



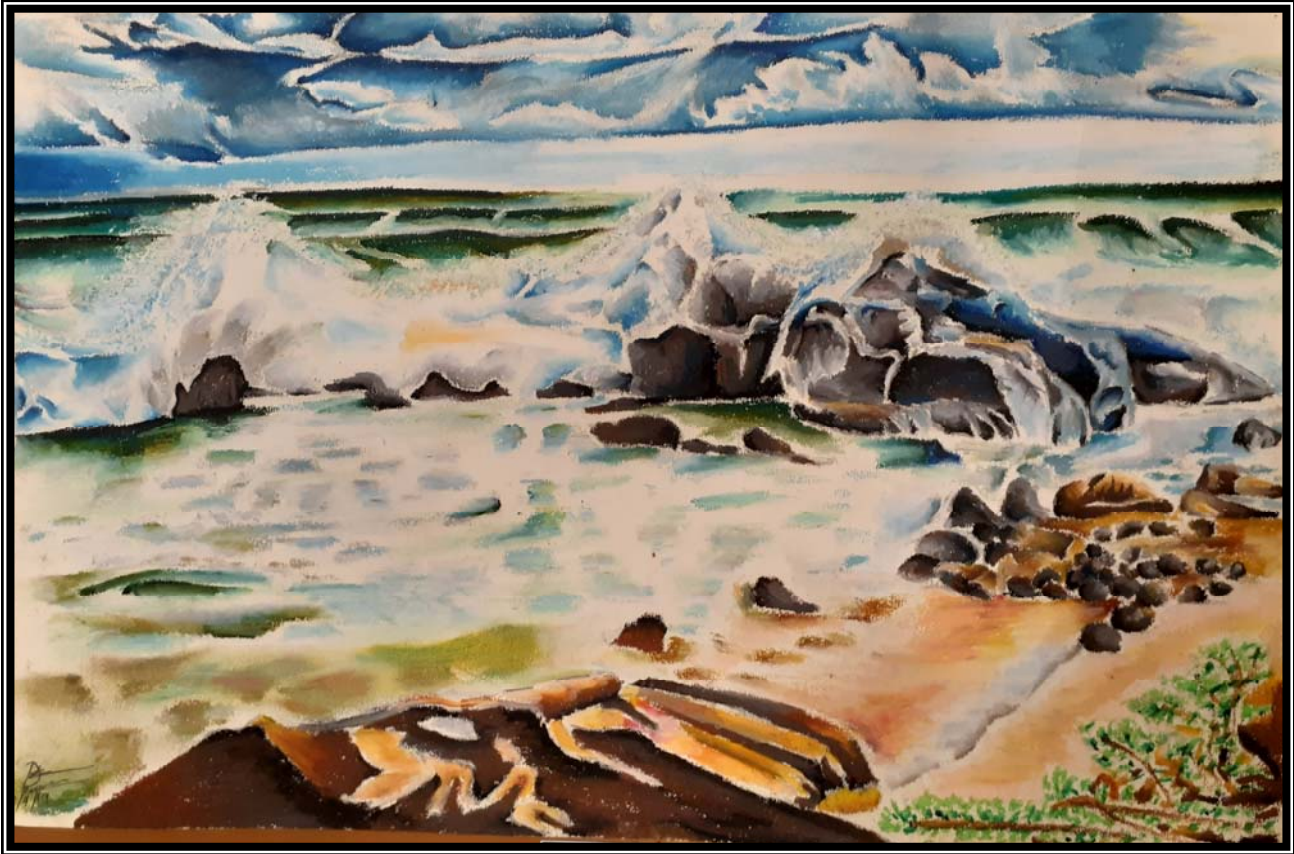
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NEWSLETTER

GALLE MEDICAL ASSOCIATION

August 2019; Volume 19, Issue 2

ISSN 2550-3316



"Galle Fort Beach"

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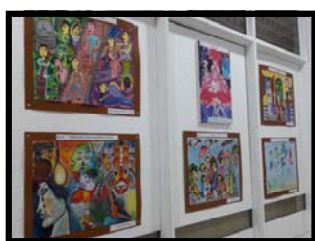
Co-Editors: Dr. Gayani Punchihewa & Dr. Nayana Liyanarachchi

ATHURU MITHURU SITHUWAM DAKMA

Galle Medical Association Theme for the year 2019 is “The Art and the Science of Medicine; enhancing clinical excellence with humane care”

In keeping with the above theme GMA encourages membership to engage in fine arts and activities related to medical humanities. “Athuru Mithuru” is the forum for the members and their families, specially for young children to enhance their artistic and others skills.

“Athuru Mithuru Sithuwam Dekma”, Painting & Photos Exhibition was held from 25th March to 06th April 2019 at the GMA premises. Best photos and paintings were selected from different age categories. The cover picture by Dr. Praveena Jayasena “Galle Fort Beach” won the first place in above 18 age category.



Winning Entries

Painting



“Blue Whale at Night”
Pulmeth Amaratunga
Below 5 Category



“Beauty of Village”
Sevni Lenaya Koonara
5—12 Category



“Broken Heart”
Chethanika Yahathugoda
12—18 Category

Photography



“The Journey of Life”
W. Gamitha Senaratne
Below 20 Category



“කෘතඉණ සැලකීම”
N.S. Gayani Neranji
Above 20 Category

*“Wherever the art of medicine is loved,
there is also a love of humanity”-*

Hippocrates

WORDS MATTER

This was the talk given by Royston Ellis, for "Medicine & Beyond" lecture on 2nd April 2019 at GMA Lecture Theatre. Royston is a Novelist, Biographer, Guide book writer and erstwhile Beat poet. He has authored about 60 books and has been living in Sri Lanka for 40 years.

He was humble enough to permit us to publish his talk in GMA Newsletter.

We are short of "words" to thank you Royston!

Co- editors

I'm here because of Dr Arosha Dissanayake's patience with his patients. He has a way with words that makes him very persuasive.

I was lying in bed at Asiri Hospital in Galle having been rushed therefrom my home in Induruwa after collapsing over my laptop with a stroke. After examining me, Dr Arosha breezily said, "Royston. When you're better in a few weeks, I'd like you to give a talk to the Galle Medical Association." I stared at him, puzzled by his words. I thought I was dying and here was my doctor booking me for a lunchtime talk.

In my case, his words worked wonders.

I had a similar experience when I lived in Dominica, an Island in the Caribbean. I was in a car that drove off a cliff into the village rubbish dump. I suffered from dust and bruises and a broken neck, a crack in the third vertebrae. I was wrapped in a cast, called a Minerva Cast, I believe. The doctor at the time was the Chairman of the Dominica Cricket Association and I myself was running what I called "The Village Cricket Tournament" to find the best village cricket team each year. Now with my head in plaster, my future looked bleak.

"Royston," said the doctor, "after this is over, I'm going to propose you as Chairman of the Dominica Cricket Association."

There I was wrapped from head to waist in plaster facing several weeks of enforced rest. I thought the doctor was mad. He wasn't. His words worked on me. I got better and, sure enough, I was elected chairman, eventually becoming the delegate for Dominica of the Windward Island and West Indies Cricket Boards of Control and an honorary member of the MCC.

So you see: Words Matter" not just in the words we use, but how we use them. We all use words and it's important to understand them so we use them correctly.

Just think of the colloquial phrases that use the word "word."

I give you my word – that's a solemn vow.

She had the last word – she won the argument

Upon my word! An exclamation.

Apparently, you need a vocabulary of at least 10,000 words to be considered fluent in English. But if you have an English vocabulary of just 2,000 words, you would be able to understand about 90 per cent of everyday conversation in English.

Today I shall give examples of the value of words, what they can lead to, and the need to be careful in using them.

For instance: "A man of promise" (describing someone with a bright future) is not the same as "A man of promises" describing someone who can't be relied on.

In London, escalators leading down to the underground trains used to have a notice saying: "Dogs Must Be Carried." The right words, but indicating the wrong meaning, as some people thought they had to have a dog to carry in order to use the escalators.

In hotels, many of you would have seen the sign by the lifts which says:

"In Case of fire, Do Not Use." That seems to imply that you shouldn't use the lift in case it catches fire. The notice should say: "If there is a fire, do not use the lift."

Unfortunately the use of English words in Sri Lanka is not always correct.

For instance the plural of RESIDENCE, the place where a person lives, is RESIDENCES, the word simply has an "s" added at the end. However, every Sunday in the property advertisements in newspapers here you'll see apartments advertised as RESIDENCIAS, with the word ending in "i e s." That's actually the plural of RESIDENCY, a residential post - such as a doctor might have: a teaching RESIDENCY. But those property developers are not advertising official posts but residential apartments.

And who wants to live in a spelling mistake?

There's another common error of confusing words that's become part of Sri Lankan English.

If you read that a man is "a reputed doctor" it doesn't mean what the writer thinks it means, that is "a reputable doctor, one with a good reputation." In true English, the word "reputed" is used to cast doubts on someone's ability. "He's reputed to be a doctor but in fact might not be."

You see how words matter?

I love words and know from experience how words can lead to unexpected adventures and good fortune. I have loved words for as long as I can remember. And my love of words has brought me a life of travel and fulfilment.

Even when I was about five, one of my relatives commented that: "Royston seems to have swallowed a dictionary."

When I was nine years old my school report said: "Royston writes first, and thinks afterwards."

A few years later, an essay I submitted drew my English teacher's comment, "Verbal diarrhoea."

That cured me of ceaseless output of words.

But I was addicted to words, so what to do? Fortunately I discovered I could use words simply by writing poetry. I scribbled bunches of words as poems in my notebooks.

When I was 16, I left school. I didn't want to study any more. I was determined to become a writer and knew that -as well as words - I needed experience of life if I was to succeed as a writer, a wordsmith. Wherever I went I wrote in my notebooks, about what I saw around me. I wrote on trains, at dances, at parties, and in my bedroom at home. Soon I had dozens of poems; I collected them together and sent them off to a publisher.

My words struck a chord. Teenagers were in fashion. So, in 1959, 60 years ago, when I was 18, I had my first collection of poems published. It was titled JIVING TO GYP. The poems were about music and teenagers. I wanted young people to read my words, my poems, but they weren't interested. So I decided to declaim my poetry to a background of the music popular at the time: rock and roll. I invented my own word for this rock and roll poetry: I called it rocketry.

I teamed up with Cliff Richard's group, The Shadows, and they backed me on stage and in television performances. Eventually, I became known for my rocketry words.

I hitchhiked throughout England, performing my poetry, rocketry, in dance halls with bands I met in each town.

In June 1960, I was booked to appear in Liverpool, reading my poetry to art students there. By chance I met up with a chap in a coffee bar who said he was in a group, and he took me to the flat where he lived with his friends, John, Paul and Stuart. His name was George.

Those lads liked the idea of backing me while I read my poetry and we performed one night in the cellar of a coffee bar in Liverpool. I was impressed with the way they backed me and decided to get bookings for them in London accompanying me on my television appearances. I asked the group's name.

"Beetles" John said." How do you spell that word?" I asked.

He told me "B E E T L E S. He said they liked that name because they liked the Beetle Volkswagen car. I said, "since they played Beat music, liked the Beats of the USA and I was a Beat poet and they were going to back me, why not spell Beetles with an "A".

And so the word BEATLES with an "A" was born.

You see how words matter?

One evening, the Beatles and I were in their flat discussing what we wanted to be. John, who was studying art at the time, said he really wanted to drop out and be a musician. I told him to have faith in his ability and not do what adults told him. "Dropout, and play music." I said I had left school at 16 and didn't regret it. He asked me what I wanted to be.

I replied with these very words: "I want to be a paperback writer." That was because to be published in paperback was to have a bestseller.

That was a phrase they remembered and it inspired the Beatles' early hit record "Paperback Writer."

"Rocketry" – rock and roll poetry! Poetry exhibits the best way to use words. In poetry, every word counts, and lines should be memorable.

A poem I performed in Liverpool with the Beatles backing me, was about young love and had these opening lines:

*Easy, easy, break me in easy,
Sure I'm big time,
Cocksure and brash,
But easy, easy, break me in easy.*

When I met Paul McCartney by chance at the Bristol Hotel in Paris, about 40 years after our performance together in Liverpool, to my astonishment, he remembered those lines and recited them to me. However, because of the brilliant songwriter he is, he recreated my words as "Easy, easy, squeeze me in easy!"

I'm still writing poetry. My latest is a bit sombre. I'm going to read it now as it illustrates how meanings are changed by substituting just a simple word. I want you to listen carefully to the last line.

This poem is called: Old Age

*Old age is not for the young.
They don't have a fund of fun
To draw on when the mind scatters
In kaleidoscopic confusion and life shatters
Out of control, limbs limp, eyes dim, while lust
No longer makes sex the must
It was in those youthful years
When the future held few fears
And each day was lived as though it were the last
And now it probably is.*

*Old age is not for the young;
It is a mixed blessing for living so long.*

Now that last stanza could carry a completely different message with the change of just one word. It can become depressing instead of humorous:

*Old age is not for the young
It is a mixed blessing for living **too** long.*

I read my beat poems at venues throughout England, including once to students at Cambridge University. Remember I had left school at 16 and there I was, aged 18, lecturing about the beat life to students who were studying it, instead of living it.

A few years later, I was in the jungle of Senegal in Africa, trying to hitch a ride to South Africa. A jeep drew up and a young Englishman in the passenger seat looked at me quizzically. "Aren't you Royston Ellis?" he said. Cautiously, I agreed I was, wondering what I had done wrong. He got out and shook my hand. Apparently he was in the audience at Cambridge University the day I read my rocketry words there.

He was with the British Embassy and making a tour of jungle villages in Senegal. He invited me to join him, and I did. This brought home to me how words can lead to unexpected encounters and adventures.

Back in England in 1963, I was commissioned to write a book about Cliff Richard, the teenage pop star. I had already had one book published about Cliff and his group The Shadows, and the publisher thought another would get good sales. So I set off to Las Palmas, in the Spanish Canary Islands off the coast of Africa, where Cliff was making a film called Wonderful Life. The film finished, I didn't write the book but stayed on in Las Palmas as the editor of an English language newspaper. I wrote an article for an English magazine, about buying property in the Canary Islands. My words caught the attention of an English property developer.

He invited me to fly to meet him at his office in London. I was overawed by the opulence of the place and it took me a few minutes to understand what the man was saying. He had a map of the world on the wall and kept on stabbing at countries with his marker pen as he spoke.

"The Canary Islands," he said, taking a stab. "Good article. But not for me. What about Greece?" He dragged his pen eastward and lunged at Turkey. He paused a bit and then stretched across the world, hovering the marker pen above Sri Lanka and then reaching across to Australia, which he circled. "Now there, I'm sure you'll find cheap beaches."

It gradually occurred to me that this man, who happened to be a wealthy English Lord, wanted to buy some beach land to develop. And he wanted me to travel around the world to find a beach for him.

My word!

Of course, I took the job. And that's how my travels, and my way with words, eventually brought me to the Caribbean and the island of Dominica. Of course, it's a pity that I didn't visit Sri Lanka then (this was in the mid-1960s) on my way to Australia, as the Lord might have developed a beach here instead of in Dominica.

In Dominica, as well as becoming a beach property director and Chairman of the Cricket Association, I was still obsessed with words. So I became a paperback writer and part of my success was due to my typist not to my words.

I was lucky enough to find an old plantation ledger with words detailing the duties and details of the slaves on an 18th century sugar plantation in Dominica. I used this as material for a novel. It was called The Bondmaster.

I used to write in long hand with a fountain pen. I still do, but now I transcribe my words onto my laptop myself.

Fifty years ago, we used typewriters and carbon paper. I employed a Dominican, called Abraham, as my typist. He had to type up what I had written in longhand.

Now, as doctors, you will know that some people have difficulty reading your hand writing. That was Abraham's difficulty too. He bravely tackled my scrawled words, typing them on paper and usually got it right. However, some times, the words I wrote in longhand he typed differently.

For instance, I wrote "I can't swim," she said. He typed: "I want him," she said.

"The day dawned" became "The dog yawned"

He really excelled himself when the words I wrote: "A group of hand-picked slaves" became "A group of hard-pricked slaves."

The book sold a million copies in paperback, under my pseudonym, Richard Tresillian.

In case you're wondering how did I get from Dominica in the West Indies, 40 years ago, to Sri Lanka. That was because of words too.

"In this case, the words, not in one of my books, but in an insurance policy.

In Dominica, I lived in a timber cottage I built on a hillside overlooking the Caribbean sea. The cottage was insured against calamities such as fire and storm damage. One year, when the policy came up for renewal, I decided to read the words in the small print. I discovered then that whatever amount I valued the house at, I would only get a percentage of that amount in the event of a claim.

So I doubled the value of the property and paid the extra premium.

Two weeks later along came a hurricane and blew my lovely cottage away. I collected the insurance money, put it in a briefcase and set off to see the world.

And so eventually I did come to Sri Lanka.

I liked it so much, and had funds, so I decided to settle here to continue my career as a writer.

So words, even those in an insurance policy, have shaped my travels as well as my life.

Actually, I wasn't the first of my family to settle in the Indian sub-continent. I have discovered an ancestor on my mother's side who was the son of an expatriate British judge in India. His name was Charles Ryall; my mother's maiden name was Ryall.

Young Charles joined the police force in India of the railways and was eventually sent to Africa, to Kenya, to help with security on the railway line being built from Nairobi to the coastal town of Mombasa. He seems to have been a boastful chap and when some labourers building the railway line were reported to have been killed by a man-eating lion, Charles Ryall gave his word that he would shoot it dead.

He had a railway carriage brought to the spot on the line where the lion had attacked, and parked it in a siding. He and some other brave Britons decided to spend the night in the railway carriage, taking turns to keep watch for the lion through the open window. When they saw it Charles Ryall would shoot it.

It seems the duty watcher must have fallen asleep because the lion, smelling the human bait, climbed in through the open window, dragged Uncle Charles from his bunk into the jungle, and had him for breakfast.

That railway carriage is on display in the railway museum at Nairobi and I have myself sat on the bunk where Uncle Charles's boastful words had led to his end.

I recently discovered that I have a link with Sri Lanka too through my father. He was involved with words, as a solicitor's managing clerk in London. He had among his duties the compiling of legal briefs and opinions.

Late last year, I was asked to write the history of Forbes & Walker, the prominent Sri Lankan firm of tea brokers. Going through the documents in the company's archives, I was astonished to find a report prepared by the London solicitors for Forbes & Walker, the very firm my father worked for. I was holding in my hands a document written by him 70 years before. Words had brought us together over the years and this somehow made me feel that I too have a bond with Sri Lanka through the advice my father gave Forbes & Walker in the 1940s.

Alas the written word is no longer encountered as much as it was. While written words may be used in the medical profession, people tend to communicate now with devices, not hand-written notes. Now we turn to gadgets for I information, with so-called SMART PHONES being the medium of communication.

That word "Smart" to describe those mini monsters we carry in our pockets is an example of the wrong use of a simple word, SMART. It's not the phone that's smart, it's what you have to be to use it. It's a clever marketing term, as it implies you're pretty dumb if you can't understand your smart phone.

And what about SOCIAL MEDIA. It's not social at all, it's ANTI-SOCIAL for the harm it does to socialising. A school pupil will have fifty friends on Facebook and won't even speak to his class mates.

Even how we write words has changed because of modern communications like the Internet. Every website has to be written to a certain formula to attract "hits" or readers when the key words are Googled. The website text, or content as it is known, has to contain key words to attract readers, or traffic. The key words should be related to what the website is about. So if you are writing a web page about, for instance, the Galle Medical Association, the rule is that those three words should be mentioned seven times in an article of 450 words.

The words should also be in the title of the article, in the first paragraph of the article and in at least two sub headings.

Of course, this turns creative writing into conniving writing, to a formula where words are used to the rules of the medium, not to the whims of the writer.

That's really no different from a Mills & Boone paperback, romance novels written to a formula, or an Enid Blyton story about kids. Follow the right formula with words and readers will follow.

There's another threat to English words from the cyber world.

We have to be extra alert with words when typing on a computer, as the spell checker will change what you type, to that it thinks you mean. Maybe the programmers thought they were being smart when they built in US spelling of English as the default programme in computers. However, US spelling of English is not the language of Sri Lanka.

Spelling colour as color or traveller with one "L" might **not** be a catastrophe but it does show the writer is ruled by his computer. Words that don't look right to the English-speaking reader will send an unfavourable message about the writer... which is not what the writer intended.

Always check the words your computer has written. It can be terrifying. My own name, Royston, frequently becomes "Rotten." Thanks to the spell checker.

Ronald Reagan is reported to have said: The most terrifying words in the English language are: "I'm from the government and I'm here to help."

Mark Twain said "Actions speak louder than words, but not nearly as often."

Sam Walton points out that "a few well chosen, well timed, sincere words of praise are absolutely free – and worth a fortune."

Here's another appropriate quotation about words I found:

"When there's no place for the scalpel, words are the surgeon's only tool."

That's my last word today before words fail me.



"Raise your words, not your voice. It is rain that grows flowers, not thunder"

Rumi

MEDICINE AND RELIGION

“යෝ හික්ඛවේ මං උපච්චේය්‍ය සො හිලානං උපච්චේය්‍ය” - “He who tends to the sick tends to me”

Lord Buddha

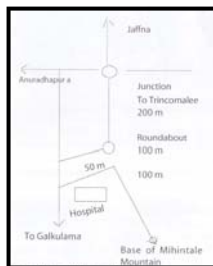
In the East, religion has influenced the field of health and medicine for a much longer time and the two have been integrated for thousands of years. The Buddha said it is the responsibility and duty of the community to look after the sick. He also opined on doctoring, nursing, sickness, healing and health as well. The ruins in ancient cities of Sri Lanka prove how religion enriched the caring of the sick in our culture.

Ancient Hospital of Mihintale

This was built by King Sena II (853-887 A.C.). The ruins of this hospital is considered as ruins of one of the oldest hospital discovered in the world. There would have been a hospital in this area even earlier. On a rough estimate there were 2000 monks at Mihintale during that period.

Location

The ancient hospital is located at the base of the Mihintale mountain. There is a road running towards Galkulama (A9) road from base of the mountain. Hospital is situated about 50m from the mountain.

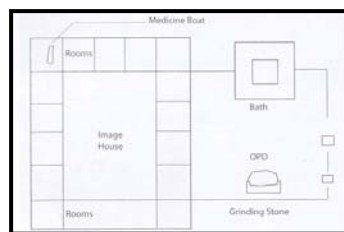


Location of Hospital



Hospital (Vedahala)

Hospital is rectangular in shape, measuring 68.1m and 38.1m. There are 32 rooms for the indoor patients. Each room measures 3.96 m X 3.96 m. One room is only for one patient.



Location of Hospital

There is a large waiting room for the patients. On either side of the entrance of the hospital there are two rooms to examine the patients. There is another room which would have been used as the dispensary.

There is evidence of ruins of a kitchen outside the hospital.

At the centre of the hospital there is an image house with a lotus seat. There would have been a small standing Buddha statue here. All the rooms are facing the Buddha statue which was there. Monks would have meditated by looking at this statue.



Lotus seat in the image house at the centre of the hospital



Medicine boat



Grinding Stone

There is a medicine boat measuring 213 X 74 X 60 cm. This has been carved out in the shape of a man. Various kinds of medicines were put into the boat. Then the patient was immersed in this boat. Percutaneous absorption is well established in modern day western medicine.



Jantāgahara (Warm Water Bath)



Jantāgahara (A closer view)

Jantāgahara

It is a miracle of architecture, that the jantāgahara has been constructed with stone slab chissled smooth placed flat leaving no gaps, without using plaster and prevent water leaks. This was used for hot water and steam therapy.

In addition to the indoor patients it is said that there was an outpatient department. There is evidence to say that certain surgical procedure were accomplished.

Pieces of two containers were discovered during the recent excavations. They were used to store medicine. They are imported from west Asia.

Where the store room was not yet clear.

Before visiting the ancient hospital (Wedahala) it is advised to visit the museum to have a rough idea of the Mihintale.

Sudhira Herath

BROADENING THE SCOPE

Galle Medical Association over the years has proven itself to be an organization with a broader vision transcending well beyond its academic interests. While emphasizing its vision of human care GMA does not hesitate to walk the extra mile when and where needed. In the light of the unexpected tragedy that shook the nation GMA responded by changing its scheduled events.

A group representing GMA met the Bishop of Galle, Reverend Raymond Wickremasinghe on Sunday 12th May. The purpose of the meeting was threefold. One was to express sorrow and convey to him that we as the professional organization of doctors in Galle, share the grief of the Christian community at this tragic moment. Secondly to discuss spiritual aspects of healing minds and bringing together communities during these difficult times. Thirdly to identify any particular area we can contribute as a professional organization of doctors.

At this important meeting the Bishop gave an insightful account of the present day situation and appreciated our presence and our ideas.



The Medicine & Beyond Lecture was rearranged to address the current needs. Sarvodaya founder Dr. A. T. Ariyaratne delivered an insightful lecture on moving forward as a society in the face of a catastrophe, "Healing of minds and bringing a fractured community together"



GMA took this opportunity to re-visit the disaster management plan of the hospital. The workshop "Get ready for your job" was well attended and received highest appreciation from the participants.



අලුයම එනතුරු

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කුඹි ගුල ලහ ඇණ නියාගෙන උනන්දුව පෙන්වා ඉතා
කැම ටික ටික පිරිමසාගෙන කුඹිත්ට ගෙන එයි ඔතා
යෝද බත් ගුලි පෙරලිලා වැන සි ගියත් වැලි ගෙය ඉතා
ආයෙ එනතුරු ඇත බලාගෙන කුඹි, මේ පොඩි බවලතා

සිතලේ පිනි නොසලකා අලු පාන්දර මිදුලට වදි
දාවලේ ගිනි අවිව නොතකා පිල් කඩේ උඩ වැඩ හිඳී
සැම ලේනෙක් කපුටුවෙක් මයිනෙක් කොහෙක්
හඳුනයි සොදී
කැරලෙක් දැක කෑ ගසා ඇ ආදරෙන් අත් පොඩි බිඳී

ගිය සුමානේ මා සිටින විට ලේනුනට මගෙ ඇස ගසා
දියණි අවුදිත් මා වඩාගෙන හුරතලෙන් මගෙ පිට කසා
බය නැතිව ඉන්නැයි නපුරු ලේනුන්ට සැර කර අත ගසා
කියපු බව සිහිකරයි පුසා, පාලුවෙන් ඇ නැති නිසා

හවස දෙමලිච්චන්ට නෑමට දිය දැමූ පොඩි භාජනේ
අවට ගැවසී බලයි ගෑමට සබන් හෙම ඇත්දැයි අනේ
පවස සිඳවා ගන්න ඇ තහනම් කළා ඉන් කිසි දිනේ
"නිවස ඇතුලෙන් බොන්ට පිරිසිදු වතුර දෙන්නම් සියොතුනේ"

නිරංජන් ලියනගම

සැදැවි ගිරවුන් රැන් ගී ගයා යන විට ගම් බලා
සිනාවී ඇය හඬ තලා උන් ගේ ගමන ඉක්මන් කළා
"දිගාවි සිටිනවා දුටුවෙමි අද අනේ ඇ ලෙඩ වෙලා"
පමා වී ගෙදරින් පිටට ආ හුනු පැටවෙක් හෙළි කළා

"ගී ගයා තව පලක් නෑ ඇ එනතුරා ආපසු මෙහි"
යයි කියා සියොතුන් ගියා තුරු වදුලු පත් අතරට වැහී
ඒ දයාබර මල් හිනා නැති නිසා මල් පෙනී යයි වැහී
තලගොයා ගල් බැම්ම උඩ හිඳ දුකෙන් තණ ගොල්ලට බහී

රූ වුණත් අඳුරත් දුකෙන් පසු බට වෙවී ආවා හෙමින්
සඳ කැනන් කණමැදිරියන් හා අඩ ගැසී ඇගේ නමින්
ඇ නැතත් මොළකැටි සවන් පෙනී පුබුදුවමුයැයි ගී නදින්
රූ සියන් කැළ ගී ගයන්නට වූය ඇ කැමතිම හඬින්

මද පවන් මේ ගී අරන් දු කුමරියන් වෙත ගෙන ගියා
සඳ කැළමි තිර කවුලුවෙන් ඇගෙ කොපුල් තල වෙත යයි සොයා
කොඳ කුසුම් වැනි නොතු පියන්වල වෙහෙස ඉන් දුරු වී ගියා
සොඳ සුවෙන් සුස්මන් ලමින් පොඩි සුර දුවණි නින්දට ගියා

හෙට පාන්දර හිරුට පෙර මල් වත්ත ඇහැරී සැරසිලා
බට නලා පිඹි පිඹි ඉඳින් දු කුමරි එන පෙර මග බලා
කට පියන් නොම ඉඳ ඉතින් ගී ගයන් සියොතුනි හඬ තලා
නට නටා සෙනෙහස බෙදන්නට ඒවී ඇය දැන් ඇහැරිලා



"කාක්කා"
බී. ටී. හමේනි

SHARING EXPERTISE

Collaborative Sessions

In keeping with the GMA vision 2019-Enhancing clinical excellence; collaborative academic programmes were held with many specialty colleges and associations. These joint sessions provide a platform for the GMA membership to update their knowledge, hone their skills and meet the experts in different specialty fields .

An Update on Diseases of Older People

SRI LANKA ASSOCIATION OF GERIATRIC MEDICINE



An Update on Thyroid Diseases

SRI LANKA SOCIETY OF INTERNAL MEDICINE



Update on Oncology

SRI LANKA COLLEGE OF ONCOLOGISTS

The highlight of this event was the introduction of "**Consultant Round Table Discussion**" on Multiple Myeloma with the participation of Consultants from Teaching Hospital Karapitiya along with five Oncologists.



Pearls of Clinical Wisdom

Galle Medical Association is privileged to have highly experienced senior clinicians among the membership with an enormous wealth of knowledge and skills. "Pearls of clinical wisdom" provides a rare and highly sought out opportunity for the present membership to share the invaluable wisdom of the senior clinicians.

Down the memory lane of an ageing physician: six cases that remain still in memory

Dr. M.K. Ragunathan



Some of my unforgettable mistakes as a Surgeon

Dr. M. M. A. J. Kumara



Workshop - Maternity Matters

A workshop was conducted by Prof. Tiran, Professor in Fetal Medicine to enhance the basic ultrasound skills related to Gynaecology and Obstetrics for Medical Officers and Postgraduate trainees.



A Short History of Medicine

2000 B.C. - "Here, eat this root."

1000 B.C. - "That root is heathen, say this prayer."

1850 A.D. - "That prayer is superstition, drink this potion."

1940 A.D. - "That potion is snake oil, swallow this pill."

1985 A.D. - "That pill is ineffective, take this antibiotic."

2000 A.D. - "That antibiotic is artificial. Here, eat this root."

Author Unknown

SHAPING THE FUTURE

Young Specialist Forum

This is the forum where Senior Registrars of all the specialties are supported for their professional development.



Senior Registrars are assessed on their presentation skills by an expert panel of Judges and are given feedback personally at the end of their presentations.

Getting Ready for UK Stint



A three hour workshop was organized for the Senior Registrars to familiarize themselves for their foreign training at UK and MRCP PACES examination.

Postgraduate Directorate

Keeping in par with the GMA vision of supporting junior colleagues, preparatory course for MD Medicine exit exam for medical registrars was organized by the postgraduate directorate. This was the first time GMA was officially involved in a similar preparatory course. There were participants from other training centers such as NHSL, CNTH, CSTH and Jaffna in addition to our local trainees.

The course covered all four components, namely long case discussions, short cases, observed history taking and emergency viva in a real time exam format. There was a tremendous feedback from the candidates and the exam results proved the success of the course.

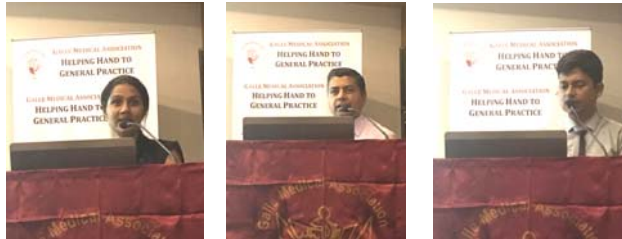
In addition regular teaching sessions for current registrars in training were organized. There were fourteen such sessions of exam format teaching. These academic programmes of PG directorate have made Teaching Hospital Karapitiya as one of the preferred training centres for many newly recruited registrars.



Helping Hand to General Practice

Helping Hand to General Practice brings together medical officers engaged in general practice and the hospital specialists to enhance the knowledge and skills with the aim of providing high quality primary care.

Managing a patient with backache in general practice



Helpful hints in managing patients with Hypertension



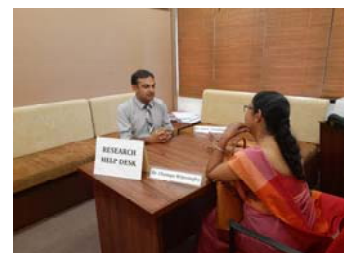
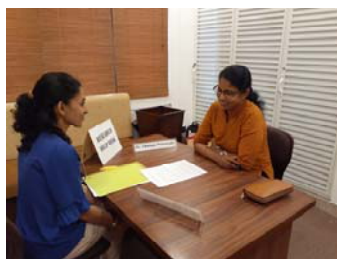
Strong Peripheries

“Strong periphery” a clinical development Program to empower staff of peripheral hospitals is done at each peripheral hospital in collaboration with the Regional Director of Health Services .



Research Help Desk

This provides guidance for members embarking on research projects, from conceptualization of ideas to publications.



If you want peace, you don't talk to your friends. You talk to your enemies.

Desmond Tutu

ENHANCING HUMANE CARE

වෙසක් බොදු ගී සරණිය

GMA decided to go ahead with the annual "Vesak Bodu Gee Saraniya" to invoke blessings to the ailing souls whilst whole country was compelled to celebrate Vesak on a low key. The amazing response of the patients made us believe that "Bodu Gee" truly has a touch of healing.



සූර්ය වසන්තය

"Soorya Wasantha", the Sinhala & Tamil new year celebration was held at Hotel Riverside, Hikkaduwa. The event was colored with combination of tradition, culture, music, Avurudu games and mouth watering traditional food. The double decker bus ride added fun and excitement to the event.



සොදුරු සැඳවක්

The first "Sonduru Sandawak" musical evening was held on 29th June at Hasara Hotel. It provided an opportunity for the membership to engage with artists who have excelled in music and fine arts. Galle Medical Association members and their families added glamour to the evening with their exceptional singing talents while Harshini, Udaya and Gemini took the audience on an enchanting journey through the wondrous work of classical music.



FIT & STRESS FREE

When it comes to stress, medical profession undoubtedly ranks higher in the scale. GMA recognizes that it is of paramount importance to look after both physical and mental well being of the membership. Under the theme of fit and stress free, badminton and table tennis tournament was organized for the members and their families. The event was filled with fun and excitement and happy winners walked away with the trophies .



UP COMING EVENTS

78th ANNUAL ACADEMIC SESSIONS - GMA

- 3rd September** - **Pre-Congress Workshop**
- 4th September** - **Inauguration**
- 5th & 6th September** - **Academic Sessions**
- 6th September** - **Annual Dinner**

Other events

- **Pearls of Clinical Wisdom - Dr. Sudhira Herath**
28th August 2019
- **Annual Long Trip**
21st & 22nd September 2019
- **2nd Sonduru Sandewak**
12th October 2019

GMA Annual Long Trip 2019

21st & 22nd September
Enjoy & Relax at Kandalama

All GMA Members & Their Families Are Invited

ACTIVITIES

- Climb Sigiriya Rock & Visit to the Museum.
- Musical evening with special Dinner.
- Bird watching & Jungle trekking to Kandalama Rock.
- Magic Show.
- Visit Moragahakanda Reservoir & Hydro power station.