IMSACON 2011: ABSTRACTS OF SCIENTIFIC PAPERS
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Role of CT angiography and color doppler Sonography in evaluation of peripheral arterial disease.

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The advent of multidetector helical CT technology during the last decade has seen CT angiography emerge as a comparable modality to conventional angiography in the assessment of aorta, renal, iliac, lower limb and upper limb arteries. The technological leaps have enabled imaging of long segments of the vascular tree from the renal arteries upto the toes with a single contrast injection, in a short time, acquiring thinner sub millimeter slices. CT angiography has proved highly accurate in detection and grading of peripheral artery disease providing all the information needed by the surgeon for planning revascularization procedures. It has replaced DSA which stood as the gold standard in vascular imaging for decades, allowing volumetric vascular imaging and anatomical mapping, thereby becoming a noninvasive alternative to DSA. Duplex Doppler Sonography which integrates the real time B mode image and Doppler image to detect presence or absence of flow and analysis of flow characteristics is also an excellent noninvasive modality for evaluation of peripheral arterial disease. It provides information on flow homodynamic within the vessels. Color flow imaging is an important adjunct of Doppler sonography allowing a global depiction of blood flow in vessels, localization of normal arteries as well as identification of abnormal vessels. The role of these noninvasive diagnostic radiological modalities along with a detailed discussion of peripheral arterial disease quantification and detection will be presented. The result of CT angiography and Duplex Doppler Sonography in 40 patients, who underwent these studies in our department over the last two years for evaluation of peripheral vascular disease, will be discussed.

Impotance of fetal suprarenal gland volume

Mahesh Sharma, Khyati Santram, Anshu Sharma
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In this study, twenty five aborted fetuses of various gestational ages were observed. Fetal autopsy specimens were provided by the department of Obstetrics and Gynaecology, Government Medical College & Hospital, Chandigarh. The fetuses with any obvious gross Congenital Malformation or deformity of genitourinary system were excluded from the study, these were arranged into four groups <15 weeks, 16-20 weeks, 21-25 weeks and 26-30 weeks. Weight and Crown to Rump length of the fetuses were the gland was removed with intact kidney on both sides and volume was measured by water displacement method.

The study showed a direct relationship between the fetal adrenal gland volume and fetal weight. The volume of the left Suprarenal glands were higher than those on the right side. It was also found that the volume of suprarenal glands were increasing with gestational age as well as with fetal weight till 20 weeks after that there was no change in volume. These findings are discussed in light of its clinical significance.

Clinical relavance of pharmacokinetics in the chemotherapy of tuberculosis

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Several pharmacokinetic drug interaction studies with anti-TB drugs in patients with pulmonary tuberculosis, intestinal tuberculosis and also in patients undergoing peritoneal dialysis have been carried out and important guidelines to the clinicians have been evolved based on these studies. Studies carried out in healthy volunteers on pharmacokinetic drug interactions of anti-TB drugs when given alone and in combinations and also bioavailability of anti-TB drugs from a triple drug formulation containing rifampicin, isoniazid and pyrazinamide, have generated important findings such as "Non-invasive" – sampling techniques using either saliva or urine could replace invasive blood collections.

Drug interactions could lead to toxicity and detailed investigations undertaken to study the mechanisms and biochemical aspects of adverse reactions namely arthralgia, hepatitis and peripheral neuropathy to anti-TB drugs, had contributed in terms of reducing the toxicity and the best effective combinations to be given to patients without any therapeutic penalty. The results and implications of these findings will be discussed.

Clinical-epidemiological profile of laboratory confirmed cases of influenza a H1N1,At government medical college and hospital (GMCH), Chandigarh

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Methodology: A retrospective study of epidemiological characteristics were descriptively analysed using data of influenza AH1N1 screening center and isolation ward from May 2009 to April 2010 at Government medical College and Hospital, Chandigarh. Data was collected using Performa which was used in influenza A H1N1 screening center to record patient information and presentation. Results: In, GMCH a total of 365 patients were sampled, out of which 29.58% (108) were found to be positive and there were 54 admission in influenza A H1N1 isolation ward out which 54.9% (28) succumbed to it. Influenza A H1N1 cases gradually increased starting from the month of July to maximum in moth of December. Maximum cases were detected in patients' less than 40 years of age which accounted for 81.4% (44 cases). Most common symptom was fever (87.6%), cough (49.77%), sore throat (27%) and breathlessness (23.9%). 28(77.7%) deaths were reported in influenza A H1N1 patients. 46% (12) deaths occurred within 48 hours of admission, of which 7 deaths occurred within 24 hours. Singe death was reported in pregnant female.

Ayurvedic outlook in neurological regeneration of myelin

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Methodology: The detailed study of the patients with MS over various locations, through the databases shows that the initial attack few years before the onset of the disease which shows the acceptance of MS theory. Through the assay and the studies conducted with the real cases, we could find that a particular course of treatment methodology named as DATMS, it is the treatment aimed mainly on four types treatments which prolongs as the case of the patient differs. The successful case studies are the real testimonies for the success of the treatment.

Results & discussion: Through the analysis and the real time study and the basis of treatments done and the medical reports done after the course of treatment, it is seen that the regeneration of myelin is reported. This treatment method could be a promising one for the huge number of MS reported cases.

An experience of 400 cases of total replacement of knee joints

P.K. Dave
Chairman, Advisory Board, Rocklands Hospitals, New Delhi, India

Osteoarthritis and rheumatoid arthritis afflicts the knee joint quite frequently. With increasing longevity, the [problems of instability, deformity, pain and locking has become very common. Added to this is the attitude of patients to delay the surgery of the replacement of knee joint as much as possible. Hence in this country we have to deal with patients who have very advanced osteoarthritis with deformities and instability.

In this paper we wish to deal with the clinical profile, difficulties in the surgery, the complications and rehabilitation.

A novel approach to trochanteric fracture

P.K. Dave
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Trochanteric fractures are a very common problem particularly in the aged population who have a tendency to fall and are osteoporotic also. The conventional treatment of open reduction and internal fixation with DHS has two drawbacks.

a) Mobilization can be given only after 10-12 WEEKS
b) The implant has a tendency to cut through the head and neck of the femur.

To obviate these problems we have started fixing the loose fragments with stainless steel wires and then performing a bipolar orthoplasty fixing the femoral stem with cement. The result of this surgery have been very encouraging as it helps in early mobilization and rehabilitation, thus improves the morale of the patient.

The patient satisfaction study in a multispecialty teritiary level hospital of north india

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A pre- designed and pre- tested structured questionnaire was given to the patients (n=1420), as exit interviews, after the patients had undergone consultation. The average registration time was found to be 33 minutes. Satisfaction levels with respect to their doctor's professional communication and behavioural aspects were more than 80%. With regard to the interaction with paramedics, it was 78.4% nursing and 75.0% with other paramedical staff. The satisfaction level with facilities was (drinking water and cleanliness 90%, cleanliness of toilets 62.8% etc.).40.0% responded that found the services costlier and had to spend more money.

Overall 77.2% respondents were satisfied with the type of medical care and services. To conclude infrastructure and architectural corrections need to be made to enhance the comfort and satisfaction of the patients, especially at reception and registration counters. Certain improvements are also needed in the waiting area by making it informative and comfortable.

Padiatric femaral neck fractures: our 10 years of experience

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Methods: The study included 36 children (20 boys and 16 girls) who sustained femoral neck fracture and completed a minimum follow up of 1 year. The children were treated either conservatively, or by open reduction and internal fixation(ORIF) or closed reduction and internal fixation (CRIF). The oputcomes were analyzed using Ratliff critirea and a detail record of complications kept for all the patients. Results: The mean age of included patients was 10 yrs(range3-16 yrs) and the average follow up was 3.2 years (1.1-8.5 years). According to Delbet's classification system, there were no type1,(transepiphyseal) fractures and 16 type II,11 type III,and 9 type IV fractures. There were 8 undisplaced after being managed initially in a hip spica. A satisfactory outcome was obtained in 27 (75%) children. Avascular necrosis (AVN) was the commonest complication, seen in 7 of our patients and all these patients had an unsatisfactory outcome. Other complications included three cases each of coxa-vara, non union and arthritic changes;and one case each of infection, primary screw perforation of head and premature epiphyseal closure. Complications were least in the group treated by ORIF while only 2 [patients managed exclusively by conservative treatment ultimately achieved a satisfactory outcome. Conclusion: We believe that internal fixation of pediatric femur neck fractures should be preferred whenever feasible as conservative treatment carries a high risk of failure of reduction. Aggressive operative treatment aimed at anatomical reduction should be the goal and there should be no hesitation in choosing ORIF over CRIF.

Outcome of patients is primarily influenced by development of AVN which occurs as an independent entity without much relation to the mode of treatment carried out.

Clostridium difficle infections- an emerging menace among elderly patients in ICUs

J Shanmugam

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Clostridium difficile (CD) is an anaerobic bacteria causing healthcare associated diarrhea on hospitals, especially among the patients above 65 years of age. Is causes pseudo membranous colitis (PMC) often with preceded antimicrobial therapy. The eradication or reduction of bowel bacteria flora amplifies the multiplication of CD due to ample nutrition found, leading to toxin associated leading to PMC are II and III generation Cephalosporins, broad spectrum penicillins and Clindamycin. Fluoroquinolones are also implicated in the genesis of CD associated PMC. Though most of the CD infections are asymptomatic, in some persons it can cause mild self limiting diarrhea or severe symptoms like PMC, toxic mega colons and sometimes even bowel perforation leading to death. Antimibrobial exposure is the most leading high risk factor for many CD associated PMC. The other risk factors are old age, prolonged hospital stay and highly resistant CD spores. The carrier rate of CD is 1-3% among the healthy adults and 20-25% among the hospitalized patients. Recently a hyper-virulent CD-ribotype 027 emerged in Canada, USA and Europe causing severe diseases.

The laboratory diagnosis of CD infections depends upon isolation and identification of CD, detection of Toxin-A and B by cytoxic assay or ELISA technique. For Toxin-A negative patients, culture and PCR methods are useful. Besides detection of enzyme Glutamate dehydrogenase also indicate the CD infections even when Toxin A or B is absent. Culture of CD from children below one year is not recommended as many of them may be carriers. Environmental screening and hospitalized patients below 65 years are also not recommended for surveillance. The treatment of CD associated diarrhea or PMC is Oral Vancomycin or metranidozle. The preventive methods of CD infections are restricted use of antibiotics, high degree of disinfection in hospital environments, improved hand hygiene, isolation of infected patients and occasionally even closure of the affected unit and education of both patients and HCWs. Hand washing is the most important precaution in preventing spread of CD infections within the hospital. Use of disposable rectal thermometers and single person use of toilet also help in further prevention of CD within in the hospital. Alcohol based gels are less effective than the chlorhexidine and 4% polyvidone is also more effective than iodophores or other chlorine based disinfectants.

Role of iron in persistence of goitre in post iodization phase

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Methods: A two phase study was conducted. In the first phase, 2700 school going children of 6 to 12 yrs of district Ambala were examined as per standards laid by National iodine deficiency disorder and control programme. In the second phase, a case-control study, 270 children with goiter and 270 children without goiter were compared with respect to urinary iodine, iodine content of salt and hemoglobin level.

Results: Prevalence of goiter in the studied subjects was 12.6%. Median urinary iodine excretion in both the groups was sufficient and comparable. 82(30.7%) of the goitrous children had anemia (Hb<12g/dl) as compared to 48 (17.7%) of the control group also not significantly (p=.98) different in both the groups. Hemoglobin level negatively correlated with the presence of goiter (r=-0.18, p=0.008) and had an OR of 3.2 (Cl 1.28 – 6.84, p=0.017).

Conclusion: There was a high prevalence of goiter in young children despite iodine repletion. Concurrent iron deficiency correlated with the presence of goiter. However, more evidence based research is required to establish a cause and effect relationship between iron deficiency state and goiter.

Keywords: Goitre, Anemia, Iodine, Haemoglobin.

Evaluating the utility of bactec micro mgit 960 and lowenstein jensen media in the diagnosis of endometrial tuberculosis

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Material & Methods: A cross sectional study was conducted on 300 suspected cases of endometrial tuberculosis and endometrial tissue biopsy were taken. Direct AFB smears were prepared and cultures were done on MGIT 960 vial and L.J medium. Results: Out of the total 300 samples, 30 (10%) came positive for mycobacteria. Out of these 24 isolates (80%) were positive by MGIT 960 system and 8 (26.6%) by L.J media. The average detection time for detection was 9 days with MGIT 960 and 38 days with L.J medium. Conclusion: Bactec MGIT is sensitive enough to detect mycobacterium even from paucibacillary samples especially in extra pulmonary cases.

An outbreak of enterovirus virus-71 meningitis in calicut

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Ever since it was recognized in California (1969), enetrovirus-71 infection appears giving rise to large epidemics with much fatality among children. Entervirus-71 infections, like other enteroviruses are usually asymptomatic or may be associated with various clinical syndromes like diarrhoea, rash, hand-foot mouth disease, herpangina, aseptic meningitis, encephalitis, myocarditis, acute flaccid paralysis, bulbar and brain stem encephalitis, Gullain-Barre syndrome and pulmonary haemorrhage/edema. It was Ihimaru et al who described two outbreaks in Japan with involvement of central nervous system like acute flaccid paralysis, bulbar and brainstem encephalitis and Gullain-Barre syndrome. Increasing attention is now being paid to the study of this virus. There is continuing activity of this virus in our neighborhood for the last 3 decades. Its invasion into India caused Hand-foot and mouth disease in Calicut 2005. We were in search of this virus and as expected, we came across children with aseptic meningitis caused by the same virus, which is the subject of this paper. This is for the first time Entero-virus-71 meningitis being reported from India and probably as years go by, the severity and the variety clinical spectrum may be on the increase. The results will be presented in the Conference.

Prevalnce of metabolic syndrome in rural haryana: a community based cross sectional study.

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Background & objectives: A total of 57 million deaths occurred in the world during 2008; 36 million (63%) were due to NCDs. In India, NCDs are responsible for 53 percent of deaths and 44 percent of disability adjusted life years lost.

Material & Methods: A total of 1200 individuals more than 20 years of age, stratified by age group, sex and place of residence were selected using stratified random sampling. International Diabetes Federation criterion for diagnosing metabolic syndrome was employed. WHO STEPS proforma was used to collect information on behavioural risk factors: tobacco use, diet, physical activity, alcohol use, measured anthropometry and blood pressure. Fasting blood samples were analysed for blood glucose, total cholesterol and triglycerides.

Results: The prevalence of metabolic syndrome was found to be 8%. Burden of NCDs was high (15%) in the study population. Prevalence of NCD risk factors was also high. Prevalence of behavioural and each of the biochemical risk factors increased with age, adjusting for other factors including sex and the place of residence. The odds ratios relating anthropometric variables to biochemical variables was not significant (p=0.843) suggesting that anthropometric variables may not be useful surrogates for biochemical risk factors for population screening purposes.

Conclusions: In this large study of community-based sample in Haryana, high burden of NCD risk factors was observed, comparable to that in the developed countries. These data may serve to propel multi sectoral efforts to lower the community burden of NCD risk factors in India.

Values in healthcare

S. Viswanathan

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Thrive and Survive? With today's emphasis on quality of service, how can healthcare professionals deliver the best possible care to patients and at the same time, feel enriched and supported by their work? How can they thrive, rather than just survive? Values in Healthcare a spiritual approach address an important gap in personal and team development for healthcare professionals today by taking a fresh, value-based approach to their learning and practice.

Values in a pack? Values in healthcare is a modular development programme which will help healthcare professional and teams to support themselves and their patients. Through experiential exercises and opportunities for reflection and self-enquiry participants can identify their own core values and discover how their insights can enhance and revitalize their work. The programme is delivered via a pack of materials which introduce values such as compassion, co-operation, peacefulness and self-care and encourage participants to explore using them in their personal lives and professional practice. This learning outcomes will enable professionals in all settings to cope better with their work, raise morale and restore a sense of purpose, helping to prevent problem of burnout, sickness absence, and staff retention. A spiritual approach: Today sees a new emphasis on meeting the spiritual needs of patients as part of effective, whole-person health care. In order to do this, healthcare practitioners need opportunities to recognize and address their own spiritual needs. Values in Healthcare emphasizes this essential relationship through a number of learning tools. These include reflection, listening, appreciation, meditation, visualization, creativity, and play. Contents: Values in Healthcare comprises seven one-day modules, each of which will help groups of healthcare professionals to explore values in depth, as they relate to their personal lives and professional practice:

Module 1: Values- gain strength through motivation
Module 2: Peace- benefit from being calm
Module 3: Positivity- harness the power of thoughts
Module 4: Compassion- release healing energy
Module 5: Co-operation- appreciate the wisdom of teams
Module 6: Valuing yourself- sustaining the Career
Module 7: Spirituality in healthcare- spiritual care in practice

Who can benefit from the programme?

- Practicing professional at all levels, including doctors, nurses, professions allied to medicine, social workers, managers, support and administrative staff.
- Practitioners in a wide range of setting including hospitals, hospices, general practices, health centres, clinics
- Staff groups and teams, including multidisciplinary teams, primary health care teams, outpatient teams, departmental teams
- Qualifying and undergraduate teaching programme as part of, or as elective elements of, curricula
- Postgraduate and post qualifying courses
- A range of professionals on their Continuing professional Development

The module to train 25-30 people in a group is the facilitating experience preogramme.

This preogramme is introduced in RMMCH and Nursing College,Annamalai University and also Chettinad Hospital, Chennai

Its aim is giving healthcare to the professionals to thrive rather than survive

It is acknowledged that this programme is prepared and done by Janki Foundation, UK

Polumeric alginate beads for the controlled deleivery of therapeutic macromolecules and their in vivo tissue reaction

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Several life saving drugs which are offsprings of biotechnology industry are not without disadvantages like short plasma half lives, low bioavailability and are also difficult to administer by conventional routes. Developing novel drug delivery systems will help to ameliorate these factors, obviate the need for repeated drug administration and consequently improve their therapeutic index and patient compliance. With this aim in this work calcium cross linked polymeric alginate beads entrapping macromolecules like human recombinant insulin and double stranded DNA were prepared by ionic gelation method and their in vitro drug release profiles were estimated spectrophotometrically. Their drug release characteristics showed that about 60% and 20% of (hr) insulin and (ds) DNA respectively were released within 14 days

in PBSpH 7.4, in a controlled near zero order fashion. The tissue reaction to subcutaneously implanted alginate beads in male albino Wistar rats was evaluated by histological examination. The alginate beads evoked only a mild to moderate inflammatory reaction which subsided by the fourth week at the site of implantation and healing response was seen. The beads completely dissolved and degraded within 35days without causing any fibrous capsule formation, calcification, and tumorogenesis. It can be concluded that the polymeric alginate beads developed in this study show promise as biocompatible and bioresorbable implants for the long term in vivo controlled delivery of biotechnology based therapeutic macromolecules like recombinant hormones and genes. They also favor the biochemical processes that promote growth and regeneration of tissues.

Current status of the stomatological education and practice in China

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Guanghua School of Stomatology, Sun Yat-sen University, Guangzhou, China

In 1917, the first department of dentistry was founded by American and Canadian Christian church in Chengdu, which is the precursor of West China College of Stomatology, Si Chuan University. This indicates the beginning of the modern dental education system in China. In early 1950s, following the medical system of the former Soviet Union, the terminology "Dentistry" was changed into "Stomatology" in China. The foundation of Stomatology made this discipline more closely related to clinical medicine, promoted the development of oral & maxillofacial surgery and plastic surgery in China. There were only 5 dental schools or faculties in China when the new China was established in 1949, thenumber increased drastically during the 1970s and the past 10 years, there are totally 83 dental schools/faculties in China now, distributing in the 26 provinces all over the country. So far, all the dental schools in China are public schools. The administrative management, financial usage, student intake, and staff appointment are all supervised by the government. Dental education system in China currently includes the following programs: college education, 5-year undergraduate program, 7-year bachelor-master combined program, 8-year bachelor-doctor combined program, postgraduate education, as well as continuing education. China is a developing country with a large number of populations. According to the Second National Dental Survey in 2005, prevalence of dental caries in Chinese population is as follows: 5 year group is 66%, 12 year group is 29%, 35-44 year group is 88%, 65-74 year group is 98%; the incidence of periodontitis are as follows: 5 year group is 57.7%, 35-44 year group is 77.3%, 65-77 year group is 68%; the average number of lost teeth is 2.6 in middle-aged group, 11 in the elderly group. Therefore, the need for dental health care is tremendous, and the task of dental service is demanding. With the development the development of China's economy, the number of dentists has increased from less than 6 thousand (5,741) in 1978, to more than 182 thousand (182100) in 2009. The ratio of the number of dentist to population keeps increasing, but compared with developed countries there are still serious imbalance problem. After nearly a decade of development, Guanghua School of Stomatology, Hospital of stomatology, Sun Yat-sen University has made remarkable achievements in oral medicine education, medical treatment and oral scientific research. This is a concentrated expression of rapidly development of oral medicine in China.

Bigger microbes hit big time!!!

Ruchika Bagga

Junior Consultant,Medanta, The Medicity, Gurgaon, Haryana, India

Retrospective study of 295 candidal isolates (from September 2009-june 2011) from patients admitted in intensive care units were included in the study. Vitek 2 was used for identification and antifungal suspectibilty testing.

Candida was isolated from 295 clinical isolates. C.tropicalis was the most frequent isolate(39.3%). Suspectibility to 4 antifungals(i.e.Amphoterecin B, Fluconajole, 5 flucytosine, voriconazole) was done. Almost 92% of the isolates ware suspectible to voricanazole while sensitivity to Amphoterecin B, fluconazole and % fluctosine was 86.4%, 82.03% and 93% respectively with variable sensitivity according to species. All C.krusei were resistant to fluconazole and 90% were resistant to 5 flucytosine.

Candidal infections were more common in men, patients more than 45 years, those with hospital stay more than 9 days and patients from gastroenterology deptt.

Conclusion: Emergence of Candidal infections in the immunosuppressed/ hospitalized patients compounded by the high morbidity and mortality of these isolates makes early diagnosis and treatment mandatory for these isolates. Knowledge of epidemiology/ known risk factors for these fungal isolates help in prompt initiation of empirical antifungals against the suspected fungal isolates significantly reducing morbidity and mortality in these infected patients.

Scope of alternative medicine in health care

M. Rahmatulla

Director, Indian academy for Advance Dental Education,Founder President IADR,India

Alternative Medicine is any healing practice, "that does not fall within the realm of conventional medicine". In some instances, it is based on historical and cultural traditions, rather than a scientific (i.e. evidence-based) basis and varies from country to country Alternative medicine methods are diverse in their foundations and methodologies. National centre for Complimentary and Alternative Medicine (NCCAM) defines CAM as group of diverse medical and health care systems practices that are not generally considered as part of conventional medicine, also called Western Allopathic Medicine. Integrated medicine is a practice that combines both conventional and CAM treatments. Methods may incorporate or base themselves on traditional medicine, folk knowledge, spiritual beliefs, or newly conceived approaches to healing. The use of Alternative medicine is noticed to be increasing at a rapid pace and is estimated to have a market of $340m by the end of 2011 in Britain alone. Around the world, according to an estimate made in 2008, the industry's value is about $60 billion for alternative medicine. NCCAM in America has developed one of the most widely used classification systems for the branches of complementary and alternative medicine and it includes Traditional Chinese medicine, Naturopathy, Homeopathy, Ayurveda, Acupuncture, Chiropractic as a few examples. The International Centre for holistic Healing and Allied Research (ICHHAR) is an alternative medicine institute in Kolkata, India which imparts training in various branches of alternative medicine. Although heterogenous, these systems have many common characteristics, including a focus on individualizing treatments, treating the whole person, promoting self-care and self-healing, recognizing the spiritual nature of each individual and focus on good nutrition and preventive practices. However, Alternative medicine often lacks or has only limited experimental and clinical study. This paper focuses on various alternative medicine forms presently adopted in the world and their application towards health care. It also discusses the importance of Alternative Medicine over Conventional Allopathic Medicine including its limitations.

Informed consent and risk of medical negligence litigation-A comparative analysis of law in the UK and USA

Srinimmagadda Seshagiri Rao

Thornford Park Hospital

This talk examines the ethical and legal aspects of the concept of informed consent with relevant discussion on up to date case law on the legal standard for medical negligence litigation in common law countries. It examines the changing professional standards in relation to informed consent, their implications for negligence litigation in English law and highlights the steps aimed to decrease the litigation potential in one's clinical practice. It further discusses the differences between the English and the American systems with regard to informed consent and examines whether the English system is moving towards the American direction, which is known to be associated with increased risk of medical negligence litigation. This talk is developed based on my legal research for my Masters degree (LL.M) in Law.

An ounce of public health is worth a pound of health care

G Samaram

Imm. Past National President, IMA

Public Health is for Everyone, Everywhere & Everyday: Protect Promote, Prevent & provide. Rural India bears three-fourth of the ailments burden of India, but has only one-fourth of the human resources for health and one-ninth of hospital beds. One million Indian die every year due to inadequate health care facilities and 70 crore people have no access to specialist care because of social inequality, poor sanitation facilities & shortages in primary healthcare facilities in addition to financial constraints and shortage of human resources. Political will is not strong enough and in addition Corruption drains excellently planned programs. Science discovers, technology develops and health care delivers and availability and application of technology helps easy accessible quality health care services to all. Empowering the skilled women health worker promotes safe motherhood practices at the house hold and at community levels in the slum. Establishment of an ideal PHC with good referal system & periodic specialist services is very much needed for the improvement of health indicators.

Towards achievement of universal health care in India by 2020 A call for Action

-Securing the right to health for all in India

-Gender equity and universal health coverage

-Accessibility to all healthcare facilities and affordability of drugs

- Financing healthcare for all

-Good Governance in healthcare.

Autonomic disorders

Paola Sandroni

Mayo Clinic, Rochester, MN, USA

Autonomic symptoms are relatively common complaints that prompt patient to search medical attention. They can be caused by either primary autonomic disorders (due to pathology of the central and /or peripheral nervous system) or be secondary to other disorders or be iatrogenic (due to medications, post RT etc.). Most common symptoms includes: orthostatic intolerance, bladder/ bowel dysfunction, altered thermoregulation, sicca complex. Symptoms recognition is generally easy, although in the elderly orthostatic hypotension may manifest with very non specific complaints and the diagnosis should be always considered. The next step is to search for potentially treatable causes, the most common one being medication side effects. Medical condition can cause autonomic dysfunction either directly (i.e. cardiovascular or gastrointestinal disorders,) or indirectly (i.e., resulting in prolonged immobilization, dehydration or debility). Autonomic disorders can be grossly divided in dysfunctional syndromes and in autonomic failures, the first portending much better prognosis than the latter. The physician needs then to identify which pathology may be present looking for central and peripheral causes. Autonomic neuropathies are relatively common and may be pure or associated with somatic forms. The most common autonomic neuropathies are caused by diabetes, amyloidosis, autoimmune disorders (such as Sjogren's, paraneoplastic syndromes etc.), heridatery neuropathies and toxic forms. Severity can vary quite widely both in different forms and in different patients. Some forms may be very selective and affect omly one system such as the sicca syndrome, idiopathic orthostatic hypotension or chronic idiopathic anhidrosis. Others can cause generalized autonomic failure (diabetes, amyloid, pure autonomic failure). Limited small fiber neuropathies may manifest with erythromelagia. Dysfunctional, non lessional syndromes include disorders of reduced orthostatic tolerance due to excessive tachycardia (POTS), irritable bowel syndrome and probably visceral hypersensitivity syndromes. Central autonomic disorders are more complex and can be degenerative in nature (multiple system atrophy, parkinsonism etc.) or due to autoimmune syndromes, multiple sclerosis, trauma, hypothalamic mass etc. Autonomic evaluations can be done at beside, but more detailed assessment can only be achieved with proper testing equipment. Multidisciplinary approach may be necessary. Various symptomatic treatment strategies are available if there is no specific cure.

An outbreak of enterovirus virus-71 meningitis in Calicut

C.K. Sashidharan

Senior Consultant in Paediatrics & Neonatology, Baby Memorial Hospital, Calicut, Kerala, India

Ever since it was recognized in California(1969), enterovirus-71 infections appears giving rise to large epidemics with much fatality among children. Entrovirus-71 infections like other enterovirus are usually asymptomatic or may be associated with various clinical syndromes like diarrhea, rash, hand-foot mouth disease, herpangina, aspeticmeningitis, encephalitis, myocarditis, acute laccid paralysis, bulbar and brain stem encephalitis, Gullain- Barre syndrome and pulomanary haemorrhage/edema. It was Ihimaru et al who described two outbreaks in japan with involvement of central nervous system like acute flaccid paralysis, bulbar and brainstem encephalitis and Gullain-Barre syndrome.

Increasing attention is now being paid to the study of this virus. There is continuing activity of this virus in our neighbourhood for the last 3 decades. Its invansion into India caused Hand-foot and mouth disease in Calicut 2005. We were in search of this virus and as expected, we came across children with aseptic meningitis caused by the same virus, which is the subject of this paper. This is for the first time Enterovirus-71 meningitis being reported from India and probably as years go by, the severity and the variety clinical spectrum may be on the increase. The results will be presented in the Conference.

Flow CT-Fometry Myelodysplastic Syndrome: Diagnostic Utility

Har Prasad Pati, Anita Chopra, R. Kumar
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Methods bone narrow aspirates of 57 suspected or known MDS and 31 normal controls were studied farm maturation pattern, quantitative FCM with multiple antigens & for CD71 on erythroblasts.
Results: Patients (n=57) Included proven MDS (n=14), suspected MDS (n=13) and non-MDS (n=30) By em-based approach, all proven cases were FCM positive. Insuspected MDS 11/13 (84.6%) including morphology negative cases, were positive and 2/13s (154%) cases were FMC mdermmate In non MDS cases,37/30 (90%) were FCM negative, and 2/30 (6.7%) were indeterminate. Quanhtatve analysis showed that an FMC score of and percentage of CD34= 0 cells and expression of COI lb, CDI5 and CD56 on myeloblasts were characteristic of M.CD71 MFI on erythroblasts and CD38 MFI on myelohlasts were significaMly lower m MDS.
Conclusions: Both the Maturation patter-recognition and quantitative approaches are sensitive methods of diagnosing MDS Their value in Morphology negative AND cytogenetic negative cases must await better definition of the speafiaty f FCM through a more extensive study.

Operative Management of Type II and Type IIIA Open Tibial Fractures Presenting from 6 to 24 Hours after Injury : An Indian Experience

Vishal Kumar, Sameer Aggarwal, Mandeep Singh Dhillon
PGILER, Chandigarh

METHODS: 142 open (type 2 and type 3a) fractures of the tibial shaft in the age group 16-40, presenting with treatment delays (between 6 to 24 hours of injury) were alternatively manged with external fixator (EF) and undreamed tibial nail (LTN). Exclusion criteria included patients with fracture extending into the articular surfaces of either end of the tibia, pallets with open Type 1 or Type 3b/c fractures where we universally used UTN and EF respectively, patients with communicated fractures (Win quist Hansen type 3 or type 4), time of injury <6 hours or >24 hours and polytraurri a patients. A total of 114. Patients (who completed a minimum follow up of 1 year) were assessed at a mean foil Ow up of 64.5 weeks. Evaluation was based on time to union, evidence of nounion. Presence of nn alun ion or malalignment or osteomy-elitis.
RESULT: Union time and infection rates were less for EF grcu p (p value: 0.047 and 0.000 respectively) while malunion and nounion was lesser in UTN group (p value: 0.013 and 0.012 respetively). After repeated surgeries. All these fractu res ultimately united, but 4 patients in the UTrit group were left with a persistent discharging sinus.
CONCLUSIONS: We conclude that UTN may not be the implant of choice for patients presenting after 6 hours of injury. EF is a better alternative in developing countries when patients reach date to the hospital. Although initial union rates may be lower with EF as compared to UTN, these fractures ultimately unite if a second staged reamed nailing is carried out.

Prevalence of Hyperhomocyteinemia in Chronic Kidney Disease Effect of Supplementation of Folic Acid Vitamin B12 Cardiovas-cular Mortality

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A randomized placebo controlled Mal on HO cases was earned out at terhary care hospital. N May 2009 to Novell]." MO Adult patient of CKD having glomendar filtrahon rate (GFR) <60m11 min were enrolled for the study Patients were randomly assigned Into two groups. Control group was gven fohc acid and vdamin B12 supplementation for 6 months
Mean baseline hoocysteme levels were similar m two groups It was 3261 umol, m the mtervenhonal group and 29 8 umolfi. In the placebo group (p>0.05) The level decreased signcantly to 19 69 umold. (pe0 001) the interventional group and it increased to 34 41 umon (p>01 05) m the placebo group 6 moMhs The homocysteme level had a negative co-relahon with haemoglobin (r=19) and vitamin (r+-0 16), folic acid (r=-019) and vitamin B12 (r=,35) There uas no signify.nt effect on total mortality, [lea. Due to CVD, to.1 mchemic eve., hospitalization due to unstable angma, heart failure or venous thrombotic events after 6 months of supplementation therapy
Serum homocysteme elevated pahents of CKD Folic acid and vitamin supplementation lowered homocysteme, but it did not reduce cardiovascular Msease mortality. B12

Pattern Of Renal Diseases In The Elderly: Experience From Aa Teritiary Care Hospital

H.K. Aggarwal, Deepak Jain
Rohtak

The present study included retrospective analysis of 212 elderly above 60 years of age hospitalized for symptomatic renal diseases over a period of 5 years (January 2005 to December 2009). The mean age was 68.72=5.44 years and 65% of these were male. ARF was seen in 34 (16.03%), CRF in 154 (72.6%) and nephritic syndrome in 18 98.49%). Four patients had renal artery stenosis, the other two had renal cell carcinoma.
58.8% had medical cause of ARF, whereas 41.7% had surgical causes. Volume loss due to gastroenteritis was the commonest medical cause 940%). Other common medical causes were septicemia, drugs and CHF. Benign prostate hypertrophy was the commonest surgical cause (57.14%), followed by post-operative complications (42.85%)
154 patients had CRF (72.64%), the common causes of CRF included diabetic Nephropathy, renal stone disease, benign nephrosclerosis and benign prostatic hypertrophy together accounting for 82% of all cases of CRF. The common cause of nephritic syndrome was idiopathic membranous nephropathy (50%)
With increase in life expectancy and ever increasing geriatric population, this group of patients needs specific categorization as the management strategies and further course of disease may differ.

Glycated Hemoglobin A Better Diagnostic Parameter Than Faster Plasma Glucose Levels In Patients Undergoing Dental Surgery: A Comparative Study.

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MMIMSR, Mullana, Ambala, Haryana, India

100 non-diabetic participants were included in this prospective study, diabetes was defined as an FPG level?126 mg/dl or an HbAlc level >6.5%. data was collected from the baseline and second examination conducted at 6 months
The screening model using FPG>126 mg/dl had sensitivity of 68% while that of HbAlc.6.5% was 100% and specificity of FPG>126mg/dl and HbAlc>6.5% was 95% and 100% respectively for detecting undiagnosed diabetes.
FPG and HbAlc criteria do not identify identical groups of individual from a population-based sample as having diabetes. Using HbAlc alone to conduct an initial diabetes screening in undiagnosed participants detects more cases of prevalent diabetes than FPG alone. Keywords: Diabetes, fasting plasma glucose, glycated haemoglobin.

Ultrasonography In Maxillofacial Pathologies

Pramod
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Ultrasonic Echography has been used as an instant, non-invasive method for the observation of relatively deep areas. Diagnostic ultrasound uses a very lugh frequency (15-10Hz) pulsed ultrasound beam directed into the body from a transducer placed in contact with the body. By using absorption, reflection, refraction and diffusion, sonic waves are reflected, which in turn produces electric signal that is amplified and processed and ultimately displayed as an image. Changes in the echo pattern determine the changes in tissue. Recent advancements in ultrasound like Color Doppler are used to detect the moving content like blood with addition of color to the echo This papers focuses and the Ultrasound as diagnostic tool for evaluation of maxilla facial fractures and pathologies like salivary gland disorders, head and neck swell-ings, determination of vascular structures and their relationship, lymphnode disorders, ultrasound- guided fine needle aspiration (FNA) biopsy. This paper also details the limited use in head and neck with a real-time imaging technique which requires the presence of radiologist during the investigation.

A Study to Assess the Perception of Health Insurance among Urban and Rural Popultion of Haryana

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Material methods: A community-based cross-sectional study was carried among rural and urban popu-lation of Haryana. Systematic random sampling technique was used to select the respondents. A total of 500 household were taken for the study purpose. A self designed, pretested, semi structured questionnaire was developed to assess the perception of community regarding health insurance.
Results: Overall, 56% of the residents had knowledge regarding health insurance, while 17% had not heard about it. Individuals residing in urban area had higher (68%) level of knowledge and were willing to get their health insured than rural areas (43%). Around 45.0% of the respondents came to know about health insurance schemes from media which played an important role in the dissemination of information. The mean premium amount agreeable to be paid by the respondents for health insurance was found to be Rs 1000, even the low socio-economic group of people were also willing to part with a reasonable amount of Rs. 500 annually for health insurance. The middle and low socio-economic groups favored government health insurance compared to private health insurance.
Conclusion: There is a need to improve level of awareness regarding health insurance. It is a necessity of life as all individuals suffer from any disease or health related problem at any time of their life. Therefore it should be acquired by all for future security as it reduces the burden of high medical expenses.

Clinico-Epidemiological Investigation Of An Epidemic Dropsy Outbreak In A Village Of Haryana, India

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Method: This is a cross-sectional, community-based study, undertaken on 46 rural patients aged 4-65 years.' Results: Forty-six cases of Epidemic dropsy were detected from an epidemic in a village in Haryana, of all affected patients 19(41.3%) were males and 27 (58.69%) were females. The age group of the affected individuals varied from 4 years to 65 years. The clinical manifestations and epidemiologi-cal factors were studied GIT symptoms were present in 86.3% of the cases. Sanguinarine was detected in all mustard oil samples collected from the homes of affected families
Conclusion: Adulteration of mustard oil with agremone oil, either deliberate or accidental is the main cause of the disease.

Breast feeding practices in urban slums of Rohtak district, Haryana.

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To study the breast feeding practices in urban slums & to know the influence of socio-cultural factors on breast feeding practices. Cross-sectional study was conducted in urban health centre field practicing area of Deptt. Of community medicine, Pt BD Sharma PGMIS, Rohtak, Haryana. The study included 325 mothers having children upto the age of 2 years were interviewed using pre-tested proforma. It was found that 52.2% of mothers initiated breast feeding within first 24 hours of delivery. Short duration of breast feeding was observed among mothers with higher socio-economic status. 89.5% of the mother gave pre lacteal feeds and 42% mother gave colostrum.

Application of Nanocopper in Bioprocess and Industry

J. Tracy Tina Angelina

K.J. Hospital Research & Post Graduate centre, Chennai

Biofouling is one of the major concerns in the use of Titanium, an excellent material with respect to corrosion resistance and mechanical properties, for sea-water-colled condensers of power plants. An additional problem reported to develop as a consequence of biofouling is that of biomineralization. Fouling control strategies in condensers include a combination of mechanical and chemical treatments like sponge ball cleaning, backwashing and chlorination. In general, innumerable studies have shown that no routine treatment regime can be successfully keep the condenser tube over a period of years. Since, surface properties of the substratum influence initiate adhesion and growth of bacterial cell on materials, modification of the surface of condenser material like titanium etc., in order to reduce microbial attachment is the need of the hour. Metal nanoparticles are known to exhibit enhanced physical and chemical properties when compared to their bulk counterparts because of their high surface to volume ratios. Metals like copper are very toxic to microorganisms and effectively kill most of the microbes by blocking the respiratory or a fungus survives. Therefore, nanostructured Cu Thin films will be grown on titanium substrate to enhance its antibacterial properties by reducing adhesion. Cu thins films are deposited on different substrate using Pulsed DC Magnetron Sputtering system. Both the GIXRD (Glance Incidence X-ray Diffraction) and AFM (Atomic Force Microscopy) studies confirmed that the copper thin films obtained in the present study were smooth and within the dimensions of a nanofilm consisting of small clusters of copper nanoparticles. The two order decrease in the bacterial density on copper coated surface and Epifluorescence micrographs depicting very few fluorescing cells clearly demonstrate the superior antibactericidal capacity of nanocrystalline copper thin films.

Sacrococygeal Teratoma

Ashutosh Talwar, Neerja Puri, HPS Sandhu

Sacrococygeal teratoma is a tumour of the newborn seen in 1 out of 35,000 to 40,000 live births. We presented to the department of surgery with swelling in the sacrococygeal region since birth. After ultrasound confirmation of the diagnosis, the swelling was excised along with coccyx.

Breast Imaging: Comparaioson of Mammography, Ultra Sonography and Dynamic Contrast Enhanced MRI in the Diagnosis of Benign 7 Maligent Breast Lesions

Shibani Mehra

Breast cancer is the most common malignancy in women and the second most common cause of cancer related mortality. Benign breast lesions though less common, are also encountered. Early treatment of nanpalpable breast cancer reduces mortality rate. Radiological imaging is extremely important in early detection, accurate diagnosis and obtaining biopsies to differentiate benign from malignant lesions.

Mammography continues to be the primary modality for breast imaging and is routinely used for screening and lesion detection. It has a good sensitivity of 80% in Grade 1 and 2 breats. Microcalcifications associated with ductal carcinoma in situ are best demonstrated on mammography and classification of various types of classification is best achieved using mammography. The major limitations of mammography are dense Grade 3 and 4 breasts where lesion detection becomes difficult.

Sonography has the ability to detect clinical and mammographically occult breast cancer with a sensitivity of 88%, the higher sensitivity is attributed to the fact that sonography lesion detection is independent of breast density. It provides goos distinction of cystic from solid lesions and better appreciation of margins as well as the surrounding breast parenchyma. The drawback of sonography is that microcalcifications which are associated with both infiltrating carcinomas and ductal carcinoma in situ, cannot be detected by this modality. Nonetheless, both mammography and sonography used together increase the sensitivity for detection of breast cancer and both these are currently most sensitive for breast lesion detection.

Dynamic contrast enhanced MRI of the breast is indicated for detection of occult lesions, for characterization of lesions inconclusive on US, mammography and for evaluation of those lesions that could not be biopsied. It provides proper assessment of local extent of disease and is used prior to surgery for evaluation of margins of lesions, extent of disease and ruling out chest wall involvement.

A discussion of all the three modalities and a comparison of their diagnostic efficacy in breast pathology will be presented.

Breast Reconstruction After Mastectomy

Kulwant S. Bhangoo

Certified Surgeon, Buffalo, NY, USA

The loss of a breast has a devastating effect on a woman. This is because the female breast has profound social, sexual and sensual connotations. This is manifest from the prominent role that the female breast has played in art, paintings, sculptures and statues since the dawn of history.

I this presentation, Indications, timing and techniques of breast reconstruction after mastectomy are discussed. The issue of immediate versus delayed reconstruction is concerned, various methods are discussed. These include:

- Direct placement of an implant if there is sufficient available local tissue. If the local tissue is inadequate then other methods of recruiting tissue, such as tissue expansion, is described.
- Local flaps are discussed although they have very limited application. A latissimus dorsi myocutaneous flap with and without an implant is also discussed.
- The state of the art method of breast reconstruction with autologous tissue in transverse rectus abdominis myocutaneous flap is discussed in detail.
- Planning operative details and results are discussed. The issue of opposite breast to obtain balance between the reconstructed and the normal breast is also discussed.
- Various methods of nipple areolar reconstruction are described.

Clinical cases are demonstrated to illustrate the various reconstructive techniques.TMA PAI Oration Hyperparathyroidism-The Indian Scenario

M. Chandrasekaran

Professor & Head, Dept. of Endocrine Surgery, Madras Medical College, Chennai, Tamil Nadu, India

Hyperparathyroidism is suspected and diagnosed only when there is hypercalcemia. The western world talks about the usefulness of estimating serum calcium as a routine to detect hyperparathyroidism. Unfortunately serum calcium alone cannot be used to detect patients with hyperparathyroidism in India have normocalcemia and not hypercalcemia.

This is primarily because of the Vit.D deficiency and inadequate intake of calcium. Though sunlight is available in plenty the incidence of hyperparathyroidism due to Vit.D deficiency is increasing in India. Surgeons in India should be aware of the fact that three and a half parathyroidectomy is not the treatment of choice for hyperparathyroidism due to Vit.D deficiency.

However, these patients can develop an adenoma at a later stage which is an indication for surgery. Hence, patients with adenoma should be identified in order to suggest surgical treatment. I have designed a very simple test called "Calcium Challenge test" to identify patients with parathyroid adenoma so that a definitive surgical procedure can be carried out with utmost confidence.

Calcium Challenge test: Give 1gm of oral calcium along with 25 mcg of 1-25 vit D for a period of 14 days for patients with elevated serum PTH and Normal serum calcium. Repeat the serum PTH after 14 days. If there is a fall in the serum PTH (Calcium Challenge test-positive) it means the feedback mechanism is intact and it is a case of hyperplasia which requires only a medical management. If there is no fall in the serum PTH level or serum PTH increases (Calcium Challenge test-negative) it is a case of parathyroid adenoma which requires surgical removal after localization studies.

The Indian scenario of hyperparathyroidism is totally different from the western scenario and my experience with it, in the last 24 years at the Department of Endocrine Surgery of madras medical College is presented to the distinguished delegates of the International Medical Sciences Academy.

Symmetry States Of The Physical Space: An Expanded Reference Frame For Understanding Human Consciousness

Nisha Manek

Mayo Clinic, Rochester, MN, USA

The last decade has seen an impressive amount of research in the medical sciences regarding the relationship between spirituality and health. From this vast body of research emerges a neurologically-based rationale for the development of self-awareness through meditation and released techniques. The neuro-sciences have enriched our understanding of the benefits of meditation. On a more fundamental level research in intention has conclusively shown that human consciousness can have effects on physical properties of materials and that a change in the symmetry states of the physical space is a necessary condition. This work expands our frame of reference for understanding human consciousness from a neuro-science perspective. The data of the intention experiments, characteristics of the symmetry states of the physical space and the pragmatic clinical applications in medicine will be discussed.

A necessary future- the integration of health and healthcare

Kerry D. Olsen

Mayo Clinic, Rochester, MN, USA

The world is facing a global obesity pandemic. The sequelae of obesity and many other rapidly increasing diseases can be largely attributed to adverse lifestyle behaviours. The resultant health care costs are taking our health and economic systems to the breaking point. Interventions to reverse these trends must come from individual behavior change, school and work place intervention, sector changes in agriculture, food services, education, and urban planning, and government policy changes. The health care sector must also appropriately respond. Too often physicians view adverse life style change as the moral failure of their patient, revert to therapeutic nihilism, or have too little time or training to adequately address these problems. Doctors simply recommend pursuing diet and exercise, revert to pharmacotherapy, or suggest bariatric surgery. There must be a new model of health care to address adverse individual health behaviors. At mayo clinic, we are introducing a new member to the health care team, the health and wellness specialist. This person can most cost effectively and skillfully assess and manage health, lead life style change programs, provide ongoing health coaching, and better understand and impact sustainable behavioral change. These interventions are a key factor in disease prevention, disease prediction, disease mitigation, health promotion, and health potentiation. This presentation will describe the use and early results of a new transformative model for the care of a local population. That model is the integration of health and health care. Physicians refer their patients directly to a health and wellness specialist and many medical programs are now directly integrated with healthy living programs. Changing adverse lifestyle behavior should significantly reduce health care costs.

A Study On Infantile Hemangiomas.

NEERJA PURI, ASHUTOSH TALWAR

METHODS: A prospective study of 50 children with infantile hemangiomas who were below 12 years of age were taken up for the study. RESULTS: In our study, 66% of hemangiomas were present at birth, 22% were seen between 1-5 years of age, 10% appeared by first month of life and 2% appeared after 5 years of age. Also, it was seen that 90% of hemangiomas were of superficial type and 10% were of deep type. Regarding the number of hemangiomas, 84% of children had single hemangioma, 10% had 2-5 lesions, 4% patients had 6-10 lesions and 2% patients had more than 10 lesions. Positive family history was seen in 8% children. The commonest site of involvement was head and neck seen in 56% patients, trunk involvement was seen in 28% patients and extremities were involved in 16% of children. The commonest complication was ulceration seen in 12% patients. CONCLUSION: Because hemangiomas proliferate rapidly in the first few weeks to months of life, there may be a window of opportunity to intervene in high-risk hemangiomas, in an attempt to prevent complications, including permanent scarring.

Study Of Sociodemographic Factors Affecting Level Of Physical Activity Among School Children In Urban And Rural Areas Of Ambala (Haryana).

Sanjeev Sharma, Jagjeet Singh, SK Ahluwalia, Anshu Mittal

Physical activity is decreasing among children with the emergence of newer ways of entertainment viz television, computer, electronic gadgets etc. decrease in physical activity leads to increased BMI and thus leading to increased risk of cardiovascular diseases, diabetes and others. Objective: To study the sociodemographic factors affecting physical activity and its effect on Body mass Index. Methodology: Cross-sectional study conducted in the government and private schools of District Ambala among 500 adolescent students of age 11-19 years. A pretested, self designed questionnaire based on INDIA (CBSE) GSHS Questiobnaire-2006 was used. The data thus collected was complied, analysed and statistically tested using appropriate statistical tests using Epi info 6 or SPSS-17 software. Conclusion: Level of physical

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

Murali Duggirala
Mayo Clinic, Rochester, MN, USA

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 9Robotic 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 3Dvision 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, Endometrosis 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

Sheo Kumar Prasad
Patna Medical college & Hospital.

Nasal blockage is common with presence of adenoids, excessively hertrophied tonsils, high arched palate, elongated narrow face, hypertrophied turbinates, deviated nasal septum, nasal polypi, recurrent rhino sinusitis, nasal tumours etc. besides contributing to crowding of teeth, otitis media, sinusitis, snoring-sleep apnea, SIDS, this may in longterm 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, bypassing 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 relived 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
M M Institute of Medical Sciences & Research.

Probotic 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

T. Pratap Reddy
KIMS, SEC-BAD

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.