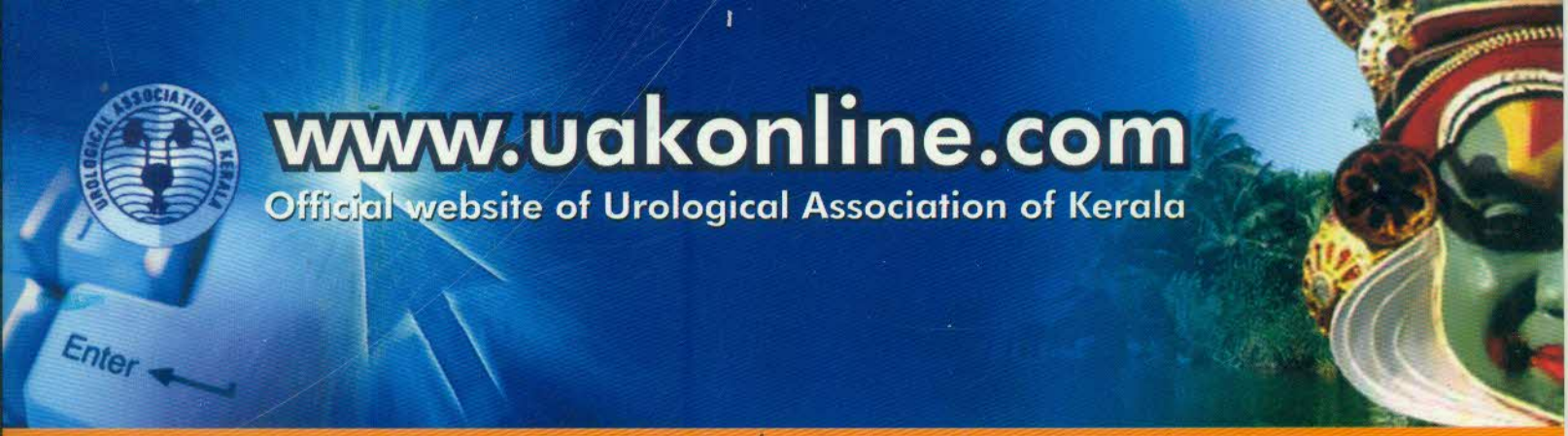


Published by the Urological Association of Kerala April 2006

SZUSICON 2006 is being held at Trivandrum on July 15th & 16th under the aegis of Department of Urology and the Trivandrum Urology Club. There will be pre- conference video workshop on 14th July. The Annual Conference of UAK is being held along with this conference on 14 th July 2006. The venue is Mascot Hotel, Trivandrum. The detailed programme of the conference will be intimated to you soon.

The UAK conference will include only the regular features- Oration, Uroquiz, Dr.PG Subramoniam Travel Fellowship and the Annual General Body Meeting. There will not be any free paper session.

The preparation for the conference is actively being done to make it a memorable event. The organizing committee under the able leadership of Dr.Syam K Ramesh is doing their best to make the arrangements.

The theme of the workshop is 'Problems and Solutions in Urology'. Those who are interested in presenting their videos may please contact the organizing secretary SZUSICON 2006. This is going to be a wonderful session where you can interact with experts in the field. The programme will be moderated by eminent personalities in urology.

New Office Bearers of UAK

President:
Dr. (Col) Raveendran Nair, Kochi

Vice President:
Dr. VN Moni, Kozhikode

Hon: Treasurer:
Dr. Suresh Bhat, Kottayam

Hon: Secretary:
Dr. Dineshan KM, Kozhikode

Hon: Joint secretary:
Dr. Chandrasenan Nair,
Thiruvananthapuram

Hon: Editorial Secretary:
Dr.Vinod.K.V,
Thiruvananthapuram

Executive Council Members
Dr. Joseph Philipraj, Manipal
Dr. Hamza Thayyil, Kozhikode
Dr. DarwinTherattil, Thrissur
Dr. G.Venugopal,
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President Speaks

President Speaks....

It is indeed a sublime honor for me to be elected to the prestigious post of the president of the Urological Association of Kerala, one of the earliest State level associations of the Genito-Urinary Surgeons. I express my solemn gratitude and thanks to all members of the Urological Association of Kerala.

The years ahead are challenging and I am completely optimistic, like all of you that the association will progress further in academic, organizational and social activities. Our Secretary Dr Dineshan is a dynamic personality with immense enthusiasm, academic knowledge and organizational capability. The secretarial activities being planned for future academic activities will see UAK in a high pedestal.

The cost of urological care to the patient is increasing especially in the field of Endo-Urology, Laparoscopic Urology and Renal Transplantation. Patients below poverty line and lower middle class are not in a position to bear the cost of such treatment. The basic cause is the inadequate facilities in the government sector. The private sector urology service providers should give a thought on this subject and evolve mechanisms to cut the cost of treatment and provide optimum treatment to such under privileged members of the society.

The recently conducted LUTSCON 06 at Lourdes Hospital Ernakulam was a great success. Dr.Krishnamoorthy arranged cases from different areas of lower urinary tract and the operators exhibited their best skills. The interactive sessions were educative, meaningful, interesting and entertaining. On behalf of all members of UAK I put on record our appreciation and congratulation to Dr Krishnamoorthy.

Dr Shyam K Ramesh is the Organizing Secretary for The South Zone USICON 06 at Thiruvananthapuram. Let us all join together to render all possible help to him in organizing and conducting the conference.

The secretariat of UAK is trying its level best to bring out the News Letter as a regular feature - I request all members of UAK to help him to publish the News Letter by contributing notes on recent advances in urology and allied fields, interesting cases, personal experiences of management of problematic cases

I take this opportunity to thank you and extend my warm regards to you and your family.

Dr. (Col) Ravindran Nair

Secretary speaks

Secretary speaks...

Dear colleague,

Greetings from Calicut

Thank you very much for electing me to this office. The new team of office bearers has taken charge during the UAK workshop held at Lourdes Hospital, Ernakulam on 18.2.06. We are looking forward to the wholehearted co-operation from all the members.

UAK is one of the earliest state associations in Urology and it has been one of the best in its category. This is because of the untiring efforts from all the members as well as guidance from past office bearers and senior faculty members.

As you all know academic excellence will not come as a casual occurrence. We have to be well informed about the developments occurring in the speciality and should be in a position to critically analyze the claims made in the publications. Hence it is mandatory for all of us to go through the literature on a regular basis. With the easy access to journals through internet this has become very convenient now (Many of the journals have free access to full text during a particular period)

We must make it a good habit to read at least one good journal throughout our career, especially once we practice on our own. This will make our understanding of the subject better and interaction in the scientific meetings more confident and informative to all.

One more aspect I would like to stress upon is regarding publications. As we all are aware, we don't lack in scientific materials and we can do any surgical procedure as good as the so-called experts if not better than them. Only problem is that we are not taking the pains to document our work by publishing it. It takes only little more effort from our side since getting references and documents have become much easier now. I think the teaching institutions should take the initiative in this regard and get more articles published from their department. They can also help the practitioners in the neighboring places to get their work published.

It is also high time that the teaching hospitals start research projects in a more organized and co-ordinated way.

The UAK office is always ready to render any help to the members regarding access to journals, publication of articles or planning research work. Unless you publish your ideas, studies and rare cases you will perish along with your valuable techniques, cases and observations.

Before I conclude I would like to say that the next generation will not accept statements which we are very familiar with like in his opinion, in my experience or I think etc unless supported by scientific work or published data.

Looking forward to meet you all during our annual conference along with SZ-USICON at Trivandrum

Dr. Dineshan KM

Editor speaks

Editor Speaks...

Dear uromates,

A piece of printed material on your table always barges into your attention on leisure hours. It can be carried in your pocket and be read during your travel. There is no need for any expensive gadgets. There is no delay in accessing it. No declaration 'This page cannot be displayed'. It just goes through your attention without any invitation when you are relaxing. This is exactly the place of printed matter in this world of electronic revolution, even for the tech savvies.

Many urology discussion groups are active within and outside our country. They bring out very dynamic discussions. There are many urology journals, which are available only in the electronic form. Almost all the indexed journals now have websites where you can access the electronic version. But they are still continuing the printed versions as they still have their niche.

Our website, www.uakonline.com has been very active. Many essential data regarding our association are readily accessible through the site. We are planning to make it more attractive and interactive. The website will be updated every two months with more and more new columns.

It is a fact that our interaction through the website has not acquired the necessary momentum. As one of our senior members expressed we haven't become 'netizens' to visit the website regularly and interact, due to one reason or other. We are now planning to bring out a printed version of our website which may probably bridge the gap. This will include almost all the updated details and will be published once in two months.

I thank all UAK members for giving me the opportunity to serve as the editorial secretary. I promise to make very sincere effort to make this platform active and interesting. Kindly make contributions in the form of articles, case reports, report of academic activities, comments etc to make the website and newsletter updated.

Dr.Vinod.K.V

Stray Thoughts

Dr. Appu Thomas

Urologists: The proponents of "Men's Health"

The practice of Urology is changing all over the world. This change have been fuelled by the change in the mindset of Urologist that's why it is a fundamental change from a "see all do everything"urologists to a more physician urologist attitude. The majority of urologists should be able to do the vast majority of cases as a day care procedure (mind you this is 85% of the urology work) and the rest, which is a major specialist work, may be referred to a unit where such procedures are performed regularly. This attitude is a change for the better to the patient. The advantages are quite obvious. The converse should also be applied; the higher centers, which perform such special work, should confine themselves to their chosen field and not for the ordinary fare.

And it is high time urologists think aloud and in public whether he can be a 'Men's health care Doctor", as the gynecologists are to women. The average life expectancy of a man is full 5 years less than his female counterpart. Men visit their doctor only half as often as women. All these years men are blissfully unaware of the disease they are prone to- DM, Hypertension, Hyperlipidemia, CAD, Ca Colon, Lung, Prostate or ED. In fact many men visit a doctor for the first time in their life for a urological problem - outlet symptom or ED. So this gives the urologist a great chance to pick up many men's problems that he may be already suffering. As the number of elderly patients visiting the urologist will rise exponentially, urologist has the great chance to pick up their disease early. He has the option to counsel, to treat and to guide the ageing men. As the gynaecologist are the proponents of women's health, let the urologist also position themselves from a narrow perspective to a much wider spectrum of proponents of 'men's health'.

Think.....

Thoughts provoked by Roger S Kirby

(Excerpts from the speech at Annual UAK 2006, Kochi)

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LUTSCON 2006

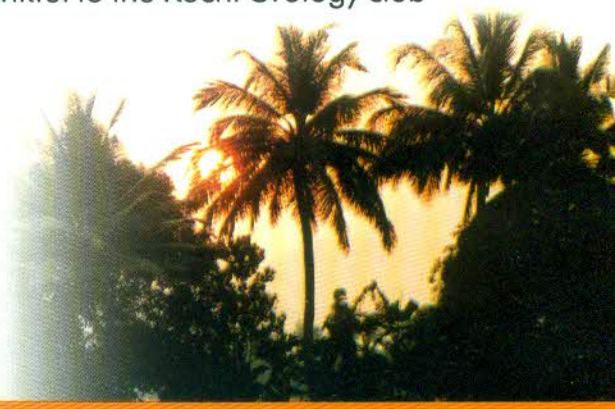
Annual workshop of Urological Association of Kerala
18-19 February 2006, Lourdes Hospital, Kochi

The annual workshop of the UAK was conducted at Lourdes Hospital Kochi under the auspices of Kochi Urology Club on 18th and 19th of February 2006. It was a great show once again proving the organizing skills of Dr.H.Krishnamoorthy and his team. They could organize the live demonstration of almost all procedures of the lower urinary tract. The team of surgeons included the versatile urologists - Dr.Ganesh Gopalakrishnan, Dr.Sudhir Rawal, New Delhi, Dr.Kandasami, Coimbatore. The audiovisual quality was at par with international standards. The procedures included urethroplasty, saline TURP, open prostatectomy, radical cystectomy, bladder neck reconstruction, TVT,TOT etc. The annual General body meeting was held on 18th February after the first day's surgical feast.

The inaugural ceremony and the Banquet were conducted at Hotel Renaissance, Kochi. The Hon. District Collector Mr.Haneesh Mohammed inaugurated the LUTSCON 2006. The UAK awards of 2005 were distributed. The Basil Elias Memorial Annual Oration was delivered by Dr.RamGopal, Mysore on 'Complications of Diabetes Mellitus in Urology'.

There was a presentation on Radiotherapy for organ confined carcinoma prostate by Dr.Padmanabhan, radiation oncologist from AIMS, Kochi. Dr.Renu Thomas presented the award winning Review Paper. The topic was 'Management options of T1G3 TCC bladder'. There was a lecture on the 'Management of Overactive Bladder' by Dr.Ganesh Gopalakrishanan, Vellore.

At the end of the workshop all the delegates were thankful to the Kochi Urology club for presenting a memorable surgical experience.



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Minutes of Annual Genera

The meeting was called to order by the President, Prof. Appu Thomas.

The minutes of previous AGM of 2004 was read out by the honorary secretary and passed. The honorary secretary also read out the secretary's report of activities of UAK for 2005-2006.

The honorary treasurer's report was read out and some clarifications regarding the auditor's suggestion to spend nearly Rs.3, 00,000 /- was sought. It was decided to request the treasurer to discuss with the auditor again and finalize the accounts. Honorary secretary informed the house that the money kept aside for spending during the current financial year (Rs. 50,000/-) was contributed to UAKON 2005 at Sri Lanka for academic purposes. In turn the excess money from the UAKON 2005 accounts (Rs.43.920/-) was handed over to UAK which needs to be spent in the next 5 years.

The UAK awards for 2004-05 were announced

Komaranchath Prize - Dr. Kshore TA, Kottayam

Review paper award - Dr. Renu Thomas, Trivandrum

It was decided to club the UAKON 2006 with the SZUSICON at Trivandrum in July as a half-day programme. The Honorary secretary will finalize the scientific programme for the same.

It was decided to avoid conducting the regular UAK workshop during 2006 the current one being carried forward from 2005. Dr. VN Moni announced his willingness to conduct a workshop during March 2007 in Calicut with Dr. Gill and Dr. Mihir Desai as faculty. The house approved the proposal.

The orator for UAKON 2006 was unanimously elected as Prof. Joseph Thomas, Manipal

Dr. Sathish Kumar. G from Trivandrum was appointed as Quiz Master for Uroquiz and Dr. Vinod.K.V from Trivandrum as the Quiz Master for Dr. P Subramoniam PG Travel Fellowship during UAKON 2006

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Body Meeting (18.2.06)

The review paper topic for 2005-06 will be decided by the Executive committee and informed to members.

The election of office bearers took place and the following were elected unanimously

President: **Dr (Col) Raveendran Nair, Kochi**

Vice President: **Dr.VN Moni, Kozhikode**

Hon: Treasurer: **Dr. Suresh Bhat, Kottayam**

Hon: Secretary: **Dr. Dineshan KM, Kozhikode**

Hon: Joint secretary: **Dr. Chandrasenan Nair, Thiruvananthapuram**

Hon: Editorial Secretary: **Dr. Vinod.K.V, Thiruvananthapuram**

Executive Council Members

Dr. Joseph Philipraj, Manipal Dr. Hamza Thayyil, Kozhikode

Dr. DarwinTherattil, Thrissur Dr. G.Venugopal, Thiruvananthapuram

Dr. Darwin Therattil,organizing secretary of UAKON 2004 handed over Rs.20, 000/- being the surplus of their conference at Thrissur to the Association. The gesture was appreciated by all.

Call for application for awards

1. Review paper award
2. Komaranchath Prize
3. Dr. P.Subramoniam P.G.Travel Fellowship
4. Dr. P.A.Abraham member Travel Fellowship

The topic for Review paper award is 'Management of Early Graft Dysfunction after Renal Transplantation'. The selection for the Dr. P.Subramoniam P.G.Travel Fellowship includes a Quiz competition, which will be conducted during UAKON 2006 at Trivandrum on July 14th, 2006. Details of the awards are available in the UAK hand book 2004.Applications for the awards should be submitted to the Hon: Secretary UAK on or before 31.05.06

Dr. Dineshan K.M Honorary Secretary - UAK
Vaishnava, Kottooli, Kuthiravattom PO, Kozhikode-673016 Phone: 2740337

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UAK Awards 2005

Best Review paper award - Dr.Renu Thomas, Trivandrum

Komaranchath Prize - Dr.Kishore TA, Kottayam

UroQuiz - Dr.H.Sanjay Bhat,Kochi

Letters to Editor

All comments and suggestions from the UAK members regarding the newsletter and the UAK website are welcome. The articles and other materials for publication should be send to the Editor by post or e-mail. The materials in digital form will be more convenient for further processing.

The letters should be send to:

Dr.Vinod.K.V
Hon: Editorial Secretary UAK
Remya, ARA-27, Pallimukku, Pettah PO
Thiruvananthapuram - 695024
E-mail- vinodkv@asianetindia.com
Phone: 0471-2743813, 9447110843

URO-QUIZ

1.Name two pigments that give urine its color

a) Uroporphyrin & uroflavin
b) Uroporphyrin & Uronic acid
c) Urochrome & uroerythrin
d) Urochrome & uroflavin

2.What is FGM?

3.What is urinoscopy?

4.What do you mean by urodynia?

5.Which condition is associated with levator ani syndrome in males?

6.Which of the following is not a feature of pheochromocytoma bladder?

a) Association with micturition syncope
b) Haematuria is unusual
c) Can be visualized cystoscopically
d) Associated with no or mildly elevated urinary catecholamines

7.Verner Morrison syndrome is associated with

a) Chromophobe tumour
b) Pheochromocytoma
c) Adult wilm's tumor
d) Reninoma

8.Name two clinical applications of seminal CPK

9.Which of the following is completely sensitive or specific for the diagnosis of urethral injury

a) Inability to void
b) High riding prostate at DRE
c) Blood at urethral meatus
d) All of the above
e) None of the above

10.Koebner phenomenon is associated with which of the following conditions?

a) Zoons balanitis
b) Reiters syndrome
c) Lichen nitidus
d) Lichen sclerosus

Answers: 1.(c) 2.Female genital Mutilation 3.Gross examination of urine 4.Pain during micturition 5. chronic prostatitis 6.(b) 7.(b) 8. Rape, infertility 9.(e) 10.(d)

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