

‘C’ VIEW

THE BULLETIN OF THE BOMBAY ‘C’ WARD MEDICAL ASSOCIATION

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The Cracked Pot

There was a man who carried water home each day from a river, using two earthen pots balanced across his shoulders. One pot was intact and dependable, arriving full every evening. The other bore a small crack, and by the time the walk ended, much of its water had quietly slipped away. For a long while, this difference went unquestioned. Then the cracked pot began to measure itself only by what it lost. When it finally spoke of its regret, the water bearer asked it to notice the path they would take the following morning.

As they walked back from the river, the pot observed something it had overlooked for years. Along its side of the path grew flowers — scattered at first, then continuous, bringing colour and softness to the long walk home. On the other side, where the perfect pot travelled, the ground remained dry and unchanged.

The seeds had been planted intentionally. The daily leak had watered them without effort or awareness. What seemed like loss had been quietly sustaining life.

Medicine often reveals itself in similar ways.

We enter practice believing our value lies in precision and completeness — in diagnoses made, treatments delivered, outcomes achieved. Yet with time, we learn that care does not always move in straight lines. Some encounters end without resolution. Some days feel more fragmented than whole. And yet, something still remains behind.

In the pauses we allow, the patience we offer, the steadiness we bring to uncertainty — something takes root. These moments rarely announce themselves as meaningful, but they shape how illness is carried and remembered.

Not everything we give reaches its destination intact.

Some of it is meant for the path.

Sonia Kothari

Editor

PRESIDENT'S MESSAGE

Dear Friends and Colleagues,

On 4th January, 2026 we had an interesting CME on Air Quality and its impact on health. It was well conceptualized by our Clinical Secretary, Dr. Jawahar Mukhtyar. **The introductory talk given by Dr. Mukhtayar, on AQI was very informative and is being shared as a separate file for the benefit of those who could not attend the program.**

We had a good attendance and it was appreciated by all delegates.

I am thank full to ||Dr. Jawahar Mukhtyar for organizing such a wonderful CME and I am grateful to all the speakers for sharing their insights on the subject.

Our next CME is scheduled for 1st February. It shall be on Orthopedics. It will be at our regular venue at Sir H.N Reliance Foundation Hospital and I look forward to seeing you'll there. Please register on the number given in the program, to help us make necessary arrangements.

At the cost of being repetitive I am sharing some of the paragraphs from my last communication as it is important for all to take note of it and act on it. I am stilling getting requests to share program details with doctors mentioning the proper category in which to include them and without mentioning their Name, address, mobile number and e-mail address. Please share the relevant details to enable us to serve you better.

Please note our website www.bcwma.in is active and I hope you'll have visited it and have found it useful. Any suggestion to improve the website are welcome. All our future events will be posted on the website.

We also, now, have a **dedicated number for Whatsapp communication – 7208189493**, on which members can communicate with us. 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’**

Many non-members are attending our CME and other programs, they are welcome and we appreciate their participation. **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’**

We shall be organizing a full day conference **of 1st March 2026** at the Garware Club house, Bombay Cricket Association, Churchgate. It promises to be an academic and gastronomic feast. **PLEASE BLOCK THE DATE IN YOUR CALENDAR.** Details of program will be shared in due course.

Wishing you all a Happy New Year.

**Dr. Neelang Shah,
President.**

Poor vision plus unsafe homes drive higher fall risk in seniors

5 simple actions you can take now to reduce some key fall-hazards within your home

Vision Loss, Home Hazards, and Falls in Older Adults — Why Both Matter in Prevention

A recent study from Michigan Medicine, supported by the U.S. National Eye Institute, highlights a critical and often overlooked contributor to falls among older adults: the combination of **poor vision** and **unsafe home environments**. The research finds that while reduced vision and environmental hazards each increase fall risk, it is their **interaction** that elevates the likelihood of falls by three to four times compared with older adults with normal vision and safe homes.

The investigators analysed data from the National Health and Aging Trends Study, including over 4,600 community-dwelling adults aged 65 and above. Nearly half of participants lacked basic safety modifications like bathroom grab bars, and more than half lived with at least one home hazard such as broken flooring or tripping risks. Importantly, it was only when **visual impairment coincided with home hazards** that fall risk rose significantly.

Quantitative visual assessments revealed that even modest reductions in visual acuity or contrast sensitivity independently increased fall risk — emphasising how subtle vision losses can impede hazard detection in the home. The study underscores that fall prevention must extend beyond clinical vision correction. While regular eye examinations and appropriate corrective lenses remain essential, they are **insufficient** if the patient's living environment continues to pose risks. Targeted home modifications are equally important and cost-effective strategies to reduce falls.

- 1. Get regular eye exams and use the right glasses.** Make sure prescriptions are up to date, and use glasses as recommended.
- 2. Check the bathroom first.** Add grab bars near the toilet and in the shower or tub; use nonslip mats in the tub or shower.
- 3. Clear the walking paths.** Remove or tape down loose rugs; move electrical cords out of walkways; keep hallways and stairs free of clutter.
- 4. Fix damaged flooring.** Repair torn carpet, broken tiles or uneven floorboards that could catch a foot or cane.
- 5. Improve lighting.** Use bright, even lighting, especially on stairs and in hallways; add night-lights near the bathroom and bedroom.

Clinically, this research suggests a paradigm shift: fall risk assessment should integrate both **visual function evaluation** and **home environment screening**.

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

Jointly with Sir H.N. Reliance Foundation Hospital Invites you to

Dr. Jaswant Mody Foundation CME on:-

Bones, Joints & Joint decisions: GP friendly orthopaedics. "What to treat, What to refer and What not to miss!"

Date: Sunday, 01st February 2026. Time: 09: 00 am to 01: 00 pm

Venue: Convention Hall, Sir HN Reliance Foundation Hospital, Prarthana Samaj, Mumbai- 04

Session

| | |
|----------------|---|
| 9 - 9.30 : | Registration & welcome coffee |
| 9.30 - 9.45: | President - Dr Neelang Shah - Welcome note. / Clinical Secretary - Dr Jawahar Mukhtyar Introduction |
| 9.45 - 10.15: | "Hip and Knee issues in general practice" - Dr Vaibhav Bagaria |
| 10.15 - 10.45: | Straightening out Spine complaints in general practice - what to treat, image and refer! - Dr Arjun Dhawale |
| 10.45 - 11.15: | Simple orthopaedic trauma / soft tissue injuries and tendinitis - Dr Binoy Shah |
| 11.15 - 11.45: | "Putting your best foot forward" foot problems in GP opd - Dr Abhishek Kini |
| 11.45 - 12.15: | "When Fixing isn't feasible: the art of orthopaedic Palliation in daily Practice. - Dr Mahesh Menon |
| 12.15 - 12.45: | Introduction to Sports Medicine for GPs - Dr Tusha Parikh |
| 12.45 - 01.00 | Q & A |
| 1pm : | VOTE OF THANKS FOLLOWED BY LUNCH |

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

NOTE THE VENUE AND TIME. PARKING AVAILABLE

President: Dr. Neelang Shah

Scientific Convener: Dr Jawahar Mukhtyar

Secretaries: Dr. Rushabh Shah, Dr. Mrinal Shah

For Registration: what's app: +917208189493 ; Email to bewmail@gmail.com

Our CME: 1st Sunday of every month

* To know details of CME of every month, send your email id and mobile number to bewmail@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)

BLOCK YOUR DATES

EDUCON – 2026
"BRIDGING GENERAL PRACTICE &
ONCOLOGY CARE"
A CONFERENCE ORGANISED BY
THE BOMBAY 'C' WARD MEDICAL
ASSOCIATION
AND
BOMBAY MEDICAL UNION
IN ASSOCIATION WITH
MOC MUMBAI
SUNDAY 1st MARCH 2026

AT
GARWARE CLUB HOUSE, BCA,
CHURCHGATE.

PROGRAM AND REGISTRATION DETAILS WILL BE
SHARED SOON