

activity was found to be low among both rural and urban students. Prevalence of overweight was found to be more than 20% among boys and more than 15% among girls. Physical activity like exercise, sports etc. had remarkable effect on the prevalence of overweight and obesity.

Survival Curves

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In many studies, especially in cancer research, the primary outcome under assessment is time to event. In survival studies, by the end of study follow up some individuals have not had the event of interest. In addition, survival data are not normally distributed. So, the survival data need special methods called survival analysis. In medical literature, Kaplan-Meier plots are most commonly used to analyze survival data. Basic concepts of survival, how to construct and interpret survival curves, and testing the survival difference will be discussed.

Robotic In Gynecology

Neena Desai/ Savitha Desai

Robotic Surgery is a revolution in the medical field and changed the standards of the minimally invasive surgery. It has been just a decade since Robotic Surgery has been introduced the surgical field in all specialties Robotic Gynecology surgery has enormous growth in Gynaecology. Robotically Assisted Surgery was developed to overcome both the limitation of MIS (Minimum Invasive Surgery) or to enhance the capabilities of surgeons performing open surgery. In comparison with other conventional laparoscopic surgeries RAS (Robotic Assisted Surgery) gives the surgeon better control over the surgical instruments, better view of the surgical site. There advantages are due to the high definition 3D vision systems, wristed instruments, better surgical result like lesser intra operative blood loss, quick post operative recovery and less pain. The disadvantages are due to its steep learning curve, its high cost and huge size of the equipment. All the conventional surgeries like Hysterectomy, Myomectomy, Endometriosis Tubal Canalization, Sacrocolpopexy are done with greater accuracy and easy. Conclusion: However with further improvement in the present technology and more Surgeon being trained in the technologies, more patients seek MIS (Minimal Invasive Surgery). Well designed prospective long term studies in the assessment of different parameters of quality of life in patients following RAS (Robotic assisted surgery) is needed to assess the value of this technology. In conclusion, Robotic is the future and here to stay.

Mouth Breathing – Health Hazards: Role In OSA, GERD, COPD

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Nasal blockage is common with presence of adenoids, excessively hypertrophied tonsils, high arched palate, elongated narrow face, hypertrophied turbinates, deviated nasal septum, nasal polyp, recurrent rhino sinusitis, nasal tumours etc. besides contributing to crowding of teeth, otitis media, sinusitis, snoring-sleep apnea, SIDS, this may in long term lead to pulmonary diseases.

Mouth breathing from infancy through adolescence to adult life is quite common. Most of the time, mouth breathing is not taken seriously both by sufferer as well as by clinicians. Mouth breather swallows lot of dry air, by passing nose & sinuses. Eventually bloating of stomach will push against esophageal sphincter

leading to acid reflux. If not detected & treated early, continuous assault of stomach contents on pharyngeal lining will cause loss of its elasticity with increased chances to cause it to collapse. Aspiration of foreign particles & fluid into lungs, as happen in GERD is likely to explain the loss of elasticity in lungs as found in COPD.

With advanced tools in hand like LASER, Fibre optic rigid & flexible endoscopes, sophisticated power micro debriders, those cause of nasal blockage not relieved by medical treatment, can be managed well by surgery, improving airway. The presentation entails relevant details.

Probiotics – A Preventive Measure Against Ventilator Associated Pneumonia

Avneet Soodan, Varsha A Singh

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Probiotic bacteria are live microorganisms which when administered in adequate amount confer a health benefit on the host. They are perceived to exert such effects by changing the composition of the gut micro biota. Several probiotic preparations seem to have promise in prevention or treatment of various conditions. Ventilator associated pneumonia (VAP), a life-threatening complication the course of incubated and mechanically ventilated critically ill patients. Probiotics reduces the incidence of VAP via a combination of local and systemic effects resulting in decreased colonization. Administration of probiotics is not expected to eradicate the pathogenic bacteria as antibiotics would do, but delaying the time to colonization while the patients are intubated. In Ventilator-associated pneumonia patients, the normal flora disappears and is replaced by an overgrowth of potential pathogenic microorganisms which is further followed by aspiration of pathogenic microorganisms (Staphylococcus aureus, Pseudomonas aeruginosa and Enterobacteriaceae) which could finally result in VAP. Prevention of colonization of the upper and/or lower digestive tract is a approach for the prevention of VAP.

Advanced Technology Radiation Therapy

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The goal of radiation treatment has always been to destroy the cancer without harming normal structures and cells. Normal structure tolerance is the greatest limitation of successful treatment.

Advanced Technology Radiation is the most dramatic advance in the past 10 years of clinical oncology. It gives better results of treatment, involves accurate delivery of effective radiation to produce cancer control. It limits the side effects and complications associated with less sophisticated methods of radiation and the ability to perform salvage treatment for recurrence in a much safer manner than previously. There are several methods of Advanced technology Radiation like IMRT, Rapid Arc, SRS, SRT, SBRT, Adaptive radiation treatments. The more advanced the technique, the better result of treatment.

Advanced Technology radiation paves the way to precise treatment delivery.

The application of a radiation plan must for verification of each treatment to assure proper targeting over the entire course of therapy. The ability to reliably reproduce the planned treatment is a mandatory function of any radiation delivery system. The application of advanced imaging to radiation therapy planning and delivery has made these advances possible.

Not only is the main goal of tumor eradication closer than it has ever been before, but treatment without side effects and complications has opened new doors for victims of cancer.

Conference News



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Delhi IMSA Chapter

Invites all Fellows & Members of IMSA, Professionals in the Medical Field and Health Services to

IMSA Health & Wellness Conclave 2012

Sunday 1st April, 2012, Venue: Maulana Azad Medical College Auditorium, New Delhi

Time: 08.00 AM to 06.00 PM

Scientific Session: International Speakers from USA, National Speakers from India

Organizers

Dr K K Agarwal, Chairman, IMSA Delhi Chapter

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