



SZUSICON 2006 was held at Mascot Hotel, Trivandrum on July 14,15 & 16. A video workshop on problems & solutions in Urology was conducted on July 14. Dr. Roy Chally inaugurated the workshop. Many eminent Urologists from South India discussed their problem cases and their solutions. Dr. Ganesh Gopalakrishnan coordinated the sessions. The inauguration of the conference was done by Vishwas Mehta - the Honourable Health Secretary of Kerala. The scientific sessions were informative and well-coordinated. The Banquet was held on July 15 at the Suryaprabha Convention Centre, Mannanthala. There was a unique cultural show by Soorya Krishnamurthy and his team.



UAKON 2006 was conducted as a half-day programme on July 14. The Uroquiz was conducted by Dr. Sathish Kurup. Dr. Vinod K V conducted the Prof. P Subramanian Memorial Travelling Fellowship Quiz. The annual UAK oration was delivered by Dr. Joseph Thomas, Manipal. The review paper was presented by Dr. Santhosh Kumar, Calicut. The conference was a grand success.



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President's message

www.uakonline.com

Dear friends,

The practice of the speciality of Urology in Kerala is fast growing. We have qualified Urologists at the district level and extension of their services is available at the Taluk/Municipal level. The practicing Urologists are not sparing enough of time in clinical research in Urology. Inspite of the availability of enough clinical material, very few research papers are presented in the National, Regional or State level conferences by members of our Association. We have to change this attitude, and members should ponder on this point, especially those who are working in Medical Colleges and other training institutions.

This is the era of the practice of evidence-based medicine. We Urologists are not excluded from the practice of evidence-based Urological practice. Evidence-based Urological practice is one in which the Urologist accesses relevant and state-of-the-art research findings, and uses it as a guide in the treatment of the patient. Population-based treatment outcomes research, patient reported data and reports on clinical trials, hospital administration issues and socio-economic aspects include in the practice of evidence-based Urology. Hence the importance of clinical research in the practice of evidence-based Urology.

The recently concluded south zone USICON 2006 and UAK Annual Conference at Thiruvananthapuram were well-planned and conducted under the able leadership of Dr. Shyam K Ramesh.

I take this opportunity to wish all the members and their families a very happy and prosperous New Year.

Dr. (Col) K Ravindran Nair

President - UAK

Secretary's message

www.uakonline.com

Dear colleagues,
Greetings from Calicut.

The Annual Conference of our Association was a half-day programme this time, since UAK was hosting the SZUSICON. We had some good sessions during this short meeting. The Annual UAK oration was delivered by Prof. Joseph Thomas. The review on Post transplant early graft dysfunction was presented by Dr. Santhosh of The Calicut Medical College. The Uroquiz and Prof. P Subramanian Memorial Travelling Fellowship Quiz were of very high standard. All the Scientific sessions were well-appreciated by the members. The pre-conference video workshop was very informative and evoked good discussion from the floor. A good number of delegates from South India attended the workshop and UAK sessions also. The UAK executive meeting was held on 14/07/2006, and some important decisions were taken about the activities of our Association. These were later discussed in the General Body Meeting (kindly go through the minutes of the AGM). Prof. Albert & Dr. Suresh Bhat has agreed to conduct the UAKON 2007 at Kottayam. In this respect, what I have to request all the members is that we should start planning for scientific presentations now itself. We have to prepare small projects now itself so that it can be completed before the next conference. Interesting cases and videos are to be recorded and kept ready for the poster/ video presentation. This is the only way we can improve the standards of our scientific material presented in our conferences. All the teaching institutions should start prospective and retrospective studies. It is also mandatory that all the postgraduate students should have scientific studies and presentations since it is part of their curriculum. Another area where we all should focus our attention is the UROLAPCON 2007 in March 2007. It is being planned as an international workshop of very high standard, the success of which depends very much on the co-operation of each and every one of our members. We should all be proud that the UAK is hosting such an international event for the first time in India, with the trendsetters in each subspecialty as the visiting faculty. I request each one of you to co-operate with the organizing committee for fund raising, selecting cases for the workshop, and also in providing other organizational help.

Another important matter I have to present to you is about the UAK journal. It has been decided in the GBM to start a journal for our Association. It is hoped that when we have our own journal, it will promote more publications from our members. It appears that there is a lot of inhibition and lack of initiative among our members to publish scientific articles. I request all the members to contribute scientific materials for the journal in the form of scientific studies, case reports, point of technique, etc. Dr. Suresh Bhat is the Chief

Editor of the journal with Dr. Hari Govind and Dr. Vinod as Associate Editors. You will hear more from them in the near future and I request all of you to co-operate with the editorial board for starting the journal. Another aspect that was discussed during the AGM was about conducting scientific studies with the financial support of UAK. It has been decided to start a Research cell under the Chairmanship of Prof. Roy Chally to organize and supervise the research activities, which are to be financed by the UAK. I request the members, especially from the teaching hospitals, to send proposals of scientific studies (both prospective and retrospective) to the Hon. Secretary for submitting to the Research cell. Once approved by the cell, funds will be allotted for the study. I hope this will be a humble beginning in promoting scientific studies among our members, which I am sure will give our association and its members a prestigious place in academic circles, and we will have our own results and statistics to quote as references. It has been decided to conduct medical camps at peripheral centers in association with local consultants and service organizations, so as to render free Urological service to the poor and needy. If any patient selected during the camp are in need for any help for their treatment, the Association is ready to help them financially. The members are requested to identify those patients who need financial help and to intimate the Secretary.

Before I conclude, I would like to get your opinion regarding a project aimed at getting free medical services for our members and their family. I am sure you are all aware of the Social Security Scheme of IMA, and many of you may be members of the scheme. Ours is a small Association with around 170 Urologists as members. Most of our members and their family know each other very well and I think it is the duty of every one of us to help each other when somebody is in need. I am aware that most of our members are financially sound, but it is not true with all. UAK is a big family and it is our duty to look after the needs of the family when some unfortunate thing happens to any member or their family. What I have in my mind is whether we can start a family security scheme for our members. This is to look after the treatment expenses in case of any illness of the members or their family. We can also explore the possibility of helping the family members, in case of any illness even after the contribution from the member has stopped. It will be of great help for the family, if we can support the medical needs of the family even after the member is no more. This is just an idea and I really don't know whether it is financially viable. At the first glance this appear to be an impracticable idea. But we can have different options; the initial payments can be kept a little high, we can have additional payments for each family member to be included in the scheme and we can have an upper limit for the amount of financial aid to be given for member/family member. We can keep the initial few years for collecting subscriptions and raising a good corpus, and during this period we need not reimburse any amount so that we will have a good working capital. I request all the members to think about the possibility of this scheme and to discuss with friends and family and also with financial experts to find out whether this scheme is feasible. I request all of you to give me feed backs about this project and also about any suggestions and modifications regarding this proposal.

With warm regards,

Dr. K M Dineshan
Secretary
dineshankm@yahoo.com

Calicut Hon.
05/10/2006

EDITORIAL

www.uakonline.com

Greetings from Thiruvananthapuram.

We had a wonderful south zone conference in July. Everything went flawless and everybody was happy about the academic and cultural feast. Hospitality was really appreciated well. The team under Dr. Syam K Ramesh has actually set new standards for the zonal conference.

We are taking all steps to make our website more active and vibrant with new life. Newsletters will have to slowly transform into a journal as per our decision in the last General Body Meeting. We are incorporating new sections for postgraduate and CME. There will be a separate section for case discussion. Highlights of important articles in the recent journals will be included. The award winning review paper will be available on the website. I request all your active participation in the activities.

Dr. Vinod K V

Dr. Appu Thomas

Medicalising Aspects Of Normal Life?

Disease mongering exploits the deepest atavistic fears of suffering and death. 'Disease mongering' is a practice to convince people that they are sick and in need of medical treatment. This 'creation of disease' is a corporate action to which the medical profession is a willing partner and Urologists are no exception. Some of the 'key movers and shakers in Urology in both Europe and US' were asked to write their own hot topics in Urology (Hot topics in Urology). Of the 21 topics, four were on sexual dysfunction of both male and female. "Current data reveal that upto 76% of women have some type of sexual dysfunction"!! First line intervention includes oral erectogenic agents (eg. sildenafil, apomorphine, oral phentolamine) and vacuum erection device. Unfortunately there are no second or third line therapies available for management of women with sexual dysfunction.

Just an everyday scene in peoples' ordinary life is identified as a major medical problem and the movers and shakers of Urology are presenting it as 'Hot topics in Urology'.

The truth is more complicated. Healthy people are being turned into patients by drug companies, which publicize mental and sexual problems and promote little known hypothetical conditions only finally to reveal the medicines which will treat them. The 'corporate sponsored creation of disease' wastes resources and may even harm people because of medication.

Many experts argue that new diseases are being created by specialists who are often funded by the drug industry. According to them, the campaign boosts drug sales by medicalising aspects of normal life such as sexuality, an urge to move ones legs (restless leg syndrome) or irritability in children.

The worry is exaggerating minor ailments and medicalising aspects of normal life will lead to wastage of resources and sidetrack from more serious efforts at fatal desire, affecting mankind.

Courtesy,

Hot topics in Urology
Guardian Newspaper Ltd. 2006

UROLAPCON 2007

www.urolapconcalicut.org



Dates : 16th, 17th and 18th of March 2007
Location : Calicut, Kerala

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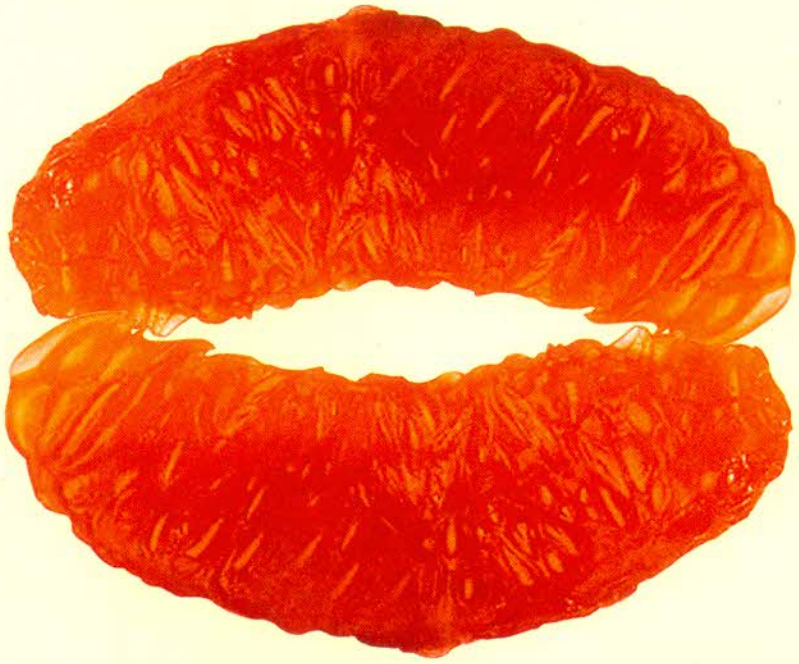

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AGM report

MINUTES OF THE ANNUAL GENERAL BODY MEETING HELD ON 14/07/2006 AT MASCOT HOTEL, TRIVANDRUM.

The meeting was called to order by the President at 5:15 PM. The President welcomed all the members. The minutes of the Annual General Body Meeting held on 18/02/2006 was presented and passed. The Secretary reported about the activities of the Association during the last 5 months. During this period, a newsletter was circulated among the members, and the website is in the process of being updated. Preliminary work has been done to conduct an international workshop at Calicut in March 2007, in association with the Endourology Division of USI and the Asian Society of Endourology. The Hon. Treasurer informed that the audited accounts could not be presented because of some clerical error at the Accountant's office, which is being rectified. He assured that all the papers are in order and the finances of the Association is very good and promised to present the audited report later.

UAK Awards:

Dr. Sudheer Sukumar of AIMS, Kochi, was the winner of the Prof. P Subramanian Memorial Travelling Fellowship Quiz.

Uroquiz I prize: Dr. Renu Thomas of Trivandrum

Uroquiz II prize: Dr. Joju Varghese of Trivandrum

The Komaranchath prize for Best Publication Done During 2005-06 was awarded to Dr. T A Kishore for the paper 'Virtual Cystoscopy by Intravesical Instillation of Dilute Contrast Medium - Preliminary Experience' published in the Journal of Urology, March 2006.

The P A Abraham Travel Fellowship was awarded to Dr. K V Vinod of Trivandrum. Prof. Appu Thomas was awarded the UAK Oration for 2007.

Dr. Suresh Bhat was elected as the Quizmaster for UAKON 2007. The Prof. P Subramanian Memorial Travelling Fellowship Quiz will be conducted by Dr. G Venugopal.

The Review Article for 2007 is Androgen Replacement in Aging Male.

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wishes you a happy and prosperous New Year.

Prof. Albert and Dr. Suresh Bhat agreed to conduct the UAKON 2007 at Kottayam, and the General Body approved the proposal. The date and venue will be intimated later. Dr. V N Moni, Organising Secretary of UROLAPCON 2007, discussed about the workshop and requested all the members to co-operate in fund raising and also to select patients for the workshop. Prof. Roy Chally suggested the UAK to inform all the members about the workshop and to select suitable patients for Lap Surgery and RIRS. It was offered that all the cases selected will be operated on free of cost. It was suggested that the local Urologist should select the patients and register them at his center, and to send the details to the Organizing Committee two weeks before the workshop. The Organizing Committee will inform all the concerned members about the cases selected for workshop. These suggestions were approved by the General Body. The Hon. Secretary suggested about the need for starting a journal for our Association. After a lot of discussions, it was decided to start the preliminary work of starting the Kerala Urology Journal. Dr. Suresh Bhat has been selected as the Chief Editor of the journal, and Dr. P Harigovind and Dr. K V Vinod as Associate Editors. The Hon. Secretary pointed out the need for starting research projects, especially in teaching institutions. It was decided that the Association will support research projects and will also provide financial support for the projects. The Association will try to get financial support for this project from well-wishers. If we are not able to raise enough funds, the Association will finance these projects. Prof. Roy Chally was requested to be the Chairman of the Research Project and he accepted the request.

It was decided to do some charity work by our Association, and the Executive Committee was entrusted to probe into the feasibility of doing this in the form of medical camps, financial assistance to poor patients with Urological problems, etc.

It was observed that the participation from the postgraduates in academic activities are becoming very poor, and this view was accepted by all the senior faculty members in the General Body Meeting. It was decided that the Heads of the Departments and faculty members in teaching institutions should take all the efforts to make postgraduates involved in academic activities, research work and publication of scientific materials. The General body decided to update our website by the Association itself. The association will finance the updating of the website, and we can collect the advertisement charges from the sponsors. The feasibility of having some insurance plans for patients with Urological problems were discussed. It was also discussed whether the Association in someway promote insurance plans for these patients. Dr. Darwin was entrusted to look into this matter and to get a detailed report later. The Hon. Secretary thanked all the members for their co-operation. The General Body Meeting concluded at 5:45 PM.

Medical camp

Urology To The Villages

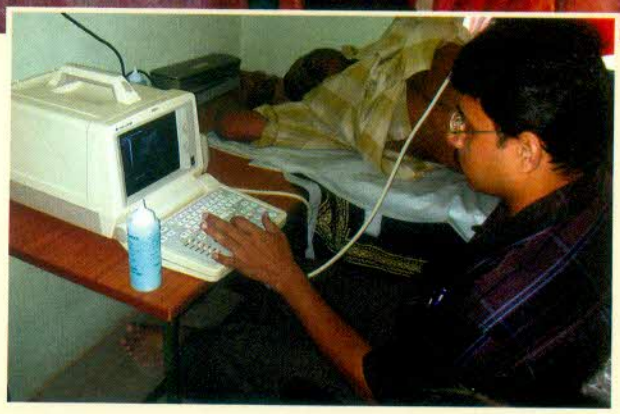
Urology, as any other specialty, is making great strides in technological development. As part of this, it is becoming more and more expensive also. This makes specialized Urological services inaccessible to the poor and needy population. UAK had decided in our last meeting to conduct free medical camps dedicated for Urology in the rural areas. Those who need expert treatment will be selected and given free medical treatment, expenses of which will be met by UAK.



As part of this, we have conducted the first free medical camp in Urology at Kadakkal, Kollam district on August 15, 2006. The Rotary club of Kadakkal and the Kadakkal Gramapanchayath were co-sponsors. Dr. Vinod K V co-ordinated the camp. Ultrasound examinations and basic investigations were done free of cost for the patients. Drugs were supplied free of cost to the patients. Around 150 patients attended the camp. Follow-up evaluation of the patients will be done at the Department of Urology, Medical College, Trivandrum. Dr. Venugopal, Dr. Sivaramakrishnan, Dr. Chandrasenan Nair, Dr. Vinod, Dr. Gini, Dr. Joju (Medical College, Thiruvananthapuram) and Dr. Muraleedharan (District Hospital, Kollam) participated in the camp. Drugs were supplied by Dr. Reddy's Lab, Cipla, Ranbaxy, Sun Pharma & Intas. Dr. Reddy's and Intas have contributed for the travel expenditure. Devi scans,Trivandrum, has supplied the ultrasound machine and the technical support. Mr. Johnson (Dr. Reddy's) and Mr. Arun (Cipla) participated in the camp as volunteers.







Announcements

www.uakonline.com

UAK Oration for 2007: Prof. Appu Thomas, Kochi

Prof. A Abraham Travel Fellowship: Dr. K V Vinod, Trivandrum

Prof. P Subramonian Memorial Travelling Fellowship Quiz: Dr. Sudheer Sukumar, Kochi

Komaranchath Prize: Dr. T A Kishore, Kottayam

Uroquiz:

I Prize: Dr. Renu Thomas, Trivandrum

II Prize: Dr. Joju Varghese, Trivandrum

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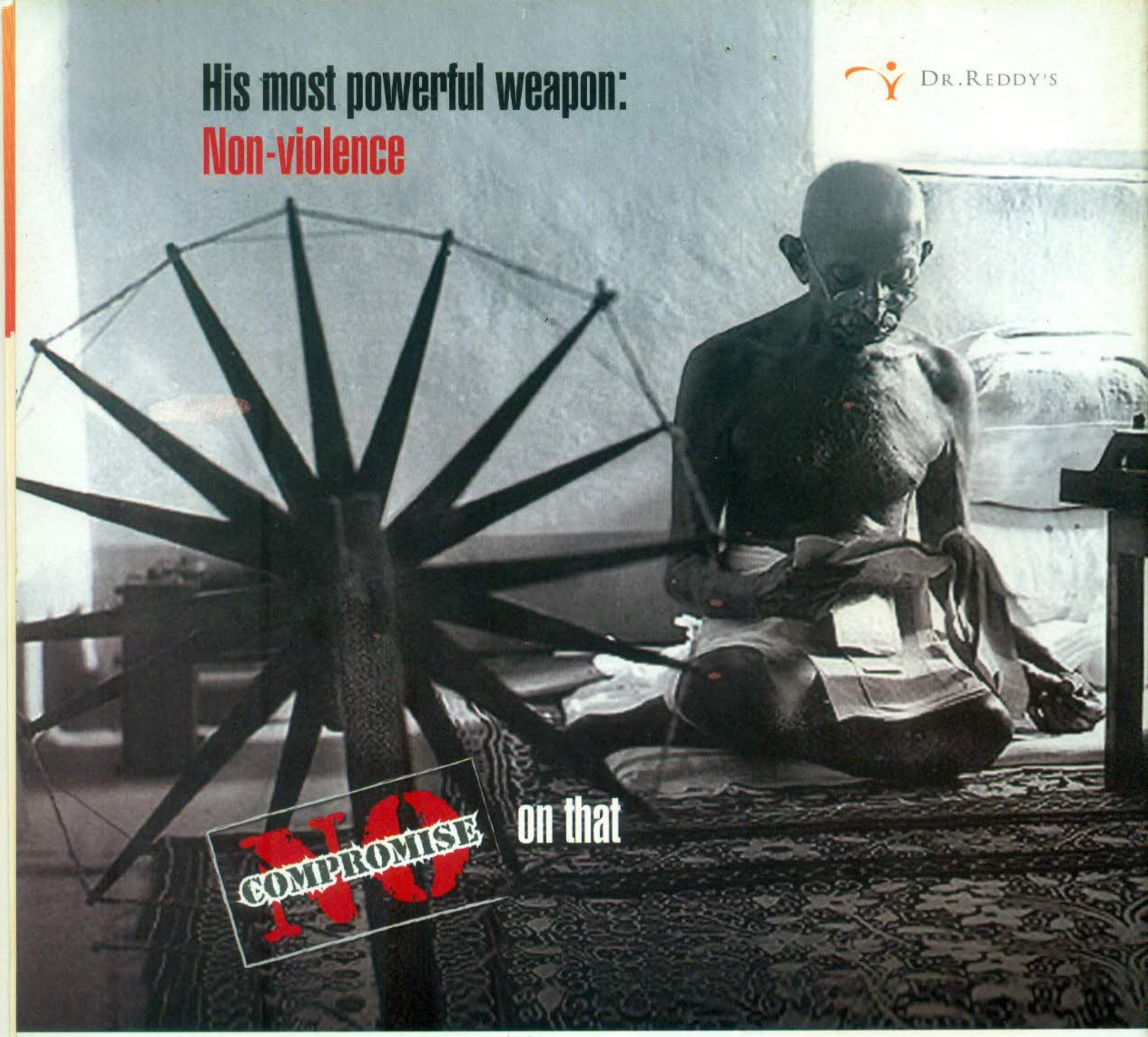
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