



# Karnataka State Chapter of Association of Surgeons of India

ಸೇವೆಗಾಗಿ ನಾವು

Official news letter of Karnataka State Chapter of Association of Surgeons of India Issue: 4/17: Sept 2017

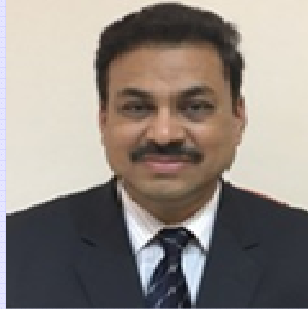
## SHASTHRA

### 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 senior colleagues and friends,

Wish you all a happy Dasara & a belated happy Gowri & Ganesh festival.

It is nice to see various branches conducting academic activities in a big way.

KSCASICON 2017, Hassan is on the way. Kindly register in large numbers. Executive committee has visited the venue. Organisers are working on war footing to give us a wonderful academic feast with excellent hospitality and food. Kindly register early and make the event a grand success.

Kindly contribute to Shashtra by way of sending articles, interesting case reports. Also you can send advertisements. The EC has decided to charge a nominal Rs 10000/- for full page, Rs. 5000/- for half page and Rs 2500/- for a quarter page. The funds thus generated will be utilized for improvement of Shashtra, sending hard copies etc....

I request all branches to send the activities in word document with a few relevant photos. **Please make sure that there is KSCASI banner in the photo.** Otherwise, it will not be considered as activity of KSCASI city branch and for best branch award. Send the report to secretary (Dr Narayana Hebsur hebsurgeon@yahoo.co.in) with cc to chairman (Dr Durganna, drsridurga@gmail.com) branch co ordinator (Dr Jaspal Singh Tehalia dr9jhtehalia@gmail.com) and to me (Dr Ramakrishna HK rksrivathsa@hotmail.com) for Shashtra.

It is decided in EC meeting to invite bidding for Midcon 2018. Any branch desirous of hosting Midcon 2018 can send requisition to secretary and final venue will be decided in GB at KSCASICON 2018, Hassan.



**Dr Ramakrishna HK**

MS, DNB, FMAS, FRCS (Glasgow)



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## Chairman's message

Dear members.

I wish you all a very happy Dasara festival. I expect to see you all at KSCASI-CON 2018, Hassan. Kindly block the dates Feb 2nd, 3rd and 4th 2018 and register for the conference to enjoy academic, scientific, spiritual, cultural feast along with Maland hospitality. You can also combine it with some good sightseeing.

Lots of scientific programs were conducted in these past two months. I congratulate them all for good work. Hubli-Dharwad branch organized 49<sup>th</sup> AMASI Skill course & FMAS Exam on 28, 29 & 30<sup>th</sup> July. Surgeons' day was celebrated at Bangalore on 24th June. Hassan-Chikkamagalore branch conducted a CME in association with BGS hospital, Bangalore. Shivamoga city branch conducted a meeting with a guest lecture on *Micro vascular surgery & Reimplantation* on 20<sup>th</sup> July. They also had a meeting on 31<sup>st</sup> August where a guest lecture (Management of finger tip injuries) and a video presentation (Stapled haemorrhoidopexy) were organized. Bagalokot city branch conducted a live demonstration of complex anal fistula and their management on 15<sup>th</sup> July and another CME on 6th Aug.

I request all branches to conduct some health camps.

I Request all Heads of surgery department to motivate all post graduates to become associate members of ASI and all surgeons who are not ASI members to become ASI members. It is high time that they all become full members as membership fee is going to be increased shortly.

Long live ASI.



**Dr Durganna T**  
Chairman  
KSC ASI



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## Secretary's message

Dear members,

*Congratulations to Dr. Shivram, Dr. Ashok Godhi & Dr Ramkrishna for the Fellowship Achievements*

*I feel proud to say that all the branches of our state are working very well in all Academic Activities & we are receiving the reports of some branches regularly & some are not reporting, I request all the branches to report regularly .*

*Dr Jaspal has been coordinating with all branches President & Secretaries, And some of the places have shown interest in starting new branches. He has also enclosed the Banner Design to be displayed in all your programs which has to be implemented to consider for State Awards from now on.*

*we have designated 4 zones with coordinators to enhance the local branch activities & ASI membership. They are as follows:*

*Bengaluru, Tumkur, Mysore, Hassan-Chikmagalur → Dr.chandrashekar Hubli-DWD, Gadag, Belgavi, Vijayapura & Bagalkot → Dr K.G. Byakodi Raichur, Gulbarga, Bidar, Vijayanagara & Bellary → Dr. Mohd Shafuddin Shivamogga, Davangere, South Canara and Udupi → Dr.Basavraj.*

*All the President & Secretaries kindly involve the Zone coordinators in all your Planning & execution of programs .*

*KSCASICON 2018 Hassan Is Getting Decked Up For The Annual Academic bonanza & ASI Hassan & Chikamagaluru Branches are working relentlessly to make it Great Event ,I humbly request all members to register at the earliest & Oblige.*

*Long Live ASI*

*Dr Narayan Hebsur*

*Hon. Secretary, KSCASI*





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## **CITY BRANCH STATE CHAPTER –GUIDELINES FOR SCIENTIFIC PARTICIPATION**

Dear members,

Greetings from Karnataka state chapter-ASI.

In the E C Meeting held in Hassan on 20<sup>th</sup> August 2017 it was noticed that some of the previous meets held in various city branch state chapters did not have a backdrop or display banner of KSC-ASI. Since January 2017, some branches had also sent photographs of CSE having been conducted under the banner of pharma companies, without actual representation of KSC-ASI. A serious note of this was taken in the E C meeting and it was decided to bring in a protocol for the conduct of CSE's in all city branches. **Henceforth from 20<sup>th</sup> AUGUST 2017 onwards any programmes held by the branches should follow the guidelines protocol set by The KSC-ASI to qualify for grants, recognition & state awards.**

### **THE GUIDELINES ARE**

All branches should have a banner of KSC-ASI during the scientific program in the Back ground. A model design is shown here on next page. This is a basic design with two Logos on either sides, one of ASI and the other of KSC and a **heading** of Association of Surgeons of India and **subheading** as Karnataka state chapter. Then the city branch state chapters can Insert the name of city branch (e.g. HASSAN CITY BRANCH). Other descriptions, if any, (like year, event. Name of President/ Secretary/Treasurer etc...) should follow later. ***[THE SOFT COPY OF THIS BASIC BANNER DESIGN READY FOR PRINTING CAN ALSO BE AVAILED BY MAIL/COORDINATING WITH ME].*** The activity brochure/e mail should be sent to the Chairman& Secretary of KSC-ASI preferably 01 week in advance, or in exceptional circumstance, ASAP.

After The CSE, a draft in word document format, with a brief description of the scientific sessions with a few relevant pictures of the sessions with display of the banner as per protocol in the back ground should be sent to KSC- ASI secretary with cc to other mail ids given below within 01 week of the event conclusion.

**Dr Narayan Hebsur, Hon-secretary KSC-ASI , [drnarayanhebsur@gmail.com](mailto:drnarayanhebsur@gmail.com)**

**Dr Durganna T, Chairman KSC-ASI, mail-id - [drsridurga@gmail.com](mailto:drsridurga@gmail.com)**

**Dr Ramakrishna HK, EDITOR E-Shashtra KSC-ASI, [rksrivathsa@hotmail.com](mailto:rksrivathsa@hotmail.com)**

**Dr Jaspalsingh H.Tehalia, CITY BRANCH STATE CHAPTER Coordinator & EC member KSC-ASI, [dr9jhtehalia@gmail.com](mailto:dr9jhtehalia@gmail.com)**

We welcome branches like Kolar, Mandya to take initiative to join as new city branch, of Karnataka state chapter. Please coordinate with the chairman and secretary, or the coordinator for any help required.

All the city branch of Karnataka state chapter are also requested to coordinate with me to form unique e-mail id of the branch which will have a access to president and secretary of individual city branch of Karnataka state chapters and these unique mail-ids will remain and continue with incoming office bearers in future for all communication & documentations . So that we can have a group mail account where in any communication of state office is sent via one mail to group of all city branches. For faster communication.

**Long live ASI.....jai Karnataka**

**DR JASPALSINGH.H.TEHALIA (9448139330)**

(Model banner on next page)



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## Association of Surgeons of India KARNATAKA STATE CHAPTER





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## Branch Activities

### Hubli Dharwad

Fourth monthly Meeting of ASI Hubballi Dharwad City Branch was conducted on July 1<sup>st</sup> 2017 at Hotel President, Unakal, Hubballi.

Again it was a Single Theme Successful Monthly meeting which was conducted in Association with Organizing Committee of Indian Cancer Congress 2017 which was attended by about 68 Delegates including Post Graduates and was a very Successful Meeting which was well Appreciated.

### “ASI 4<sup>th</sup> MONTHLY MEETING “THEME –ONCOSURGERY”

- 1] Enlightening Lecture on Robotic surgery for Gynaecological cancers was delivered by Prof, Dr M Vijayakumar, Vice Chancellor Yenapoya University, Mangalore.
- 2] Video presentation based Talk was given on the topic of Minimal Access Surgery for Head & Neck cancers (TORS, MIND, ETS) by Dr Sandeep Nayak Prof at Kidwai Memorial Institute of Oncology.
- 3] Panel Discussion on Rectal Cancers : Moderator -Dr Srinivas C  
Panelists:-Prof Dr M Vijayakumar,, Dr Sandeep Nayak Dr. B R Patil, Dr Sanjeev Kulgod.
- 4] Details of ICC2017 [ Indian Cancer Congress 2017 ] was given by Prof. Dr M Vijayakumar
- 5] Vote of Thanks by DR K G BYAKODI Secretary.





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## Branch Activities

### Hubli Dharwad (Cont'd)

49th AMASI Skill Course & FMAS Examination Under the aegis of ASSOCIATION OF MINIMAL ACCESS SURGEONS OF INDIA was conducted at SDM Medical College Dharwad on 28<sup>th</sup> 29<sup>th</sup> & 30<sup>th</sup> July 2017. The organizers were Department of General Surgery, SDM Medical College, Dharwad, ASI HUBBALLI DHARWAD CITY BRANCH, & Department of General Surgery Karnataka Institute of Medical Sciences, Hubballi.

### Bagalkote

July

We are delighted to inform that we conducted a guest lecture on “COMPLEX ANAL FISTULAE & THEIR MANAGEMENT” on 15<sup>th</sup> July 2017 at Hotel Haripriya Convention hall by Dr Shaileshkumar M Emmi. About 50 ASI members attended the lecture & it was a healthy discussion & sharing of views.

The lecture involved a vivid display of operative photographs & technical innovations. There



was a case series of complex anal fistulae which was presented.

### August 2017

Greetings from KSC ASI Bagalkot city chapter. We are extremely happy to inform you that we conducted a CME on 6<sup>th</sup> August 2017 from 10.30am to 3.00pm at Bagalkot Gymkhana hall. It was attended by 60 ASI members including postgraduates and also members from FOGSI association. Two guest lectures were there. Dr M Ramesh, An eminent Laparoscopic surgeon from AV Hospital Bengaluru spoke on current concepts in Abdominal wall repair Dr B S Patil, senior urologist from Bagalkot delivered a lecture on Urological complications in





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## Branch Activities

Surgery & Gynaecology practice & their management. We also Felicitated Dr B H Kerudi, eminent surgeon & director of kerudi group of hospitals Bagalkote.



## Shivamogga July

A guest lecture was arranged on 20<sup>th</sup> July 2017.

Speaker: Dr Praveen kumar

Plastic surgeon

Topic: Microvascular surgery and Replantation

Dr Ramakrishna HK was felicitated on successfully securing FRCS (Glasgow)





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## Branch Activities

### Shivamogga August

Guest lectures were arranged on 31<sup>st</sup> Aug 2017  
There were 2 guest lectures.

Dr. Praveen kumar:  
Management of Finger tip injuries

Dr Ramakrishna HK:  
Stapled hemorrhoidopexy; video presentation





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## Branch Activities

### Mysore (from March to August)

25th March 2017; SSM-ASI in association with Narayana Multispeciality Hospital, Mysore,  
CME Topic: How Can I (EUS) Help You ( Surgeons )

Speaker: Dr. Satheesh Rao, Consultant Gastroenterologist.

Venue: Hotel Grand Mercure, Mysore.

81 members attended the CME

24th May 2017: SSM-ASI in association with Torrent Pharma

CME : Topic: Video presentation on Pruvac

Presided by Dr.C.P. Madhu

Venue: Hotel J.P.Fortune Palace, Mysore.

62 members attended the Programme.

27th July 2017, SSM-ASI

CME Topic : Panel Discussion on Constipation and role of Prucalopride,

Moderator : Dr G.Siddesh,

Panelists; Dr.M.A.Balakrishna

Dr.M.S.Anilkumar

Dr.S.Nairuthya

Dr.Ruben Prakash

Venue: Fortune J.P.Palace Mysore.

97 members attended the programme.

16th August 2017 SSM-ASI in association with J.S.S Medical college, Dept. of Surgery, Mysore

CME Topic: Current Advances in the Management of Liver Diseases and Liver Transplant





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## Journal Scan

### Rabies

New mRNA vaccine for Rabies.

This first-ever demonstration in human beings shows that a prophylactic mRNA-based candidate vaccine can induce boostable functional antibodies against a viral antigen when administered with a needle-free device, although not when injected by a needle-syringe. The vaccine was generally safe with a reasonable tolerability profile.

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)31665-3/fulltext#cesec90](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)31665-3/fulltext#cesec90)

### IBD

Telemedicine was safe and reduced outpatient visits and hospital admissions compared with standard care. This self-management tool might be useful for re-organising care of inflammatory bowel disease towards personalised and value-based health care.

de Jong MJ, van der Meulen-de Jong AE, Romberg-Camps MJ, et al Telemedicine for management of inflammatory bowel disease (myIBDcoach): a pragmatic, multicentre, randomised controlled trial. Lancet. 2017 Jul 14. pii: S0140-6736(17)31327-2. doi: 10.1016/S0140-6736(17)31327-2.

### Incisional Hernia in high risk patients after laparotomy

Incidence of incisional hernia in high risk patients can be reduced by prophylactic onlay mesh placement (compared with suture only and sublay mesh), though with higher incidence of seromas.

Jairam AP, Timmermans L, Eker HH, et al. Prevention of incisional hernia with prophylactic onlay and sublay mesh reinforcement versus primary suture only in midline laparotomies (PRIMA): 2-year follow-up of a multicentre, double-blind, randomised controlled trial. Lancet 2017; [http://dx.doi.org/10.1016/S0140-6736\(17\)31332-6](http://dx.doi.org/10.1016/S0140-6736(17)31332-6)



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## Members' Forum

Dr CS Rajan

Immediate past chairman, KSCASI.

### 'C S' Tips for a Healthy Abdomen (Tummy / Stomach / GI Tract)

This is a follow on from '*the CS Tips for a Healthy Heart*', and '*the CS Tips for a Healthy Mind*', published in earlier editions of the "SHASTRA" this year.

Maintaining digestive system health is essential, as it turns foods into nourishment and energy. Digestive problems and stomach upsets are common. These can be prevented, and /or relieved by the 10 simple '*C S Tips*'!

**Correct Source** of food / edibles. Unhygienic modes of cooking and storage, make the food item decay, allowing harmful microbe growth.

**Clean Solution** of water for drinking. Ideally our tap water should be boiled and cooled, before consumption. If not, water filtered through Reverse Osmosis and Ultra Violet radiation (as done with '*Aquagard*' or '*Alfa*' purifiers) will suffice.

**Cooked Sustenance**, that is fresh, and home prepared, is preferred. The uncooked / raw vegetables when to be consumed, (often as salads) need to be cleaned thoroughly before being served. Reheating of stored / refrigerated foods must be to full heat, to ensure contaminants are reduced.

**Cans/Canisters Shunned**. The preservatives added, along with high salt content, make canned foods unhealthy and are best avoided, or at least, restricted. So too with the artificial flavoured and caffeinated drinks.

**Calorie Sufficiency** must always be noted, and in today's world, it's the excess calories that add to unhealthy weight gain. Thus, there are limits on the consumption of the concentrated sweets and the fats.

**Clocked Spacing** is to have regular meals around the same time range each day. Between meals, both, too long an interval, and, very short time gaps add to indigestion.

**Chew & Salivate**. Eat all meals slowly, with adequate chewing (munching) and swallowing of small boluses of food at a time. The enzymes found in saliva are essential in beginning the process of digestion.

**Cut Siesta/Sleep** soon after meals. Lying down on a full stomach is the single most important cause to develop heartburn and upper abdominal discomforts. One must maintain the erect posture for a minimum of 2 hours before lying down.

**Cloakroom Schedule** to be regular and timed. Proper bowel evacuation is an essential activity to allow the rest of the gut to function well. High fibre content in meals helps



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Cont'd

the process of evacuation to be comfortable.

**Common Slogan** to follow is “*Eat like a king for breakfast, like a commoner for lunch and like a beggar for dinner*”!

Once we know that we have to “*eat to live*” and not do the opposite of “*live to eat*”, we benefit with little or no digestive disorders.

Congratulation Dr Rajan!

Two articles are published in IJS.

Rajan, C.S. Indian J Surg (2017) 79: 286. <https://doi.org/10.1007/s12262-017-1656-5>  
The Intercostal Chest Drain—the ‘C S’ Way...!

Rajan, C.S. Indian J Surg (2017). <https://doi.org/10.1007/s12262-017-1683-2> ‘C S’ Perspectives About Thoracic Empyema—the ‘Comprehensive Suggestions’.

Very useful link to surgical books shared by my friend on whatsapp. Utilise them.

**Dr Ramakrishna HK**

<https://drive.google.com/open?id=0B3WdpdsqpX0LRFpFSG5hZ1pVWkE>



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## Oh my dear son...!!

**Dr Naaz**

Oh my dear son !!  
Now that you are growing young  
Here is a little piece of advice  
So your life is well secure with a splice.

Chase your dreams till you capture  
Never let your self esteem to fracture  
Wake up now from your dream  
And make it your purpose and your  
theme.

Let the reins of discipline hold you  
Let not the bad elements spoil you  
Self control must be your shield  
Every challenge you must wield.

Let your success be the cause of your  
pride  
And let lady luck be always in your  
stride  
Whatever peak you reach be humble  
Keep your steps guarded, lest you  
stumble.

Let the soul be more handsome than  
your looks  
Your worth is assessed by the choice  
of your books  
Be of help , possess a humble hue  
Pray to God that he chooses to give  
through you!!

The path to success is always hard to  
tread  
Take the challenge, and be on the  
lead.  
Never forget to peep and take that  
bend  
When the road did seem to end!

Let prayer be your strength  
And blessings be your wealth  
Now be an anvil as a learner  
But when your time comes, never  
hesitate to be the hammer!! .