



NEWSLETTER

GALLE MEDICAL ASSOCIATION

December 2019; Volume 19, Issue 3

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"Jewels in the Crown"

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JOURNEY OF GMA 2019

"COMING TOGETHER IS A BEGINNING. KEEPING TOGETHER IS PROGRESS. WORKING TOGETHER IS SUCCESS."

HENRY FORD

The "GMA 2019" started its journey with a dream and a team with a vision. We set out on the 21st of January to fulfill our theme for 2019 – The art and science of medicine: enhancing clinical excellence with humane care.

Over the course of the year GMA engaged in many activities aimed at academic excellence, promoting humanities and touching that fine interphase between the art and science of medicine. The Team 2019 led many novel projects such as, Medicine & Beyond, Pearls of clinical wisdom, Strong Peripheries, Fit & Stress free, Sonduru Sandawak, Christmas carols, to name a few, while continuing some of the activities initiated in previous years. We sincerely hope that these efforts have left an indelible impression in the minds of the members and will lead to excellent humane care of our patients.

GMA membership consists of both senior and junior members, intern, middle grade doctors and specialist doctors. At the very outset we identified the need to reach out to the membership in a very personal way and cater to the needs of all groups of doctors. With this aim, we launched many initiatives over the year and hope they met with their expectations and fulfilled their aspirations.

In return, all the GMA activities were well attended by the membership in large numbers, be it the Annual Academic Sessions or the Annual Long Trip. Their enthusiasm and camaraderie inspired us to strive higher.

As the curtain comes down on the GMA 2019 we take this moment to humbly extend our most profound thanks to the membership for all the support extended to us in 2019.

Wish you all a Happy and a prosperous 2020.

President & the Executive Committee, 2019

"Jewels in the Crown"

The "Team 2019" adorns the cover of the last newsletter of year 2019. The executive committee served in number of projects which in their own way epitomized excellence. Each project had a lead with a subcommittee who selflessly contributed to make it a success. The enthusiasm, dedication and attention to the minutest detail were unmatched. Together the team made history by making the impossible possible.

THE ANNUAL GENERAL MEETING - GALLE MEDICAL ASSOCIATION

The 78th Annual General meeting of the GMA was held on 13th December 2019 at 10.30 a. m. at the GMA Lecture Theater, Teaching Hospital, Karapitiya.

The Meeting was chaired by the outgoing president Dr. Arosha Dissanayake. The minutes of the 77th Annual General Meeting was read by Dr. Gayani Liyanage and the secretary's report for the year 2019 was read by Dr. Ganaka Senaratne, the Joint secretaries of GMA 2019. The Treasurer's report was presented by Dr. Aruna de Silva. The outgoing president, Dr. Arosha Dissanayake addressed the gathering and expressed his gratitude to executive committee and all the membership for making the activities of year 2019 successful. Dr. Kalum Deshapriya was inducted as the new president of the GMA. The new president highlighted the vision and mission of the activities of the forthcoming year. The following members were elected for the GMA committee 2020.

President

Dr. Kalum Deshapriya

President Elect

Prof. Sampath Gunawardena

Immediate Past President

Dr. Arosha Dissanayake

Vice President

Dr. Krishantha Jayasekara

Joint Secretaries

Dr. Gayani Punchihewa

Dr. Gayani Liyanage

Treasurer

Prof. Mahinda Kommalage

Postgraduate Coordinator

Dr. Ganaka Senaratne

Social Secretary

Prof. Channa Yahathugoda

Co-Editors

Prof. Sudhreera Jayasinghe

Dr. Champa Wijesinghe

Committee members

Dr. Aruna de Silva

Dr. Binara Athukorala

Dr. Bhadra Mallawaarachchi

Dr. Chandana Wickramaratne

Dr. Eisha Waidyarathne

Dr. Himal Kalambarachchi

Dr. Janaka Whelahetti

Dr. Lanka Dassanayake

Dr. Lasantha Ubeysekara

Dr. Nalinda R. Punchihennadi

Dr. Nayana Liyanarachchi

Dr. Ranjith Jayasinghe

Dr. Rohan Pullaperuma

Dr. Samantha Lelwala

Dr. Upeksha Liyanage

Dr. Warsha de Zoysa



RESOLUTIONS

GALLE MEDICAL ASSOCIATION BENEVOLENT FUND (GMABF)

A landmark achievement of GMA in the year 2019 was initiation of Galle Medical Benevolent Fund (GMABF).

The objective of GMABF is to provide financial support to a *life-member* who faces serious hardship due to illness, injury and bereavement. A life-member who suffers a permanent disability, needs treatment for a terminal illness or for an illness the cost of which will exceed Rs. 3 million or who expires leaving behind dependent children will be eligible to be a beneficiary of this fund.

The amount deemed appropriate by the *Granting Committee* to a maximum limit of Rs. 200,000 will be granted to a life-member or if the life-member has expired, to the family.

Twenty five percent of GMA income over expenditure for the year 2019 will be deposited in the GMABF as start up financing. The amount will be deposited in a separate savings account/ fixed deposit and the interest accrued will also be credited to the same account for GMABF activities.

The proposal was approved at the Annual general meeting held on 13th December 2019.

AMENDMENTS TO CONSTITUTION

Team 2019 initiated the difficult and challenging task of amending the GMA constitution which was considered a long felt need. Following amendments were introduced.

Two additions were made to the objectives of the GMA;

(f) to promote postgraduate teaching activities

(g) to promote community outreach activities

Unnecessary clauses under student membership and termination of membership were removed.

Length of notice to call a general meeting was included (as 7 days).

Post of President Elect was included in the office bearers list.

Several minor corrections including correction of typographical errors were made.

"IF YOU'RE WILLING TO DO FOR A YEAR WHAT OTHERS WON'T YOU CAN DO FOR A LIFETIME WHAT OTHERS CAN'T."

JERRY RICE

BATTLE WITH THE BUGS; COMBATING ANTIMICROBIAL RESISTANCE

There had been a continuous battle of humans with thousands of different bacteria throughout the human history with outbreaks, fear, economic loss, and death and we still struggle to win the war armored with all our sophisticated medical knowledge and the antibiotics. It is surprising how fast the bacteria learn to develop resistance to even newly developed antibiotics and it is a real challenge to treat infections caused by multi drug resistant (MDR) bacteria.

Since the discovery of penicillin by Alexander Fleming in 1928, then identification of penicillin resistant *Staphylococcus aureus* in 1942, now we have come to an era of MDR common bacterial pathogens such as Typhoid bacilli, *Streptococcus pneumoniae* (causing pneumonia, and meningitis), *Neisseria gonorrhoeae* (gonorrhoea), *Shigella* (food poisoning), and *Mycobacterium tuberculosis* and pan drug resistant hospital superbugs such as *Acinetobacter*, *Klebsiella*, MRSA & *Pseudomonas*. Successful treatment of the infections caused by these bugs need expensive and broad spectrum antibiotics, prolonged hospital stay with ICU care and multi-disciplinary team of specialists which will cost the state millions of rupees per patient and after weeks or even months you cannot always expect the outcome to be good.

What derives antimicrobial resistance? Irrational or inappropriate antibiotic use and prescription has been a topic for extensive discussion among clinicians without much favourable results due to several reasons. Many people still believe that antibiotics can cure or reduce their common cold or flu which is not true and in fact it may prolong the suffering as the antibiotic would kill the friendly bacteria living on our upper respiratory tract which can control the invading viruses causing common cold and flu. Many people may demand for an antibiotic for their flu at the visit to the general practitioner. Many people still believe that longer the list of medicines prescribed better the outcome which actually will cause a lot of side effects needing more and more drugs to relieve those.

Another major problem is over the counter antibiotic availability for common public without a doctor's prescription. Use of antibiotics such as tetracycline, chloramphenicol, ciprofloxacin and amoxicillin in animal husbandry, aquariums, farming and sometimes agriculture has caused them to be added to our food chain making our gut associated bacteria multi-drug resistant. Some patients present with infections by MDR bacteria for the first time in life without any prior antibiotic treatment or hospitalization. That can be linked to the resistance passed through the food chain.

Availability of poor quality cheap antibiotics in the market, poor surveillance systems, poor infection control practices and limited facilities for a quicker and reliable diagnosis are the other major factors causing emergence of drug resistance.

Hence, now it is the time for action. How can we combat the antibiotic resistance? I propose several steps which can be taken at the state level, hospital level, and the individual level.

Awareness programs, articles and posters for general public on correct antibiotic use will reduce the demand and people will be aware of their notorious side effects, of the suffering related to the infections by resistant pathogens and the cost they have to pay with money and the lives. All doctors should also be aware of correct indications for antibiotic prescription and not to issue them only to

satisfy the patient. Further, they should be aware of the correct doses, frequency, administration and the correct duration for each and every antibiotic as those are also critical for reducing the resistance and to yield successful outcome.

Political involvement in development of a national policy on antibiotics is very much crucial in combating resistance. Banning the use of antibiotics in animals and agriculture and rational use in humans should be implemented. The government should re-enforce the existing law against over the counter antibiotic issue and should arrange campaigns to encourage rational antibiotic use and infection control with adequate funding. A good example of government involvement in this matter is that President Obama's 1.2 billion dollar plan for a broad attack on resistance in 2015. In his own words he stated, "the evolution of antibiotic resistance is now occurring at an alarming rate and is outpacing the development of new countermeasures capable of thwarting infections in humans" in 2015, which shows how he has understood the magnitude of the problem. Some USA medical societies have even published guidelines against antibiotic treatment: e.g. "watchful waiting" for patients with sinusitis regardless of severity and no antibiotics for asymptomatic bacteriuria. Further, USA has now taken measures that their hospitals should have an antibiotic stewardship program as a condition for payment.

In Sri Lanka, now a set of antibiotic guidelines had been prepared by the Sri Lanka College of Microbiologists (SLCM) in collaboration with other relevant professional colleges and they were issued as a booklet in 2016. SLCM is also conducting a multi-center, prospective antimicrobial resistance surveillance project (ARSP) fulfilling a long term need for a proper data base on the subject with awareness programs conducted throughout the country for all health care workers. All microbiologists provide a 24 hours service for opinion on antibiotics and infection control issues in the health care settings island wide.

Improving point-of-care diagnostic testing of an infection will reduce unnecessary antibiotic use for each and every infection on admission to a hospital. Rapid diagnostic kits can be introduced which are cost effective and easy to use.

Every hospital should have a good infection prevention and control team which will make policies and guidelines on infection control, conduct surveillance for multi-drug resistant pathogens and hospital acquired infections, involve in outbreak management, arrange awareness programs for health care workers, and do evaluation and appreciation of the good practices. Controlling infections will certainly alleviate the problem of emerging resistance.

Antibiotic resistance has only little motivated the pharmaceutical industry to make new broad spectrum antibiotics for several reasons. Since 1970s only very few new antibiotics had been issued to the market till 2000. Relatively short duration of therapy with antibiotics especially compared with anti-diabetics or anti-hypertensives, is seen by many companies as less profitable, and often they have a strong competition from low price generics in the market. Further making the situation worst for them, many antibiotics would last only till the bugs develop resistance and many expensive drugs will be used by the clinicians as the last resort failing more affordable drugs. Many companies are reluctant to go for developing new antibiotics spending millions of dollars in clinical trials and going through unfriendly regulations for the authorization and achieving only little in the end.

Vaccines play a critical role in prevention of several serious infections such as meningitis, pneumonia, influenza and many others; hence it is a way of escaping from resistant pathogens. Improvement of existing antibiotic classes to overcome the resistant barriers and to find alternatives for antibiotics in treatment for infections are also been considered as potential solutions.

As you can see, making bacteria a MDR pathogen is extremely easy but infections caused by such bacteria will often result in huge costs, fear, suffering and loss of valuable human life. Unless we act today, there will be no tomorrow for the mankind. Therefore it is the responsibility of an every human being to support the long term battle with the bugs and combat the antibiotic resistance.

Dr D.L. Bhagya Piyasiri
 Consultant Microbiologist
 Teaching Hospital Karapitiya

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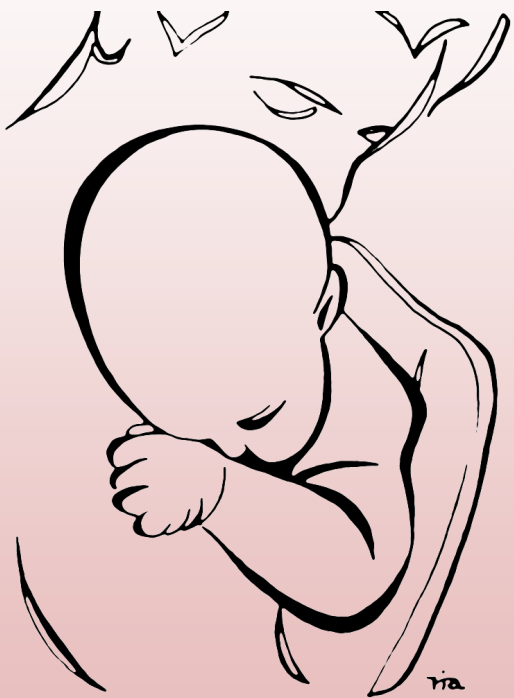
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ANNUAL ACADEMIC SESSIONS

The pinnacle event of GMA 2019, the Annual Academic Sessions 2019 was held on 4th to 6th of September 2019, under the theme of “Art and science of medicine, enhancing clinical excellence with humane care”. Scientific programme was in a novel format in which various stages of life was focused than the subject based format. The interphase between art and medicine was bridged by appreciation of paintings, films and books of special interests by eminent presenters.

While an insight into futuristic medicine enlightened the audience with advances in medicine “pearls of clinical wisdom” by giants in medical field highlighted the value of human element which became the main attraction of the sessions.

Academic Sessions was preceded by a Pre- congress workshop “GMA Community Dialogue – Mutual Learning Forum., which was held on 01st September at Miriswatte temple. This was organized in collaboration with two community organizations operating in Karapitiya area. Diabetes and other NCD with their complications and stress management was discussed by a panel of experts as question and answer session in native language using multimedia facility, followed by practical demonstration of healthy food and exercise.

Prof. Pali Hungin – Past President of British Medical Association who was the chief guest at the inauguration ceremony delivered the keynote address “Preparing for the new world in Medicine”

The guest of honour Dr. Ravindra Randeniya an Eminent Cinema Personality added glamour to the event while emphasizing “Role of art in healing” in his enlightening speech

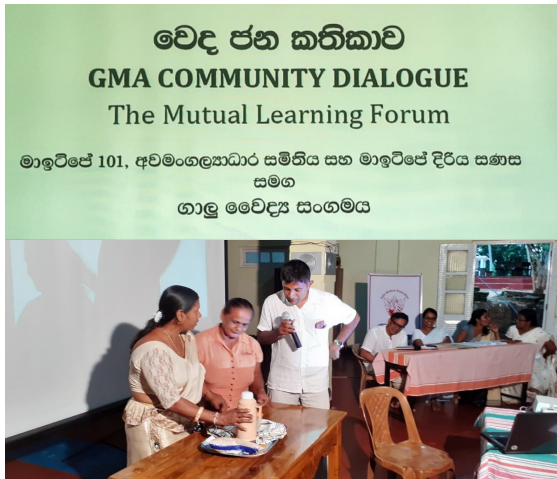
The oration of the Galle Medical Association 2019- “Bone Strength Beyond Bone Mass” was delivered by Dr. Gayani Alwis, Senior Lecturer in the Department of Anatomy in the Faculty of Medicine, University of Ruhuna.

"HISTORY IS REPLETE WITH EXAMPLES OF THOSE WHO LEAD BY EXAMPLE, WITH WISDOM, COURAGE AND LOVE, GUIDED BY REFLECTION AND EMPATHY, USING THEIR MINDS TO ACCOMPLISH WHAT THEIR HEARTS KNOW TO BE TRUE."

JOHN C. KIRKLAND



PRE-CONGRESS WORKSHOP



INAUGURATION



HIGHLIGHTS OF THE AAS 2019

SYMPOSIA

A BLOSSOMING CHILDHOOD, ADOLESCENCE AND YOUTH

- **First afebrile seizure in a child: a practical approach** - Prof. Jithangi Wanigasinghe
- **Adolescent skin; facing the challenge**
Dr. Indira Kahawita
- **Unravelling the mystery: Trans-sexualism and gender identity disorders**
Dr. Uditha Bulughapitiya



A SECURE MOTHERHOOD

- **Maternal death in the 21st Century; Sri Lankan scenario** - Dr. Irosha Nilaweera
- **Managing Obstetric Challenges: Postpartum Haemorrhage, Sepsis and Other Obstetric cause** - Dr. Lakshmen Senanayake
- **Heart disease, Pre-eclampsia and Liver disease; early detection and management of medical causes** - Dr. Priyankara Jayawardene
- **Suicides - the emerging threat to maternal wellbeing** - Dr. Chathurie Suraweera



A Flourishing Adulthood

- **A 'diamond' approach to individualized management of stable angina**
Dr. Sanjeewa Rajapakse
- **Fungal infections - Diagnosis and treatment**
Dr. Primali Jayasekera
- **Unraveling the mystery: Social determinants, environmental influences in genesis of NCDs**
Prof. Saroj Jayasinghe



A Blissful Old Age

- **Unravelling the mystery: Treating NCDs in those over 75 – What does the evidence say?**
Prof. Nirmala Wijekoon
- **Voiding dysfunction in the aging**
Prof. Srinath Chandrasekera
- **Challenges with feeding difficulties in life limiting illnesses - Dr. Gamini Pathirana**



A Dignified Death

- **Unraveling the Mystery: Death, among other things - Prof. Udaya Ranawaka**
- **A happy death – A doctor's ultimate duty to the patient - Dr. Eugene Corea**



Futuristic Medicine

- **Smart Medicine: Artificial intelligence as an aid to clinicians - Prof. M.R. Mohideen**
- **Post antibiotic era; Treatment options when antibiotics no longer work**
Dr. Mahen Kothalawela
- **Biologics: Drugs that are transforming medicine - Prof. Nileeka Malavige**



Pearls of clinical wisdom; Lessons learnt from patients

- **A surgeon's memorable patients**
Dr. Gamini Goonetilleke
- **A Physician memorable patients**
Dr. Henry Rajaratnam
- **An obstetrician's memorable patient**
Prof. Harsha Seneviratne
- **A Paediatrician's memorable patients**
Prof. Narada Warnasuriya
- **A Psychiatrist's memorable patients**
Dr. Ranjith Jayawardana





PLENARY

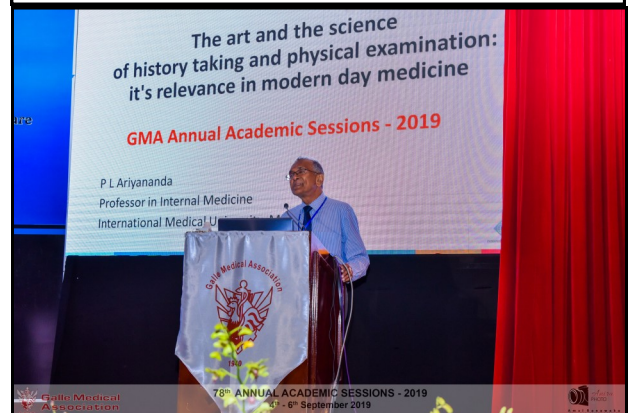
Rethinking Irritable Bowel Syndrome – Plausible solutions for difficult problems

Prof. Pali Hungin



Art and Science of history taking and clinical examination

Prof. P L Ariyananda



PICTURE QUIZ

The audience participated enthusiastically in the picture quiz presented by Prof. P L Ariyananda and the winners walked away with gift from the professor



BEST ORAL PRESENTATION - 2019 Dr. Aruna de Silva



“Dyslipidaemia and fatty liver disease in a cohort of obese children from Southern Sri Lanka”

BEST POSTER PRESENTATION - 2019 Dr. D Wickramasinghe



“Environmental contamination by Methicillin-resistant staphylococcus aureus in an antenatal ward, causing clinical outbreak in a General Hospital in Sri Lanka”



ART OF MEDICINE

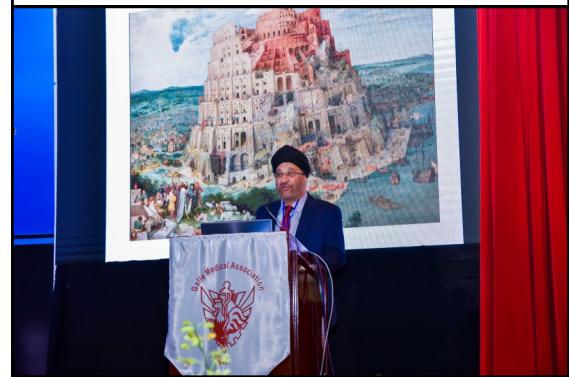
Poetry which has inspired me

Dr. Sarath Gamini De Silva



Paintings which have inspired me

Prof. Pali Hungin



A book which inspired me

Dr. Dinithi Fernando



Cinema which inspired me

Dr. Panduka Karunanayake



GMA RESEARCH GRANT - 2019

Dr. Nirmitha Lalindi De Silva



The research titled "Development of DNA and antibody based methods for diagnosis and risk mapping of cutaneous leishmaniasis (CL) caused by *Leishmania donovani* in Hambantota" won the GMA Research grant of Rs. 200,000/-.

WINNER YSF

Dr. Lawanya Wijesekara



The winner of the Young Specialist Forum Dr. Lawanya Wijesekara was given the opportunity to present at Annual Academic Sessions.

YOUNG SPECIALISTS FORUM (YSF)

This is the forum where Senior Registrars of all the specialties are supported for their professional development. The following topics were covered in final quarter of the year 2019.

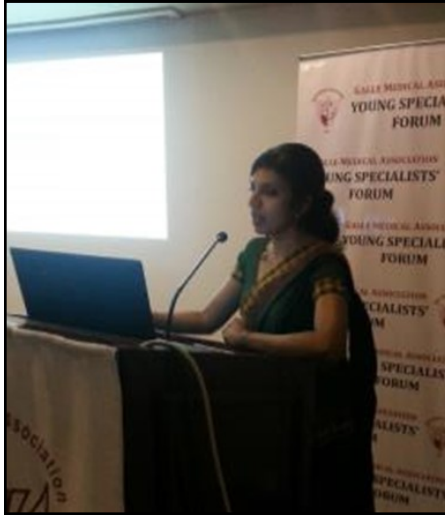
“Peripheral polyneuropathy commonly axonal, BUT NOT ALWAYS.....”

Dr. W.C.S. Perera
Senior Registrar in Neurology



“Ending ‘Gender’?: New Trends in Gender Dysphoria”

Dr. Navoda Harischandra
Senior Registrar in Psychiatry



“PCOS and metabolic syndrome overlap”

Dr. U D N Prasad
Senior Registrar in Medicine



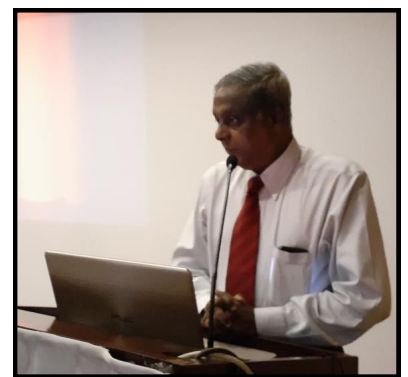
Dr. Lawanya Wijesekara was awarded the best YSF presentation at the Inauguration ceremony of the AAS 2019. Merit prizes were awarded to Dr. Sathyajith Buddhika Ambawatte & Dr. Supun Nilanka

At the end of 2019 cycle the judges who sat through all the presentation to select the winners and gave constructive feedback to the trainees were felicitated. The eminent panel of judges were Dr. Arosha Dissanayake, Prof. Sampath Gunawardane, Dr. W. KodikaraArachchi, Prof. T P Weerathne, Dr. Krishantha Jayasekara, Dr. Ganaka Senaratne.



GUEST LECTURE SERIES

- ◆ **“Lessons from existential philosophy for the doctors”**
Prof. Raveen Hanwella, Professor of Psychiatry
- ◆ **Genetics and Paediatrics** - Dr. Liesbeth Siderius, Primary Care Paediatrician
- ◆ **“Helping a child with abuse” where are we?**
Dr. Darshani Hettiarachchi, Child & Adolescent Psychiatrist
- ◆ **“Forty years of Accidents, Suicide and Murder”**
Prof. Ravindra Fernando, Professor of Forensic Medicine

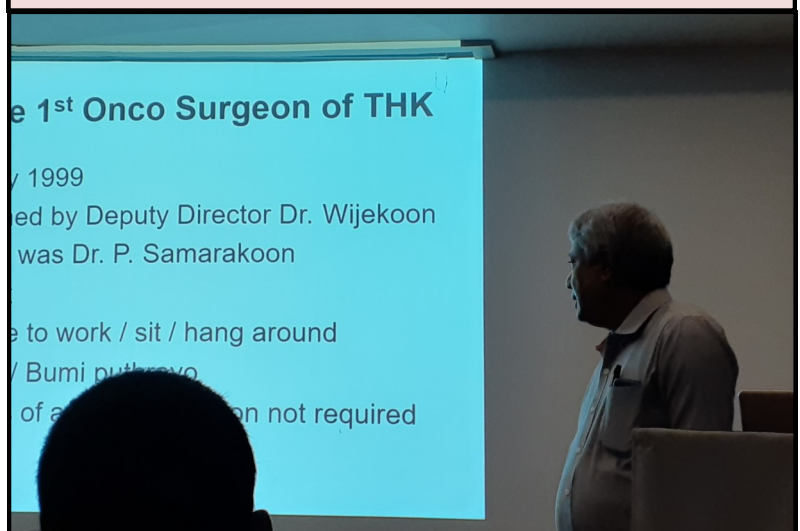


GMA PEARLS OF CLINICAL WISDOM

“My great teachers of Medicine”
Dr. Sudhira Herath



“Evolution of me and THK ”
(Down the memory lane, 20 long years or more)
Dr. Chrysantha Perera



MEDICINE & BEYOND

- “A socio-Legal overview of medical negligence” - *Dr. Avanti Perera*
- “Pleasure or Purpose: How Aesthetic Experience could be understood?” - *Prof. Saumya Liyanage*
- “Sigiriya: An Archeological Perspective” - *Dr. Darshana Bandara*
- “The World of Tea” - *Mr. Herman Gunaratne*

2019 July 30
Tuesday 11.00am

A TALK BY VETERAN ACTOR & THEATRICAL SCHOLAR SAUMYA LIYANAGE

Pleasure or Purpose: How Aesthetic Experience could be understood?

Small text: Saumya Liyanage has been working as an actor and a theatre scholar in Sri Lanka over two decades and has received best actor awards and many nominations, leading theatre and film festivals in the country. He is a recipient of BMA's award for his contribution to culture and arts from the Japanese Embassy in Sri Lanka in 2016. His recent book is titled 'Meditations on Acting: Essays on Theory Practice and Performance' published by DIX Publishing, Sri Lanka. He is currently working as the Dean of the Faculty of Graduate Studies and the Professor of Theatre and Drama of the Department of Drama Oriental Ballet and Contemporary Dance, University of the Visual and Performing Arts, Colombo. All are welcome! © GMA Lecture Theatre

GALLE MEDICAL ASSOCIATION MEDICINE & BEYOND Lecture Series

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Dr. Darshana Bandara
PHD(Ruhuna, MA(PGARA), PG Dip., BAC(Orissal), LLB(COLU), Attorney-At-Law
Senior Lecturer in History & Archeology
Faculty of Humanities & Social Sciences, University of Ruhuna

on Tuesday, 17th September 2019 at 11.00 am
Venue: GMA Lecture Theatre

All are welcome

2019 Oct 22
Tuesday 11.30am

A TALK BY VETERAN FARMER HERMAN GUNARATNE

The world of tea

Small text: Hailing Herman Gunaratne counts, altogether, 50 years' experience in the management of the island's best tea plantation. He was plantation manager for a large group of British and other nationalities - state-owned plantations, the country's main Handicrafts Estate, Yatala, Shangama, which produces the world famous virgin white tea. Herman Gunaratne is the author of the book 'Tea'. All are welcome! © GMA Lecture Theatre



IT & WEB LEARNING

GMA made history by linking up with Royal College of Physicians Edinburgh for the first time by live streaming of their symposia at GMA Lecture Theatre. Registered participants received CPD certificates from Royal College of Physicians Edinburgh

Sym SYMPOSIA GALLE MEDICAL ASSOCIATION ROYAL COLLEGE OF PHYSICIANS OF EDINBURGH

Diagnostic Medicine
From stethoscope to artificial intelligence
Thursday 19 September 2019

Session 1: The rise and rise of physical diagnosis

- The stethoscope: a tribute
- The evolution of diagnosis: from narrative to numbers
- 21st century diagnosis in a Scottish rural district general hospital

Session 2: Thinking about medicine

- The psychology of diagnostic thinking
- George Alexander Gibson Lecture
- The state of the art medicine by Professor Abraham Vogtsoe

Session 3: Diagnostics in the 21st century and beyond - perils & promise

- No focus in POCUS!
- Resuscitating bedside medicine
- Imaging: where we are and where we are headed

Session 4: Looking into the future

- The robot will see you now - artificial intelligence (AI) in patient care
- Diagnostic potential of the microbiome

LIVE WEBSTREAM FROM EDINBURGH #rcpeDiagnostic19

2019 September 19
Thursday 2.15pm Onwards

@ GMA Lecture Theatre
All are welcome

Sym SYMPOSIA GALLE MEDICAL ASSOCIATION ROYAL COLLEGE OF PHYSICIANS OF EDINBURGH

Diabetes and Endocrinology
Wednesday 2 October 2019

Session 1: Challenges in endocrinology

- Forensic aspects of hypoglycaemia
- Drug-induced thyroid dysfunction
- Identifying and managing pheochromocytoma
- Sir Derrick Melville Dundip Lecture
- Time to do something different: immunotherapy for type 2 diabetes

Session 2: Debate

- T3 or not T3, that is the question

Session 3: Individualising care

- Differential diagnosis of diabetes - the use of c-peptide, genetics and other biomarkers
- Precision treatment in type 2 diabetes
- New developments in osteoporosis

Session 4: How do I manage someone with diabetes and...

- A hot and hot
- Gastropank

LIVE WEBSTREAM FROM EDINBURGH #rcpeDiabetes19

2019 2nd October Today
Wednesday 1.30pm Onwards

@ GMA Lecture Theatre
All are welcome

Sym SYMPOSIA GALLE MEDICAL ASSOCIATION ROYAL COLLEGE OF PHYSICIANS OF EDINBURGH

Gastroenterology
Thursday 21 November 2019

Session 1: Gastroenterology: at the forefront of public health endeavours

- Bowel cancer update: "Are we FIT enough?"
- Liver transplantation: "For the greater good?"
- Elimination of Hepatitis C: learning from Egypt

Session 2: Nature or Nurture?

- Primary sclerosing cholangitis and IGG-4 related disease
- Dr Andrew Duncan Lecture
- Policies and practicalities for "lifestyle diseases": mind the gap by Professor Sir Ian Gilmore

Session 3: We have meat and we can eat...

- How to investigate reflux in 2019
- But, I don't eat anything doctor - a role for bariatric endoscopy

Session 4: Some have meat and canna eat... the falling gut

- An update on mesenteric ischaemia
- Nutritional challenges in the context of gut failure
- Can we "save the gut"?

LIVE WEBSTREAM FROM EDINBURGH #rcpeGastro19

Venue/Location | Time
Contact: Name/tel/email

GMA EULOGIES

GMA Eulogies - celebrated the lives of four extraordinary colleagues who were members of the GMA and who left us forever whilst serving at the Hospital or Faculty. Exceptional services rendered by late Dr. Tharaka Kusaladharna, Dr. Fadhil Fathihu, Dr. Ramesh Sabanadesan and Dr. Ajith Lamahewa as clinicians, medical teachers, wonderful colleagues and valued members of the GMA were commemorated. The event was attended by the families and friends of our late colleagues.



**Late Dr Tharaka
Kusaladharna**



**Late Dr Fadhil
Fathihu**



**Late Dr Ajith
Lamahewa**



**Late Dr Ramesh
Sabanadesan**

Eulogies were delivered by,

Dr. Athula Dissanayake

Dr. S.T. Liyanage

Dr. Ajith Rathnaweera

Dr. Satish Goonesinghe



GMA GO GREEN

The Team 2019 took the initiative to Go Green with the aim of promoting environmental friendly activities among membership.

As the first step we decided to stop the use of plastic water bottles. A water filter was installed in the GMA premises.



We even managed the biggest annual event - the AAS without using plastic water bottles.



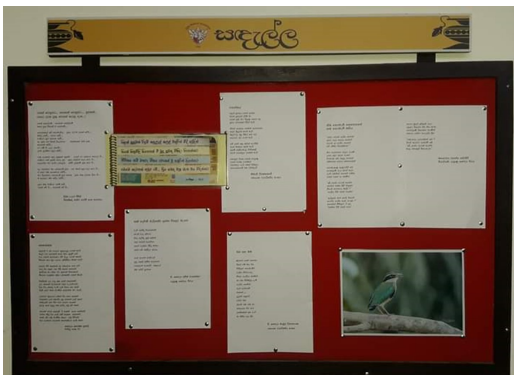
The sessions' bag was made of environmental friendly material.

Reduce, Recycle & Reuse concept was put into practice by using orchid plants for stage decorations which added glamour to the event with vibrant colours. At the end of the event the president gifted each council member with an orchid plant as a token of appreciation.



GMA SANDALLA

GMA Sandalla was the platform to showcase the creativity of members.



GMA ARCHIVING

GMA council discussed the importance of archiving all the documents which will help immensely in easy access of documents for further reference. This process was started in 2018, and the soft copies of all documents related to the GMA has been stored already in several folders under different themes.

GMA LONG TRIP - 2019



Annual long trip 2019 was a huge success. Large number of GMA members along with their families went in five buses and stayed at Heritance Kandalama. It was full of enjoyment, yet educational and historical as itinerary included Sigiriya and Moragahakanda as well.

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GMA SON DURU SANDAWAK



The most memorable “Sonduru Sandawak” was held with Sangeeth Nipun Sanath Nandasiri, Malkanthi Nandasiri and Anurada Nandasiri. Original songs of them were sung along with the background stories related to the song.

GMA CHRISTMAS CAROLS

For the first time in GMA history Christmas Carols were sung at the hospital premises to share the spirit of Christmas with the patients and the staff. GMA members and their children participated enthusiastically carrying the message of love and peace. The Christmas gifts by the Santa Claus together with the carols lifted spirit of the ailing souls.



GMA ANNUAL DINNER

GMA Annual Dinner was held at the Lighthouse hotel, Galle on 6th September 2019. The annual dinner was a grand success with participation of many Galle Medical Association members with their family members. The entertainment given by versatile musician Dinesh Subasinghe and the team was outstanding. Both adults as well as children enjoyed it very much. It was indeed a night to remember.

