



NEWSLETTER

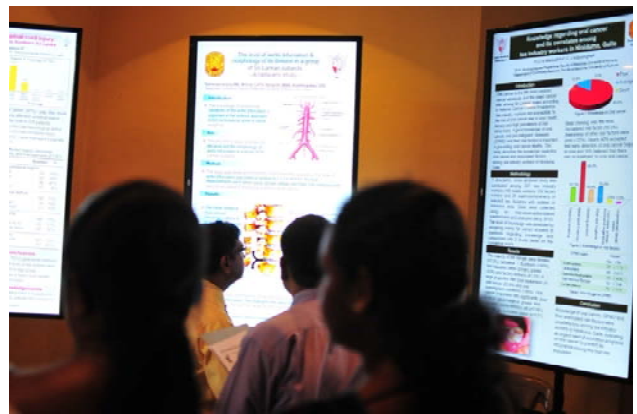
GALLE MEDICAL ASSOCIATION

GMA – NEWS

December 2014

Annual Academic Sessions

The month of September brought the annual academic sessions of the GMA. The sessions were attended by a large number of members and medical students. The academic activities consisted of four plenary lectures, four symposia and research abstract presentations. There were both oral and poster presentations and 'e-posters' were seen for the first time in the GMA. The academic sessions culminated in the GMA dinner held at the Chaaya Tranz Hotel, Hikkaduwa.



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Guest Lectures

- ✚ Several guest lectures were organised by the GMA. In October 2014, Dr. Fraz Mir, Associate International Director for South Asia of the Royal College of Physicians, UK and Consultant Physician, Cambridge University Hospitals NHS Foundation Trust, Addenbrooke's Hospital, UK delivered a lecture on "Hypertension: an update on management and secondary causes". The lecture was well received both by the physicians and postgraduate trainees in Medicine. Dr Mir took the opportunity to meet up with the Senior Registrars in Medicine who are due to train in the UK and discuss training relevant issues.
- ✚ An update on Dengue Fever was conducted by Prof. Siripen Kalyanrooj, Director, WHO Collaboration Centre, Thailand in October 2014. Dr. Anada Wijewickrema and Dr. J. Weeraman were co resource persons. The update helped both the Paediatricians and the physicians to enhance their knowledge and skills in the management of Dengue fever.
- ✚ An interactive session on Lysosomal Storage Disease was conducted by Dr. Ravinder Makkar Medical Director, Genzyme Ltd in October 2014. This session focused the attention on a rare but an important clinical entity posing diagnostic challenges for the Paediatricians.
- ✚ In November 2014 Prof. Rifdy Mohideen, a past president of the GMA and presently Professor in Medicine at the IMU, Malaysia delivered a lecture on "The Ebola epidemic challenges to care, control and cure". This was timely and well received in the context that though Sri Lanka was free of Ebola for the moment the threat of spread into the country being real due to vast international travel.
- ✚ Prof. Bob Simpson , Professor and Chair of BoS , Department of Anthropology, Durham University, UK, spoke on "Devils, Dishti and Dosha: Conceptualisation of illness and implications for care" for the GMA in November 2014. Research conducted on the above by Prof Simpson in Sri Lanka in the 1980s generated much interest among the participants.

Specialty Day

A specialty day in Psychiatry was organised by the GMA to celebrate 'World Mental Health Day' on 10th October 2014. Prof. Varuni de Silva spoke on psychiatric problems associated with old age with a lecture titled "The aging mind". Prof Raveen Hanwella spoke on "Breaking bad news". Management of violent patients in the general setting was discussed by Prof Chandani Hewage. The programme was well received both by the doctors in psychiatry wards and those from other clinical settings.

Beyond Medicine Lectures

A lunchtime beyond medicine lecture - demonstration titled "You wanna fly a parachute?" was conducted by Group Captain Chaminda Wickramaratne, RWP, MA, MDS, psc, Commanding Officer Sri Lanka Air Force parachute training school in Ampara in September. Parachute jumping in both military and as a civilian recreational settings were elaborated. Another lunchtime lecture titled "Beyond Mahawamsa: new horizons of Sri Lankan history" was conducted by Prof. Raj Somadeva MPhil. PhD, Professor of Archaeology & Consultant Field Archaeologist in October 2014. Research into the Pre Vijaya era civilization in Sri Lanka was the subject under discussion. A lecture titled "Poetry in motion" describing the evolution of the film production industry in Sri Lanka was conducted by Mr. Aruna Lokuliyana BA, MPhil, Senior Lecturer in Film & Television Media. Dept. of Mass Communication, University of Kelaniya in November 2014. All of the beyond medicine lectures were attended by a large appreciative audience.

Research Snippet

- ✚ "Young at Heart: Feeling Younger Than Your Actual Age Linked to Lower Mortality"
- ✚ What's the key to living longer? While eating your broccoli and running, probably play a role, so might self-perceived age. People who feel younger than their actual age have reduced mortality, according to a research letter in JAMA.
- ✚ U.K. researchers analyzed data from some 6500 adults aged 52 years and older who were asked, "How old do you feel you are?" Almost 70% of participants reported feeling at least 3 years younger than their actual age, 25% felt close to their actual age, and 5% felt more than a year older than their true age.
- ✚ During approximately 8 years' follow-up, mortality was lower in participants who felt younger (14%) than in those who felt their actual age (19%) or older (25%). After adjustment for covariates (e.g., age, ethnicity, sex), feeling older than chronological age was a significant independent predictor of mortality. A relationship existed between self-perceived age and cardiovascular death but not cancer death.

Short Trip

The annual short trip was to Wijaya Holiday Resort, Kiriella. The members and families enjoyed themselves with numerous outdoor sports and nature trails following activities. This was a fitting conclusion to a memorable year for the GMA

