



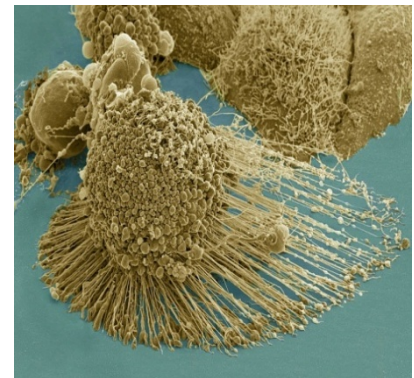
NEWSLETTER

GALLE MEDICAL ASSOCIATION

2016 August Issue

Table of Contents

- ★ *From the GMA President*
- ★ *Cover Story*
- ★ *Special General Meeting*
- ★ *Calendar of Events*
- ★ *From the Journals*
- ★ *GMA Quiz*
- ★ *Winner of the Quiz in the News Letter*
- ★ *Early Registration for Annual Sessions*
- ★ *From the Editors*



From the GMA President

Midway 2016

We are coming towards the most important event in the GMA calendar - our 75th Annual Academic Sessions – planned to be held from 6th - 8th October. We have planned a comprehensive programme. We look forward to your active participation at the Sessions. The postgraduate programmes are running well. The special workshops held for the benefit of all doctors in the Southern province have been a tremendous success with excellent participation - the Cardiology workshop attracted more than 220 doctors. We've also held workshops on Nephrology and Trauma and the next workshop that is to be held on 2nd September will focus on Obstetrics & Gynaecology. From a social perspective, we've had an excellent 'long trip' to Jaffna.

The GMA wish to encourage and inculcate a research culture among its membership – we intend to give two grants for research in the basic medical sciences and clinical sciences. All these efforts are for you, the GMA members from your own GMA.

Satish K Goonesinghe

President

Galle Medical Association

GMA Office, Teaching Hospital, Karapitiya, Galle.

Web site: www.gma.lk

Tel / Fax: 091-2232560 ; e-mails: gmathk@gmail.com

Editors: **Dr. Harshini Rajapakse & Dr. Harshini Dharmawardane**

Cover Story

The story of the HeLa cell - A tribute to the Family

A HeLa cell, also Hela or hela cell, is a cell type in an immortal cell line used in scientific research. It is the oldest and most commonly used human cell line. Hela cells have been instrumental in the development of the polio vaccine, cancer research, AIDS research, gene mapping, and countless other scientific endeavors.

The story of the HeLa cell is one of the most disturbing human experiments in history.



Henrietta Lacks, a poor, uneducated African-American woman from Baltimore, was the unwitting source of cells which were then cultured for the purpose of medical research.

The cell line was derived from cervical cancer cells taken on February 8, 1951 from Henrietta Lacks, who died of her cancer on October 4, 1951. The cells from Lacks' tumor were taken without her knowledge or consent by researcher George Gey, who found that they could be kept alive. George Gey was able to isolate one specific cell, multiply it, and start a cell line. Gey named the sample HeLa, after the initial letters of Henrietta Lacks' name. They were the first human cells grown in a lab that were "immortal," meaning that they do not die after a few cell divisions.

Henrietta's cells have been bought and sold by the billions. Yet Henrietta died penniless and was buried without a tombstone in a family cemetery. For decades, her husband and five children were left in the dark about their wife and mother's amazing contribution to modern medicine.



Special General Meeting – GALLE MEDICAL ASSOCIATION

A Special General Meeting of the Galle Medical Association (GMA) was held on 14th June 2016 at 11.45 a.m. at the GMA Lecture Theatre, Teaching Hospital Karapitiya.

The meeting was chaired by the President, Dr. Satish Goonesinghe.

He proposed the registration of the Galle Medical Association under the companies Act No. 7 of 2007 under the provisions of section 34 of the act, as it is important for it to obtain recognition as a legal person and regularize its existence according to countries' law as well as act as a prelude to GMA being incorporated as an act of Parliament. Members unanimously agreed to the proposal.

A decision was also made regarding the guidelines to be followed when an employee of the GMA request the GMA for credit facility / loan facility for a personal necessity.

Finally, it was decided that revision of annual membership fee should be carried out by the executive committee and ratified at annual general meeting.

Upcoming Events

★ Obstetrics & Gynaecology Day

This will be held on Friday, 2nd September 2016 at the Clinical Lecture Theatre, Faculty of Medicine.

★ Eight a side Cricket Tournament

The dates are yet to be announced but it is being planned for September 2016.

★ GMA Annual Academic Sessions

This year the Annual Academic Sessions will be held on 7th & 8th October 2016. The inauguration will be held on 6th October 2016 at the GMA Auditorium, Faculty of Medicine, Galle.

★ GMA Annual Dinner

This year GMA Annual Dinner will held be on Saturday, 8th October 2016 at the Lighthouse Hotel, Galle.

Calendar of Events

★ Pain Management Workshop

Above programme was held in collaboration with the Sri Lanka Association of Anaesthesiologists and Intensivists on 22nd & 23rd on August 2016 at the GMA Lecture Theatre for limited participants.

There was excellent attendance with 28 doctors on the 1st day 49 nursing officers on the 2nd day.

Calendar of Events (contd.....)

★ GMA Continuing Medical Education lectures

Dr. Harshini Dharmawardane, Consultant Paediatric Nephrologist, Teaching Hospital Karapitiya, conducted a series of lectures based on common paediatric nephrology problems including Management of UTI, Management of Nephrotic Syndrome, CKD detection & Prevention in Children on 04th April 2016. The audience comprised of both specialists and junior doctors engaged in primary care.

★ Update on Glomerulonephritis

An update on glomerulonephritis was delivered by Dr. Iresha Hettiarachchi, Consultant Nephrologist on 26th April 2016. It was a time to update the knowledge base on the diagnosis and management of the common glomerulonephritis and a time to clarify the doubts and management pitfalls in these patients.

★ GMA Guest Lectures

Dr. LakKumar Fernando, Consultant Paediatrician and Clinical Head, Centre for Clinical Management of Dengue and Dengue Haemorrhagic Fever, Negombo delivered a lecture on "New Developments in fluid therapy for Dengue Haemorrhagic Fever" on 13th of June 2016. With the resurgence of Dengue fever in the Southern province, the GMA felt there was a need to update the membership on the latest developments in Dengue management.

★ GMA Postgraduate a Trainee Workshops

An ECG Interpretation workshop was conducted by Dr. Mevan Wijetunga, Consultant Cardiac Electrophysiologist, Centacare Heart & Vascular Center, St. Cloud Hospital, St. Cloud, Minnesota, USA, and Dr. Susitha Amarasinghe, Consultant Cardiac Electrophysiologist, TH Karapitiya on 28th of June 2016. ECGs from patients with acute heart problems, presenting diagnostic of management problems were discussed in an interactive manner. The postgraduate trained felt this of educational value both for patient management and the MD Examination.

★ GMA Trauma Workshop

This workshop covered management of traumatic injuries to all systems and components of the human body. The principles of management taught by a factory of resource persons with a wide range of surgical expertise would undoubtedly contribute to saving of lives. Medical complications in patients with multiple traumatic injuries were also discussed in detail.

★ GMA Advanced Life Support Course

This regular event with the help of Anaesthetist colleagues was held monthly during the past three months. All new house officers as well as all new registrars taking up appointment were included in this certificate course. It is believed that many lives would be saved by timely initiation and optimal delivery of ALS to the critically ill patients.

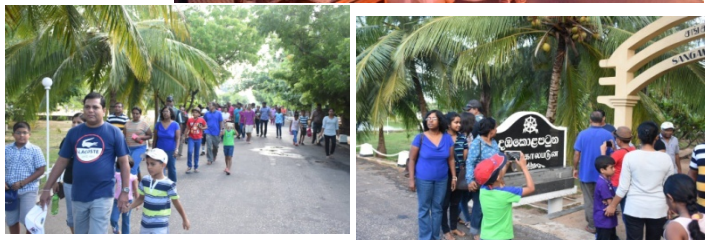
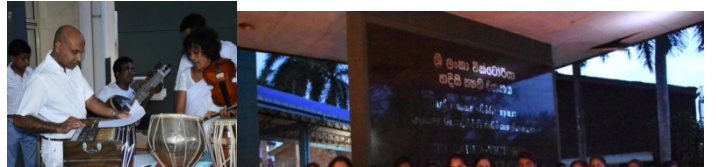
★ GMA Wesak Bakhti Gee

The tradition of doctors reaching out to their patients beyond medicine on Wesak day, with Bakhti gee continued this year as well. A large number of members participated in the programme and visited all parts of the hospital providing spiritually uplifting music. In many instances the patients too joined the GMA members in singing Bakhti Gee.



★ GMA Long Trip to Jaffna

The highlight of the GMA social calendar is the annual long trip. Participants travelled by a special train from the south to the northern tip of Sri Lanka; Kankasanthurai, in the Jaffna peninsula. The overnight stay was at the Thalsevana Holiday Resort. Sightseeing included a visit to the sacred place of worship, the Nagadeepa temple, believed to be one of the places the Buddha has visited in Sri Lanka. Fun and frolic was galore. The cross country train ride offered a glimpse in to the beauty of the rural wilderness of Sri Lanka.



★ GMA Non-Medical Lecture

“Butterflies of Sri Lanka”

A non-medical lecture titled “Butterflies of Sri Lanka” was delivered by a contemporary expert on the subject, Dr. George Michael Van Der Pooten on 28th June. He discussed in vivid detail butterfly fauna of Sri Lanka & conservation needs and efforts. The members were permitted to purchase his highly acclaimed book on butterfly fauna of Sri Lanka that concessionary price at the event.



From the Journals

Licensed Dengue Vaccine: Public Health Conundrum and Scientific Challenge

Scott B. Halstead; Am J Trop Med Hyg. 2016 Jun 27

A six-decade-long effort to develop a dengue vaccine culminated in December 2015, with the licensing of a live attenuated dengue vaccine (CYD) in Brazil, El Salvador, Mexico, and the Philippines. This vaccine, Dengvaxia, is a mixture of chimeric yellow fever and dengue viruses (DENV) 1, 2, 3, and 4.

The clinical trials involving over 35,000 children, 2–16 years of age, resident in 10 dengue-endemic countries during the first 2 years of observation revealed vaccine efficacy ranging between 30% and 79% with an overall efficacy of 56.8%. During year 3, there was an overall efficacy against hospitalization of 16.7%, but a relative risk of hospitalization of 1.6 among children younger than 9 years and 4.95 in children 5 years of age and younger.

CYD vaccine protected 74–84% of seropositives against mild to moderate disease. Vaccination of seronegative children resulted in universal broad dengue neutralizing antibody responses, but poor protection against breakthrough dengue cases.

During year 3, clinical observations on vaccinated children and placebo controls showed the vaccine to be asymmetrically protective and enhancing, that is, some age groups were protected, whereas in others, disease accompanying breakthrough dengue infections was increased (vaccine-enhanced dengue disease).

CYD developers have provided hypotheses to explain the third-year clinical responses observed during breakthrough DENV infections in vaccinated children. However, the reason(s) why CYD vaccine failed to raise protective dengue virus immunity are unknown.

The challenge confronting public health officials is how to immunize those who will benefit from vaccination but shield those who are at risk to vaccine-acquired enhanced DENV disease. To do this, it has been suggested that the vaccine be given only to dengue immunes.

Comment:

The WHO has recently endorsed the use of Dengvaxia as three injections spaced over one year (0/6/12 months schedule) for those over the age of nine and has been previously exposed to the virus in areas of high endemicity. A WHO vaccine position paper will be published outlining WHO recommendations in July 2016.

The Clinical Trials for DENVax, which is the second potential dengue vaccine produced in the world, have been launched as a collaboration between Japan and the United States of America. Sri Lanka has been identified as one of 10 countries where this vaccine would be put on Phase 3 trial.

The GMA Quiz

"The greatest disease in the West today is not TB or leprosy; it is being unwanted, unloved, and uncared for. We can cure physical diseases with medicine, but the only cure for loneliness, despair, and hopelessness is love."

- *Mother Teresa, A Simple Path: Mother Teresa*

There are ever-expanding list of quotes that honestly describe modern medicine. Some of them are amusing, whilst others are disturbing. Nevertheless, they all point out facts that we often overlook when looking at the medical establishment, and how it works in the modern age. This month our quiz is based on the inspirational quotes from medicine.

To win dinner for two at The Tamarind Hill hotel, Galle, please submit your answers by email or hand them over to the GMA Office on or before the 30th September 2016.

Whose inspiring words were these?

1. "The purpose of human life is to serve and to show compassion and the will to help others"
 - a. Albert Schweitzer
 - b. Benjamin Rush
 - c. Suśruta
 - d. Viktor Frankl
2. "The pure culture is the foundation for all research on infectious disease"
 - a. Léon Charles Albert Calmette
 - b. Major-General Sir David Bruce
 - c. Robert Koch
 - d. Daniel Elmer Salmon
3. "What is easiest to see is often overlooked"
 - a. Milton Hyland Erickson
 - b. Abraham Maslow
 - c. Carl Gustav Jung
 - d. Aloysius Alzheimer
4. "Progress depends on our brain. The most important part of our brain, that which is neocortical, must be used to help others and not just to make discoveries"
 - a. Rosalyn Sussman Yalow
 - b. Clara Barton
 - c. Elizabeth Blackwell
 - d. Rita Levi-Montalcini
5. "The deviation of man from the state in which he was originally placed by nature seems to have proved to him a prolific source of diseases"
 - a. Edward Jenner
 - b. Joseph Lister
 - c. Garcia de Orta
 - d. Ambroise Paré
6. "A potent poison becomes the best drug on proper administration. On the contrary, even the best drug becomes a potent poison if used badly"
 - a. Hippocrates
 - b. Charaka
 - c. Herodotus
 - d. Bian Que
7. "One of the first duties of the physician is to educate the masses not to take medicine"
 - a. John Snow
 - b. Sir William Osler
 - c. Sigmund Freud
 - d. James Parkinson
8. "Children aren't coloring books. You don't get to fill them with your favorite colors"
 - a. Anton Pavlovich Chekhov
 - b. John Michael Crichton
 - c. Sir Arthur Conan Doyle
 - d. Khaled Hosseini

9. "His life reminds us again of our true work in public health. Today, we should all pause for a moment and remember the life of this outstanding personality" - Dr. Gro Harlem Brundtland, WHO's Director - General.

These words were about,

- Archie Cochrane
- William Worrall Mayo
- Carlo Urbani
- Jonas Salk

10. "Throughout her career, with her characteristic optimism, that "women are liberated from the time they leave the womb," and being female had not imposed significant limitations on her medical career"

These words were about,

- Elizabeth Stern
- Ogino Ginko
- Virginia Apgar
- Maria Tecla Artemisia Montessori

Winner of the Galle Medical Association Quiz

The winner of the GMA Quiz March 2016 Dr. Gayal Dissanayake receiving his gift from the GMA President, Dr. Satish K Goonesinghe.



GMA Annual Academic Sessions - 2016 REGISTRATION

The GMA Annual Sessions are scheduled for 07th & 08th October 2016.

(Inauguration ceremony will be held on 6th October)

Registration includes;

- Attendance at the Sessions,
- Visits to Trade stalls
- An attractive Congress Bag/File with documentation
- Two complementary issues of the *Galle Medical Journal* (2016)
- Morning and afternoon tea and lunch on both days.

Special Concessionary Offer for Early Registration.

Consultants	-	Rs. 1,500/-
Junior Doctors	-	Rs. 1,000/-

Closing date for early bird registration on 2nd September 2016.

After the 2nd September rates will be as follows;

Consultants	-	Rs. 2,000/-
Junior Doctor	-	Rs. 1,500/-
Day Registration	-	Rs. 750/-

Long Trip - Jaffna



GMA - Annual Academic Sessions

75th Anniversary

Annual Academic Sessions will be held on 6th, 7th & 8th October 2016

at the Auditorium of the Faculty of Medicine, Galle.

Please keep the dates reserved.

A Message from the Editors

We would like to invite the membership of GMA to contribute to the GMA newsletter. Please feel free to send articles, letters, picture stories, poems, puzzles, jokes, cartoons etc. related to medical profession. We would also like to hear your views about the GMA newsletter. Please send them all to Editors GMA via e-mail gmathk@gmail.com

We would like for invite the non members to join the Galle Medical Association (GMA). Please inquire about the membership form at the GMA Office.

TO:

From:

GALLE MEDICAL ASSOCIATION
GMA Office,
Teaching Hospital – Karapitiya
Galle.

Tel/Fax: 091 2232560
e-mail: gmathk@gmail.com
web: www.gma.lk