‘C’ VIEW

THE BULLETIN OF THE BOMBAY ‘C’ WARD MEDICAL ASSOCIATION

ISSUE NUMBER **SEPT 2026**

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For Private Circulation

EDITORIAL

Depression in Senior adults: a Harbinger of Death

Depression is not a normal part of aging process. Still we see more and more of Septuagenarians and Octogenarians with suddenly deteriorating health not attributably to any clinical or laboratory diagnosis.

In the last few months I encountered couple of such cases with pressure ulcers who were bedridden. The cause of their bedridden state seemed elusive. There was no neurological or traumatic cause.

However they did have a recent loss of a loved one or spouse as their common factor following which their condition deteriorated. Loneliness and depression creped in and they lost their will to eat, move and live altogether. Even after successfully treating their sores and operating them, they returned with new ones at different locations eventually restricting them to home based debilitation and death.

The role of a family physician is crucial in such cases as they may be able to pick up a slight change in behavior or lifestyle early. Timely psychological counselling, psychiatric involvement with family support can help get these patients out of depression and live their life with dignity and independence they deserve.

In today’s fast paced life we must endeavor to give emotional and financial support to our senior adults back home too, to prevent this wave of depression from creeping into our homes.

Dr Gaurav Kadakia- Editor

STOP PRESS

WATCH THIS SPACE FOR ANNOUNCEMENT OF

EDUCON 2027

A MULTISPECIALITY CONFERENCE

DATE AND VENUE TO BE FINALISED SOON!

PRESIDENT'S MESSAGE

Dear Friends and Colleagues,

We had a successful CME ON SLEEP, SNORE & MORE – A Practical guide to Sleep Disorders for GPs, which was held on 6.9.26. It was a very interesting and informative CME.

I thank Dr. Jawahar Mukhtiyar our Clinical Secretary for organising such a good CME. My special thanks to all the speakers for sparing their valuable time on a Sunday to enlighten us. All of them spoke well. We had a lively and informative question answer session at the end.

I am grateful to all the delegated for attending the CME and encouraging us to go on. We have loyal delegates who come from as far as Virar, Bhayander and even Palghar. I salute their zest for knowledge;

Please note that in an attempt to curb unqualified medical practitioners, the Maharashtra Medical Council has made it mandatory for all doctors to display a ' Know Your Doctor' QR plate at every place of practice, as per a government order issued in November Last year. This allows patients to instantly scan the QR code and verify a practitioner's registration status.

Under the rules the Medical Practitioner must procure separate official physical plates for each clinic, hospital or nursing home where they consult. It has been specified that digital screenshots or paper printouts will not be accepted. The KYD plate can be got from the KYD portal - www.kyd.co.in and need to be mounted before 31st October 2026.

While the intentions of the order are good I wonder why a third party portal is tasked with it and why not he MMC portal. Why should practitioners share their information with a third party and pay them. IS IT A MONEY SPINNER FOR SOME INTERESTED PARTY?

Also, what is wrong with a digital screen shot or paper print out. They work equally well and printed QR codes are being used all over the country for digital payments. MAY IT IS TO INCREASE THE EARNINGS OF THE INTERESTED PARTY?

ALL BIG MEDICAL ORGANISATIONS MUST TAKE UP THE ISSUE WITH THE CONCERNED AUTHORITY AND ENSURE THAT THE QR CODES ARE AVAILABLE FROM A GOVERNMENT BODY AND THAT DIGITAL SCREEN SHOTS OR PAPER PRINTOUTS SHOULS BE ALLOWED.

Artificial Intelligence in Medical practice is going to come in, in a huge way and shall be the game changer for how medicine is practiced. All medical practitioner must familiarize themselves with AI and must have a working knowledge of how to use it in daily practice.

We soon hope to do a CME on AI in medical practice. Please keep a watch for the announcement and do not miss the opportunity. In the meantime please make efforts to attend as many as possible CME and Conferences on AI. The more you attend the more will you become proficient in it.

Dr. Neelang Shah, President.

IMPORTANT INFORMATION

- Our website www.bcwma.in. Do visit it for information about future events and bulletin.
- Our dedicated number for Whatsapp communication – **7208189493. Only messages, no calls please.**
- Members are requested to please Whatsapp & email us their Name, address, mobile number and e-mail address to enable us to update the member's list. **Please send your details to bcwma1@gmail.com and Whatsapp message on 7208189493 with the subject – 'UPDATE MEMBERS LIST"**
- Non- members who wish to get regular information of our CME's and other programs are request to send us their Names, addresses, mobile numbers and e-mail address via Whatsapp and e-mail. **Please send your details to bcwma1@gmail.com and Whatsapp message on 7208189493 with the subject– 'PLEASE INCLUDE IN NON-MEMBERS LIST'**

The Role of Physicians in Natural Disasters

The recent floods in Nepal has shown us results of the wrath of nature.Natural disasters—earthquakes, floods, hurricanes, and wildfires—test healthcare systems at their core, and physicians stand at the frontline of the response. Their role extends far beyond treating injuries; it encompasses triage, resource allocation, disease prevention, and psychological support for affected communities.

In the immediate aftermath, physicians perform rapid triage, prioritizing care for the critically injured while managing limited medical supplies and personnel. Field hospitals and mobile clinics often become the only accessible points of care, requiring physicians to adapt quickly to austere conditions without standard equipment or infrastructure.

Beyond acute trauma care, physicians play a crucial role in preventing secondary crises—monitoring for disease outbreaks caused by contaminated water, overcrowded shelters, or disrupted sanitation systems. Vaccination drives and public health surveillance become essential tools in this phase.

Physicians also serve as coordinators, liaising with emergency management teams, NGOs, and government agencies to ensure efficient distribution of aid. Their clinical judgment helps shape evacuation priorities and resource deployment.

Equally important is their role in addressing the psychological toll of disasters, offering mental health support to survivors experiencing trauma, grief, and displacement.

Ultimately, physicians embody resilience and adaptability in crisis response—bridging emergency medicine, public health, and humanitarian aid to safeguard lives when systems are most strained.

FUN FACTS FOR DOCS

Cordless Drill Emergency: In 2003, a Wisconsin ER doctor successfully saved a patient's life by drilling a hole in the patient's skull using a battery-powered cordless drill to relieve life-threatening pressure.

The Shy Inventor: French physician René Laennec invented the first stethoscope in 1816. Driven by modesty (and not wanting to place his ear on a young female patient's chest), he rolled a piece of paper into a cylinder and found it amplified the sound of the heart.

Stoneman Syndrome: Known medically as Fibrodysplasia Ossificans Progressiva (FOP), this genetic condition causes the body's muscles, ligaments, and tendons to permanently turn into bone, essentially creating a second skeleton

QUOTABLE QUOTES

- No God, No peace; Know God, Know Peace
- Two greatest gifts that parents can give children are roots and wings
- Let us learn from mistakes of others. We cannot make them all ourselves.
- Person who laughs last, laughs best.

The Bombay 'C' Ward Medical Association and Bombay Medical Union

Jointly with **Sir H.N. Reliance Foundation Hospital**

Invite you to

Dr. Jaswant Mody Foundation CME on: HAEMATOLOGY

Date: Sunday, 4th October, 2026 Time: 09:00 am to 01:30 pm

Venue: Convention Hall, Sir HN Reliance Foundation Hospital

09.00 – 09.50 am	Registration, Fellowship, Tea / Coffee
09.50 – 10.00 am	Welcome : President – Dr. Neelang Shah
10.00 – 10.30 am	Anaemia – Work-up Made Simple Speaker: Dr Balkrishna Padate.
10.30 – 11.00 am	Topic: Approach to Thrombocytopenia Speaker: Dr Samir Shah
11.00 – 11.30am	Transfusion Medicine: What Every Clinician Needs to Know! Speaker: Dr Shruthi Meenaksi Henriques
11.30– 12.00 pm	An Approach to Cytopenia Speaker: Dr Talatnoor sheikh
12.00 –12.30 pm	Thrombocytopenia: Don't Panic, Don't Miss Speaker: Dr Darshit Shah
12.30-1.00pm	Question & Answer
1.00 pm onwards	**Lunch**

ADMISSION FREE BUT PRIOR REGISTRATION IS A MUST AS SEATS ARE LIMITED.

PLEASE NOTE THE VENUE AND TIME. PARKING AVAILABLE.

President	Hon. Secretaries	Clinical Secretary
Dr. Neelang Shah	**Dr. Mrinal Shah** **Dr. Rushabh Shah**	**Dr. Jawahar Mukhtyar**

For Registration: Email to bcwma1@gmail.com

To know details of CME of every month, send your email id to bcwma1@gmail.com Applied for 1 MMC Credit Hour Certificate (Subject to approval): Rs 50/- (The Bombay C Ward Medical Association members), Rs 100/- (non-members)