



Bapuji Educational Association (R)

# SSIMS TIMES



*S.S. Institute of Medical Sciences & Research Centre,  
NH-4, Bypass Road, DAVANGERE - 577005*

*Official Quarterly News Bulletin of SSIMS&RC*

*Vol.: 9 Issue: 4 October - December 2014*









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## Contents

## Page No.

### Editorial Desk

2

### Reports:

Departmental Activities

2 - 9

Publications of SSIMS-ites

7

### Case Reports:

A case of Pseudoxanthoma

11

Elasticum

Informative articles drug Utilization studies - an approach towards Rational Drug Therapy

11 - 13

### ಕನ್ನಡ ವಿಭಾಗ

14 - 16

### Congratulations

16

### Disclaimer :

Views and opinions expressed in this newsletter are not directly that of the editor or the editorial board. For any clarification, author of the article is to be contacted.

## EDITORIAL

Dear colleagues and friends,

Wish you happy and prosperous New Year 2015. With beginning of New Year it is the time to look at our achievements in year 2014 and set the goals for 2015. It is the time to evaluate our progress and plan how we can improve in the New Year 2015.

The registration of institutional ethics review board with licensing authority is an important milestone. It is important that all the stakeholders to come together to take part in clinical trials. By thinking, planning and working together, individuals can accomplish goals that neither could achieve alone.

In this issue we have informative article on drug utilization studies. The article highlights importance of such studies in facilitating rational use of drugs. The boost in the marketing of new drugs, the wide variations in the pattern of drug prescribing and consumption, the growing concern about the delayed adverse effects and cost of the drugs, all contributed to the increasing importance of drug utilization studies. The article also highlights the WHO guidelines on drug utilization studies.



**Dr. Sathisha Aithal**  
Editor



## DEPARTMENT OF ACTIVITIES

### DEPARTMENT OF MICROBIOLOGY

- Dr.K.G.Basavarjappa chaired two sessions and delivered presidential address in the CME on “Virology updates” held on 20th December 2014 at Bangalore Medical College & Research Centre, Bangalore.
- Dr.V.L.Jayasimha Professor Dept. of Microbiology spoke on “Microbial flora of the skin” at the CME organized by department of Dermatology on 7<sup>th</sup> November 2014.
- Dr.V.L.Jayasimha as a co-investigator was awarded with a research project entitled “Airborne biocontaminants and their association with asthma, respiratory infections and genetic pre-disposition” from Government of India Ministry of Science & Technology, Department of Biotechnology
- Dr.V.L.Jayasimha was the resource person for the Basic medical Education Technology workshop held on 3<sup>th</sup> 4<sup>th</sup> 5<sup>th</sup> Nov 2014 at SSIMS&RC.Davangere.
- Vision group on Science and Technology, Government of Karnataka has sanctioned the project of Rs 60 Lakhs for the research proposal entitled “Epidemiology, Clinical and Molecular study of Dengue Fever at central Karnataka” submitted by Dr. VinodKumar C.S, Associate Professor of Microbiology.
- Department is hosting an annual conference on 7<sup>th</sup> & 8<sup>th</sup> February 2015 under the banner of Indian Association of Microbiologists, Karnataka chapter. Conference theme : “Chennai declaration: road map for implementation of Antibiotic policy”. Interested can log on to [www.iammkc.org](http://www.iammkc.org).
- ✍ E-mail [microconkc2015@gmail.com](mailto:microconkc2015@gmail.com)

## DEPARTMENT OF PSYCHIATRY

- Dr. Deepti Abraham, Assistant Professor presented a paper on “A study of facial emotion recognition (FER) patterns in patients diagnosed with schizophrenia across disease profile and variables, their asymptomatic parents, and control groups”, on 28<sup>th</sup> September 2014 for the “ASHA Hospital” award at the 10<sup>th</sup> Annual Conference of Biological Psychiatry in New Delhi.
- The Department along with the help of the Department of Community Medicine, is conducting weekly specialist psychiatry camps in Channagiri, Honnali, Harappanahalli (in association with the Association of People with Disability APD) and Ranebennur on every Tuesday since September 2014.
- World Mental Health Week 2014 celebrations were held during second week of October 2014. Essay and poster competitions were held on relevant topics. Winners were given mementos with certificates, and all participants received certificates.
- The Department is attending to patients at specialist camps being held by the District Disabled Rehabilitation Center (DDRC).
- Dr. Shashidhara H N, Assistant Professor gave a public speech on “psychiatric disorders” and conducted group session with the patients and their family in a three day workshop organized by Association of People with Disability at Arasikere, Harappanahalli.
- Dr. Sushil Kumar S V, Assistant Professor, chaired a plenary session during the conference organized by Indian Association for Social Psychiatry at Mysore from 21<sup>st</sup> November 2014 to 23<sup>rd</sup> November 2014
- Dr. Rajeev Swamy, Assistant professor gave an expert talk on mental illness and treatment during inauguration of three day

workshop for mental health awareness on 28<sup>th</sup> November 2014 at Government Day Care Centre, Davangere.

## DEPARTMENT OF COMMUNITY MEDICINE

- Dr. Ravi Kumar presented papers entitled “Study of Type II Diabetes Mellitus risk assessment in Medical students of Davangere district using Indian Diabetes Risk Score (IDRS)”, “Obesity and Undernutrition; two faces of same coin” and Dr. Arun Daniel on “Application of Rule of Halves as an assessment tool for Hypertension in Urban slum” at Karnataka Association of Community Health conference, Belgaum held from 9<sup>th</sup> to 11<sup>th</sup> October
- Dr. Varadaraja Rao. B.A, Professor delivered a talk on “Prevention of Sexually Transmitted Disease/ Reproductive Tract Infections” in the CME on “Sexually Transmitted Disease” organized by Department of Dermatology, SSIMS & RC, Davangere on 14-11-2014
- Department organized CME titled “Diabetes Mellitus: Education for Prevention” on 22<sup>nd</sup> November 2014. The Karnataka Medical Council allotted 2 credit hours for the CME and Dr. Preethi B.R, Associate Professor, Department of Biochemistry, JJM Medical College, Davangere was the KMC observer. The CME was inaugurated by Dr. Arun Kumar Ajjappa, Vice-Principal and Prof and Head, Department of Anaesthesia. The CME was coordinated by Dr. Ashwin Kumar and Dr. Sharankumar Holyachi, Assistant Professors. The following were the names of speakers and topics discussed in the CME

Sl.no	Name of the Speaker	Topic
1	Dr.Vidya G.S, Associate Prof,Department of Community Medicine, JJM Medical College, Davangere	Epidemiology of Diabetes Mellitus
2	Dr. Preethi BR, Associate Prof, Department of Biochemistry, JJM Medical College, Davangere	Recent advances in diagnosis of Diabetes Mellitus
3	Dr. Manjunath Alur,Principal,JJM Medical, College, Davangere	Evidence based management of Diabetes Mellitus.
4	Dr. Mohammed Murtuza Kauser, Associate Professor, BMCH, Chitradurga	Management of Complications in Diabetes Mellitus.
5	Dr. Preetesh Kiran, Assistant Professor, St.Johns Medical College, Bangalore	Self-care in Diabetes Mellitus
6	Dr. Thara Murali, Diabetacare, Bangalore	Diet in Diabetes Mellitus
7	Dr. Bheemayya Badesab, Professor and Head, Department of Community Medicine, SSIMS&RC	Lifestyle Modification and Yoga for Diabetes Mellitus.

### DEPARTMENT OF PATHOLOGY

- ☐ Voluntary blood donation camp was organized on 2.11.2014 at Chitradurga by Vishwa Hindu Parishat, Bajarangadala. Blood bank officer along with post graduates Dr. Udayshankar & Dr. Chetan Sagar attended and conducted the camp along with interns, and blood bank team. About 65 units of blood were collected.
- ☐ Voluntary blood donation camp was organised on 3.11.2014 at GMIT, Davangere by students union and Lions club Davangere. Dr. Shashikala P, Prof & Head, Pathology, along with blood Bank officer Dr.Kavita G.U., postgraduates Dr. Chetan Sagar, Dr. Kavita Reddy conducted the camp. 128 units of blood were collected.
- ☐ Health awareness talk was organized by Rotary Club Mid town inner wheel wing on 05.11.2014 at Kaveramma school KTJ, Nagar Davangere. Dr. Deepti Pruthvi, Professor, participated in the programme and spoke about hygiene, health and how to prevent molestation and abuse.
- ☐ A voluntary blood donation camp was organized on 04.12.2014 by HDFC Bank at MBA college Auditorium, Davangere on 04.12.2014. Blood bank officer Dr. Shwetha. J.H., postgraduate Dr. Udayshankar, interns & blood bank team Mr. Nagabhushan Reddy, nursing staff Mr Harish, Mr. Basavaraj attended the camp. A total of 17 units were collected.
- ☐ A voluntary blood donation camp was organized on 05.12.2014 by HDFC bank at HDFC bank building, Davangere. Blood bank officer Dr. Shwetha J.H, postgraduate Dr. Udayshankar, interns & blood bank team Mrs. Rajeshwari,

Mrs. Shailaja & Mr. Srikant attended the camp. A total of 33 units were collected.

- A voluntary blood donation camp was organized on 14.12.2014 at St. Thomas Church, Davangere in association with Indian Red Cross & S.S.Blood Bank. Dr. Shashikala P. Prof & Head, along with postgraduates, Dr. Kavitha Reddy & Dr. Laxmi, interns and Blood Bank team conducted & attended the camp. A total of 33 units were collected.
- A voluntary blood donation camp was organized on 25.12.2014 by Indian Red cross & SSIMS & RC at Davangere.
- A CME on "Good Transfusion practices" was conducted on 27.12.2014 by S.S.Blood Bank and Department of Pathology. Dr. Sunder Periyavan, Head of Transfusion Medicine NIMHANS, Bangalore was the guest speaker and gave deliberation on "Plasmapheresis in Neurology". The session was chaired by Dr. L. Krishnamurthy, Professor & Head, Department of Neurology. Lecture was followed by Panel discussion on Good Transfusion Practices which was moderated by Dr. Shashikala P, Professor & Head, Department of Pathology.
- Dr. Shashikala P, Professor & Head presented "Revealing secrets of thyroid & parathyroid pathology" & "Endocrine pathology unraveled" in a CME programme on "Endocrine Pathology Unravelling" conducted on 28.12.2014 by Mysore Pathologist Association (MPA) in association with Karnataka chapter of Indian association of Pathologist & Microbiologist (KCIAPM) at department of Pathology, Mysore Medical College, Mysore on 20th December 2014.

## DEPARTMENT OF DERMATOLOGY VENEREOLGY & LEPROSY

CME on "Sexually Transmitted Disease" organized on 14<sup>th</sup> November 2014. The programme was inaugurated by chief guest, DR. Murgesh, Professor & Head, Department of Dermatology, JJMMC Davangere, Dr. Jagannath Kumar V, Professor & Head, Department of Dermatology, SSIMS & RC Davangere, Dr. Shashikala P, Professor & Head, Department of Pathology, SSIMS & RC Davangere, Dr. N. K. Kalappanavar, Medical Director, SSIMS & RC, Dr. Shirley M.D. Department of Dermatology, Mumbai, by lightening the lamp. About 112 delegates registered for the CME. The programme was organized by Dr. Jagannath Kumar V Professor and Head.

Topics for CME were:

- "Anaphylaxis: What we need to know?" by Dr. N.K. Kalappanavar, MD, Prof & HOD Dept of Pediatrics, Medical Director SSIMS & RC Davangere.
- "Basic Dermatopathology" by Dr. Shashikala P, Prof & HOD Department of Pathology SSIMS & RC.
- "Update in sun screens" by Dr. Shirley M.D., Department of Dermatology, Mumbai
- "Normal flora of skin" by Dr. V.L. Jayasimha, Department of microbiology, SSIMS & RC
- "Preventive & control measures in STD" by Dr. Varadaraj Rao, Department of Community Medicine, SSIMS & RC
- "Nutritional factors in Trichology" by Dr. Shirley M.D., Department of Dermatology, Mumbai.



## DEPARTMENT OF PHARMACOLOGY

● Presentations by postgraduates at 3<sup>rd</sup> international conference on pharmacovigilance & clinical trials at Hyderabad held on 27<sup>th</sup> October 2014 to 29<sup>th</sup> October 2014.

● Dr. V. Balaji presented an oral paper on “Pattern of adverse drug reactions reported in tertiary care teaching hospital in central Karnataka and a poster on “Adaptive clinical trials”

● Dr. Geetha S presented an oral paper on “National pharmacovigilance program”

● Dr. Apoorva BM presented an oral paper “Softwares in pharmacovigilance & clinical trials”

● Dr. Divya Bade presented a poster on “Signal detection in pharmacovigilance”

● Dr. Swetha ES presented an oral paper on “Recent advances of Antiparkinsonian Drugs” and a poster on “Periodic safety update report: an overview”

● Dr. Ayesha Rubina presented an oral paper on “Role of pharmacovigilance in health regulation”

Presentations at National conference of Indian society for Rational Pharmacotherapeutics. ISRPTCON- 2014 held on 21<sup>st</sup> and 22<sup>nd</sup> November 2014

1. Dr. Raghu Prasada, Assistant professor presented an oral paper on “Pattern of drug utilization and factors influencing long term blood pressure control among hypertensives in a tertiary care hospital- an observational study.”

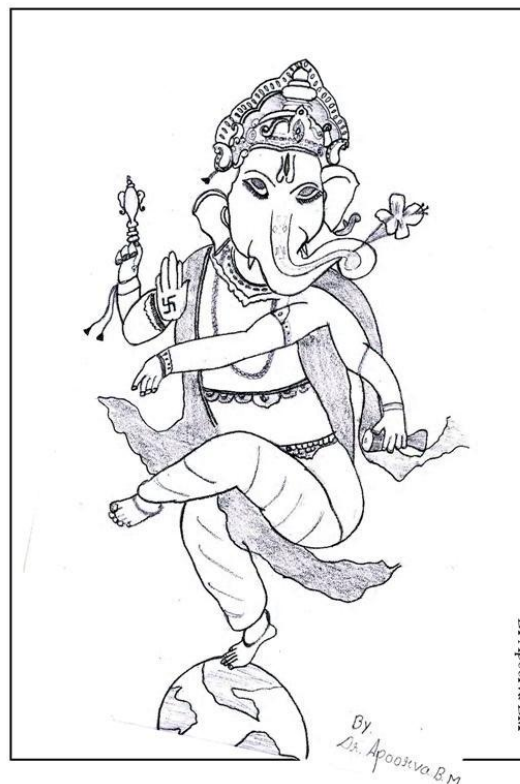
2. Dr. Deepa Patil, postgraduate presented a poster on “Pattern of drug utilization and factors influencing long term blood sugar control in diabetics in a tertiary care hospital- an observational study”

3. Dr. Geetha S, postgraduate presented an oral presentation on “Anti convulsant activity of Granisetron in albino mice”

4. Dr. Apoorva BM postgraduate presented a poster on “Antibiotic prophylaxis and surgical site infections in Hernia patients- an observational study in a private and government tertiary care hospitals.

### Sports:

Dr. Shwetha ES, postgraduate represented RGUHS university, in south Zone interuniversity Women's volleyball tournament held at Madras University, Chennai.





## PUBLICATIONS OF SSIMS -ites

S.No	Authors	Title	Vol/Issue	Journal	Department
1	Dr. Vijaykumar B. Jatti & Dr. Prvinkumar N.K	Evaluation of Deaths Due To Burns in a Tertiary Care Hospital at Mysore A Retrospective Study	2014;9(1), 135-139	Indian Journal of Forensic Medicine and Toxicology	Forensic medicine
2	Dr. Vijaykumar B. Jatti Dr. Prvinkumar N.K.	Study of pattern of traumatic brain injury in a series of 50 cases of head injuries	Accepted	Indian Journal of Forensic Medicine and Toxicology	Forensic medicine
3	Dr. Santosh Bhosale Dr. Pavan Havaldar	Study of Variations in the Branching pattern of Lower Sub scapular nerve.	2014; 8/ 11, 5-7.	Journal of Clinical and Diagnostic Research	Anatomy
4	Dr. Santosh Bhosale Dr. Nagaraj S. Mallashetty	Study of Variations in the Branching pattern of Thoracodorsal nerve	2014; 2(4), 1329-32.	International Journal of Research in Medical Sciences	Anatomy
5	Aswin Kumar, HO Girish, Ayesha S Nawaz, PS Balu, B Vijay Kumar	Determinants of quality of life among people living with HIV/AIDS: A cross sectional study in Central Karnataka, India	2014; 3(11)	International Journal of Medical Science and Public Health	Community medicine
6	Ayesha S Nawaz, Abhay Mane, Niranjana Paul, Aswin Kumar.	Study of Infant and Young child feeding practices in a Rural area in North Karnataka	2014;3(1)	Journal of Community Nutrition and Health	Community medicine
7	Anantha Narayana BL, Vishwanathakumar HM, Yamuna BN, Arun Daniel J	Efficacy of oral Fenofibrate in the management of Unconjugated Hyperbilirubinemia	2014; 13(2)	International Journal of recent trends in Science and Technology	Community medicine
8	Dr. K.G Raghu Kumar, S Navya, Dr. K.G Basavarajappa	A study of bacterial profile and antibiotic susceptibility pattern of chronic suppurative otitis media among patients attending a tertiary care centre, Davangere	2014; 02 (5B), 1606-1612	Scholars Journal of Applied Medical Sciences	Microbiology

## DEPARTMENT OF PAEDIATRICS

### • **Workshop on Breast feeding skills on 19/12/2014**

As part of continuing nursing education programme, workshop on “ Breast feeding in difficult situations ” was conducted on 19/12/2014 at SSIMS&RC, Davangere. Inauguration was done by Dr.Charan P.M., Principal SSINS, Dr.Latha.G.S. , Professor, Department of Paediatrics presided over the function and senior sister Sarvamangala co-ordinated the workshop.

Role of Nurses in helping mothers to breastfeeding in difficult situations was discussed, and more of interactive sessions were held. Nurses did a role play on counselling mothers and family during difficult situations. 32 nurses working in the Department of OBG, Department of Paediatrics and Neonatology participated in the programme. Breastfeeding observation was done by the nurses in the postnatal ward and assessment was done. It was very unique in its nature, for the working nurses.

### **Dr. N.K.Kalappanavar, Medical Director, Prof & Head.**

- Participated as faculty during CME on “Pulmonology” at Raichur and delivered talk on “current concepts on URI in children” and “approach to child with respiratory distress” on 12-10-14.
- Participated as faculty during state level Paediatric conference on “Bronchoscopy in Paediatric Practice “held at Mysore on 31<sup>st</sup> Oct 2014 to 2<sup>nd</sup> November 2014.
- Delivered talk on “Anaphylaxis what we

need to know” during dermatology CME on 14<sup>th</sup> November 2014. held in SSIMS&RC Davangere.

- Participated as faculty during state level Paediatrics pulmonology update at Chitradurga on 30-11-14.
- Delivered talk on “PEM in children - our responsibilities” during District level workshop at DC office on 20th December 14th, jointly conducted by District Health, Women & Child Welfare, education department & Zilla Panchiath.

### **Dr.B.S.Prasad Vice Principal, Professor of Paediatrics & Director of Neonatology**

- Faculty for Neonatal Ventilation Workshop, Neonatal Nurses refresher course and guest speaker on “Squandering Oxygen in Neonatal care’ during Karnataka State Annual Neonatal Conference “Karneocon 14. Attended GBEC meeting as on one of the EC member of Kar NNF.
- As a faculty attended “Sukshema” PP Project of Neonatal Nurse mentors supervision, Raichur District as faculty for two day Workshop on Basic Neonatal Problems & management issues.
- Delivered talk on “Approach to Neonatal Bleeding” during Karnataka State Annual Paediatric conference “KarPedicon 14” at JSSMC, Mysore, held on 31<sup>st</sup> Oct to 2<sup>nd</sup> Nov, 2014.
- Participated as faculty and guest speaker on “LR Management of Malformations” during 34<sup>th</sup> Annual National Neonatology Conference under NNF held at Patna Bihar on 4<sup>th</sup> December



### **Dr.Latha.G.S. Professor**

- Participated as faculty for IYCF Workshop during Karnataka State Annual Conference “KarPedicion 14” held at JSS Medical College Mysuru on 31<sup>st</sup> October 2014 to 2<sup>nd</sup> November 2014.

### **Dr.Sanjay.D, Associate Professor**

- Faculty for PALS Course for Paediatric postgraduates & paediatricians held at BCHI & RC Davangere on 30<sup>th</sup> & 31<sup>st</sup> October 2014
- Faculty for PALS Course for Paediatric postgraduates & paediatricians held at IGICH, Bangalore on 15<sup>th</sup> and 16<sup>th</sup> November 2014.

## **DEPARTMENT OF FORENSIC MEDICINE**

- Dr. Vijayakumar B. Jatti delivered an oral presentation on a case report titled as “Dilemmatic doctors & attendees delay the justice” at KAMLSCON-2014- A State Level Conference Organized at JNMC Belgavi.
- Dr. Anand Patil delivered an oral presentation on “Sexual Dimorphism in maxillary & mandibular canines -A Cross Sectional Study in South Indian Adults” under the guidance of Dr. Sunil S. Kadam & Dr. Vijaykumar Jatti at KAMLCON-14 organized at JNMC, Belgavi.

## **DEPARTMENT OF EMERGENCY MEDICINE**

- Dr. Vikas G K presented a paper on “A Study on prediction of difficult intubation using conventional indication and the effect of RSI on case intubation”, Dr. Mahesh K on “Hyperkalemic periodic paralysis secondary to Type 4 RTA” and Dr. Bakkesh B P on

“Methemoglobinemia: A case series in tertiary care centre” at EMS Asia conference in Goa held on 16<sup>th</sup>-19<sup>th</sup> OCT 2014.

- Department of Emergency Medicine conducted workshop on BLS & ACLS (AHA Certified) in SSIMS & RC from 13<sup>th</sup>-15<sup>th</sup> DEC 2014.

## **DEPARTMENT OF MEDICAL EDUCATION**

- Meeting was conducted to discuss about synopsis correction and submission to RGUHS on 21.10.2014 for postgraduates of 2014-15 batches.
- MCI Basic course workshop in “Medical education Technologies” was conducted from 03.12.2014 to 05.12.2014 in association with nodal Centre JNMC Belgaum. Thirty faculties from various departments were trained in the workshop, Dr. S. Nayana Hashilkar was the MCI observer for the workshop. Resource persons for the workshop were: Dr. Shashikala P, Dr. Jayasimha V.L, Dr. Prasad B.S, Dr. Kavita G.U, Dr. Deepti Pruthvi, Dr. Latha G.S, Dr. Gayathri . L. Patil, Dr. Renu Lohitashwa & Dr. Ashwin Kumar.



## DEPARTMENT OF OPHTHALMOLOGY

- Presentations at Karnataka State Ophthalmic Conference -2014 ( MYCON ) at J.S.S.Medical College, Mysore

Sl.No	Title	Types of Presentation	Authors
1	Retrospective Study of Babies with Aggressive Posterior Retinopathy of Prematurity	Oral	Dr.Prakash .V.Suranagi, Dr.Bhramaramba Banagar*, Dr.Poornima M.S.,Dr.Smruthi, Dr.Ajay .S.Hatti, Dr.Chethanawarad, Dr.AnandVinekar
2	Long Term Structural & Functional outcomes Premature Babies with ROP	Oral	Dr.Prakash .V.Suranagi, Dr.Smruthi*, Dr.Bhramaramba Banagar,Dr.Poornima M.S., Dr.Prasad .B.S.,Dr.Chethanawarad,
3	Prevalence of Refractive Errors Among School Children In & Around Davangere	Oral	Dr.Prakash .V.Suranagi, Dr.Chethanawarad*, Dr.Poornima M.S.,
4	Ocular Manifestations of a Rare Case - Jobs Syndrome	Poster	Dr.Prakash .V.Suranagi, Dr.Bhramaramba Banagar*, Dr.Shantala Arunkumar, Dr.Ajay .S.Hatti, Dr.Jaganath Kumar V
5	RhinoOrbitoCerebral Mucormycosis In An Immunocompetent Patient	Poster	Dr.Prakash .V.Suranagi ,Dr.Smruthi*, Dr.Ajay .S.Hatti,Dr.A.M.Shivkumar, Dr.Bhramaramba Banagar, Dr.Chanda,
6	Case Report of Optic Nerve Sheath Meningioma	Poster	Dr.Prakash .V.Suranagi ,Dr.Chanda*, Dr.BhramarambaBanagar, Dr.Smruthi, Dr.Ajay .S.Hatti,
7	Alexia Without Agraphia	Poster	Dr.Prakash .V.Suranagi, Dr.Chanda*, Dr.Bhramaramba Banagar, Dr.Deepak . S.V.,Dr.Shantala Arunkumar, Dr.Smruthi.,
8	A Case Report of Ocular Toxoplasmosis in Immunocompetent patient	Poster	Dr.Prakash .V.Suranagi, Dr.BhramarambaBanagar*, Dr.Poornima M.S.,
9	Topical Chemotherapeutic Management of Ocular Surface Squamous Neoplasia	Poster	Dr.Chethanawarad, Dr.Prakash .V.Suranagi*,

\*Presenting author

- DBCS eye camps were conducted from department of Ophthalmology from June 2014 to December 2014. About 278 cases were operated.
- School screening for eye diseases conducted at Sirigere. About 1000 students screened during the programme



## CASE REPORTS

### A CASE OF PSEUDOXANTHOMA ELASTICUM DR.JAGANNATH KUMAR V, DR.SHASHIKALA P, DR.MADHURI N, Department of dermatology, SSIMS&RC, Davangere

**Introduction:** Pseudoxanthomaelasticum (PXE) is a rare multisystem disorder characterised by progressive calcification and fragmentation of elastic fibres in various tissues. Patients typically develop cutaneous, ocular, and cardiovascular manifestations but there is considerable phenotypic variability.

**Case report:** A 35 year old female patient presented to skin dept with marked laxity of the skin over the neck. On examination the skin of the neck was soft, lax, wrinkled and hanging in loose folds. Ophthalmologic, cardiovascular and other systemic examinations were normal.

**Investigations:** Histopathological examination of skin showed areas of hyalinization and a layer of short, broad, curvy, wavy elastic fibres in the subepithelialstroma along with mild inflammatory exudate comprising of lymphocytes and plasma cells which was supporting the clinical diagnosis.

**Discussion:** Pseudoxanthomaelasticum is an inherited disorder. The pathogenesis of this disease was unknown until recently, when the gene for (PXE) was mapped to chromosome

16p13.1. The average age of onset is 13.5 years. It is more common in women ( female : male = 2:1). Skin lesions are usually not noted until adolescence because of their asymptomatic nature. Skin is usually soft, lax, wrinkled & hangs in folds particularly in axillae, neck & groin. It may have a pebbly surface that is described as "cobblestone", "Moroccan leather" or "chicken neck" in appearance.

The characteristic ocular defects of PXE are angiod streaks of retina. They are cracks in retina because of calcified elastic fibres in the Bruch's membrane of the retina. Vascular involvement may be generalised but it may predominantly involve larger arteries, mesenteric & visceral arteries or those of extremities. Intermittent claudication is the earliest & most common manifestation.

**Conclusion:** Since the prognosis of Pseudoxanthomaelasticum largely depends on the extent of extracutaneous organ involvement early recognition, intervention and lifestyle adjustments are important to reduce morbidity.

### INFORMATIVE ARTICLES DRUG UTILIZATION STUDIES - AN APPROACH TOWARDS RATIONAL DRUG THERAPY

DR. UMAKANT PATIL,  
PROFESSOR AND HEAD, DEPARTMENT OF PHARMACOLOGY

The World Health Organization (WHO) in 1977 defined drug utilization as the marketing, distribution, prescription and use of drugs in a society, considering its medical, social, and economical consequences. These are also

termed as prescription pattern analysis and prescription audits. An audit in drug use was defined by Crooks (1979) as an examination of the way in which drugs are used in clinical practice carried out at intervals frequent enough

to maintain a generally accepted standard of prescribing. WHO instructed to conduct such studies periodically in all class of commonly used drugs (e.g. antimicrobials, analgesics, antihypertensives, antidiabetics and so on) in at least referral and/or teaching hospitals.

Pharmacoepidemiology is defined as the study of the use and effects/side-effects of drugs in large number of people with the purpose of supporting the rational and cost-effective use of drugs thereby improving health outcomes. Drug utilization research is thus an essential part of pharmacoepidemiology as it describes the extent, nature and determinants of drug exposure. Over the time, the distinction between these two terms has become less sharp, and they are sometimes used interchangeably.

The interest in drug utilization studies began in the early 1960s in Northern Europe and United Kingdom. The pioneering work of Arthur Engel in Sweden and Pieter Siderius in Holland alerted many investigators to the importance of comparing drug use between different countries and regions. Their demonstration of the markable differences in the sales of antibiotics in six European countries between 1966 and 1967 inspired WHO to organize its first meeting on Drug consumption in Oslo in 1969. This led to the constitution of the WHO European Drug Utilization Research Group(DURG). The pioneers of this research understood that a correct interpretation of data on drug utilization requires investigations at the patient level. It became clear that we need to know the answers

To the following questions:

- Why drugs are prescribed?
- Who the prescribers are?
- For whom the prescribers prescribe?
- Whether patients take their medicines correctly?
- What the benefits and risks of the drugs are?

Drug utilization research developed quickly during the following 30 years and soon became a respectable subject for consideration at international congresses in pharmacology, pharmacy and epidemiology. The boost in the marketing of new drugs, the wide variations in the pattern of drug prescribing and consumption, the growing concern about the delayed adverse effects, and cost of drugs, as reflected in the increase of both the sales and the volume of prescriptions all contributed to the increasing importance of drug utilization studies.

History has taught us that successful research in drug utilization requires multidisciplinary collaboration between clinicians, clinical pharmacologists, pharmacists and epidemiologists. Without the support of the prescribers, this research effort will fail to reach its goal of facilitating the rational use of drugs.

The principal aim of drug utilization research is to facilitate the rational use of drugs in populations. For the individual patient, the rational use of a drug implies the prescription of a well-documented drug at an optimal dose, together with the correct information, at an affordable price. Without a knowledge of how drugs are being prescribed and used, it is difficult to initiate a discussion on rational drug use or to suggest measures to improve prescribing habits.

Together, drug utilization research and pharmacoepidemiology may provide insights into the following aspects of drug use and drug prescribing.

**Pattern of use:** This covers the extent and profiles of drug use and the trends in drug use and costs over time.

**Quality of use:** This is determined using audits to compare actual use to national prescription guidelines or local drug formularies. Indices of quality of drug use may include the choice of drug, drug cost, drug dosage, awareness of drug



interactions and adverse drug reactions.

**Determinants of use:** These include user characteristics (e.g. sociodemographic parameters and attitudes towards drugs), prescriber characteristics (e.g. speciality, education and factors influencing therapeutic decisions) and drug characteristics (e.g. therapeutic properties and affordability).

**Outcomes of use:** These are the health outcomes (i.e. the benefits and adverse effects) and the economic consequences.

**Drug utilization studies** can be done in any of the following methods

**Cross-sectional studies:** Cross-sectional data provide a snapshot of drug use at a particular time (e.g. over a year, a month or a day). Such studies might be used for making comparisons with similar data collected over the same period in a different country or health facility. Alternatively, a cross-sectional study can be carried out before and after an educational or other intervention.

**Longitudinal studies:** Public health authorities are often interested in trends in drug use, and longitudinal data are required for this purpose. Drug-based longitudinal data can be on total drug use as obtained through a claims database,

Or the data may be based on a statistically valid sample of pharmacies or medical practices. Longitudinal data are often obtained from repeated cross-sectional surveys.

**3. Continuous longitudinal studies:** In some cases continuous longitudinal data at the individual practitioner and patient level can be obtained. As electronic prescribing becomes more common, databases are being developed to provide continuous longitudinal data comprising full medical and prescribing information at the individual patient level.

Prescription orders, patient files and computer registries are widely used as instruments for collecting information on drug utilization. Home questionnaires, however, are one of the easiest tools for data collection most widely used. Self-reported data in epidemiological studies obtained through questionnaires is commonly used as a source of drug exposure information. Pharmacy records are also reliable sources of drug exposure.

The study of drug utilization is an evolving field. The use of large computerized databases that allow the linkage of drug utilization data to diagnosis, albeit subject to some inherent limitations, is contributing to expand this area of study.

## WORLD'S FIRST: DO YOU KNOW?

**Dr. Vidya M Nadiger**, Professor, Department of Physiology

- Corneal transplant: First done in year 1905 in Czech Republic. Now done 120,000 globally a year
- Kidney transplant: First done in year 1954 in the USA. Today 78,000 transplants done globally each year.
- Hip replacement: First done in year 1962 in the U.K. Now done 1.4 million a year globally
- Lung transplant: First done in year 1963 in the U.S. Done 4300 year worldwide.
- Liver transplant: First done in year 1967 in the USA. Now about 20000 done annually around the world.
- Heart transplant: First done in year 1967 in the South Africa. Today 6000 done annually around the world

- Pancreas Transplant: First done in year 1968 in the USA. About 2500 each year done globally
- Knee replacement: First done in year 1968 in the UK. 1.1 million knee replacement done each year
- Intestine transplant: First done in year 1992 in the USA. About 250 done worldwide each year.
- Hand transplants: First done in year 2000 in Malaysia. About 85 done globally now
- Face transplant: First done in year 2005 in France. Till date 25 have been performed.
- First robotic hand developed in year 2007 in Scotland. About 500 a year sold to clients.

## ಕನ್ನಡ ವಿಭಾಗ

ನಗು.....

ಹಾಲುಗಲ್ಲದಕಂದನಮುದ್ದು ಮೊಗದಚಂದ ನಾನು  
ಹಲ್ಲಿಲ್ಲದ ಭೂಚ್ಚು ಬಾಯಿಯಅಜ್ಜಿಯಅಂದವೇ ನಾನು  
ತಾಯಿಯ ಮಮತೆಯ ನನ್ನ ಬಿಂಬ  
ತನ್ನತ್ತರಕೆ ಬೆಳೆದುನಿಂತ ಮಕ್ಕಳ ಕಂಡಾಗತಂದೆಯ ಪ್ರತಿಬಿಂಬ  
ನಾನು.

ಹದಿಹರೆಯದ ಹುಡುಗರಕಣ್ಣಂಚಿನ ಮಿಂಚು ನಾನು  
ಮೊದಲ ಪಗಾರ ಪಡೆವಉದ್ಯೋಗಿಯ ಸಾಧನೆಯ ಪ್ರತೀಕ  
ನಾನು.

ಗೆಲುವಿನ ಪ್ರತಿಧ್ವನಿ ನಾನೇ  
ಶ್ರಮಿಸಿ ದುಡಿದ ಬಡವ ಕಂಬನಿಯೊಳಗಿನ  
ಅಸಹಾಯಕತೆಯಕುರುಹೂ ನಾನೇ  
ಅಹಂಕಾರಿಯ ಕುಹವೂ ನಾನೇ.

ಇಂಥಾ ವಿಶ್ವರೂಪ ಹೊಂದಿರುವ ನೀನಾರು?!!!ಎಂದಾಗ  
“ನಗು” ಎಂದೆಯೋ!!!

ಶ್ವೇತ ಎಂ, ಔಷಧ ವಿಭಾಗ

----- ಗುರು -----

ಅಕ್ಷರದಾತನೇ, ಅಕ್ಷರ ಕಲಿಸುವನೇ ಗುರು,  
ಸರಿದಾರಿಗಳನ್ನು ತೋರಿಸಿದವ ಗುರು,  
ಸುಲಲಿತವಾಗಿ ಕಷ್ಟಗಳನ್ನು ಎದುರಿಸೆಂದು ಹೇಳಿಕೊಟ್ಟವ ಗುರು,  
ಗುರುವಿಗಿಂತ ಬುದ್ಧಿ ಮೇಲು ಎಂದು ತೋರಿಸಿ ಎಂದವ  
ಗುರು.

ಗುರುಬ್ರಹ್ಮ, ಗುರುವಿಷ್ಣು, ಎನ್ನುವ ಈ ನಾಡಿನಲ್ಲಿ,  
ಗುರುವಿನ ಹಾಗೇ ಬುದ್ಧಿ ಕಲಿಸಿಕೊಟ್ಟ ಗುರು ನೀನು,  
ಜಗತ್ತಿನಲ್ಲಿ ಹೇಗೆ ಬಾಳುವುದು ಎಂದು ಕಲಿಸಿಕೊಟ್ಟ  
ಜಗದೇಕವೀರ ಗುರು ನೀನು,

ನಿನ್ನಂಥ ಗುರುವು ಮತ್ತೆ ಸಿಗುವುದಿಲ್ಲ ನನಗೆ,  
ನನ್ನ ಬಾಳಿನ ಗುರಿಗಳಿಗೆ ದಾರಿ ತೋರಿಸು ಗುರುವೇ,  
ಹೆಜ್ಜೆ ಹೆಜ್ಜೆಗೂ ನಿನ್ನನ್ನು ಅನುಕರಿಸಿ ಬರುವೇ ಗುರುವೇ,  
ಕಷ್ಟ ಸುಖಗಳಿಗೆ ಬಾಗಿಯಾಗಿ ಬರುವೇ ಗುರುವೇ.

ಸೃಷ್ಟಿಯ ಸೊಬಗು

ಹೊಳೆಯುವ ಕಿರಣಗಳೊಂದಿಗೆ ಉದಯಿಸುತ್ತಾ,  
ಕೆರೆಯ ನೀರನ್ನು ಚುಂಬಿಸುತ್ತಾ,  
ಜನರ ಜೀವನಗಳನ್ನು ಬೆಳಗಿಸುತ್ತಾ,  
ಗಾಳಿ, ಬೆಳಕು, ಚಿಲ್ಲುತ್ತು, ಆಗಮಿಸುವ ನೇಸರನಿಗೆ ನಮನ  
ಪ್ರಕೃತಿ ದೇವತೆ ನಿನಗೊಂದು ನಮನ,  
ಸೃಷ್ಟಿಗೆ ನೀಕೊಟ್ಟ ಹೂಗಳ ಫಮ ಫಮ,  
ಸುಂದರ ಸೊಬಗಿಗೆ ನೀನೀಟ್ಟ ಗಮನ  
ಸವಿಸುಂದರ ಈ ಉದ್ಯಾನವನ.  
ಜಲದಲ್ಲಿ ವಾಸಿಸುವ ಸರಿಸೃಪಗಳೇ,  
ವನದಲ್ಲಿ ವಾಸಿಸುವ ಪ್ರಾಣಿ ಪಕ್ಷಿಗಳೇ,  
ಭೂವಿಯ ಮೇಲಿನ ಮಾನವ ಕುಲವೇ,  
ಪ್ರಕೃತಿಗೆ ಹೇಳಿ ಒಂದು ನಮನ.  
ಜಲಲ ಜಲಲ ಹರಿಯುವ ಜಲಧಾರೆ,  
ಮುಗಿಲ ಮಲೆಯ ಸಾರೆ,  
ಕೇಳದೇ ಎಲ್ಲಿಂದ ನೀ ಬರುವೆ,  
ನೀನಲ್ಲಿಗೆ ಹರಿದು ಹೋಗುತ್ತಿರುವೆ?  
ಕೆರೆ ನೀರು ಹರಿಯುತ್ತಾ,  
ಅಲೆಗಳು ದಡಗಳಿಗೆ ಅಪ್ಪಳಿಸುತ್ತಾ,  
ಹೆಬ್ಬಂಡೆಗಳನ್ನು ಒಡೆಯುತ್ತಾ,  
ಕುಣ ಕುಣಿದು, ನೆಗೆಯುತ್ತಾ ಹರಿಯುವ ನೀರೇ,  
ನಿನ್ನ ಹಾಲ್ಗರೆಯ ನೋಟ ಚಿಂದ.

----- ನಕ್ಷತ್ರ -----

ರಾತ್ರಿ ಒಂದಾರಿ ಬಾನಂಗಳೆಡಲ್ಲಿ ಊಟಕ್ಕೆ ಕುಳಿತೆ,  
ರಾತ್ರಿ ಕತ್ತಲಲ್ಲಿ, ಆ ಮೋಡ ಕಪ್ಪಾಗಿ ಕಾಣುತ್ತಿತ್ತು,  
ಚುಕ್ಕಿಗಳು, ನಕ್ಷತ್ರಗಳು, ಆಗಾತಾನೇ ಮೂಡುತ್ತಿದ್ದು,  
ಆ ಕಪ್ಪು ಮೋಡಕ್ಕೆ, ಹೊಳಪು ನಕ್ಷತ್ರಗಳು,  
ಆಹಾ ..... ನೋಡಬೇಕು ಆ ಅಂದ ಚಿಂದ.

ಅಮ್ಮ ಅಮ್ಮ ಕಥೆ ಏಳಮ್ಮ,  
ಪುಟ್ಟಕ್ಕಂದಾ ಒಡೋಡಿ ಬಂದಾ,  
ಹೇಳ್ತೀನಿ ಕೇಳು, ಆ ನಕ್ಷತ್ರಗಳನ್ನು ಎಣಿಸಿ ಹೇಳು  
ಆಗಾ ಕಥೆ ಹೇಳ್ತೀನಿ ಅಂತ ನಾ ಅಂದೆ,  
ಒಂದು, ಎರಡು, ಮೂರು, ನಾಲ್ಕು, ಐದು,  
ಅಯ್ಯೋ ಮತ್ತೆ ಮತ್ತೆ ಎಣಿಕೆ ಶುರುವಾಯ್ತು.

ಪುಟ್ಟನ ಎಣಿಕೆ ನೋಡ್ತಾ ನೋಡ್ತಾ, ಅಮ್ಮ, ಅಮ್ಮ,  
ಆ ನಕ್ಷತ್ರಗಳು ಏನ್ ಮಾಡಾವೇ ಅಲ್ಲಿ,  
ಅವನ್ ಪ್ರಶ್ನೆಗೆ, ಮೋಡದಾಗ ಅವು ಮಿಂಚ್ ತಾವ್,  
ಭೂಮಿಗೆ ಬೆಳಕು ಕೊಡ್ತಾವು, ಮತ್ತಾ  
ನಕ್ಷತ್ರಗಳಿಗೆ ಸಂಸಾರಿ ಯಾರು ಇಲ್ಲ,  
ನಮಗಾ ದೇವರ್ ಕೊಟ್ಟ ಉಡುಗೊರೆ ಅವು,  
ಅದ್ದೋಂಡು ತುತ್ತನ್ನು ಪುಟ್ಟನ ಬಾಯ್ಲಿಟ್ಟೆ, ಹೌದಾ!.....

--- ಶಿಕ್ಷೆ ---

ಕೊಡುವುದಕ್ಕೆ ನೀನಾರು? ನನಗೆ ಶಿಕ್ಷೆ,  
ನಾ ಬಂದೆ ದೇವರ ಬೇಡುತ್ತಾ ರಕ್ಷೆ,  
ನನಗೊಂದು ಸಮಯ ಕೊಡುವನು ಕಕ್ಷೆ,  
ಕಾಯುತ್ತಾ ಕುಳಿತಿರುವೆ ದೇವರ ವರಪೇಕ್ಷೆ.

ಹೆಜ್ಜೆ ಹೆಜ್ಜೆಗೂ ನೀ ಕಾಯುವನಾರು?  
ನಾ ನಡೆದು ಬರುವೆ ಮುಳ್ಳಿನ ದಾರಿ,  
ದೇವರ ವರವಿದ್ದರೆ ಅದೇ ಸುಗಮ ದಾರಿ,  
ಕಷ್ಟಗಳನ್ನೆಲ್ಲ ಸಹಿಸಿಕೊಳ್ಳುವೆ ಅದೇ ಸುಸೂತ್ರ ದಾರಿ.

ದೇವರೆ! ಎಲ್ಲಿಯವರೆಗೆ ಈ ಪಯಣ,  
ಪಯಣದ ಜೊತೆಯಲ್ಲಿ ನಿನ್ನ ನೆನೆಯೋಣ,  
ನನ್ನ ಸುಭೀಕ್ಷೆಗೆ ನಿನ್ನ ವರ ಬೇಡೋಣ,  
ದಯೆ ಕರುಣಿಸು ಯಾವಾಗಲೂ ಝಣ ಝಣ.

----ಗಡಿಯಾರ----

ನೀ ತಂದು ಕೊಟ್ಟ ಕೈ ಗಡಿಯಾರ,  
ನೋಡಲಿಕ್ಕೆ ಅದು ಎಷ್ಟು ಚೆಂದ,  
ನುಣುಪಾದ ಅದರ ಕಪ್ಪು ಬೆಲ್ಟ್,  
ಕೈಗೆ ನುಣುಪಾಗಿ ತಾಕಿತು, ಹೃದಯವನ್ನು ತಟ್ಟಿತ್ತು.

ಗಡಿಯಾರದ ಮುಳ್ಳುಗಳ ಗಂಟೆ,  
ಹೇಳಲಿಕ್ಕೆ ಬಾರದಾಯ್ತು ಪ್ರಿಯ,  
ಪ್ರೀತಿಯಿಂದ ತಂದಾ ಆ ಗಡಿಯಾರ,  
ಬೇಡವೆನ್ನಲಿಲ್ಲ ಈ ನನ್ನ ಮನೋಹಾರ,

ಪ್ರೀತಿಯ ಆ ನಿನ್ನ ಗಡಿಯಾರದಲ್ಲಿ ಕಾಣುವೆ ನಿನ್ನ ಮುಖ,  
ಕೈಗೆ ಹಾಕಿದ ಕ್ಷಣದಲ್ಲೆ ಕಾಣುವೆ ಆ ನಿನ್ನ ಮೊಗವ,  
ಆ ನಿನ್ನ ಕನ್ನೆಯ ಒಂದು ಸಾರಿ ಸವರಿ ಕೊಡಲೇ,  
ನಾ ಮುತ್ತೊಂದನ್ನು ಮುಚ್ಚಿಕೋ, ಅದರ ಸವಿ ನೀನು.

ಕವಯಾತ್ರಿಯಾಗುವಾಸೆ ರೀ,  
ಕವನಗಳು ಬರಿಯೋಕೆ ಬರೋಲ್ಲಾ ರೀ,  
ಶಾಲೆಯಲ್ಲಿ ಮಕ್ಕಳಿಗೆ ಪಾಠ ಹೇಳುವಾಸೆ ರೀ,  
ಟೀಚರ್ ಪದವಿ ಓದಿಲ್ಲಾರೀ.

ಲಾಯರಾಗಿ ಕೋರ್ಟಿನಲ್ಲಿ ನ್ಯಾಯ ಕೋಡಿಸುವಾಸೆ ರೀ,  
ನಾ ಎಲ್ ಎಲ್ ಬಿ ಓದಿಲ್ಲಾರೀ,  
ವೈದ್ಯರಾಗಿ ರೋಗಿಗಳಿಗೆ ಸೇವೆ ಮಾಡುವಾಸೆ ರೀ,  
ಆದ್ರೆ ನಾ ಎಂ.ಬಿ.ಬಿ.ಎಸ್. ಮಾಡಿಲ್ಲಾ ರೀ.

ರೌಡಿಗಳಿಗೆ ಓಡೆದು ಬಡಿದು ಬುದ್ಧಿ ಕಲಿಸುವಾಸೆ ರೀ,  
ಆದ್ರೆ ನಾ ಐ.ಪಿ.ಎಸ್. (ಪೋಲಿಸ್)ಮಾಡಿಲ್ಲಾ ರೀ,  
ಏನಾಗದಿದ್ದರೂ ಭಾರತ ಮಾತೆಯ ಮಡಿಲಲ್ಲಿ,  
ನಾ ಮಗಳಾಗಿ ಹುಟ್ಟಿವಿನ್ನಿ.

ಶ್ರೀಮತಿ. ಟಿ.ಗೀತಾ ಮಂಜುನಾಥ್,  
ದ್ವಿತೀಯ ದರ್ಜೆ ಸಹಾಯಕರು.



## NEWS AROUND THE GLOBE

Dr. Raghu Prasada M.S. Assistant Professor,  
 Department of Pharmacology

- The combination of tenofovir and emtricitabine used as prophylaxis is highly effective in reducing the rate of HIV infection in real-world settings, suggest two pilot studies presented at the Conference on Retroviruses and Opportunistic Infections 2015.
- A drop in HbA<sub>1c</sub> was associated with lower mortality among people with type 2 diabetes who had initial HbA<sub>1c</sub> values over 8%, but with a higher death rate for those who started out at 8% or lower, suggests a 6-year study published online in *BMJ Open Diabetes Research & Care*.
- A new study suggests that the growing popularity of in-helmet add-ons, such as extra padding or external coatings, do little to reduce the angular force associated with concussions. The study will be presented at the upcoming 67th American Academy of Neurology (AAN) Annual Meeting.
- Older patients hospitalized for 10 days or less after hip fracture faced increased risk of dying within 30 days of discharge, reported a cohort study published online in the *BMJ*.
- Men with a history of testicular cancer not only have a greater risk of developing prostate cancer, the disease is more likely to be of intermediate to high risk when it does develop, suggested a registry analysis presented during a press conference ahead of the Genitourinary Cancers Symposium (GUCCS) 2015.

Courtesy  
 IMA

### CONGRATULATIONS:

Dr. B.J. Sushma, Postgraduate of Department of Biochemistry secured highest marks (74.71 %) in RGUHS university examination-May 2014 and eligible for the award of Gold Medal.





*Workshop in Medical Education Technologies*



*Continuous Nursing Education*

