

chemoprophylaxis and treatment for opportunistic infections have decreased the mortality in HIV-infected children and adults. In resource poor countries, however, the mainstay of therapy is often the treatment of intercurrent bacterial infections, prevention and treatment of opportunistic infections, and nutritional support. Despite these supportive measures, the lack of availability of antiretroviral medications means that the long term mortality due to HIV will remain high. In India, a combination of zidovudine and lamivudine costs approximately Rs. 2000-3000 per month. Protease inhibitors like saquinavir or ritonavir cost an additional Rs.3,000-5,000 per month.

The antiretroviral medications are broadly classified into three categories based on their mechanism of action-nucleoside reverse transcriptase inhibitors (NRTIs), non-nucleoside reverse transcriptase inhibitors (NNRTIs), and protease inhibitors (Pis). Fusion inhibitors, a newer class of drugs are currently under development and testing. These drugs block the entry of the virus in the normal T-cell. In March 2003, United States FDA approved one of the fusion inhibitors, enfuvirtide (Fuzeon®) for HIV infected adults who have tried other antiretrovirals in the past and have developed resistance or have detectable viremia, in India, not all of these drugs are available. Zidovudine, lamivudine, stavudine, didanosine, nevirapine, indinavir and nelfinavir are being manufactured and marketed by Cipla and Glaxo. Abbott and Nicholas Labs are importing protease inhibitors like saquinavir and ritonavir.

Drug trials with various combinations have been conducted in adults and children. In view of the infant's immature immune system, all infants diagnosed with HIV infection ought to be treated with effective antiretroviral medications<sup>6</sup>. The ideal treatment regimen consists of three antiretroviral drugs, two NRTIs, and a PI, although PI-sparing regimens are increasingly becoming

popular. A PI-sparing regimen consisting of two NRTIs and one NNRTI may be an ideal option in a developing country like India because of its lower cost.

Prior to the initiation of antiretroviral therapy, a complete blood count, T-cell subset (CD4/CD8) study, and serum chemistry need to be done. The viral load, as determined by quantitative PCR, can be used to monitor clinical progression or treatment response, although studies suggest that CD4 counts and/or p24 antigens may suffice in limited resource settings. Additional assessment includes quantitative immunoglobulins, chest roentgenogram, and tuberculin testing. The child may also be evaluated for toxoplasmosis, herpes, rubella and CMV by serologic antibody tests.

The viruses become resistant over time requiring change in therapy. Genetic and phenotypic resistance assays are helpful in selecting the proper combination of therapy. Overall, despite the tremendous advances in HIV therapy, the disease remains incurable, and the long therapies pose problems with compliance, toxicity and tremendous financial burden. Treatment, therefore, needs to be individualized.

## References

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3. Merchant RH, Shroff RC, Gilada IS. HIV disease in the women and children of Bombay. *The AIDS Reader* 1998;8(3):99.
4. HIV Infection in Women and Children. Eds. Merchant R, Damania, K. 1st Edition, Wadia Hospitals (publisher), Mumbai, India. 1999.
5. Verghese VP, Cherian T, Cherian AJ et al. Clinical Manifestations of HIV-1 Infection. *Indian Journal of Pediatrics* 2002;8:57-63.
6. Lodha R, Singal T, Jain Y et al. Primary HIV infection in a tertiary care center in North India: Early impressions. *Indian Pediatrics* 2000;37:982-983.

## IMSA News

### IMSA Chapter Activities (Oct. to Dec. 2004)

#### Delhi Chapter

- 10.10.2004 : Dr. Mukesh Ajmera, "Stress Testing in IHD".  
 : Dr. G. Siripathy, "Hypothyroidism - Diagnosis & Management".  
 23.10.2004 : Dr. S.J. Gupta, "A Clinical Meeting".  
 16.11.2004 : Dr. A.K. Ajmani, "Diabetes Mellitus".  
 14.12.2004 : Dr. Arun Gogna, "Echo Cardiography".  
 : Dr. (Lt. Col.) Ashok Rajput, "Bronchial Asthma".

#### Tamil Naidu Chapter

- 10.10.2004 : Prof. Krishnamoorthy, "Pain and Perception".  
 14.11.2004 : Dr. Srimathi, "Common Cardiac Problems Including Myocardial Ischemia and Their Management".  
 12.12.2004 : Dr. Mayilvahanan Natarajan, "The Custom Mega Prosthesis - The Answer to the Management of Bone Tumours".  
 14.12.2004 : Dr. Krishnamoorthy Srinivas, "Brain, Mind and Music".  
 19.12.2004 : **Rural CME Programme**, Dr. R. Kndaiah, "Common Ophthalmic Problems in General Practice and Current Concepts".

### Election of Fellows

#### Fellows elected on 10-11-2004

Dr. (Mrs. Meera (Rupta) Suhas Kulkarni  
 Dr. Suhas Panditrao Kulkarni  
 Dr. V.P.M. Mushafa  
 Dr. Anmol K. Gupta  
 Dr. N.K. Sekaran  
 Dr. V. Muniappan  
 Dr. Govind Chandra Sahoo  
 Dr. N. Chidambaram  
 Dr. P. Muralidhar  
 Dr. S. Viswanathan  
 Dr. Roseline Fatima William

Kolhapur  
 Kolhapur  
 Saudi Arabia  
 Shimla  
 Chidambaram  
 Annamalainagar  
 Chidambaram  
 Annamalainagar  
 Annamalainagar  
 Tamil Nadu  
 Annamalainagar

Dr. V.U. Shanmugam  
 Dr. Satishchandra Marutrao Gaikwad  
 Dr. A.K. Grover  
 Dr. Sethu Rajan  
 Dr. Pas Rajenthiran  
 Dr. V. Namachivayam  
 Dr. G. Santhanam  
 Dr. P.S. Krishna Moorthy  
 Dr. C. Dhana Sekaran

Chidambaram  
 Mumbai  
 New Delhi  
 Chidambaram  
 Cuddalore  
 Cuddalore  
 Mayiladuthurai  
 Cuddalore  
 Chidambaram

#### Members elected on 10-11-2004

Dr. K.A. Shalini Maya  
 Dr. Rajul Rastogi

Chidambaram  
 New Delhi

**Honours** Dr. (Mrs) S. Sachdev, Founder Fellow of IMSA, has been conferred the **Dr. MN Passey Award** for Distinguished Services for the year 2004 in recognition of her outstanding contribution to the advancement of Rheumatology in India. The Award was presented by the Union Minister of State for Home, S. Raghupathy.

Dr. (Mrs.) S. Sachdev, has been conferred the **Life Time Achievement Award for Her Exemplary Accomplishment in the Field of Geriatrics and Gerontology** by INDIAN AGEING CONGRESS 2004, held at All India Institute of Medical Sciences, New Delhi on 7th November, 2004.

**IMSA Branch Unit (Sub Chapter) at Muthiah Medical College (Annamalai University) under the IMSA Tamil Nadu Chapter was inaugurated on December 14, 2004 by Hon'ble Member of Parliament (Rajya Sabha) Dr. M.A.M. Ramaswamy, Prochancellor, Annamalai University, under the Chairmanship of Dr. K. Jagadeesan, President, IMSA.** See details on page.....

## IMSA Branch Unit - Annamalai Nagar, T.N. Chapter

### Inauguration

An IMSA Branch Unit (sub chapter) under the IMSA Tamil Nadu chapter was inaugurated by Dr. M.A.M. Ramaswamy, the member of Parliament, (Rajyasabha) and Prochancellor of Annamalai university; Dr. K. Jagadeesan, the President of International Medical Sciences Academy (IMSA) was in the chair Dr. M.A.M. Ramaswamy delivered the inaugural address; he appreciated the aims and objectives of this world organization IMSA and the rural CME programs of the chapters and sub chapters. He stressed the importance of health care delivery at primary health centre levels which should be properly manned and equipped.

Dr. K. Jagadeesan, the president of IMSA in his presidential address highlighted activities of IMSA world over and stressed the value of academic activities and importance of rural CME programme which aims at updating the knowledge of practitioners in rural areas for better health care delivery to the rural folks; thus fulfilling an essential objective of IMSA.

Dr. P.V. Hayavadana Rao was nominated as the chairman of the IMSA branch unit and Dr. Ramesh as the Secretary. Dr. A. Govindan. Hon. Secretary. IMSA TN chapter read the Secretary's Report.

Over 300 doctors attended the inauguration among them were the various faculty members, senate and syndicate members of the university.

The first oration of the IMSA branch unit was delivered by Dr. Krishnamoorthy Srinivas - a noted Neuro Physician on 'Brain, mind & music; Dr. MG. Muthukumarasamy, the former vice chancellor Annamalai University was in the chair.

### Secretary's Report

*Respected Dr. M.A.M. Ramasamy, Pro-Chancellor, Dr. L.B. Venkatragan, Vice-chancellor, Dr. K. Jagadeesan, President IMSA. Dear Fellows, Ladies and gentlemen*

I am proud to be alumni of Annamalai University. Here I have studied Intermediate and BSc from the years 1954 to 58. When Annamalai University celebrated its silver jubilee I was a student. To think of that silver jubilee is joy for ever for me. It is heartening to note that Annamalai University has celebrated its platinum jubilee, recently. I was thrilled to know that this magnificent Annamalai University was established by the great philanthropist, the Raja of chettinad, Dr. Raja Sir M Annamalai Chettiar in the year 1929, i.e. 18 years before we attained independence for India, on a pattern similar to the Cambridge University in many ways.

Many wondered, what had prompted him to establish the University here. As a visionary, as a great lover of fine Arts and Science, very great lover of Tamil language & Tamil Isai and an educationist par excellence had selected this backward area to locate the University probably for the benefit of the people in this region in particular and Tamil Nadu and India at large. Lord Nataraja was always there to bless him. The blocks of big buildings for Science, fine arts, Social Science, Oriental Languages, Agriculture, Engineering, the magnificent Shastri Hall with beautiful garden and a spring pool in front of it spoke of his will and zeal. Raja Sir M Annamalai Chettiar was the custodian of the Tamil Lyal Isai and Natagam and the Isai Kaluri at Annamalai University and the Annamalai Mandrum at Chennai stand testimony to his great interest.

Raja of Chettinad Dr. Raja Sir MA Muthiah Chettiar, then Prochancellor was a fatherly figure to us. As a worthy son of a worthy father having inherited all the qualities and zeal of the great philanthropist he carried on the work left by his great father. Many blocks of buildings and several new courses have been added and converted this University into post graduate University.

it gives us great pleasure to mention that respected Dr. M.A.M. Ramasamy Member of Rajyasabha & the Prochancellor, Annamalai University is continuing the work left by his father and grand father. It is worthy to mention here, a medical college in the name of his father, is to his credit. With his able management many new buildings were built and several new courses and distant education have been started. He is acclaimed to be a great administrator, a great educationist and philanthropist. The location of this University had added colour and importance to the temple city Chidambaram. My humble request to Dr. M.A.M. Ramasamy to use his influence as the Prochancellor of Annamalai University and Rajyasabha member and his personal influence for the early conversion of the meter gauge Railway line into broad gauge from Villupuram to Chidambaram and connecting line to Tanjore so that it would not only develop the town Chidambaram but also the entire region.

We are very fortunate for Dr. M.A.M. Ramasamy has been generous enough to grant us permission to have IMSA Branch Unit at Annamalai University premises and was kind enough to have consented to inaugurate the branch unit.

Dear Friends, we have assembled here for the inauguration of the new **IMSA branch unit**. I am extremely happy to be involved in the formation of the **IMSA branch unit** under IMSA Tamil Nadu Chapter at Annamalai Nagar, the first of its kind in the history of IMSA. The **IMSA branch unit** is being organized as a unit in a chapter of a region under the interpretation of the para (j) on page 7 of the memorandum of Association and Regulations of the constitution of IMSA. We had thought of starting IMSA branches under the IMSA Tamil Nadu Chapter after the annual conference at Cambridge where a decision had been taken to conduct rural CME programs. The work of Rural CME program was our priority which we have started organizing at various places far and near the city of Chennai. So far we have conducted nine CME programs. This is in addition to our regular monthly meetings which we have at K.J. Hospital Auditorium on second Sunday of every month. So far we have conducted 274 monthly meetings without a break. We have achieved this feat because of our strict norms, The speakers are happy with the system. We line up speakers in advance so that no failure occurs.

We have been conducting the activity of the IMSA Tamil Nadu Chapter with annual subscription of Rs.200 which a few fellows only contribute and the 30% of fellowship share money from IMSA HQ. We have to spent about three to four thousand rupees for a monthly meeting and about six to seven thousand rupees for a rural CME. Our financial position is not that sound. But for the support from our president Dr. K. Jagadeesan and K.J. Hospital, the IMSA TN Chapter would have become defunct. Their voluntary and ardent support in every way has kept the IMSA TN Chapter live and active. We owe so much to Dr. K. Jagadeesan and K.J. Hospital.

The work for the formation of the IMSA branch unit under IMSA TN Chapter had been started just before we had started the arrangement of IMSACON-2003. Many fellows in the districts of Tamil Nadu had come forward to take up the task of organizing the IMSA branch unit in their respective districts. Dr. Hayavadana Rao was first to offer and first to succeed. It is because of dynamic nature of Dr. Hayavadana Rao and his sincere work and perseverance, the formation of IMSA branch unit at Annamalai Nagar has become a reality. At the very outset he promised to enroll thirty fellows from Annamalai University and he had kept his promise. Dr. Hayavadana Rao deserves all appreciation; our congratulations to him.

We are extremely thankful to our president Dr. K. Jagadeesan for his help and guidance in the formation of the branch unit. We are immensely grateful to the respected Dr. M.A.M. Ramasamy Pro-Chancellor Annamalai University for having given us permission to start the branch at Annamalai University premises. We are also thankful to Dr. L.B. Venkatragan the vice chancellor of Annamalai University for having agreed to have the branch at Annamalai Nagar.

Hearty welcome to new fellows and members

Long live IMSA.

Thank You all

**Dr. A. Govindan**  
Hon. Secretary

IMSA Tamil Nadu Chapter