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SREE BALAJI MEDICAL COLLEGE & HOSPITAL CHROMEPET



An Official Newsletter of
Sree Balaji Medical College and Hospital
Bharath Institute of Higher Education & Research-BIHER
Chrompet, Chennai - 600044, Tamil Nadu, India



Balaji Heravala



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Contents

Conferences Workshop IQAC World Cancer Day
28th Convocation Appointments Promotions Out reach Activities Publications

Symposium –2016



Department of Dermatology in Association with Janssen Dermatology conducted Symposium on “ROLE OF MOISTURIZER IN MANAGEMENT OF ICHTHYOSIS AND TRANS EPIDERMAL WATER LOSS” on 19th Jan 2016. The guest of the day was Dr. M. Bhairavi.

Ichthyosis vulgaris is an inherited disorder of keratinization that results in asteatotic scales on extensor surfaces of the arm, legs, and trunk. A combination-therapy approach with a physiological lipid-based barrier repair topical emulsion and ammonium lactate 12% lotion applied topically was shown to be effective at four-week follow up without any untoward side effects. This combination therapy addresses the importance of caring for both the corneocytes (“bricks”) and the intercellular lipid bilayer (“mortar”) for optimal benefit.

Symposium – AMENORRHOEA

Department of Obstetrics & Gynecology & Medical Education Unit of SBMCH organized A Symposium on “AMENORRHOEA” on 23rd Jan 2016. Amenorrhoea is the absence of menstrual periods in a woman during her reproductive years. Amenorrhoea is classified as either 'primary' (menstrual periods not having started by age 16 years) or 'secondary', which is the absence of menstrual periods in a woman who has previously been menstruating for six months or more. Physiological states of amenorrhoea are seen, most commonly, during pregnancy and lactation (breastfeeding), the



latter also forming the basis of a form of contraception known as the lactational amenorrhoea method. Outside of the reproductive years there is absence of menses during childhood and after menopause.



Symposium - NDT

Department of Obstetrics & Gynecology in Association with Anatomy & Medical Education Unit of SBMCH organized a Symposium on Neural Tube Defects (NTD) on 25th Jan 2016. The key speakers of the day were Dr. Preethi, Kilpauk Medical College, Dr, Sudarshan Balaji, Consultant, Fetal Medicines, Mediscans, Dr. V.Rajalakshmi, RSRM, Dr. S.Giridharan Neo Life Children Hospital.

Neural tube defects (NTDs) are a group of conditions in which an opening in the spinal cord or brain remains from early in human development. In the 3rd week of pregnancy called gastrulation, specialized cells on the dorsal side of the embryo begin to change shape and form the neural tube. When the neural tube does not close completely, an NTD develops.

Specific types include: spina bifida which affects the spine, anencephaly which results in little to no brain, encephalocele which affects the skull, and iniencephaly which results in severe neck problems. NTDs are one of the most common birth defects, affecting over 300,000 births each year worldwide

National Conference Connexion 2016

Department of Physiology & Anatomy & Medical Education Unit of SBMCH organized a Symposium on Neural Tube Defects (NTD) on 28th Jan 2016. Dr. Srikanth Tripathy, Scientist - G HIV Laboratory, NIRT, Chennai.



CME Programme- Preventing Human Cases during bird flu outbreak

Department of Community Medicine & Medical Education Unit of SBMCH organized a CME Programme on “Preventing Human Cases during bird flu outbreak” on 30.01.16. Dr.A.S. Valan, M.D Fellowship in HIV Medicine, PG in Bio-Ethics, New Delhi.

Currently, the best way to prevent infection with avian influenza A viruses is to avoid sources of exposure whenever possible. Infected birds shed avian influenza virus in their saliva, mucous and feces. Human infections with bird flu viruses can happen when enough virus gets into a person's eyes, nose or mouth, or is inhaled. This can happen when virus is in the air (in droplets or possibly dust) and a person breathes it in, or when a person touches something that has virus on it then touches their mouth, eyes or nose. Rare human infections with some avian viruses have occurred most often after unprotected contact with infected birds or surfaces contaminated with avian influenza viruses. However, some infections have been identified where



direct contact was not known to have occurred.

People who work with poultry or who respond to avian influenza outbreaks are advised to follow recommended biosecurity and infection control practices; these include use of appropriate personal protective equipment and careful attention to hand hygiene. Additionally, CDC recommends that people responding to poultry outbreaks should get a seasonal influenza vaccination every year, preferably at least two weeks before engaging in an outbreak response. Seasonal influenza vaccination will not prevent infection with avian influenza A viruses, but can reduce the risk of co-infection with human and avian influenza A viruses. These people should

also be monitored for illness during and after responding to avian influenza outbreaks among poultry.

CME Programme - OBG

Department of Obstetrics & Gynecology & Medical Education Unit of SBMCH organized a CME Programme on "Pregnancy and Lactation - Related stress & pain" on 01.02.16.

Prof. Govindan Dayanithi, Phd., Research Director In CNRS-FR, Dept, of Molecular



signaling.

CME Programme- Hypothalamo Pituitary Axis Physiology to Practice

Department of General Medicine & Medical Education Unit of SBMCH organized a CME Programme on "Hypothalamo Pituitary Axis Physiology to Practice" on 03.02.16.

Prof. Govindan Dayanithi, Phd., Research Director In CNRS-FR, Dept, of Molecular signaling



CME Programme- Uro pathology

Department of Pathology & Medical Education Unit of SBMCH organized a CME Programme on "Uro pathology " on 05.02.16. "Dr. Sandhya Sundaram, M.D (Pathology)"



Workshop - Immunohisto chemistry"

Department of Pathology & Medical Education Unit of SBMCH organized a Workshop on "**Immunohisto chemistry**" on 06.02.16.

Immunohistochemistry (IHC) involves the process of selectively imaging antigens (e.g. proteins) in cells of a tissue section by exploiting the principle of antibodies binding specifically to antigens in biological tissues. The immunohistochemistry technique is used in the search for cell or tissue antigens that range from amino acids and proteins to infectious agents and specific cellular populations.



The technique comprises two phases: (1) slides preparation and stages involved for the reaction; (2) interpretation and quantification of the obtained expression. Immunohistochemistry is an important tool for scientific research and also a complementary technique for the elucidation of differential diagnoses which are not determinable

by conventional analysis with hematoxylin and eosin. In the last couple of decades there has been an exponential increase in publications on immunohistochemistry and immunocytochemistry techniques.

Symposium on "Recurrent Pregnancy Loss"

Department of Obstetrics & Gynecology & Medical Education Unit of SBMCH organized a Symposium on "Recurrent Pregnancy Loss" on 10.02.16. Dr. Umashanthi, M.D DGO, Former Director & Superintendent, KGH & ISO.



Recurrent miscarriage, habitual abortion, or recurrent pregnancy loss (RPL) is three or more consecutive pregnancy losses. Infertility differs because it is the inability to conceive. In many cases the cause of RPL is unknown. After three or more losses, a thorough evaluation is recommended by American Society of Reproductive Medicine. About 1% of couples trying to have children are affected by recurrent miscarriage



CME Programme- Diabetes and Hypertension

Department of Pharmacology & Medical Education Unit of SBMCH organized a CME Programme on “Recurrent Pregnancy Loss” on 12.02.16. “Recent Scenario in the Treatment of Diabetes and Hypertension”.

Prof. R.S.Hariharan, M.D Const. Phyn. & Diapt. Nanganallur, Dr.K. Mohan, M.D, D.Diab, Dr.H.Sundar, M.D, DNB Const. Cariology, chennai.

High blood pressure (hypertension) can lead to many complications of diabetes, including diabetic eye disease and kidney disease, or make them worse. Most people with diabetes will eventually have high blood pressure, along with other heart and circulation problems. Coronary artery disease or heart disease.

Risk factors for developing diabetes Age: 45 years or older, Obesity: body mass index greater than 25, Family history: parent or sibling with diabetes, Physical inactivity, Abnormal values for blood lipid levels- low HDL cholesterol: less than 35- high triglyceride levels: more than 250, Presence of high blood pressure.

Risk factors for developing hypertension –Obesity , Family history, Excess dietary salt and alcohol intake, Older age: over 50% of Americans over 60 have HTN, African Americans:develop HTN at an earlier age have more severe HTN increased risk of heart attack, stroke, and kidney failure, Tobacco use & Diabetes .



CME Programme – “Hospital Acquired Infection and its Management”

Department of Microbiology & Medical Education Unit of SBMCH organized a CME Programme on **“Hospital Acquired Infection and its Management”** on 18.02.16. Dr. Apurba Sankar Sastry, M.D DNB, MNAMS, PDR, Dept.of Microbiolgy JIPMER, Pondichery.



CME Programme – Paediatrics

Department of Paediatrics & Medical Education Unit of SBMCH organized a CME Programme on **"Approach to Solid Tumors in Children"** on 18.02.16. Dr. Rajkumar Venkatramani, M.D., M.S MRCPH, Baylor College of Medicine in Texas Children Cancer & Hematology centre at Houston, Texas.

Solid tumors are abnormal mass of tissue that usually does not contain cysts or liquid areas. Solid tumors may be benign (not cancerous), or malignant (cancerous). Different types of solid tumors are named for the type of cells that form them. Examples of solid tumors are sarcomas, carcinomas, and lymphomas. The word tumor does not always imply cancer. In discussing tumors that are malignant (cancerous), however, the term solid tumor is used to distinguish between a localized mass of tissue and leukemia. Leukemia is a type of tumor that takes on the fluid properties of the organ it affects – e.g. the blood.

Classification of localized solid tumors: Different kinds of solid tumors are named for the type of cells of which they are composed: Sarcomas -- Cancers arising from connective or

supporting tissues, such as bone or muscle, Carcinomas -- Cancers arising from the body's glandular cells and epithelial cells, which line body tissues, Lymphomas -- Cancers of the lymphoid organs such as the lymph nodes, spleen, and thymus, which produce and store infection-fighting cells. These cells also occur in almost all tissues of the body, and lymphomas therefore may develop in a wide variety of organs.

International Conference on Radio Physics

Department of Radiology & Medical Education Unit of SBMCH organized an "International Conference" on "Radiological Physics & Safety" on 20.02.16 & 21.02.16.



CME Programme

Department of Physiology & Medical Education Unit of SBMCH organized a CME Programme on "**Liver - Applied Aspects**" on 24.02.16. Dr. Joy Varghese, Lead Clinician Senior Consultant, Hepatologist, Global Health City, Chennai.



CME Programme- Paediatrics

Department of Paediatrics & Medical Education Unit of SBMCH organized a CME Programme on **“Rickets in Children”** on 29.02.16. Dr. C.V. Ravisekar Former Reader ICH & HC, Chennai Consultant Apollo Childrens Hospital, Chennai Consultant - Mehta Hospital, Chennai"



Rickets is consequence of the vitamin D deficit and may occur due to calcium and phosphorus metabolic disorders. Blood analysis shows hypocalcemia and hypophosphatemia. Histology- Failure in mineralisation of the bone and cartilaginous tissues . Clinical- manifests as skeletal growth disorder. Rickets was known since the first years of the human generation.

Incidence: Rickets is frequently in premature children and the children fed only wheat flour. In Moldova diagnosis was confirm in 35.5%, X-Ray -21.5% (A.Voloc, M.Garabedian, 1996) Risk factors Living in northern latitudes (>30o); Dark skinned children; Decreased exposure to sunlight (polluted geographical areas, humid climate); Maternal vitamin D deficiency; Diets low in calcium, phosphorus and vitamin D, e.g. exclusive breast-feeding into late infancy, toddlers on unsupervised “dairy-free” diets; Macrobiotic, strict vegan diets; High phytic acid diet, e.g. chapattis; Prolonged parenteral nutrition in infancy with an inadequate supply of intravenous calcium and phosphate; Intestinal malabsorption: defective production of 25(OH)D3 – liver disease.

28th CONVOCATION



Bharath UNIVERSITY
பாரத பல்கலைக் கழகம்
BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Declared as Deemed-to-be-University, U-3 of the UGC Act, 1956)

33

28^{வது} பட்டமளிப்பு விழா
28th CONVOCATION

அழைப்பிதழ்
Invitation

இடம் : ஸ்ரீ பாலாஜி மருத்துவக் கல்லூரி
கலையரங்கம், குரோமேட்டை,
சென்னை - 600 044

தாள் : 6 மார்ச் 2016, ஞாயிற்றுக்கிழமை

நேரம் : காலை 11.00 மணி

Venue: Sree Balaji Medical College and
Hospital Auditorium,
Chromepet, Chennai - 600 044.

Date: 6th March 2016, Sunday

Time: 11.00 a.m.



BHARATH UNIVERSITY

*The Chairman and Members of Board of Management and Academic Council
request the pleasure of your presence at the*

28th CONVOCATION

*to be held at 11.00 a.m. on Sunday, 6th March 2016
at Sree Balaji Medical College and Hospital Auditorium,
Chromepet, Chennai - 600 044.*

Dr. Soumya Swaminathan
*Director General of ICM (Indian Council of Medical Research) and
Secretary DRB (Department of Health Research), New Delhi.*

*has kindly consented to be the Chief Guest to award the degrees and to deliver the
Convocation Address*

Dr. Avvai Natarajan
*Chancellor, Bharath University, Former Vice-Chancellor of Tamil University, Thanjavur
Secretary to Govt. of Tamil Nadu (Health)*

will preside over the Function

Dr. J. Sundeepp Anand <i>Treasurer, SBRCH</i>	Dr. J. Sree Nisha <i>President, SBRCH</i>	Dr. M. Ponnavaikko <i>Vice-Chancellor</i>
Dr. Swetha Sundeepp Anand <i>Managing Director, BIST & SJMS</i>	Thiru. N. Elamaran <i>Managing Director, SBRCH & SBRCH</i>	Dr. V. Kanagasabai <i>Registrar</i>



CME Programme - Orthopaedics

Department of Orthopaedics & Medical Education Unit of SBMCH organized a CME Programme on **"Principles of Deformity Correction"** on 08.03.16.

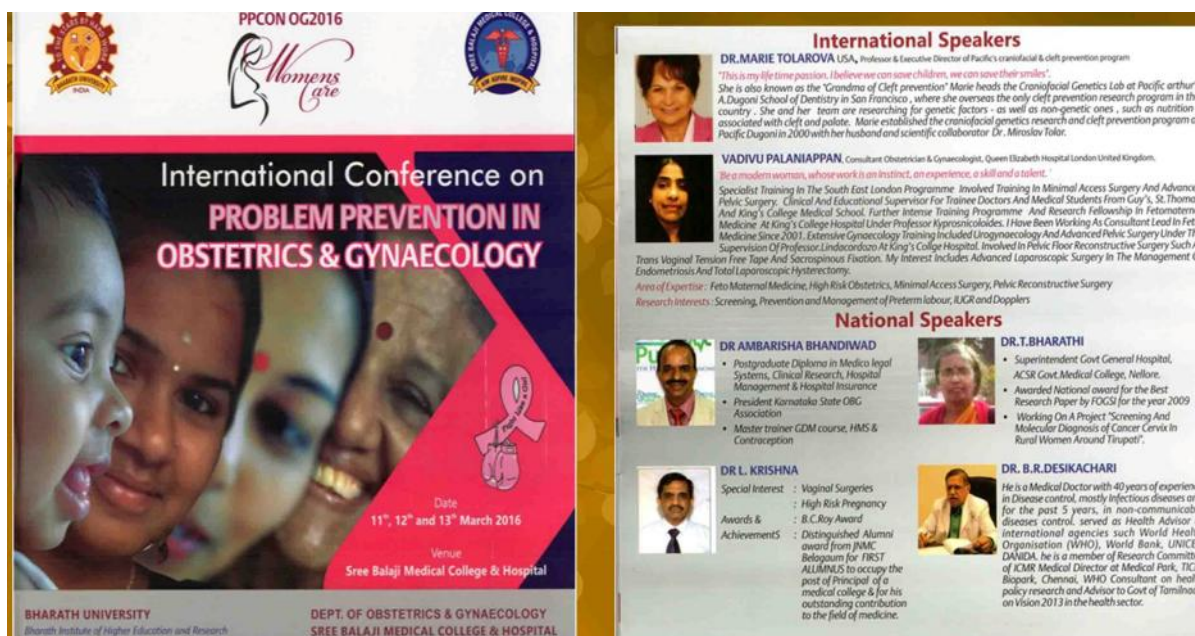


Prof. R.H. Govardhan Director, Vasanthi Orthopaedic Hospital „Chennai Former Professor of Ortho, MMC, Chennai.

International Conference PPCON OG 2016

Department of Obstetrics & Gynecology & Medical Education Unit of SBMCH organized an International Conference PPCON OG 2016 on "Problem Prevention in OBS & Gynaec" Our International Speakers were DR. MARIE TOLAROVA FROM USA, DR. VADIVU PALANIAPPAM FROM UK EMINENT SPEAKERS, DR. T. BHARATHI, DR. B.R. DESIKACHARI, DR. L. KRISHNA, DR. AMBARISH BHANDIWAD.





IQAC Program

IQAC of SBMCH organized a seminar on "E- LEARNING-A MYTH OR A PRACTICAL REALITY" on 16.03.16. DR. VIJAY SAGAR HOD - Anatomy of Sri Ramachandra Medical Coll & Res. Inst, Chennai.



CME Programme Thyroid Function

Department of Physiology & Medical Education Unit of SBMCH organized a CME Programme on "Interpretation of Thyroid Function Tests: Pearls & Pitfalls" on 17.03.16. Dr. Shriraam Mahadevan, MD., DM., (Endo) Senior Consultant Endocrinologist Sundaram



Medical Foundation.

Thyroid function tests (TFTs) are amongst the most commonly requested laboratory investigations in both primary and secondary care. Fortunately, most TFTs are straightforward to interpret and confirm the clinical impression of euthyroidism, hypothyroidism or hyperthyroidism. However, in an important subgroup of patients the results of TFTs can seem confusing, either by virtue of being discordant with the clinical picture or because they appear incongruent with each other [e.g. raised thyroid hormones (TH), but with non-suppressed thyrotropin (TSH); raised TSH, but with normal TH]. In such cases, it is important first to revisit the clinical context, and to consider potential confounding factors, including alterations in normal physiology (e.g. pregnancy), intercurrent (non-thyroidal) illness, and medication usage (e.g. thyroxine, amiodarone, heparin). Once these have been excluded, laboratory artefacts in commonly used TSH or TH immunoassays should be screened for, thus avoiding unnecessary further investigation and/or treatment in cases where there is assay interference. In the remainder, consideration should be given to screening for rare genetic and acquired disorders of the hypothalamic-pituitary-thyroid (HPT) axis [e.g. resistance to thyroid hormone (RTH), thyrotropinoma (TSHoma)]. Here, we discuss the main pitfalls in the measurement and interpretation of TFTs, and propose a structured algorithm for the investigation and management of patients with anomalous/discordant TFTs.



CME Programme -Cancer

Department of Pathology & Medical Education Unit of SBMCH organized a CME Programme on “Targeted Therapy in Cancer” on 18.03.16. Dr.K. Krishna kumar, Deputy Director - Research HOD L& T Ophthalmic Pathology Department, Sankara Nethralaya.

Targeted cancer therapies are drugs or other substances that block the growth and spread of cancer by interfering with specific molecules ("molecular targets") that are involved in the growth, progression, and spread of cancer. Targeted cancer therapies are sometimes called "molecularly targeted drugs,"



"molecularly targeted therapies," "precision medicines," or similar names.

Targeted therapies act on specific molecular targets that are associated with cancer, whereas most standard chemotherapies act on all rapidly dividing normal and cancerous cells.

Targeted therapies are deliberately chosen or designed to interact with their target, whereas many standard chemotherapies were identified because they kill cells.

Targeted therapies are often cytostatic (that is, they block tumor cell proliferation), whereas



standard chemotherapy agents are cytotoxic (that is, they kill tumor cells).

Targeted therapies are currently the focus of much anticancer drug development. They are a cornerstone of precision medicine, a form of medicine that uses information about a person's genes and proteins to prevent, diagnose, and treat disease.

Many targeted cancer therapies have been approved by the Food and Drug Administration (FDA) to treat specific types of cancer. Others are being studied in clinical trials (research studies with people), and many more are in preclinical testing (research studies with animals).

Publications

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