

‘C’ VIEW

THE BULLETIN OF THE BOMBAY ‘C’ WARD MEDICAL ASSOCIATION

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EDITORIAL

Adaptation is the new strength

A few weeks ago, I stumbled upon *The Last Queen* by Chitra Banerjee Divakaruni—a book I picked up on a whim, and one that quietly rewired something inside me. It tells the story of Maharani Jindan Kaur, a name I vaguely remembered from history textbooks, but never truly knew. She wasn’t born royal. Her father trained the king’s dogs. No grooming for leadership, no titles to lean on. And yet, when destiny came calling, she didn’t flinch. She led an empire, resisted the British. Her courage wasn’t loud—it was relentless. And it made me pause.

Because in our world, too, the battlefield often arrives without warning. For me, it was in the silence of the operating room. For years I performed a corneal transplant technique known as Descemet’s Stripping Endothelial Keratoplasty, or DSEK, which involves gently removing only the diseased inner layer of the cornea and replacing it with a healthy donor graft. Compared to full-thickness transplants, DSEK patients enjoy smaller incisions, fewer complications, and quicker visual recovery—and I had grown comfortable mastering it.

Then came ultrathin DSEK, an evolution that harvests an even thinner donor graft—often under 100 microns thick—to deliver sharper vision and faster healing. Handling tissue this delicate demands subtler manoeuvres and a complete rewiring of long-ingrained habits. I hesitated not for lack of skill but because change meant leaving my comfort zone.

And that’s when I thought of Jindan—of how she stepped into the unknown without a map. That memory pushed me forward. I retrained. I stumbled. I adapted. And in the process, I found something unexpected: joy. The joy of progress. The thrill of evolution. The quiet power of doing what’s hard—and knowing it’s right.

Which brings me to this month’s CME on zoonotic diseases.

It’s easy to think of zoonosis as distant—diseases that belong to far-off places, to headlines, to someone else’s specialty. But we’ve all lived through COVID-19. We’ve seen how a virus crossing over from an animal can change the entire fabric of our world. From leptospirosis in monsoons to rabies in our streets, zoonosis are already around us. Some known. Some waiting.

This CME is an invitation—not just to update your knowledge, but to sharpen your instincts. To connect dots across disciplines. To prepare not just for the next patient—but for the next possibility.

Dr. Sonia Kothari, Editor

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PRESIDENT'S MESSAGE

Dear Friends and Colleagues,

The third CME of the new term was held on 8th June 2025 - "Cardiac Sciences Update". It was very well attended. We had 115 doctors attending. The special feature of the CME was the introduction of Debate and Quiz. Formats rarely used in our CME's. Such experiments enhance the CME experience.

I thank the Program Coordinator, Dr. Ruchit Shah, for organizing a wonderful program. My special thanks to all the speakers and panelist for giving their valuable time and expert insight into the topic.

I was delighted to note the proficiency of many of the doctors attending the CME in reading ECG's and answering correctly to questions posed during the Quiz.

I am happy that so many doctors attend the CME and look forward to their continued support and attendance. I assure u our next CME will be equally interesting. It is on 6th July, which is World Zoonosis day and the CME shall be dedicated to Zoonotic diseases.

As I am writing this, the topmost news on our mind is the crash of the plane in Ahmedabad. My heart goes out to the family of the deceased especially the doctors and their family members who perished in the accident. Our condolence to the families of the deceased. May the Lord give them the strength to cope with the unexpected tragedy! May the souls of the deceased, Rest in Peace!! Om Shanti!!!

The tragedy has once again highlighted the fact that Life is so unpredictable. Every person who died never thought he/she would die in this way and so suddenly. Yet we continue to live as if tomorrow is a certainty, planning for the future, forgetting to enjoy the present.

Whenever we leave our houses, we never know if we shall return home to our loved ones and yet how negligent we are of bidding a goodbye to our loved ones. The eternal regret that is left behind is of unsaid words of love and appreciation. So let's resolve never to postpone appreciating a person's good deeds, saying how much you love and appreciate your dear ones and more importantly saying a memorable goodbye when you leave home – a smile, a hug, a kiss. It may be your last goodbye.

Another important aspect of sudden deaths is the financial difficulties faced by the loved ones you leave behind. Take a life insurance policy, share details of your financial assets with your close ones – your investments, your debts and liabilities. Make a file having all such details. Make your nominations and most importantly your will. This will go a long way in decreasing the financial distress of your loved ones, in case of your demise.

In my last message I had written about some inputs I wanted from the members, but regret that I have not received any. I am, therefore, repeating the same in bold, highlighted in a text box so that it gets your attention and inspires you my dear member to respond. Remember – **SABKA SATH - ASSOCIATION KA VIKAS!**

In the last Bulletin we had published the details of the various committees formed. If any of the members wish to take an active part and join any of the committees please message me on Whatsapp. We will be happy to add you to the committee.

We are bringing out the bulletin every month and I request all of you to contribute to it by sending articles – medical and non-medical, poems and stories etc. - to the Editor.

We are also popular for organizing interesting and well attended CME programs. Those who would like to give a talk on this forum, may please contact me by messaging on Whatsapp.

**Dr. Neelang Shah,
President.**

Artificial Intelligence and Preventive Healthcare: From reactive to proactive

Artificial intelligence (AI) is transforming healthcare, moving beyond diagnostics & treatment into a new frontier: **preventive healthcare**. By analyzing vast datasets, predicting risk, and personalizing interventions, AI is reshaping how we prevent illness & promote long-term wellness.

How AI Is Transforming Preventive Care

1. Predictive Analytics & Risk Stratification

AI identifies individuals at risk for chronic illnesses like diabetes, heart disease, or cancer. By mining electronic health records, genetic data, and lifestyle factors, machine learning models enable earlier and more precise interventions. *Example:* Algorithms can predict the likelihood of a heart attack years in advance, allowing timely preventive care.

2. Personalized Recommendations via Wearables & Apps

Smart devices and health apps use AI to track heart rate, activity, sleep, and glucose levels—offering real-time, tailored guidance. *Example:* AI fitness and nutrition apps adjust to users' habits and goals to support lasting health improvements.

3. Early Disease Detection

AI enhances analysis of medical images and tests, spotting diseases earlier than conventional methods. *Eg:* Google's DeepMind diagnoses 50+ eye diseases with expert-level accuracy

4. Population Health Monitoring

AI helps public health teams monitor outbreaks, detect health trends, and guide responses. *Eg:* During COVID-19, AI supported outbreak prediction, vaccine planning & infection tracking.

5. Mental Health Monitoring

AI-powered platforms detect signs of anxiety or depression through user interactions, prompting early support. *Example:* Apps like Woebot and Wysa use natural language processing to offer emotional support and alerts.

Challenges Ahead

- **Data Privacy:** Safeguarding sensitive health data.
- **Bias:** Ensuring fair outcomes across diverse populations.
- **Clinical Integration:** Seamless adoption into healthcare workflows.

The Road Ahead

With ethical development & collaboration among clinicians, technologists & policymakers, AI can help build a healthier, more resilient future

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

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:

'The Jungle Book of General Practice: Taming Tropicals, Tracking Zoonosis and Embracing One Health'

Date: Sunday, 06th July, 2025.

Time: 09:30 am to 01:00 pm

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

09.30 – 09.50 am	Registration, Fellowship, Tea / Coffee
09.50 – 10.00 am	Welcome : President – Dr. Neelang Shah Scientific Coordinator – Dr. Jawahar Mukhtyar
10.00 – 10.30 am	Commonly Missed Tropical Infections : Dr. Vasant Nagwekar
10.30 – 11.00 am	Problems in Daily Practice with Undifferentiated Fevers : Dr. Jehangir Sorabjee
11.00 – 11.30 am	Overview of Common Zoonosis and Emerging Zoonosis in General Practice : Dr. Pratit Samdani
11.30 – 12.00 pm	AMR Antibiotic Stewardship : Dr. Tanu Singhal
12.00 – 12.30 pm	One Health and Role of GPs in Zoonotic Disease Surveillance in General Practice - What GPs need to Watch out for : Dr. Preeti Pillai
12.30 – 12.50 pm	Q & A
12.50 – 01.00 pm	Vote of Thanks
01.00 pm onwards	Lunch

ADMISSION FREE BUT PRIOR REGISTRATION IS A MUST AS SEATS ARE LIMITED. PLEASE NOTE THE VENUE AND TIME. PARKING AVAILABLE.

President
Dr. Neelang Shah

Hon. Secretaries
Dr. Mrinal Shah
Dr. Rushabh Shah

Clinical Secretary
Dr. Jawahar Mukhtyar

For Registration: SMS/ Whatsapp - Mr. Manoj – 9819470617 Or Email to bcwma1@gmail.com

Our CME: 1st Sunday of every month

- 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 BombayC Ward Medical Association members), Rs 100/- (non-members)