



## Care With Compassion: That's Palliation

### IMA President's Message



Dear Colleagues,  
Greetings !

You must be aware IMA HQS building is under construction in New Delhi. The initial estimate is Rs. 70 crores. It will be equipped with office, conference rooms, library & guest rooms, and should be a place of pride for all of us. IMA Goa State has contributed Rs. 2 lakhs. It is our fervent appeal to each and every member of IMA in Goa to contribute minimum of Rs.1000/- so that each one of us will have a sense of belonging towards it. I request each one of you to donate generously towards our own national headquarters building. I request Hon. Treasurer of each branch to collect the amount and transfer to State treasurer till 25th of Dec 2025 so that we can declare our state contribution in the Annual Conference in Ahmedabad on 27th and 28th Dec 2025.

Long live IMA.

**Dr. Dattaram B. Desai**

### From the Editor's Desk

Hi,

As doctors, caring for patients with compassion is in our DNA. We lost a part of that DNA the beginning of November 2025 when James Watson left us for his heavenly abode. In 1962 much before many of us had even had our DNAs designed, Watson, Francis Crick & Maurice Wilkins were awarded the Nobel prize in Physiology or Medicine "for their discoveries concerning the molecular structure of nucleic acids and its significance for information transfer in living material". Some discoveries change the course of history like no other.



**Dr. Vrushali Prabhudesai**



## *Caring Beyond Cure: Goa's journey in Palliative Care*

Dr. R. G. Wiseman Pinto

Life is filled with ironies that encompass both joy and suffering, happiness and pain. Many diseases, particularly chronic and terminal ones, lead to intense suffering that patients often describe as unbearable torture. In response, society must take steps to improve the quality of life for these individuals and provide them with the care, comfort, and dignity they deserve.

Palliative care is the specialized approach that aims to relieve the physical, psychological, social, and spiritual suffering of those facing life-threatening illnesses. It is not limited to medical treatment but extends to emotional and spiritual support, helping patients and their families cope during the most difficult stages of life. This form of care is crucial for individuals with terminal cancers, heart disease, lung disorders, kidney failure, dementia, HIV, and AIDS.

A multidisciplinary team forms the foundation of effective palliative care. It involves doctors, nurses, nursing assistants, social workers, psychologists, religious personnel, pharmacists, and physiotherapists. These professionals often work hand in hand with government agencies, NGOs, trusts, and charitable foundations to build a network of care and compassion. Together, they address a wide range of problems—pain, nausea, vomiting, breathlessness, difficulty in swallowing, urinary issues, and many others—while also providing emotional, spiritual, and financial support to improve patients' quality of life.

Palliative care is especially important for those with Stage IV cancers, where the disease has spread and treatment options are limited. In children, there are also conditions like Stage V Wilms Tumor, which affects both kidneys and requires intensive management and family support.





One of Goa's most noteworthy organizations in this field is the Prateek Menezes Memorial Foundation (PMMF). It was founded in memory of little Prateek Alvaro Menezes, who passed away on 20th November 1981 at the age of six after a brave battle with cancer. The seed fund for the trust came from the sale of greeting cards featuring Prateek's own drawings—a beautiful symbol of hope transformed into a legacy of service.

For the past forty-four years, PMMF has been extending remarkable support to children suffering from cancer. The foundation assists in purchasing medicines, financing diagnostic tests, providing nutritional aid, travel assistance, toiletries, and even covering funeral expenses for bereaved families. Beyond medical and financial help, they also bring joy and relief to patients and families by organising recreational activities, games, and parties that help them temporarily escape the burdens of illness.

PMMF further contributes to medical education by sponsoring Continuing Medical Education (CME) programs, updates, and conferences related to palliative care. The foundation collaborates with the Goa Medical College and Hospital, Tata Memorial Hospital, Mumbai, and other renowned institutions such as the L.V. Prasad Eye Hospital. The founders, Cesar and Dr. Mimi Menezes, deserve immense appreciation and gratitude for their exceptional dedication to this noble cause.

In some advanced cases of cancer, like certain lung cancers, new targeted therapies are available that work for patients with specific genetic changes. However, for most Stage IV cancers, the outcome remains terminal. Unfortunately, some large hospitals, due to financial pressures, continue to keep terminally ill patients in intensive care units—connected to tubes, drips, and catheters—offering false hope through futile interventions.

True palliative care focuses instead on easing pain and suffering. Morphine and nerve or ganglion blocks are often used to relieve severe pain. The goal is to allow patients a dignified and peaceful end to life. Patients also have the option to execute a Living Will, expressing their wishes regarding medical care at the end of life.



Such individuals are best cared for in a hospice or at home, under the supervision of trained nurses, caregivers, counsellors, physiotherapists, and doctors. They must be treated with compassion, empathy, and kindness, ensuring a humane and holistic approach.

Goa has several notable palliative care centers offering dedicated service. Shanti Avedna Ashram (Sadan) in Loutolim, Salcete, was established in 1986 by Dr. L. J. De Sousa, fondly known as Dr. Lusito, a cancer surgeon who served as Chief of Surgical Oncology at Tata Memorial Hospital, Mumbai. He went on to establish two more hospices—one in Bandra near Mount Mary Shrine, Mumbai, and another in Delhi near Safdarjung Hospital. These centers, managed by dedicated nuns, provide care to terminal cancer patients with love and devotion, regardless of age, gender, caste, or creed. For his exemplary humanitarian service, Dr. Lusito was honored with the Padma Shri by the Government of India. The Loutolim center continues to function under Dr. Mavis Faleiro and the team of nuns who lovingly care for the inmates.

Another prominent institution is Dilasa, established in 2018 by the IMA Ponda Charitable Trust at Farmagudi, Ponda. This center, led by Dr. Santosh Usgaonkar, Dr. Vallabh Dhaimodkar, and Dr. Subash Shikerkar, provides holistic palliative care to patients with cancer, stroke, dementia, and other terminal illnesses. The center was made possible through the generous contribution of Dr. Rajnikant Usgaonkar, an internal medicine physician from the United States, who passed away recently. His contribution ensures that the less fortunate in Goa receive compassionate care in their final days.

The Cipla Palliative Care Center, located at the South Goa District Hospital (Hospicio Hospital) in Margao, is another major initiative. Funded by the Cipla Foundation, it is managed by a team of dedicated doctors—Dr. Ira Almeida, Dr. Deepa Correia Afonso, Dr. Vinella, and Dr. Borkar. This center, established in 2023, not only provides in-hospital care but also conducts home visits, offering emotional, social, and medical support to patients and families.

The Goa Medical College has also initiated its own Palliative Care Unit, and similar units are being developed in health centers across the state, including Canacona and other regions.



The Goa Cancer Society, founded in 1968 by Dr. Sharad Vaidya, continues to play a vital role under the leadership of Mr. Srinivas Dempo, Dr. S. B. Shetye, Dr. Mahesh Naik, and other medical professionals. Late Dr. Damodar Bounsulo made valuable contributions as well. The society engages in research, organizes cancer awareness lectures, medical camps, and collaborates with organizations like the Indian Cancer Society and the Make-A-Wish Foundation. Dr. Shekhar Salkar also actively contributes through the NOTE organization, leading anti-tobacco and anti-smoking campaigns.

Recently, on 11th October 2025, a National Palliative Care Convention was organized at Sai Nursing Institute. The event, coordinated by Dr. Vallabh Dhaimodkar, Dr. Santosh Usgaonkar, and Dr. Sneha Bhagwat, featured Chief Minister Dr. Pramod Sawant as the Chief Guest. During the event, Mr. Cesar Menezes was felicitated for his and Dr. Mimi's outstanding contribution through the Prateek Menezes Memorial Foundation.

Another distinguished Goan, Dr. Armida Fernandes, Neonatologist and former Dean of LT Medical College, Sion, Mumbai, was a guest speaker at the convention. She has established a Palliative Care Foundation and Center in Bandra, Mumbai, and shared valuable insights on the practical aspects of providing compassionate care. Her model serves as an inspiration that can be effectively replicated in Goa.

As we acknowledge these selfless efforts, it is equally important to look after the well-being of caregivers who dedicate themselves to serving the suffering. Palliative care is as much about supporting families and caregivers as it is about relieving the pain of patients.

May God bless all these dedicated individuals and institutions for their noble, compassionate, and selfless service to humanity. Their work stands as a shining example of love in action and a reminder that, even in suffering, there can be dignity, care and hope.

(Dr. R. G. Wiseman Pinto is a Professor of Pathology, former Head of Department at Goa Medical College, former Dean of Goa University, and the current President of the Asian Society of Cytopathology.)

Through the kind favour of Dr. Vallabh Dhaimodkar



## IMA Bardez

## Branch Activities

IMA Bardez organized a CME on 'Cancer screening : A step towards preventive oncology' on 13/10/2025. Dr. Anura Kantak, Consultant Medical Oncology, presented an interesting talk on cancer screening which is the need of the hour. It was attended by 50 participants. Credit Point/s : 1



Dr. Rukhma Prabhu conducted a session on 'Menstrual hygiene' for the students of Dr. Ambedkar Higher Secondary School on 15/10/2025.

IMA Bardez along with NDH conducted a COLS workshop for NDH staff on 16/10/2025. Around 25 staff attended the training.



Dr. Shema Shirodkar and Dr. Sachin Narvekar on behalf of IMA Bardez conducted a COLS workshop at Vision Hospital, Mapusa on 17/10/2025. It was attended by 20 nurses and one Doctor.



COLS workshop conducted for lab technicians in NDH in collaboration with IMA Bardez on 17/10/2025 at 12pm. It was attended by 8 technicians. Resource person was Dr. Shema Shirodkar.



IMA Bardez along with NDH conducted a CME on 'Diabetes Mellitus overview' on 17/10/2025 at 02.30 pm. Talk was given by Dr Roque Wiseman Pinto. It was attended by 50 doctors. Goa Medical Council has awarded 1 CME credit.



The fourth module of the 'Diabetes Refresher Course' featured expert talks and interactive sessions on various aspects of diabetes care on 26/10/2025. It was attended by 25 delegates.



Dr. Ankush Desai discussed in-hospital diabetes management, while Dr. Milind Gaikwad covered acute complications such as DKA and hypoglycemia. Dr. Ana Soraya Monteiro spoke on long term diabetes management and patient follow-up.

Diabetes educators Ms. Edna Noronha and Ms. Zenita Botelho emphasized patient counseling, lifestyle modification, and foot care. Goa Medical Council awarded 1 CME credit.





# Indian Medical Association Goa

# Doc Talk



## 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



Monthly CME was organised on 10/10/2025 at Hotel Flora, Curchorem. Dr. Ritam Dessai talked on 'First Aid in Burns'. CME was attended by 25 members of CQS.





## IMA Margao

In association with Rotary Club of Margao and St. Johns Medical College, IMA Margao organized a BLS training camp for hospital staff at Rotary Hall, Fatorda on 05/10/2025. Dr. Jorson Piedade Fernandes was the faculty. 30 hospital staff attended.



MA Margao had its CME on 10/10/2025 at Nanutel Hotel, Margao. The speakers were Dr. Avinash Anand and Dr. Reshma Pawar. The topic was 'Interesting Advanced Cancer Cases – Panel Discussion'. It was attended by 88 members. CME Accreditation : 1 point.

IMA Margao supplied eight food baskets to newly detected Tuberculosis patients on 09/10/2025 under the PRADHAN MANTRI TB MUKT BHARAT ABHIYAN.



As part of the CPR Awareness Week, Activity no. 1, a BLS class for the hospital staff of Sunshine Hospital was held on 14/10/2025. The instructor was Dr. Saharsh Thorwat. 10 staff attended.



## IMA Margao

As part of the CPR Awareness Week, Activity no. 2, a BLS class for the hospital staff of Ace ENT Hospital was held on 15/10/2025. The instructor was Dr. Saharsh Thorwat. 14 staff attended.



As part of the CPR Awareness Week, Activity no. 3, a BLS class for the hospital staff of Noble Hospital was held on 16/10/2025. The instructor was Dr. Saharsh Thorwat. 7 staff attended.

As part of the CPR Awareness Week, Activity no. 4, a BLS class for the hospital staff of Royal Hospital was held on 16/10/2025. The instructor was Dr. Saharsh Thorwat. 12 staff attended.



IMA Margao President, Dr. Suraj Prabhudessai conducted a lecture at Ayurveda College, Shiroda on Wound Healing on 16/10/2025. The total attendance was 50.

IMA Margao President, Dr. Suraj Prabhudessai conducted a lecture at Pharmacology College on 'Approach To Non-alcoholic Fatty Liver Disease' on 16/10/2025. Total attendance was 450.

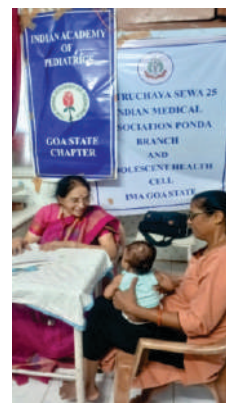
IMA Margao President, Dr. Suraj Prabhudessai





## IMA Ponda

Regular weekly health check up under Matruchaya Seva 25 and Aao Gaon Chalen Abhiyaan of IMA Ponda, IMA Ponda Charitable Trust, IAP and Adolescent Health Cell of IMA Goa State was held on Wednesday 08/10/2025 at Matruchaya. 16 kids including 8 newborns, 4 infants, 4 toddlers were examined by Dr. Purnima Usgaonkar.



The regular weekly health check up under Matruchaya Seva 25 and Aao Gaon Chalen Abhiyaan of IMA Ponda, IMA Ponda Charitable Trust, IAP and Adolescent Health Cell of IMA Goa State was held on Wednesday 15/10/2025 at Matruchaya. 14 kids including 6 newborns, 4 infants, 4 toddlers were examined by Dr. Purnima Usgaonkar. Diets of each were discussed and advised. Caretakers duty discussed and advised. Blood and other reports of new admissions done and advised accordingly.





# Indian Medical Association Goa

# Doc Talk



## IMA Ponda

Regular weekly health check up under Matruchaya Seva 25 and Aao Gaon Chalen Abhiyaan of IMA Ponda, IMA Ponda Charitable Trust, IAP and Adolescent Health Cell of IMA Goa State was held on Wednesday 22/10/2025 at Matruchaya. 10 kids including 6 newborns and 4 infants were examined by Dr. Purnima Usgaonkar. Guidance was given towards case of phimosis and one GERD. New caretaker was given responsibility and explained different duties towards the health of the children. Blood and other reports of new admissions were seen and advised specifically, in relation to thalassemia test reports.



Monthly meeting & CME was held at IMA Hall Ponda on 25/10/2025. The gathering was welcomed by President Dr. Ajay Pednekar who thanked all the members for participating in XXXVII GIMACON 2025. Monthly report was presented by Secretary Dr. Rakesh Deshmane followed by CME by Dr. Suyash Mandurkar, Consultant OBGYN and Wellness Coach on 'PCOS - beyond metformin an integrated approach in management'. This was followed by discussion. Total 25 members attended the gathering.

