

‘C’ VIEW

THE BULLETIN OF THE BOMBAY ‘C’ WARD MEDICAL ASSOCIATION

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September 2025

Seeing Beyond the Obvious

The other day, as I was stepping out of my building, I noticed an elderly gentleman walking by—someone who has visited my clinic several times. He passed without a glance, and for a fleeting moment, I wondered if he was deliberately avoiding me. Later, it struck me that he lives with advanced glaucoma, with only a narrow tunnel of vision left. In all likelihood, he simply didn’t see me. What initially felt like indifference was, in truth, an act of courage—of moving forward despite profound limitations.

That moment stayed with me. It was a gentle reminder of how quickly we misinterpret situations, unaware of the invisible struggles others carry. As physicians, we often witness these hidden burdens—chronic pain, silent anxiety, hormonal changes, failing vision—and it reminds us that true care goes beyond diagnosing and prescribing. It calls for empathy, patience, and a willingness to look deeper than the surface.

Our CME programs this month resonates strongly with this philosophy. The first brings attention to women’s health during perimenopausal years—a time of transition often overshadowed by stigma or neglect, when many symptoms are brushed aside as “normal aging.” The second focuses on psychiatric health, where so much remains unspoken, hidden behind smiles or silences, yet profoundly affecting patients’ lives. Both programs challenge us to sharpen our vision—not just the clinical, but also the compassionate—and to recognize dimensions of health that are easily overlooked.

As we approach Independence Day, it feels timely to reflect on the broader meaning of freedom in the context of health. True freedom is not only political or social—it is also personal. It is freedom from preventable disease through awareness and timely intervention. It is freedom from the stigma that still shrouds mental health, discouraging patients from seeking help. It is freedom to live with dignity, even in the presence of chronic conditions that cannot be cured but can be managed with the right support. As we honour our country’s freedom this month, let us also reaffirm our responsibility as doctors—not just to heal, but to truly see, to listen, and to stand beside our patients in their unseen battles. For in doing so, we not only treat disease but also restore hope, dignity, and the essence of what it means to live freely.

Sonia Kothari, Editor.

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PRESIDENT'S MESSAGE

Dear Friends and Colleagues,

Our last CME on 3rd August was on Dermatology - **“Skin-fully Yours !” The Good, The Bad & The Itchy**. Like the title of the CME the lectures too had catchy titles. The CME was like usual, a roaring success! The hall was packed to capacity and there were some people left standing, inspite of having made arrangements for extra chairs. The titles were the brain child of our Clinical Secretary, Dr. Jawahar Mukhtyar.

The CME was organized by our Treasurer, Dr. Saurabh Shah. I thank him for organizing a wonderful program. My special thanks to all the speakers and panelist for giving their valuable time and expert insight into the topics.

On 31st August, we have collaborated with the Department of OBGY of Sir H. N. Reliance Hospital and the Mumbai Menopause Society. The program is being shared with you in the bulletin and all members are welcome to attend.

Our next regular CME is on 7th September and is on Psychiatry. Psychiatric illness, especially anxiety and depression, are on the rise and all doctors must have a basic knowledge to handle their patients as often the patients are not willing to go to a psychiatrist. I request you all to take advantage of this CME and sharpen your skills and ability to serve your patients better.

Please take note that two of our long time staff members, Mr. Manoj Mehta and Mr. Suresh, have left our employment and all are alerted to not have any dealings with them in respect to our associations, the Bombay ‘C’ Ward Medical Association and the Bombay Medical Union. The association shall not be responsible for any money transferred to them or registrations done with them.

On account of the staff leaving abruptly without any notice, the members may face some inconveniences in registering for our programs and registering for MMC points. For the forthcoming CME's please register with the numbers provided in the program. Please register only by sending SMS or messaging on Whatsapp. **No calls please.**

We are looking out for new staff members and if you know of anyone willing to work for the association, even part-time, please let me know.

We are proposing to have our Annual Conference on 1st March, 2026 and you are requested to block your date with us. Details of conference shall be shared with you'll in due course.

Let me remind the members that the last date for filling Income tax returns is fast approaching and for those who are not required to audit their incomes, the last date is 15th September 2025. Please keep all your documents like bank statements, interest and tds certificates, bills of payment, details of fees received etc. ready and give it to your Chattered accountant in good time to avoid last minute rush. For those of you whose income is less than 50 lakhs, you can file your income tax return on Presumptive basis, under section 44ADA. For this you are not required to keep any books of accounts and that is a great relief. Also you have to offer 50% or more of your income for computation of income tax. This can lead to significant savings. Please discuss with your Chattered Accountant.

The world is in economic turmoil due to the tariffs imposed by President Trump and we have to be prepared for hard times to come. Spend wisely and be very careful while investing your hard earned money.

As patriotic Indians, we must boycott all imported goods and try and support the nation by buying swadeshi goods and services. Only with the resolute support of all, can our nation strive to become a super power. There is no doubt that we shall become a Superpower in the future, but if we stand united and support the nation, the goal shall be achieved sooner, may be even in our lifetimes. Amen!

Dr. Neelang Shah, President.

CLINICAL DERMATOLOGY CME - KEY TAKEAWAYS

Monsoon Skin Maladies

- **Exanthem subitum (HHV-6):** 3-day fever rash after fever, *Pityriasis rosea*
- **Erythema infectiosum (Parvovirus B19):** “Slapped cheek” rash
- **Infectious mononucleosis:** Rash after -lactam, pharyngitis, lymphadenitis, hepatosplenomegaly
- **Enteroviruses:** Petechiae, urticaria, Hand-Foot-Mouth disease
- **Varicella:** “Dew drop on rose petal” rash
- **Zoster & Herpes simplex:** Vesicular eruptions
- **Typhoid:** Rose spots (salmon-colored)
- **Rickettsial infection:** Eschar formation (diagnostic clue)

Skin as a Mirror of Systemic Disease

- Skin reflects **overall body health**
- **Stress** alters immunity itch (via neuropeptides & cytokines)
- Look out for psychiatric comorbidities: anxiety, depression, OCD, somatization
- **Body dysmorphic disorder** in ~50% women with PCOS
- **CKD skin signs:** pruritus, xerosis, uremic frost, pigmentation, calciphylaxis, half-and-half nails

Urticaria • Eczema • Allergies • Acne

- **Common triggers in urticaria:**
 - Foods: shellfish, nuts, eggs, milk
 - Insect bites
 - Drugs: penicillin, sulpha, aspirin
 - Airborne allergens: pollen, pet hair, mould
 - Physical: pressure, cold, heat, sunlight
- **Moisturizers** = best treatment for eczema
- **Benzoyl peroxide:** reliable anti-acne agent (no resistance reported)

Hairfall & Hairloss

- Accept your hair – avoid over-treatment!
- **Mainstay:** Minoxidil, Finasteride, Dutasteride
- **Adjuncts:** PRP, Growth Factor Concentrates
- Avoid: hair extensions, rebonding/straightening, hot ironing
- Use right shampoo, conditioner & serum
- Protect hair from dust/pollution (scarf/bun)
- Daily self-check for lice & nits

HIV & Skin

- Dermatovenereology crucial for **early HIV diagnosis**
- **Mucocutaneous markers** are strong diagnostic clues
- With ART dermatological presentations
- Watch for **ART-related adverse effects & IRIS**

Newer Therapies (Alopecia Areata, Vitiligo, Psoriasis)

- **Biologicals & JAK inhibitors** = game changers
- Require **counselling & long-term follow-up**
- Be honest, positive, and supportive with patients

Dr. Saurabh Shah

SECOND VICTIM – AN IGNORED CONCEPT IN HEALTHCARE

The term **Second Victim Syndrome (SVS)**, introduced by Dr. Albert Wu in 2000, refers to the emotional trauma experienced by healthcare providers following an adverse event, medical error, or unexpected patient outcome. While the patient and family are the first victims, the healthcare worker involved often becomes the “second victim,” silently carrying the weight of guilt, anxiety, and self-doubt.

SVS is common yet under-recognized. Studies report prevalence rates ranging from 10% to over 70% among healthcare professionals. One survey found that 59% of physicians had experienced at least one such episode in their careers. Surgeons, nurses, residents, and even students are vulnerable, given the high-pressure and emotionally charged environments in which they work.

Causes of SVS include adverse patient events, unintentional medical errors, near misses, and poor outcomes despite appropriate care. The impact is worsened by lack of institutional support and an absence of a safety culture.

Effects on healthcare workers can be wide-ranging:

- *Psychological*: guilt, shame, anxiety, depression, burnout.
- *Cognitive*: difficulty concentrating, self-doubt, post-traumatic stress.
- *Physical*: fatigue, insomnia, somatic symptoms.
- *Professional*: reduced job satisfaction, impaired performance, attrition.

Addressing SVS requires creating supportive and non-punitive environments. Key strategies include:

- Promoting a “**Just Culture**”, where focus shifts from blame to system improvement.
- Establishing **peer support programs** to provide immediate emotional support.
- Ensuring access to **counseling services** and structured debriefing sessions.
- Encouraging **open communication** with colleagues and, when appropriate, with patients and families.
- Training staff to recognize and respond to SVS promptly.

Recognizing and addressing Second Victim Syndrome is crucial not only for the mental health of providers but also for patient safety. Supporting caregivers strengthens resilience and ensures a safer, more compassionate healthcare system

Dr. Janhavi Shah, Co- Editor

TARIFF FOR ADVERTISEMENTS IN BULLETIN

Those desiring to advertise in the bulletin can get in touch with the editor.

The rates for advertisement for doctors are as follows:

Full Page	Rs. 1500/-
Half Page	Rs. 900/-
Quarter Page	Rs. 500/-
Classified (for 40 words)	Rs. 300/- (Extra words – Rs. 10/- per word)

Please note:

- For advertisement material other than the matter, processing charges will be extra.
- All Advertisements to be submitted as soft copy.
- Advertisement charges to be paid in advance at time of booking.
- Rates for Pharmaceutical companies and commercial organizations available on request.

CME ON KEY ISSUES IN MENOPAUSE

Organised by Dept. of OBGY, Reliance Foundation Hospital
Jointly with
The Bombay 'C' Ward Medical Association
Mumbai menopause Society, and
Association of Maharashtra Obstetric & Gynecological Society

Educational Grant by *Torrent Pharma*

Venue: Convention Hall, Reliance Foundation Hospital

Date: Sunday, 31-08-2025

Time: 9.30 TO 2 PM

- 9.30 - 10 am - Fellowship / Registration followed by breakfast
- 10 am to 10.10 am - Welcome Address

Dr. Asha Dalal - Director OBGY - RHF
Dr. Neelang Shah - President BCWMA
Dr. Priya Thakur - President, MMS
Dr. Kiran Kurkot, President AMOGS

- 10.10 am to 11 am

Chairpersons - Dr. Prema Kania, Dr. Sudeshna Ray, Dr. Soumya Shrivastav, Dr. Devki Potwar

- **Cosmetological issues in the perimenopausal women - Dr. Banani Chaudhary**
- **Genetic Screening for cancers in women - Dr. Sevanti Limaye**

- 11am to 11.50 am

Chairpersons - Dr. Rekha Daver, Dr. Neelang Shah, Dr. Kinjal Shah

- **Vaccination in women above the age of 40 - Dr. Preeti Chhabria**
- **Therapeutic interventions in Neuro degenerative diseases in perimenopausal women - Dr. Arun Shah**

- 11.50 to 12.20 pm

Chairpersons - Dr. Rishma Pai, Dr. Priya Vora, Dr. Sharmeen Vajifdar

- **Modern management of Menopause - Dr. Shashank Joshi**

- 12.20 to 1.20 pm - Panel Discussion on - '**Obesity in Women**'

Moderators- Dr. Asha Dalal, Dr. Ameya Purandare

Panelist - Dr. Nandita Palshetkar, Dr. Shashank Joshi, Dr. Nitin Narvekar, Dr. Avan Dadina, Dr. Nitin Paidunghat, Dr. Ashwin Shetty, Dr. Muffazal Lakdawala, Dr. Dhiraj Bhattad, Dr. David Chandy, Dr. Eileen Canday

- 1.20 - 1.30 Vote of thanks
- 1.30pm onwards Lunch

RSVP- Ms. Gauri Shinde- 8779813738

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

Jointly with **Sir H. N. Reliance Foundation Hospital** invite you to

Dr Jaswant Mody Foundation CME on:

BETWEEN THE EARS & BEHIND THE SMILE: A GP'S GUIDE TO MENTAL MAYHEM

Date: Sunday 7th September 2025.

Time: 9.30 am to 1.00 pm

Venue: Convention Hall, Sir HN Reliance Foundation Hospital, Prarthana Samaj, Mumbai -400004

09.30: 09.50 am	Registration, Fellowship & Tea/Coffee
09.50: 10.00 am	Welcome: President: Dr. Neelang Shah
10.00: 10.30 am	Don't Panic: A GP's Guide to Anxiety: Dr. Nirmee Shah
10.30: 11.00 am	Don't Scroll Past This! The Emotional Roller coaster: Navigating the Ups & Downs of Child & Adolescent Mental Health: Dr. Kersi Chavda
11.00: 11.30 am	Depression & Anxiety: When the Smile Hides the Struggle: Dr. Avinash Desousa
11.30: 12.00 pm	Bubble Trouble: Navigating the Foaming Waters of Substance Use Disorders (SUD): Dr. Priyanka Mahajan
12.00: 12.30 pm	"It's All in Their Head... Until it Isn't" The Case of The Missing Diagnosis: A Somatic Whodunnit: Dr. Alkesh Patil
12.30: 12.55 pm	Audience Participation
12.55: 01.00 pm	Vote of Thanks
01.00 pm onwards	LUNCH

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

PARKING AVAILABLE

PLEASE NOTE THE VENUE AND TIME

For Registration: SMS/ Whatsapp 9323850639 Or Email to bcwma1@gmail.com

Program Coordinator – **Dr Kavan Lakdawala**

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Dr. Mrinal Shah
Dr. Rushabh Shah

President
Dr. Neelang Shah

Clinical Secretary
Dr. Jawahar Mukhtyar

Our CME: 1st Sunday of every month

- To know details of CME of every month, send your email id to bcwma1@gmail.com

STOP PRESS

The Bombay "C" Ward Medical Association has some funds earmarked for granting **medical aid to your deserving patients**. You may refer such patients to our association office with details of the aid sought. The application shall be scrutinized by the Office Bearers and medical aid of upto Rupees Ten Thousand shall be given to deserving patients. The suitability of the patient and the amount of the aid to be given shall be left to the discretion of the Office Bearers.