

SAIMA Sentinel

VOLUME 5 ISSUEI

JUNE 2017

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committee

From the President's Desk...



milestone very soon. individuals driven

altruistic reasons. There is no better representation on all forums. time to look back and rejoice.

Sometimes, hindsight is like a mentor and yet achieve excellence in all and a silent teacher! It strengthens our spheres. I would like to thank Dr resolve to endure difficulties, and Preetam Ganu and her friends steadfastly embrace future. We will amongst medicos for organising this draw on the lessons learnt with humil- event. ity. This is a good reason to improve On a slightly different note, SAIMA and continue to interact with our Cricket team represents our love for members. I would like your suggestions and hope to involve our work, enthusiasm, camaraderie and members to mark this occasion.

I also acknowledge SAIMA members feeling of accomplishment in the end!! working hard behind the scenes selflessly to keep the best interests of I do appreciate our members, who SAIMA at their heart. Importantly, we have been keen to get involved in can only taste success through our SAIMA activities. We do acknowledge collective efforts. Your feedback is always important. However, every decision we debate based on your You have done us proud in many feedback is to represent SAIMA in the ways. SAIMA advocates excellence in best possible light. I am sure, our your medical practice. Needless to members look forward to the 2017 say, we recognise your achievements SAIMA Charity Gala dinner and Annual Scientific meeting to be held at Hence, all contribute to SAIMA in the Adelaide Convention Centre. This is an opportunity for our mem- you have time and would like to be a bers, guests and sponsors alike to network, make new friends, and

leave everyone with positive vibes.

We look forward to It has been an interesting year so far achieving an important with lots of excitement and successful conclusion of the first ever SAIMA It will be 10 years since women's event held earlier this year. SAIMA was founded by Women constitute a significant part of by our medical workforce and deserve

They invariably nurture young families,

sports. They embody health, team hard work. Therefore, we appreciate and cherish different roles, and a

however, it is not possible to accommodate everyone on one occasion. by conferring various SAIMA awards. their own way. We also welcome, if guest at one of our committee meetings. I conclude, as someone said, "We only have what we give."

Sincerely, **Arvind Sehgal**

SAIMA Cricket team remains invincible in T-25!

I stand tall as a proud captain of SAIMA cricket team again in year 2016, this time beating South Australian Sri-Lankan Doctors Association (SASDA) in T 25 over format. Last year after beating PMASA 3 times consecutively pressure was on us. SASDA won against PMASA as well. So this was a kind of minisubcontinental trophy to be won.

SASDA had a steady start scoring at 5 runs an over. Bowling changes with spinners Sunny and Shreyas seem to be less effective as the outfield had dried and boundaries were easy to score. It was difficult to score to medium pace when Ravi and me keeping neat n tidy line and length. In the middle overs

It was not a typical October morning, with dew still fresh on the outfield (rains from 2 days ago) and temperatures in mid 10's. SASDA won the toss and elected to bowl first. A great opening knock by Shreyas and Ranjan meant SASDA bowlers couldn't get early breakthroughs and SAIMA was 59 not out at the end of 11 overs. Shreyas was batting exceptionally punishing loose deliveries with spectacular cover drives and taking some calculated risks, hitting over the infield. He was unfortunate and got out just short of 50 (43). Outfield was heavy and it was difficult to score boundaries after the ball got a bit older and the run rate was kept up by good singles and doubles by Ranjan, Sunny. Sunny looked in good nick but unfortunately got out for 20 before he could get into scoring shots. Having quite a few wickets in hand it was time to up the anti and Mitesh was sent up the order. He got going with a spectacular six over midwicket and there was no looking back. He had very good partnerships with Harsh and SAIMA ended up scoring 153 runs in 25 overs; highest so far.

It was a challenging total and a nervous lunch for many fans. Olive Green kitchen, Belair provided delicious Paav-Bhaaji and yummy chicken to fill up those with nervous stomachs. We expected that it will go down to the wire and it did!

SASDA had a steady start scoring at 5 runs an over. Bowling changes with spinners Sunny and Shreyas seem to be less effective as the outfield had dried and boundaries were easy to score. It was difficult to score to medium pace when Ravi and me keeping neat n tidy line and length. In the middle overs with some tight bowling we got a couple of wickets and asking run rate climbed up to more than 8 and over. Sanjeev Mendis played brilliant strokes and scored half century for SASDA and his wicket (caught and bowled by Mitesh) was key in changing the paradigm of the match. Priyantha steadied the innings scoring 26 but fell to Subodh (LBW) and suddenly the game turned with SAIMA looking favourites with runs on board.

The last over of the game had SASDA needing 9 runs a gettable score with 4 wickets in hand. Harsh's line and length was impeccable and SASDA struggled to connect bat to ball. Ultimately, SAIMA won by 2 runs. Swapnil's (Bobby) fielding was outstanding with a spectacular high catch on long on boundary. Mitesh, Harsh and myself got 2 wickets each. For his all round performance with ball and bat Mitesh got man of the match from SAIMA side and Sanjeev from SASDA side.

It was a great nail biting finish and a great start to outdoor cricket season. SAIMA team took on a seasoned club team from Adelaide Warriors cricket Club the following weekend and had victory again scoring 172 runs and winning by 34 runs, getting opponents all out. Do Join us for practice at Kensington oval nets usually every Sunday Hope to see you all on Cricket ground.



SAIMA Team 2016: Subodh Ganu (C & Wk), Ranjan Joshi, Shreyas, Mitesh, Sunny, Harsh, Swapnil (Bobby), Narsing, Ravi, Karthik B, Sudheer, and Guru (12th).

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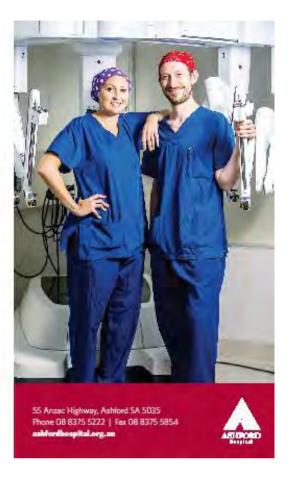
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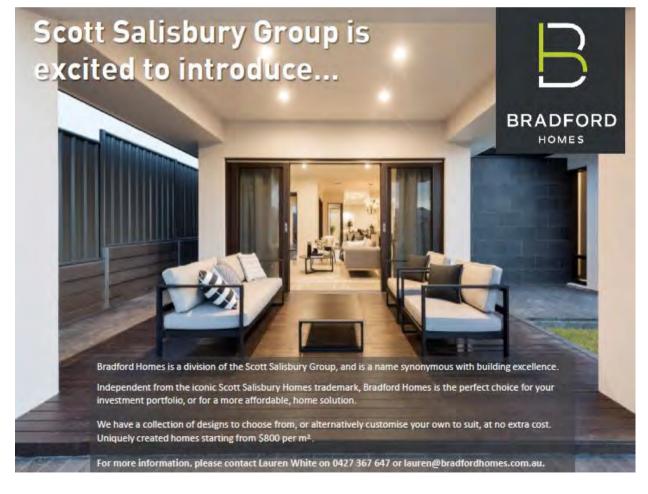
Ashford Hospital is fully equipped with the highest level of private critical care available in South Australia and supported by on-site medical imaging, radiology and pathology.

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SAIMA Inaugural Women's Event 18th Feb 2017 — by Dr Preetam Ganu

event.

There is no doubt that women in SAIMA are great at multitasking and we have supported many SAIMA activities over the years. From organising the Gala Dinner kids' choir, performing a dance routine, cheering for the cricket team, teaching medical students or conducting a CME, we were always there when called upon to support SAIMA.

At the September 2016 AGM, Dr Arvind Sehgal mentioned in his presidential report of the lack of active involvement of women in SAIMA, and that there have been no women on the women from within the SAIMA organisation would consider taking a more active role. This led me to speak with my friends, discuss different ideas, look at my commitments and finally, email Dr Arvind Sehgal and the SAIMA committee with an offer to do something for Women in SAIMA. I wish to thank SAIMA committee who wholeheartedly supported this idea. They all wanted women to feel a valued part of the SAIMA family and expressed this by supporting the event.

As the first ever women's event, we were unsure of the response and number of attendees. Arya restaurant was chosen as a central venue, plus everyone loves their food! The format was simple: an informal Bollywood theme, women's only event with fun games, delicious food and dance! Now who doesn't like that!

I feel a sense of pride and joy to write about the first ev- All women from the SAIMA family were invited to join, includer SAIMA Women's Event held in February 2017. Before I ing Doctors, Allied Health Professionals, mothers, daughters, continue it would be unjust not to share with you the efforts friends and colleagues. An event like this requires much organand preparations of the team in the months leading up to the isation and an awesome team of volunteers. Everyone I asked joined with enthusiasm. Dr Suman Murthy took the responsibility of creating flyers and advertising. Dr Anu Kochar, Dr Sonali Meena, Dr Amita Ingole, and Dr Ashlesha Vaidya took the responsibility for games and prizes.

Dr. Shipa Prasan and Dr.Anu Kochar organised the venue and menu. Dr. Radhika Dara, Dr. Lakshmi Nath, Dr Aparna Narsing and Dr Juthika Choudhury helped to gather more information about SAIMA and other background work. Dr. Deepti Singhal helped to organise drinks. Dr. Swati Sinkar organised the DJ and joined me as the MC. Everyone in the team gave their valuable time while juggling work, kids and family. I can-SAIMA committee for a few years. He expressed his hope that not thank enough Tracey DiBartolo, SAIMA Secretariat for her unlimited support with emails, memberships, communications and reminders. We would be lost without her.

> Bookings opened and the response was beyond our expectations! We had estimated 35-40 women, but the event was sold out within a few days with 70 tickets pre-booked! Many businesses and organisations contacted me offering sponsorship, but due to limited space and time, a decision was made to decline and consider sponsorship next time.

> Attendees arrived and very soon the room was filled with laughter, non-stop chatting, smiling and cheerful faces and gorgeous outfits everywhere. The room was full of talented people; a Director of Medical services for Country Health SA, a Mrs World 2015 participant, a share trader, a volunteer at the



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SAIMA Inaugural Women's Event 18th Feb 2017 - Continued

Doctors, Dentists, Dietitians and professional photographers.

here were seriously good dancers on the dance floor and everyone had fun moving to the DJ's tunes! Photos can't do justice to the enjoyment we had, even though the unexpected large numbers meant limited space, a small dance floor and little time to mingle.

ed to hold an annual Women's event, conduct a Sports day or getherness. organise a picnic.

plete without a reference to a peer reviewed journal: "Often will be more to come. Stay tuned! as a society, we are good at building fences. But there is a problem. As human beings we need each other. Some people

Cancer council, a future marathon runner, business managers, even believe we are created for relationships. Research suggests that social isolation is the cause of many illnesses. Belonging to a social network of communication and mutual obligation makes people feel cared for, loved, esteemed and valued. This has a powerful protective effect on health" (Wilkinson & Marmot, 2003, cited in VicHealth 2005, p. 3).

I am confident that the seed we sowed with this event, will grow into a big tree of shared thoughts and help our society I am sure we can improve for future events. It was only first and one day bear the fruit of SAIMA Women as leaders in step to building a platform for the future. It has been suggest- creating a new, and healthier society of deep sharing and to-

I take this opportunity to again thank all who made this event There is also evidence supporting how such activities help possible, to name a few, the SAIMA committee, all the planfoster our community and health. No medical article is com- ning team and those who attended, and I promise that there





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General Practitioner Profile - Dr Rajan Anand



Dr Rajan Anand is a General practitioner with a special interest in Orthopaedics, Geriatrics and Palliative Care. Rajan currently works at Primary Old Port Road Medical and Dental, Royal Park and also attends to residents in several nursing homes.

Rajan was born in Patna in the state of Bihar, India and later moved to Chennai to pursue medicine at the Stanley Medical College. During this time, Rajan lived in a hostel. He recalls this time with fondness, and believes he experienced his fair share of fun, friends and freedom while at the same time studying hard for his MBBS. Since graduating in 2001, Rajan trained extensively in Orthopaedics at a prestigious unit in India, then in the United Kingdom and now here in his new home town Adelaide.

Having moved to Australia in 2007 he has always considered himself an 'Adelaideite'. Australia has been lucky for Rajan — as the place where he met his wife, and made many lifelong friends while working in Flinders, Repatriation and Noarlunga Hospitals

Rajan considers the time spent to become a General practitioner as an extremely satisfying experience. After pursuing a surgical career in India, UK and Australia, Rajan ultimately chose General Practice. The key reason was to develop a balance between work and family. To Rajan the most important aspect of life is his family.

He is blessed with two children, Neil and Kimaya (a pigeon pair!) and his lovely wife Ridha. Without their support, he knows he wouldn't be where he is today. They are his strengths, pillars and 'Stress Busters'!

Rajan likes to challenge his limits. Aside from his work as a General Practitioner, he also has a keen interest in both Teaching and Business. Rajan was recently appointed as Clinical lecturer at University of Adelaide while also successfully completing a business diploma from Flinders University. As if that isn't enough, he also wears an 'Entrepreneurs Hat' working on what he describes as his 'project'.

His friends consider him to be a visionary with a big dream. Rajan disagrees - He calls it a Plan — not a dream!

When not working or spending time with his family, his spare time is spent playing squash and cricket. He's also keen to mention that he still doesn't feel too old to hit the pubs (on occasions). Apparently Hip Hop dance is one of his non-medical specialties, but only when he feels like it after a few drinks!

Rajan has been involved with SAIMA since 2014 as a member and joined the Executive Committee in September 2016 in the portfolio of 'Human Resources'.

Rajan feels that serving on the SAIMA Committee is a privilege and he appreciates everyone's support.

General Practitioner Profile - Dr Kamban Babu

Dr Kamban Babu was born in Chennai and completed his MBBS in 1985.

After graduation he joined the Tamil Nadu Medical Service as Chief Medical Officer, providing health care to a population of over 100,000 Dr Babu then completed his Post Graduation (MS General Surgery) in 1993 and joined the Sri Ramachandra Medical University as Assistant Professor in the General Surgery Department.

Married to Dr Shanthi MD (Gynaecologist) they both moved to the Sultanate of Oman, working as General Practitioners to provide Primary Care and Day Care Surgeries in an Infertility Clinic.

In 2004 they moved back to India and Dr Babu joined Meenakshi Medical College as Assistant Professor of General Surgery where he had the opportunity to lead a rescue team during the Tsunami.

Moving to Australia in 2005, Dr Babu worked as a GP in the Ardrossan Health Centre, covering two hospitals and two nursing homes.

Dr Babu's wife currently works as a GP at Craigmore Family Practice and his son Varun is undertaking his internship (MBBS) in Chennai.

Dr Babu maintains a very busy Professional profile as a GP Supervisor for GP Registrars at GPEX, a mentor in the John Flynn Placement Program for Medical Students (run by Australian College of Rural and Remote Medicine - ACRRM), and is a Board Member at the Ardrossan Community Hospital.



Dr Babu is also a member of the Royal Australian College of General Practitioners (RACGP), Australian College of Rural and Remote Medicine (ACRRM), Association of Surgeons of India (ASI), Indian Association of Gastrointestinal Endo Surgeons (IAGES) and of course the South Australian Indian Medical Association (SAIMA)!

SAIMA ANNUAL CHARITY GALA DINNER

WHEN

Saturday 24 June 2017
6.00pm pre dinner drinks for a 7pm start

WHERE

Adelaide Convention Centre

Proudly supporting: Doctors for the Environment (DEA)

DEA is a professional medical non-profit organisation assessing the Impacts of the environment on our health. Lead by a highly respected scientific committee including Prof. Fiona Stanley and Nobel Prize Laureate Prof. Peter C. Doherty . DEA deals with the biggest health challenges of our times, including, Climate Change and Air pollution and its impacts on children's health.

FEATURING

MC and stand-up comedian Sam McGool A true stand-up chameleon!

Tickets:

Adult SAIMA Members, spouses & guests \$100
Adult NON - SAIMA Members \$120
Medical Students \$35

Bookings: https://www.trybooking.com/277785

ENQUIRIES OR TABLE OF 10 BOOKINGS

Tracey DiBartolo, SAIMA Secretariat

Email tracey@amasa.org.au

Phone: 08 8361 0105



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SAIMA ANNUAL SCIENTIFIC MEETING

WHEN

Saturday 24 June 2017 8.30am– 2.30 pm

WHERE

Adelaide Convention Centre

AGENDA:

0830-0900; Registration, Sponsor Trade Display, Arrival Tea & Coffee served.

0900-0910: Welcome and Housekeeping

SESSION 1: What's New in Robotics - Chaired by Prof Suren Krishnan

0910-0935: Robotic Prostate & Kidney Surgery - Dr Jason Lee

0935-1000; Robotic Assistance in Hip & Knee Replacement, the future gold standard - Dr Daniel Mandziak

1000-1025: Trans Oral Robotic Surgery for Head and Neck Cancers - Prof Suren Krishnan

1025-1030: Sponsor Session

1030-1100: Morning Tea Break & Sponsor Trade Display

SESSION 2: Suture - Chaired by Dr Seshu Boda

1100-1130: Skin Cancer Excision and Treatments-Dr Yugesh Caplash

SESSION 3: Recent Advances - Chaired by Dr Shriram Nath & Dr Sathish Paramasivan

1130-1150: Cervical Screening - Dr Preetam Ganu

1150-1210: Contemporary Laryngology: An Update - Dr Theodore Afhanasiadis

1210-1230: AF Management & Anticoagulations - Dr Rajiv Mahajan

1230-1315: Lunch break & Sponsor Trade Display

SESSION 4: Cannabia - Chaired by Dr Arvind Sengal

1315-1330: Cannabis: History, chemistry, formulations - Prof Sanjay Garg

1330-1350: Cannabis: Availability and supply, pharmacy - Dr Alka Garg

1350-1410: Cannabis: Clinical Perspective - Dr Nimit Singhal

1410-1430: End of Life Care: Resuscitation Plan 7 Step Pathway - Dr Chris Moy

1430-1435: Thank you & Glose of Meeting

1435: Afternoon Tea

Cost: Free to attend.

Registration: https://www.trybooking.com/PTRI



SAIMA ANAESTHETIC WORKSHOPS

WHEN

Saturday 24 June 2017 8.30am- 12.30 pm

WHERE

Adelaide Convention Centre

AGENDA:

0830-0900: Registration. Sponsor Trade Display. Arrival Tea & Coffee served

0900-1030: MANAGEMENT OF CARDIAC ARREST: BASIC AND ADVANCED LIFE SUPPORT Group A Session—City Room 3

0900-1030: MANAGEMENT OF MAJOR HAEMORRHAGE Group B Session—City Room 4

1030-1100: Morning Tea & Sponsor Trade Display

1100-1230: MANAGEMENT OF CARDIAC ARREST: BASIC AND ADVANCED LIFE SUPPORT Group B Session—City Room 3

1100-1230: MANAGEMENT OF MAJOR HAEMORRHAGE Group A Session—City Room 4

1230-1315: Lunch & Sponsor Trade Display

Participants in the ANZCA CPD Program may claim the above workshops

toward their emergency response activities in the CPD portfolio.

Codes will be provided post attendance.

Gost: \$200 per session.

Online Registration: https://www.trybooking.com/PTRI



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<u>Updates from the SAIMA Committee</u>

Membership

SAIMA Membership fees are now due for 2017 / 2018 Financial Year.

Pay before June 30 to include in this year's tax return.

Don't forget our newest membership categories: SAIMA 10 year membership and IMG membership.

We wish to thank all those who have shown their commitment by taking up the 10 year membership option.

Please contact the SAIMA Secretariat on 83610105 or tracey@amasa.org.au to renew membership or enquire on your current status.

MEDICAL (Medical Practitioners and Dentists) \$100 per year NURSING & ALLIED HEALTH \$50 per year

EXTENDED 10 Year Membership (Medical) \$500 for 10 years (represents a 50% saving) EXTENDED 10 Year Membership (Nursing & Allied Health) \$250 for 10 years (represents a 50% saving)

STUDENT (Medical students only) FREE

IMG (International Medical Graduates) FREE while waiting for AHPRA registration

Website

A new and improved SAIMA website is on it's way! Please stay tuned, it will still be found at www.saima.org.au

2017 Annual General Meeting

Save the date - Saturday 9 September 2017, Venue to be advised



FELLOW AND 457 VISA DOCTORS REQUIRED

NEW AFTER HOURS DOCTOR SERVICE ADELAIDE



Doctor To You provide quality after-hours medical care to communities Australia-Wide.

We are currently seeking Fellows and Temp Visa Doctors who want to take control of their own hours of practice and provide quality after hours care to patients, in home across Adelaide. You can work full-time, part-time or a few hours a week, it's up to you!

Why work with us?

Doctor To You are passionate about providing a high standard of care to patients across Australia when and where they need it most, we are dedicated to reducing pressure on the emergency departments and our doctors enjoy seeing a wide range of presentations each and every day. Gain great job satisfaction by helping those who may otherwise have found it difficult to gain access to healthcare after-hours.

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Fantastic work/life balance with the opportunity to choose hours that suit between 6pm-8am weekdays,

from 12pm on Saturdays & 24 hours on Sundays and Public Holidays

Pathway to Fellowship

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Safe working environment using GPS Tracking

Access to an on-call medical mentor who will support your journey to becoming a FRACGP

AMDS 3GA Program Placement

Please contact urgently MR LINDSAY STEWART



Phone 0488 962 780 mrlindsaystewart@bigpond.com www.marketingmediaaustralia.com.au