



Indian Medical Association Goa

Doc Talk

Monthly Newsletter
Volume 2 Issue 6

June 2025



Care With Compassion: That's Palliation

IMA President's Message

Dear Friends

Greetings from IMA Goa State!

Goa saw some turbulent, untoward incidents during June. Unity among Doctor fraternity is the need of the hour. Formation of JDN wing of Goa IMA is the way ahead.

We are having our GIMACON 2025 at The Zuri White Sands on 27th and 28th September 2025. I request IMA members to register themselves in large numbers. Let us all be enlightened by the lectures and enjoy with our families in the annual get together.

- DR. DATTARAM DESSAI



From the Editor's Desk



Hi,

Respect is commanded, not demanded. The outside world sadly needs reminders. The month of June was a tumultuous one. Not just on the weather front. The nation was witness to "Hell hath no fury like a Doctor scorned". Hectic negotiations helped restore calm, albeit quixotically.

This issue has an article by the methodical Dr. Deepak Lotlikar, Family Physician. Obrigado.

See you next month. Till then keep enjoying your steaming chai, spicy pakoras. And Doc-Talk.

- DR. VRUSHALI PRABHUDESAI



MEDICAL MYTHBUSTERS

During the course of our clinical practice, we come across many unscientific beliefs harbored by our patients. Most of these are out of fear of the unknown than on sound reasoning. I have tried to compile a few of the myths followed by a reality check there after.



Myth buster series 1

Myth: Drinking beer helps get rid of kidney stones.

Reality: Although beer aids diuresis, the same result can be had by drinking enough water or having juicy fruits such as watermelons. Apart from that, beer provides no benefit to a patient with kidney stones.

Beer is rich in oxalates. Drinking beer can lead to oxalate stones, hence should be avoided by kidney stone patients.

Myth buster series 2

Myth: There is no treatment in allopathy for Chicken Pox and Herpes Zoster (sarpi).

Reality: There is a very good antiviral drug which helps in Chicken Pox and Herpes Zoster. It stops new blisters from coming up and clears blisters which have erupted.

The antiviral should be started as early as possible. It does not help if started later than 72 hours after the blisters appear. Even if antivirals are not prescribed in Herpes Zoster, the blisters heal anyway but the patient is at risk of developing a painful condition called Post Herpetic Neuralgia wherein the patient gets unbearable pain in the region where the rash had initially appeared.

Myth buster series 3

Myth: Intestinal worms are caused due to consumption of sweets.

Reality: Intestines can get infested with worms when due to poor hand/nail hygiene eggs of worms present in the soil or on unclean vegetables/salad enter the stomach alongwith food or water. The eggs then grow into adult worms. There is no relationship between sweets and worms. If worm infestation has to be prevented, one must improve personal hygiene by trimming nails regularly, washing hands before eating, and rinse vegetables thoroughly in water before cooking or consuming.

Myth buster series 4

Myth: Teething causes diarrhoea in toddlers.

Reality: Teething is not a disease but a natural growth milestone. Teething can cause mild irritation of gums and salivation but not diarrhoea. Diarrhoea is caused by infection of the intestines due to toddlers putting unclean objects/fingers in their mouths. It can also be caused by the soothers (चूड़ा/pacifier) given to the toddler to chew. Soothers frequently fall out on the floor and germs thus get transferred to the toddler. Another cause of diarrhoea is lactose intolerance (milk allergy) or poor hygiene during preparation of infant feeds.

Myth buster series 5

Myth: Home made coconut oil is suitable for use as hair oil.

Reality: Home made or mill extracted coconut oil contains a lot of impurities. Since no preservative is added to it, it gathers fungus from the atmosphere as it ages and this causes dandruff when used as hair oil. Such oil is, however, suitable for cooking as cooking destroys the fungus, if any. Coconut oil available commercially is refined/filtered in factories and does not contain any impurities or fungus and is safe for use as hair oil. Use of home made coconut oil for massage is the commonest reason for rashes in babies. When the oil is fresh it does not cause rashes but as it ages, it gets oxidized and catches fungus from the air and this causes rashes.

Myth buster series 6

Myth: Partially used medicines have to be discarded after use.

Reality: All medicines are usable upto the expiry date except for eye drops which have to be used within a month of opening. This is also true for dry syrups which cannot be used beyond 6 days of opening. Any liquid medicine can be reused even if the bottle was opened and used provided that the cap is kept tightly fitted. In fact all medicines can be used even during the printed month of expiry except for injections and eye drops as mentioned above. The only medicines which should be preferably avoided when close to expiry date are antibiotics as their effectiveness reduces towards the expiry date.

Myth buster series 7

Myth: It is safe to consume raw eggs.

Reality: Typhoid is common in poultry and is known as Fowl Typhoid. Eggs laid by infected hens can have typhoid germs inside them. Having such eggs in raw form can cause typhoid fever (Salmonella infection) in humans, hence better avoided.



Myth buster series 8

Myth: Patients with diabetes should give up sugar but consumption of jaggery is safe.

Reality: Both jaggery and sugar are manufactured by processing sugarcane juice. Jaggery is as bad as sugar for diabetics.

Myth buster series 9

Myth: One can gain weight by consuming vitamins

Reality: Weight gain is a process that depends on many factors such as good diet, exercise and absence of sicknesses that cause weight loss or arrest growth (such as thyroid disease, diabetes, tuberculosis, cancers etc.) Vitamins are required for a number of metabolic processes in the body. Their lack can lead to a feeling of weakness, numbness and aches in hands and legs, tiredness, skin rashes etc. When a doctor suspects a vitamin deficiency, the doctor prescribes vitamins. Taking vitamins helps only when there is a lack of vitamins in the body. Otherwise, taking vitamins is not useful. There is absolutely no any relation between vitamins and weight gain/loss.

Myth buster series 10

Myth: After a dogbite, the affected part of the body can be washed using any soap, bathing or detergent.

Reality: The idea behind washing the affected part with soap and water is to remove any rabies virus from the wound. However, it is wrong and unscientific to use a detergent soap for this purpose. A detergent soap has no advantage over a bathing soap for wound cleaning. Rather it can damage one's skin due to it's strong. As per the recommendations of the World Health Organization, one must keep the affected part of the body under running water for 5 minutes, during which period, the bitten area must be frequently cleaned with a mild bathing soap, after which any antiseptic cream may be applied and the wound is to be kept open to air with no dressing material covering the wound. It is necessary to see a doctor for further treatment wrt vaccination.

Myth buster series 11

Myth: Eating green bananas (ripe) can cause common cold.

Reality: No fruit can cause cold when consumed ripe. Sour fruits sometimes cause physical irritation in throat which can result in sneezing which may eventually progress to cough. Bananas are not sour even when raw and hence cannot cause any cold. Allergy to bananas, although rare, is possible and in such a case one may get sneezing and cough. Green bananas are no different from yellow except for taste. If one is allergic to something, one will have problem every time one uses/consumes the substance.

Myth buster series 12

Myth: One must not have oily food when one gets Herpes Zoster (Sarpi)

Reality: It is widely believed that one must stop having oily food when one suffers from Herpes Zoster. Some even go to the extent of stopping use of oil during cooking for the entire family. There is no scientific basis for avoiding oily foods in Herpes Zoster. In fact, other than alcohol, everything else is allowed and avoidance of any food item makes no difference to the recovery of the patient.

Myth buster series 13

Myth: Tablets prescribed for blood pressure can damage the kidneys

Reality: Tablets prescribed for blood pressure cannot cause any harm to the kidneys. In fact these tablets keep the patient's kidneys safe by keeping the blood pressure normal. High blood pressure damages kidneys over a period of time. If a person's blood pressure is not controlled despite taking medicines (wrong dose or patients being non compliant), his/her kidneys can get damaged. In such a case the culprit is not the medicine but high blood pressure

Myth buster Series 14

Myth: Annual health investigations are mandatory.

Reality: Many health conscious persons undergo annual investigations including blood tests, X rays and even CT Scans. While it is true that blood tests can help detect certain illnesses early, many blood tests are unnecessary and might not be useful. In general, it is unnecessary for those below the age of 40 to do annual check ups and investigations unless they have any health issues. Those above 40 might benefit from some tests, a doctor is the best guide as to which of them are relevant, and which irrelevant. Tests are recommended based on the person's age, sex, current sicknesses, complaints etc. Getting package tests done, even if discounted, may be wasteful. Many tests that are part of the 'profiles' might not be necessary in every person. X rays, CT Scans and Angiographies can cause harm to a person because of the radiation involved and should be done only if really necessary and only upon a doctor's advice. While investigations can be useful, what is important and indispensable is adopting a healthy lifestyle, eating healthy food, and maintaining an exercise schedule. In case of ladies, additionally, self examination of breasts and reporting any lumps anywhere, and any changes in menstrual cycle are very important..

Dr. Deepak D Lotlikar,
Family Physician,
Quepem Goa.



Branch Activities

01 JUNE 2025

IMA Ponda

Monthly camp of Shree Nagesh Maharudra Aarogya Seva Manch was organized at Mayuresh Hall, Nageshi in association with IMA Ponda on 01st June 2025. 64 beneficiaries availed. HbA1c was done for 12 diabetics. Dr. Lalana Bakhale, Dr. Ajay Pednekar, Dr. Manish Debsikdar, Dr. Suraj Kanekar, Dr. Vandana Patankar, Dr. Ujjwal Kapadia & Dr. Vallabh Dhaimodker participated in the camp.



05 JUNE 2025

IMA Bicholim

President of IMA Bicholim Dr Shekhar Salkar delivered a talk, on invitation by IMA Ponda, on Thursday, 05th June 2025 from 3 PM to 4 PM at the Dyanada Auditorium, Dilasa, Farmagudi. The discussion focused on the significant risks associated with Tobacco Consumption along with essential topics such as Early Breast Cancer Detection, Screening Protocols, Self-Examination Methods and critical indicators of the disease. Approximately 75 to 100 participants, primarily women, aged between 25 to 50 years attended.



06 JUNE 2025

IMA Ponda

A talk was given by Dr. Nutan Dev, on behalf of IMA Ponda, at Bal Kalyan Ashram, a boys hostel under Matruchaya Talauli, to all the staff and inmates (boys studying in X, XI, XII and ITI) on hygiene and first aid on 06th June 2025. There were 25 beneficiaries. It was followed by question answer session.



07 JUNE 2025

IMA Ponda

Dr. Ajay Pednekar, IMA Ponda, examined 7 patients at Bal Kalyan Ashram Talauli during regular health check up on Saturday, 07th June 2025, from 4 to 5.30pm. Free medicine samples were distributed to the needy. One young boy was referred to Sub District Hospital Ponda to rule out Green Stick Fracture.



13 JUNE 2025

IMA CQS

Monthly CME of CQS was organised on 13th June 2025 at IMA CQS Hall, Curchorem. Dr. Sudhir Shet and Dr. Suraj Prabhudesai talked on 'Initial assessment of patient with high sugars', and 'Advances in management of wound infection' respectively. CME was attended by 28 members of CQS.



14 JUNE 2025

IMA Ponda

First Aid Disaster Management Programme conducted on Saturday, 14th June 2025 by IMA Ponda's Dr. Vallabh Dhaimodker, Dr. Basavaraj Pattan Shetti, Dr. Vandana Patanka





15 JUNE 2025

IMA Ponda

A general health check up of all the boys present (44 in number) of Bal Kalyan Ashram, Talauli was done by Dr. Nutan Dev, IMA Ponda, on 15th June 2025. A few, having minor illness, were prescribed necessary medicines. They were told about the importance of personal hygiene.



16 JUNE 2025

IMA Ponda

The weekly health check up organized by IMA Ponda and the IMA Ponda Charitable Trust, IAP Goa State was held at Matruchaya on 16th June 2025. Dr. Purnima examined 8 children, 2 adolescents and 3 new admissions. Proper guidance was given to the caretakers as regards the care of babies with GE Reflux.



18 JUNE 2025

IMA Ponda

The weekly health check up organised by IMA Ponda and the IMA Ponda Charitable Trust, IAP Goa State and Adolescent Health Cell of IMA Goa State was held at Matruchaya on 18th June 2025. Dr. Purnima examined 12, of which 6 were newborns & 6 toddlers. Also followed up 4 adolescents and reports of 3 new admissions. Proper guidance was given to the caretakers as regards alertness and observation of daily routine of babies such as feeds, bowel movements and other specific complaints to be reported to the regular doctors for prompt management. Medicines were sponsored by Matruchaya and IMA Ponda Charitable Trust.



20 JUNE 2025

IMA Bardez

IMA Bardez organized a CME on 20th June 2025 at Hotel Sai Kiran. Dr. Mahadev Swamy, Hematologist Manipal Hospital, spoke on 'Anemia and Thrombocytopenia'. The 70 delegates present got richer by 1 CME credit point.



20 JUNE 2025

IMA Mormugao

The monthly CME of IMA Mormugao was held on 20th June 2025 at 08.00 pm at Hotel HQ, Vasco. It was attended by 41 members. The speakers were (1) Dr. Nakul Tikare & Dr. Elyska Desa. They spoke on (1) Approach to NHL, (2) Neurodiversity – the bad and beautiful side. Announcements were made regarding payment of annual membership fees. Members were also requested to volunteer for camps as/when required.



21 JUNE 2025

IMA Bardez

International Yoga Day was celebrated with children with special abilities at Asathas Anand Niketan School, Khorlim in association with Yoganivas Studio on 21st June 2025. 50 people participated. IMA Bardez was represented by Dr. Shema Shirodkar, Dr. Sachin Narvekar, Dr. Sunaina Thakur.





22 JUNE 2025

IMA Bardez

The second module of 'Refresher Course On Diabetes Mellitus' was arranged by IMA Bardez in association with the Endocrinology Department of Goa Medical College. Topic covered was 'Overview of Diabetes Management'. The faculty consisted of Dr. Ankush Desai, Dr. Sharvari Prabhudesai, Dr. Ana Soraya Monteiro. We had three talks, and two stations with Diabetes Educators. It was held at Hotel Sai Kiran on 22nd June 2025. The number of participants were 32. They returned with 2 CME credit points in their kitty.



22 JUNE 2025

IMA Bardez

A mega health camp was organized by IMA Bardez in association with RG Stone Hospital, Goa Panchayat Mahila Shakti Abhiyan and Village Panchayat of Calangute on 22nd June 2025 at Community Hall Calangute. 152 people benefitted from the camp. Dr Cara Saldhana, Obstetrician and Gynaecologist, participated on behalf of IMA Bardez.



22 JUNE 2025

IMA Bicholim

In a vital effort toward cancer prevention and adolescent health equity, 14 young people living with HIV were vaccinated against Human Papillomavirus (HPV) during a special screening and awareness drive organized by Human Touch Foundation and the National Coalition of People Living with HIV (NCPI+), with support from the Rotary Club of Dona Paula and Indian Medical Association Bicholim on 22nd June 2025.



The programme began with an interactive awareness session, helping adolescents and care givers understand HPV transmission, cancer risks, and the importance of early vaccination – especially for those living with HIV, who are at higher risk for persistent HPV infections and related complications.



The initiative was led by Dr. Shekhar Salkar, President IMA Bicholim, and assisted by Dr. Elaine Rodrigues, Coordinator of the HPV Vaccination Drive of Rotary Club of Dona Paula along with Mr. Nilam. The programme was further supported by Manipal Hospital, which provided an ambulance and emergency medical staff on-site. The event was made possible with the support of Mr. Felipe Alvares, Secretary of the Rotary Club of Dona Paula who expressed his happiness to be a part of such an initiative which gives immense satisfaction. The drive was facilitated by Celina Menezes, Advocacy Officer, NCPI+, with coordination support from Ucla Miranda, Programme Coordinator at Human Touch Foundation, and Usha Pawar. "If girls are vaccinated early, between 9 to 15 years, we can reach a future where cervical cancer is no longer a threat", emphasized Dr. Shekhar Salkar, underlining the importance of early intervention. Celina Menezes added, "Adolescents living with HIV are significantly more vulnerable to persistent HPV infections, which can lead to cancers at an earlier age and with more aggressive progression. This vaccine offers them protection and a pathway to a healthier future". This initiative is part of Human Touch Foundation's broader mission to promote inclusive, adolescent-centered healthcare and to close health equity gaps for vulnerable communities in Goa. Human Touch Foundation has been consistently working to advance adolescent health and wellbeing, particularly in vulnerable areas and with marginalized groups such as adolescents living with HIV. The organization also actively engages in the area of sexual and reproductive health, aiming to ensure that every adolescent has access to accurate information, quality services, and a safe environment to thrive.





25 JUNE 2025

IMA Margao

The annual MIMA was held on 25th June 2025 at Metropole Hall, Nanutel, Margao in the distinguished presence of Chief Guest Dr. Anthony D'sa, & Guest of Honor Dr. Dattaram Desai. The speakers were (1) Dr. (Prof) Gourdas Choudhuri (Oration) on 'Emerging Health Challenges Among Doctors : Longevity Lessons From The Blue Zone', (2) Dr. Sadashivayya Soppimath on 'Redefining Role Of Family Physicians In Today's Superspeciality Medical Practice', (3) Dr. Sachin Sudhakararrao Palnitkar on 'Fatty Liver: Myths Versus Facts', and (4) Dr. Padmanabh Rataboli on 'Pharmacovigilance In Medical Practice'. Dr. Ira Almeida, Dr. Vijay Khandeparkar, Dr. Damodar Raikar, Dr. Eduardo Braganza, Dr. Nalin Gosalis were felicitated for their outstanding contributions to the society. In all 219 delegates attended. The delegates were richer by 3 CME credit points so were the speakers.



25 JUNE 2025

IMA Ponda

Under "Beti Bachao, Beti Padhao" initiative of IMA Headquarters, IMA Ponda has adopted two girl students of Wagle High School Mangueshi on 25th June 2025. The girls student are selected by school management based on socioeconomic status and financial needs of the family. The project is sponsored by Dr. Ajay Pednekar, President IMA Ponda who will be providing monthly scholarship of Rs. 1000/- to each girl student and free medical consultation. IMA Ponda has been doing this activity since 2017 when IMA Headquarters came up with the initiative for the first time.



25 JUNE 2025

IMA Ponda

As a part of Diamond Jubilee Celebrations of Wagle High School Mangueshi, a session for SSC students was organized at 10.30am on 25th June 2025 by Wagle Alumni Association in collaboration with IMA Ponda Branch. Dr. Kirti Desai, Consultant Psychiatrist and Treasurer IMA Ponda, spoke on 'Stress, Distress and Happiness in Student Life'. About 75 students and 3 faculty members attended the interactive and interesting session by Dr. Kirti. Mrs. Mithasha Aigal, Headmistress of the School welcomed the dignitaries and also proposed the vote of thanks. Dr. Ajay Pednekar, President IMA Ponda and a Wagle Alumni himself advised the student to work hard and achieve success. IMA Ponda Secretary Dr. Rakesh Deshmane was also present.



27 JUNE 2025

IMA Ponda

IMA Ponda monthly CME was held at IMA House on 27th June 2025. Speaker was Dr. Sindhu Mallik Arjun, MD who spoke on 'New paradigms in diabetes management'. Total 32 members attended the meeting.



28 JUNE 2025

IMA Ponda

Dr. Ajay Pednekar examined 12 patients at Balkalyan Ashram, Talauli during regular fortnightly health check up camp on Saturday, 28th June 2025 between 4pm to 6pm. Complete clinical examination was done in all the patients. Free medicines were given to the needy. Two patients were given injectable paracetamol. One patient received injection Stemetil for Positional Vertigo.





29 JUNE 2025

IMA Bardez

IMA Bardez participated in a health camp at Porvorim organized in association with New Vrundavan Hospital, Rotary Club of Bardez, and JCI Taleigao on 29th June 2025.

Dr. Sachin Narvekar provided consultation for over 30 women.



IMA CQS

Dr. Deepak Lotlikar conducted his routine weekly check up of inmates of the Home for the Destitute run by the Missionaries of Charity at Igramoll, Quepem.

