpful to help sort or correct the same for you.

Cash Sufficiency. Plan one's life and resources, so that economic self-reliance in the senior years is ensured.

Comfortable Sleep. Sleep deprivation over time leads to early brain fatigue and poor mental health. Anything less than 8 hours a day is unhealthy.

With best wishes for healthy minds for all,

Dr C S Rajan

Immediate Past Chairman, KSCASI



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Branch Activities Vijayapura

As a part of academic activity, A “CME” on Recent Trends in GI Practice was arranged, in association with Al Ameen Medical college, Vijayapur on 18/3/2017. The following topics were presented and discussed. Dr.B.S.Patil Director, Al-Ameen Medical college Vijayapur, Dr.Saleem, Dean Al-Ameen medical college, Vijayapur, Dr.Sajid Mudhol Prof.&.HOD, Surgery Al-Ameen Medical college Vijayapur, Dr.Aravind.V.Patil Professor of Surgery, BLDEUs Shri.B.M.Patil Medical college, Vijayapur & Observer KMC, Inaugurated the function.. More than 250 Delegates including faculty, Postgraduates & Undergraduates attended & got benefited by CME

SCIENTIFIC PROGRAM

	Time	Topic	Faculty
	8:30-9:30 am	Registration & Breakfast	
SESSION-I	9:30-10:15 am	Upper GI bleed-Evaluation & Management with interesting videos (30 min) Q&A (15 min)	Dr.Sujeet Jahagirdar
	10:15-11 am	Advanced Laproscopic procedures with interesting videos (30 min) Q&A (15 min)	Dr.Manish Joshi
	11-11:30am	INAUGURAL FUNCTION WITH TEA	
SESSION-II	11:30am-12:15pm	Obstructive jaundice: Role of ERCP & EUS with interesting videos (30 min) Q&A (15 min)	Dr.Ravindra.B.S.
	12:15pm-1pm	Recent trends in Management of Chronic Pancreatitis (30 min) Q&A (15 min)	Dr.Prasad Sasnur
	1-2pm	LUNCH BREAK	
SESSION-III	2-2:45pm	Newer trends in Bariatric surgery with interesting videos (30 min) Q&A (15 min)	Dr.Manish Joshi
	2:45-3:15pm	Anastomotic leak, with interesting videos (30 min) Q&A (15 min)	Dr.Vijay Shivpuje
SESSION-IV	3:15-4pm	Hepatitis-Simple pointers with interesting videos (30 min) Q&A (15 min)	Dr.Ravindra.B.S.
	4-4:45pm	HCC: Liver- to Resect/Transplant/TACE/TARE with interesting videos (30 min) Q&A (15 min)	Dr.Suresh Raghavaiah
SESSION-V	4:45-5:45pm	SYMPOSIA Step-up Approach in Management of Severe Acute Pancreatitis	Moderator -Dr.Manish Joshi Panelists Dr.Ravindra.B.S. Dr.Sujeet Jahagirdar Dr.Vijay Shivpuje Dr.Prasad Sasnur Dr. Suresh Raghavaiah Dr. Sajid Ahmed Mudhol
	5:45-6pm	VOTE OF THANKS & HIGH TEA	

Invited Faculty

- Dr. Manish Joshi** Consultant Gastroenterologist, Advanced Laproscopic & Bariatric surgeon BGS Global Hospital, Bengaluru
- Dr. Ravindra.B.S.** Chief Gastroenterologist & Advanced Therapeutic Endoscopist & Hepatologist BGS Global Hospital, Bengaluru
- Dr. Sujeet Jahagirdar** Consultant Gastroenterologist & Hepatologist, Solapur
- Dr. Prasad Sasnur** Consultant Surgical Gastroenterologist, Vijayapur.
- Dr. Suresh Raghavaiah** Consultant Liver transplant surgeon BGS Global hospital, Bengaluru
- Dr. Vijay Shivpuje** Assistant professor AlAmeen Medical College, Vijayapur & Consultant Surgeon Yashodhara Hospital, Solapur





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Branch Activities Vijayapura

As a part of academic activity, A “**CONTINUING SURGICAL EDUCATION PROGRAMME**” was arranged, in association with Department of General Surgery Shri.B.M.Patil medical college Hospital & Research Centre, Vijayapur held on **11-3-2017**, on the topics :

(1) **Plastic Surgery –a problem solving speciality** - by
Dr.Kiran.J M.S.MCh. Plastic & Reconstructive Surgeon , Bangalore

(2) **Minimally invasive cardiac surgery- When less is more** - by
Dr.G.T.Sudarshan M.S.M.Ch,Chief Cardiothoracic Surgeon, Fellow in Paediatric Cardiothoracic surgery & Minimally Invasive Cardiac Surgeries, Kolhapur.

Dr.Bheemanagouda.I President Vijayapur City Chapter of ASI/KSC and Dr.Sajid Mudhol Prof.&HOD, Surgery Al-Ameen Medical college,Vijayapur chaired the Session.

Inaugural function was held after Two lectures. Welcome speech was given by Dr.M.B.Patil Professor & Org.Chairman of the CSE, Dr.J.G.Ambekar Registrar BLDE University,Vijayapur presided over the function and addressed the gathering. Speakers and dignitaries were felicitated. Vote of thanks was delivered by Dr.M.S.Kotennavar Professor of Surgery & Org.Secretary

(3) **Current status of postgraduates training in surgical specialities and areas to improve** -
by
Dr.K.Lakshman MBBS, FRCS, LRCP, MRCS. Sagar Apollo Hospital Bangalore

(4) **Medico Legal Implications of Surgical Practice** - by
Dr.Joga Rao Professor of National Law School of Medico legal consultant, Bangalore

Dr.B.B.Metan,Professor of Surgery and Dr.R.M.Honnutagi Professor of Medicine & Vice Chairman, SARS chaired the Session.



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Branch Activities Vijayapura

Interactive Session with Dr.K.Lakshman & Dr.Joga Rao on Postgraduate medical Education & Medico Legal issues pertaining to surgical specialities,was moderated by Dr.Aravind.V.Patil Professor of Surgery.

Dr.M.S.Biradar Hon'ble Vice Chancellor, BLDE University,Vijayapur, Dr.S.P.Guggarigoudar Principal, BLDEUs Shri.B.M.Patil Medical college,Vijayapur & Dr.Tejaswini Vallabha Prof.&.HOD,Surgery & Vice Principal,BLDEUs Shri.B.M.Patil Medical college,Vijayapur were present.

160 Delegates attended the said CSE



As a part of KSC ASI VIJAYAPUR CHAPTER activity, A "CONTINUING SURGICAL EDUCATION PROGRAMME" was arranged, on 30/6/2017

Topic: Constipation

Speaker: Dr.Girish.K.Kullooli,Assoc.Prof. BLDEUs Shri.B.M.Patil Medical college,Vijayapur

Chairperson : Dr.Sajid Mudhol,Prof.&.HOD,Surgery,Al-Ameen Medical college,Vijayapur

Venue: IMA HALL VIJAYAPUR. Welcome speech was given by Dr.Bheemanagouda, President KSC/ASI Vijayapur City Chapter. Vote of thanks was delivered by Dr B.S.Narasnagi Vice President KSC/ASI Vijayapur City Chapter.

52 Delegates attended the said CSE.



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Branch Activities Vijayapura

As a part of KSC ASI VIJAYAPUR CHAPTER activity, A “CONTINUING SURGICAL EDUCATION PROGRAMME” was arranged, on 22/04/2017

Topic: PLASTIC SURGERY IN TRAUMA AND COSMETIC SURGERY

Speaker: Dr. SHARANBASAV HIREMATH (PLASTIC AND COSMETIC SURGEON , solapur)

Chairperson : Dr. ARAVIND PATIL PROFESSOR AND HOU

Venue: IMA HALL VIJAYAPUR

Welcome speech was given by Dr. Bhimangouda president city chapter. Speakers and Dr M.B. Patil for getting elected as treasurer KSC ASI were felicitated. Vote of thanks was delivered by Dr Deepak Chavan Org. Secretary. 42 Delegates attended the said CSE.





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Branch Activities Vijayapura

As a part of KSC ASI VIJAYAPUR CHAPTER activity, A “CONTINUING SURGICAL EDUCATION PROGRAMME” was arranged, on 18-05-2017

Topic: RECENT ADVANCES IN CHEMOTHERAPY

Speaker : Nandeeshjeevanagi (oncologist), Kalaburgi

Chair person : Dr. Prasad Sasnur (surgical gastro enterologist)

Venue: Hotel golden heights vijayapur

Welcome speech was given by Dr. Basavarajnarasanagi Professor & vice president city chapter. Speakers and dignitaries were felicitated. Vote of thanks was delivered by Dr. Deepak Chavan Org. Secretary. 50 Delegates attended the said CSE.



As a part of KSC ASI VIJAYAPUR CHAPTER activity, A “CONTINUING SURGICAL EDUCATION PROGRAMME” was arranged, on 23/6/2017

Topic: Interesting Cases in Surgery

Speaker: Postgraduates from the Department of Surgery & Urology

Dr. Manisha Victor – Retroperitoneal Leiomyoma Dr. Manoj Kiran Vaidya- Testicular Feminising Syndrome

Dr. Nilesh Guru – Varicocele Management

Chairperson : Dr. Girish. K. Kullolli, Assoc. Prof. BLDEUs Shri. B. M. Patil Medical College, Vijayapur

Venue: IMA HALL VIJAYAPUR

Welcome speech was given by Dr. B. S. Narasanagi Vice President KSC/ASI Vijayapur City Chapter. Vote of thanks was delivered by Dr. Deepak Chavan Org. Secretary. 62 Delegates attended the said CSE.





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Branch Activities Bengaluru

I acknowledge with sincere thanks all the help of honorable members, seniors, mentors, teachers and friends during the tenure in successfully, satisfactorily and gracefully conducting various activities from January to June 2017.



The present Executive Committee headed by Dr Rajashekara Reddy H V took over on 21st Wednesday December 2016, We started the year with first executive committee meeting (ECM) on 10th January 2017 @ " The Terrace" Century Club along with senior surgeons and all the Heads of the Institutes taking part in the academic activities of the society, which was well attended and work was carried forward keeping in mind all the suggestions.

It was unanimously agreed to intimate the members about the activities electronically by email, whatsapp message and on the website. We took various initiatives to have the SSB whatsapp Groups for MCM, E C and PG's involving EC members and progress was reviewed in the subsequent EC meetings so as to remain efficient: -

- A).** Employment Assistance – new job advertisements published on our website and has received good response. We need to encourage this to bridge the gap between hospitals and aspirants.
- B).** Monthly Clinical Meet Attendance – task was given to secretary so that personal invitation was extended to members & Heads of the Surgery Departments and request to encourage their post-graduates to attend and participate in the MCM.
- C).** Conducting mini CMEs & Basic skill courses – highlighted below.
- D).** Website – updated frequently so as to reflect the day to day activities of the society.
- E)** Members Directory: & PGs directory – effort was made to increase the members..

The monthly clinical meetings (MCM) were all held at the central location, API Bhavan except for the Command Hospital Airforce MCM's. In all MCM post graduate teaching sessions were conducted from 6.00 pm. the average attendance for the MCM is about 150 members. This was followed by poster presentation and free paper presentations. The clinical meetings were all excellent with good quality scientific papers and well attended. .Apart from these MCM the society was associated with many other programs;



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Branch Activities Bengaluru

1. A CME was conducted as part of 2nd MCM Hosted by BGS Global Hospital & MVJ Medical College on Saturday, 25th February 2017 @ API Bhavana. The theme was CME on "Back to Surgery.". All the members appreciated and actively participated in the program.

2. We conducted Six Executive Committee meetings from January to June 2017 this was hosted by various Executive Committee members

3. **CONDOLENCE - One minute silence** was observed during our Scientific & Committee Meetings as a mark of respect for the departed souls of Surgeons who passed away in during January to June 2017.

Dr. Seshasayi M Reached heavenly abode on Thursday, 12th January 2017

Dr Seshasayi M, Life Member of ASI as well as Surgical Society of Bangalore & Past Secretary (1999-2000)

Prof T K Lakshmikanth Reached heavenly abode on Thursday, 13th April 2017

Prof T K Lakshmikanth, Life Member of ASI as well as Surgical Society of Bangalore who passed away on 13th Thursday April 2017.

It's a great loss not only to the close family members, but also to us surgeons of Bengaluru, Karnataka to whom they have been a good friends and has been a great source of inspiration in all our scientific activities. May their souls rest in peace.

4. Surgeon's Day Celebrations:

The annual Surgeon's day was celebrated on **Saturday 24 June 2017**, This grand celebration was held at **Grand Ball Room, The Chancery Hotel, Residency Road, Bengaluru- 560025**.





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Branch Activities Bengaluru

1 The chief guest was Dr. UMESH JADHAV – Parliamentary Secretary to Health & Family Welfare Minister, Govt of Karnataka.

We honored Dr. C MADIAH & Dr KAMALA N as living legends surgeon on the occasion as the senior surgeon on surgeon's day celebration.



Prof. B.N. Balakrishna Rao's memorial oration The prestigious Prof. B.N. Balakrishna Rao oration was delivered by Dr. BADWE R A - Professor, Surgical Oncology & Director, Tata Memorial Centre, Mumbai.

The topic was “CANCER CARE IN INDIA – ROLE OF SURGEON.” and was well applauded by 200 members present during the celebration.



Dr Aravind Gubbi – Recipient of Nadaprabhu Kempegowda Award 2017 by BBMP was honored during the Surgeons Day by Dr Umesh Jadhav - – Parliamentary Secretary to Health & Family Welfare Minister, Govt of Karnataka.





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Branch Activities Bengaluru

5.For SSBASICC Calender of events held from January to June 2017

ST. MARTHAS HOSPITAL MCM	18-01-2017	MCM
BGS GLOBAL HOSPITAL & MVJ MEDICAL COLLEGE	25-02-2017 Saturday	MCM/CME
MANIPAL HOSPITAL	15-03-2017	MCM
COMMAND HOSPITAL AIR FORCE	19-04-2017	MCM
PRIVATE SURGEONS / CORPORATE HOS- PITALS	17-05-2017	MCM
DR.B.R.AMBEDKAR MC & VYDEHI IMS	14 -06-2017	MCM



Dr. Desarda spoke on "Desarda's No Mesh Technique of Inguinal Hernia Repair during the Monthly Clinical Meeting on 14th Wednesday June 2017 at API Bhavana

_Dr Desarda highlighted his technique, presented in 2001, is an original hernia repair method using an undetached strip of external **oblique** aponeurosis. This randomized trial compared outcomes after hernia repair with Desarda (D) and mesh-based Lichtenstein (L) techniques.

All the members and postgraduate interacted with Dr Desarda. Dr Desarda said This method does not require extensive dissection of the inguinal floor as in Bassini. Therefore we recommend training of surgeons in this technique in hospitals.

I thank all the senior surgeons, Executive Committee Members, teachers and beloved colleagues for their wholehearted support. My special thanks to the president

Dr. Rajashekara Reddy H V and President elect Dr K S Hanumanthaiah, Dr Aravind Gubbi for their constant support and encouragement.

And still many more scientific Programmes to take place..! And many more academic events to come.....!!!

Dr. Usha Rani R
Hon Secretary



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Talent Corner

Another pearl from Dr Naaz

That lump in the breast...

A symbol of beauty and the grace of
motherhood

The little ones suckled more often than
they could.

Changes so frequent from menarche to
menopause

The scene each time deserved umpteen
awes!

When the study of pathology came in
handy

The changes understood were due to
ANDI

A deviation from the norm could be con-
fusing often,

The lump which had formed sent a wave
of tension!!

The fear of cancer crept into the mind,
A phase of denial pulled the string from
behind.

The visit to a doctor was so very late,
Now the curse had shifted on to fate!!

A battery of tests were performed in a se-
quence

Every test was best at its performance .
A mammo and a sono complimented each
other.

With a needle test the diagnosis was not
farther.

But luck seemed to have lost its way...
The journey seemed to move on a sleigh!!
The time was locked behind the doors
Happiness had exhausted all its stores!!.

The Time had come to plan the therapy,
Which was undoubtedly a multimodality.
That terrible feel under the knife....
And the chemo added more to the strife.

A radio further compounded the mayhem
Life had to slow down which was at its
helm
Sympathy was not what was expected
Rather, a supporting shoulder to lean the
head.

With the domocles' sword hanging over-
head
So difficult it seemed now to move ahead.
Courage and confidence were the the
tricks of the trade.
Life seemed beautiful on getting back
it's shade.

Faith in the almighty and trust in the
healer
Will cure the disease which is such a kil-
ler!!
Every day lived, now seemed like a bonus
To gather strength and overcome the
clonus!!