

‘C’ VIEW

THE BULLETIN OF THE BOMBAY ‘C’ WARD MEDICAL ASSOCIATION

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May 2026

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For Private Circulation

EDITORIAL

It was a routine Monday evening when I was sitting in my consulting room and a young lad of 14-15 years entered. His eyes fixed in a down ward gaze, sadness on his face. I tried to enquire about his problem but he wouldn't say much.

Then his mother told me about the chest swellings he had which had bothered him to this extent. He had stopped meeting friends and family. Barely spoke to folks at home. She was really concerned about his illness.

I explained to her about his condition, Gynaecomastia, its common occurrence in adolescent boys and its treatment modalities. Only after hearing about this and assurances that it is fairly common and a normal occurrence did the boy speak, and tears rolled out of his eyes as he said he wanted to get rid of them.

Then suddenly the cabin door opened and in barged his father. I explained him everything too and also about the depression like state his child was facing due to this condition. His demeanour changed as soon as I told him the treatment modality as being surgical. He blatantly denied the need to undergo any such procedure for this. I could see the child's dilemma as he went back to his downward stare. All my efforts at convincing his father were in vain despite the despicable position of his ward.

I felt helpless , not knowing where this depression /self guilt would lead the child.

But the awareness about these conditions and the social plight they may lead to is essential. Many a times a gentle nudge by the family physician or paediatrician helps in our endeavour to disencumber the agony of such patients.

Dr Gaurav Kadakia
Editor, C-View

PRESIDENT'S MESSAGE

Dear Friends and Colleagues,

Our last CME was on – **Stroke 2026#Rapid Recognition # Decisive Action # Seamless Continuity for GP**” on 3rd May 2026. It was a huge success and was attended by a record number of delegates. The hall was packed to capacity. The lectures were lucid and very informative.

I thank Dr. Arun B. Shah and the Neurology department of Sir H. N. Reliance Hospital and Dr. Jawahar Mukhtiyar, our Clinical Secretary, for curating such a lovely program.

I thank all the speakers and delegates for attending in spite of it being vacation time.

The CME conveyed a very important message – Early detection of signs and symptoms of stroke (BE FAST – Loss of **B**alance, **E**yesight changes, **F**acial droop, **A**rm weakness, **S**peech difficulty & **T**imely referral), timely referral and treatment (**THROMBOLYSIS AND THROMBECTOMY**) in the golden period, earlier the better, (**TIME IS BRAIN**) can go a long way in reducing the morbidity and mortality in patients of stroke. Individualised and proper physiotherapy is import in rehabilitating the stroke patient and can make the difference between a bedridden and independently walking person.

We had a successful conference on 1st March and it is now time to start planning for the next conference. All those interested in taking an active part in organising the conference should contact me. Your suggestions about topics you would like to be covered in the conference are welcome.

Suggestions are also welcome for CME topics that you would like us to cover.

Our C- view comes out on a regular basis and I request you to please send your articles – academic and non-academic to the Editors for inclusion in the C- View.

Our next CME is on 7th June and I request all to attend in large numbers.

Dr. Neelang Shah, President.

Laughter is the Best Medicine

■ Doctor: “Which do you want first, the good news or the bad news?”

Patient: “Give me the good news.”

Doctor: “You’re about to have a disease named after you.”

■ Patient: “Doctor, I have a ringing in my ear.”

Doctor: “Then whatever you do, don’t answer it.”

The Doctor Who Never Stopped Noticing

Dr. Aisha Menon had seen thousands of patients in her twelve years as a hospitalist. But it was a routine Tuesday morning that quietly changed how she practised medicine.

Her first patient was Mr. Gerald, 71, admitted overnight for fatigue. Unremarkable on paper. As Aisha reconciled his eight medications, something nagged at her — a combination she'd seen before but never questioned. She paused, looked it up, and found a subtle interaction that had likely been draining his energy for months. A small fix. A significant difference.

Walking to her next room, she passed her colleague Dr. Ravi in the corridor. “Weird arrhythmia in bed seven,” he muttered. They stopped for three minutes. Just three. By the end, both had recalled something the other had forgotten from fellowship.

That afternoon, a diagnosis she'd made confidently turned out to be incomplete. Instead of moving on, Aisha sat for sixty seconds and asked herself: *What did I assume?* The answer was uncomfortable. And useful.

By evening rounds, she hadn't attended a single lecture. She hadn't opened a journal. Yet she had learned — through a medication list, a hallway conversation, and one honest question to herself.

“Medicine doesn't always teach loudly. Sometimes it whispers through the ordinary, to those still paying attention.”

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’**

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Dr. Neelang Shah, President

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

Jointly with Sir H.N. Reliance Foundation Hospital

Invite you to

Dr. Jaswant Modi Foundation CME Pediatrics 2026

Rapid Recognition • Insightful Updates for Everyday Practice

 **Date:**
Sunday, 07th June 2026

 **Time:**
09:00 am to 01:00 pm

 **Venue:**
Convention Hall,
Sir H.N. Reliance Foundation Hospital,
Prarthana Samaj

SCIENTIFIC PROGRAM

Time	Topic
09:00 – 09:25 am	Registration and Welcome Coffee
09:25 – 09:30 am	President – Dr. Neelang Shah – Welcome Note
09:30 – 10:00 am	Common Myths in Newborn Care in India: Separating Tradition from Evidence <i>Speaker: Dr. Pankaj Parikh</i>
10:00 – 10:30 am	The Evolving Landscape of Vaccines: Recent Updates for Clinical Practice <i>Speaker: Dr. Manjula Rupani</i>
10:30 – 11:00 am	Pediatric Emergencies: Pearls, Pitfalls and Practical Management <i>Speaker: Dr. Sandip Mehta</i>
11:00 – 11:30 am	ABC of CBC: Simplifying Hematology in Children <i>Speaker: Dr. Preeti Mehta</i>
11:30 – 12:00 pm	Decoding Pediatric X-rays <i>Speaker: Dr. Hiren Panwala</i>
12:00 – 12:45 pm	Asthma in Children: Current Perspectives in Pediatric Practice – Panel Discussion Panelists: Dr. Mahesh Balsekar, Dr. Sandip Mehta, Dr. Bharat Parmar Moderator: Dr. Mukesh Sanklecha
12:45 – 01:00 pm	Vote of Thanks
01:00 pm onwards	Lunch



ADMISSION FREE – PRIOR REGISTRATION IS A MUST.

As seats are limited, please register well in advance.
Parking facility available at the venue.

President
Dr. Neelang Shah

Secretaries
Dr. Mrinal Shah
Dr. Rushabh Shah

Program Coordinator
Dr. Manjula Rupani

Clinical Secretary
Dr. Jawahar Mukhtiyar

 For Registration (WhatsApp): 720-818-9493

 Our CME: First Sunday of Every Month

 To know the details of CME of every month, check our website www.bcwma.in



Applied for 1 MMC Credit Hour Certificate (Subject to Approval)



Payment for MMC Points:
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