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AHMEDABAD FAMILY PHYSICIANS ASSOCIATION



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Dr. Pragnesh Vachharajani
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“NO ONE IS SAFE TILL EVERYONE IS SAFE”

MEGA CME

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Imm. Past President



www.afpa.co.in
email - afpa.1998.afpa@gmail.com
mobile - 9825085839



**B-503, Premium house, Behind Ahmedabad Medical Association
Opp Gandhigram railway station, Ahmedabad**



PRESIDENT & SECRETARY'S ADDRESS

From the Desk of President and Secretary
Respected Seniors and dear members,

Thank you for giving us an opportunity to serve our association.

We are aware that it brings lots of responsibilities to us. We will try our best to fulfill expectations of every member.

We will try to arrange various academic and family programs throughout the year.

We expect your whole hearted support for the same. Suggestions from members are always welcome.

In the month of April we have planned a mega CME.

We congratulate Dr Abhay Dixit for becoming president of FFPAI. It is a matter of proud for us as Dr Abhay Dixit is the first person to represent Ahmedabad at national level.

AFPA is not just an association, It's a family.

We're proud to be part of it.

JAY HIND JAY AFPA





COMMITTEE MEMBERS



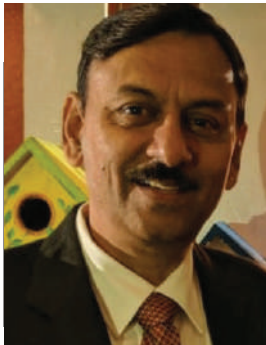
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Summary of the SARS-CoV-2 with mutations of concern in certain states of India

	N501Y	E484K	E484Q	E484Q+L452R	L452R	N440K
Maharashtra	6	11	112	206	118	36
Madhya Pradesh	6		5		1	
Punjab	324	1	6	2	4	
Delhi	75			9		
Ladakh				1		
Jammu	2			1		
Gujarat	16	4	2	3	2	
Kerala		2				123
Telangana						53
Orissa				1		5
Chattisgrah						5

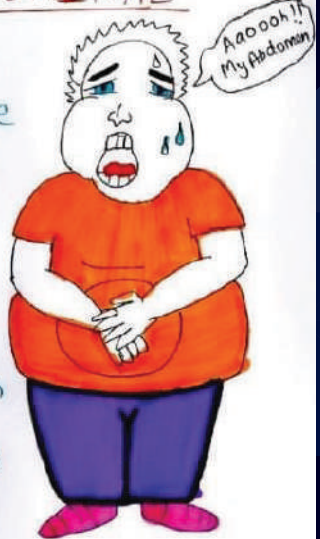
- So far, no linkage has been seen with surge in covid -19 cases due to foreign travellers.
- Currently, the SARS-CoV-2 variants detected in the community have been relevant since last 6-8 months.
- Various states that are witnessing surges in cases have revealed different mutation profile, post-sequencing.



Abdominal Pain: Differential Diagnosis

Mnemonic: - "ABDOMENAL"

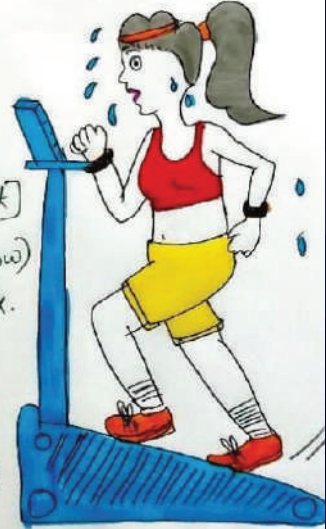
- A**ppendicitis
- B**iliary tract disease
- D**iverticuliti
- O**varian disease
- M**alignancy
- I**ntestinal Obstruction
- N**ephritic disorders
- A**cute Pancreatitis
- L**iquor (Ethanol)



Exercise guide for DIABETIC FITNESS

Mnemonic: FIT

- F**requency of exercise. [3 to 4 times a week]
- I**ntensity (High & Low) 60-80% of max. Heart Rate.
- T**ime of exercise (Aerobic activity) 20-30 minutes Warm up, dance, running etc.



Hepatitis :- Treatment

Mnemonic: - HEPATITIS

- H**andwashing (strict)
- E**at low fat & ↑ Carbs
- P**ersonal Hygiene
- A**ctivity restriction (Rest)
- T**oxic subst. avoid
- I**ndividual Bathroom
- T**esting Results
- I**nterferon (subcutaneous)

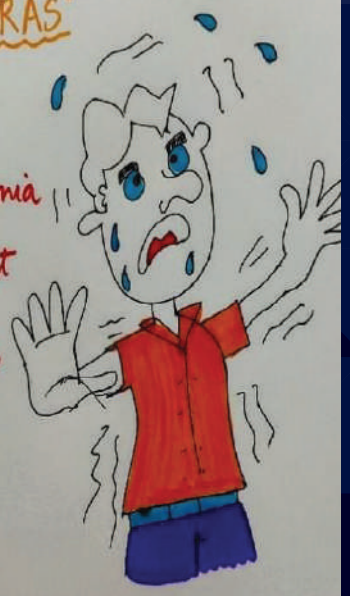


Status Epilepticus

Complications:-

Mnemonic: - "HARRAS"

- H** ⇒ Hyperthermia
- A** ⇒ Aspiration Pneumonia
- R** ⇒ Respiratory arrest
- R** ⇒ Rhabdomyolysis
- A** ⇒ Arrhythmia
- S** ⇒ Sudden death





Drugs causing: GOUT

Mnemonic: CANDLE-CAP

C → Chlorthalidone



A → Aspirin

N → Nicotinic Acid

D → Diuretics

L → Levo-dopa

E → Ethambutol

C → Cyclosporine

A → Alcohol

P → Pyrazinamide.

Heat Stroke

Mnemonic: TIRED

T → Throbbing Pain

I → Irritability

R → Rapid, strong Pulse
→ Restlessness

E → Excessive Nausea
vomiting, unconsciousness

D → Dry skin, red skin
(No sweating)



Macrocytic Anaemia

⇒ DIFFERENTIAL DIAGNOSIS

Mnemonic = FAT RBC

Fetus (Pregnancy)

A Alcohol (excessive)

T thyroid disease
(Hypothyroidism)

R Reticulocytosis

B₁₂ & folate
Deficiency

C Cirrhosis and
chronic liver disease.





CDC ISSUES FIRST SET OF GUIDELINES ON HOW FULLY VACCINATED PEOPLE CAN VISIT SAFELY WITH OTHERS

The new guidance which is based on the latest science includes recommendations for how and when a fully vaccinated individual can visit with other people who are fully vaccinated and with other people who are not vaccinated. This guidance represents a first step toward returning to everyday activities in our communities. CDC will update these recommendations as more people are vaccinated, rates of COVID-19 in the community change, and additional scientific evidence becomes available.

We know that people want to get vaccinated so they can get back to doing the things they enjoy with the people they love, said CDC Director Rochelle P. Walensky, MD, MPH. There are some activities that fully vaccinated people can begin to resume now in their own homes. Everyone even those who are vaccinated should continue with all mitigation strategies when in public settings. As the science evolves and more people get vaccinated, we will continue to provide more guidance to help fully vaccinated people safely resume more activities.

Visit with other fully vaccinated people indoors without wearing masks or staying 6 feet apart.

- Visit with unvaccinated people from one other household indoors without wearing masks or staying 6 feet apart if everyone in the other household is at low risk for severe disease.

- Refrain from quarantine and testing if they do not have symptoms of COVID-19 after contact with someone who has COVID-19.





A person is considered fully vaccinated two weeks after receiving the last required dose of vaccine. Although vaccinations are accelerating, CDC estimates that just 9.2% of the U.S. population has been fully vaccinated with a COVID-19 vaccine that the FDA has authorized for emergency use.

While the new guidance is a positive step, the vast majority of people need to be fully vaccinated before COVID-19 precautions can be lifted broadly. Until then, it is important that everyone continues to adhere to public health mitigation measures to protect the large number of people who remain unvaccinated.

CDC recommends that fully vaccinated people continue to take these COVID-19 precautions when in public, when visiting with unvaccinated people from multiple other households, and when around unvaccinated people who are at high risk of getting severely ill from COVID-19:

- **Wear a well-fitted mask.**
- **Stay at least 6 feet from people you do not live with.**
- **Avoid medium- and large-sized in-person gatherings.**
- **Get tested if experiencing COVID-19 symptoms.**
- **Follow guidance issued by individual employers.**
- **Follow CDC and health department travel requirements and recommendations.**

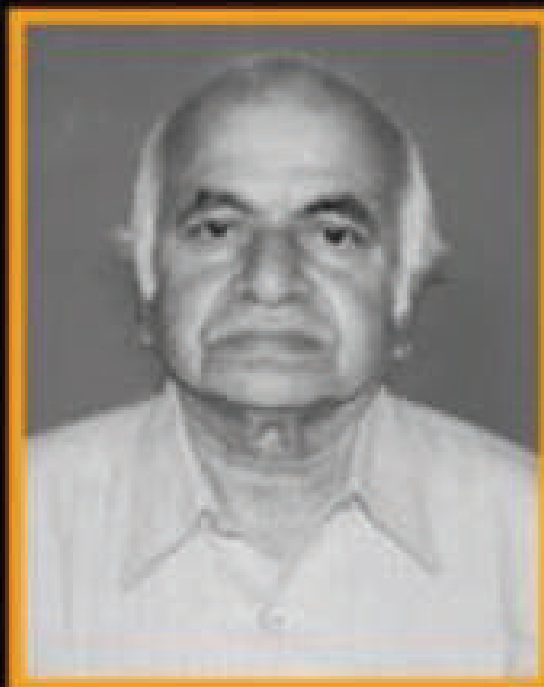




HYBRID CME WITH INSTALLATION



*Shradhdhanjali to
Dr Ashtekar Kamalkant R*



DoB: 14.12.1932

DoD: 12.02.2021

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