

Newsletter

West Zone Urology Society



December 22, 2017

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Message from The Secretary

Dear friends, seniors and the brigade of budding Urologists

As we come close to the end of a glorious year, it is time to rewind and refresh the memories of 2017. This year, we saw a plethora of academic activities with great enthusiasm. The recently concluded West Zone Annual Meeting at Bhopal was a platter of academic and cultural events. The participation especially of the younger generation was amazing and it makes me cheer all of you with Hip Hip Hurray! The organizing President Dr. P Songra and Dr. Arvind Joshi (Organizing Secretary) took pain staking efforts to make this get together memorable forever. We had an excellent opportunity of greeting and adoring our respected teachers and the Gurus of Urology on the dais. It makes me feel extremely delighted that the WZ USI chapter is supporting 3 academic activities annually from the B tier cities of WZ of India in an effort to upgrade the Urology services at the grass root level of India. We welcome and look forward to support such activities in the future. Our WZ USI website www.usi-wz.org is getting updated regularly with all the relevant information, thanks to the efforts of Dr. Susheel Rathi. The overseas meeting of WZ USI was well attended by more than 40 urologists along with their family at New Zealand under the leadership of Dr. Vijay Raghoji. We look forward to all of you for your continued participation and motivation and hope to take WZ USI to new heights in the new Year.

Wishing you a Merry Christmas and Happy New Year in advance...

Dr Kandarp P Parikh,
Hon Secretary WZ-USI



MedicoLegal Guidepost

Highlights from UROLEGACON

Daily OPD: Code of Conduct - Medicolegal tips

1. Display the registration number accorded by the State Medical Council / Medical Council of India in your clinic and in all the prescriptions, certificates, money receipts given to patients.
2. Should, as far as possible, prescribe drugs with generic names legibly and preferably in capital letters and he / she shall ensure that there is a rational prescription and use of drugs.
3. Leave or fitness certificate: The nature and probable duration of the illness should be specified . This certificate must be accompanied by a brief resume of the case giving the nature of the illness, its symptoms, causes and duration. Signature of patient or thumb impression along with identification mark is mandatory to be mentioned on the certificate.
4. Follow up date or duration should always be mentioned on the prescription letter and discharge cards.
5. Oral consent should be taken in presence of third party before examination of female patient.

Message from The President

It gives me a great pleasure in communicating with you through the first **newsletter** since I took over as a President of WZ USI in Oct 2017 at Bhopal.

WZ USI has a glorious past . Myself and the entire council are committed to take the WZ to further heights in terms of academics and serve every individual member to our best of abilities.

In the year ahead , the council has decided to rope in many interesting scientific activities focussing not only on the latest but the most practical yet not fully understood issues in the clinical practice , so watch out for these **upcoming events**.

One of things which I am very keen to **improve the presence of WZ in the national and international arena in terms of presentations and publications** , which I am afraid is slightly on the wane in the last few years. WZ has been a front runner in this regard in the past and I would not only like to be in that league but also push for more on this front , in this coming year.

In order to achieve this , I have floated the idea of starting a **Helpline for all the WZ members** - young and not so young , academicians as well as the private practitioners . What we have found that there is a great clinical material we all have , but many times we fall short of presenting and publishing at the international level . In the era of 'Publish or Perish' or you are ' Seen or not recognised at all' if you do not publish , is universally true. We are in the process of setting up helpline with the help of experts in all the sub-specialities in Urology who will guide you to overcome the hurdles you face in publishing or presenting at the international arena. You need to approach these experts who will guide you achieve this goal . For every sub speciality there will be two experts for your assistance. **The details of this new initiative would be posted on the WZ USI website very soon.**

Many senior and experienced academicians have agreed to be on the panel of experts for this exclusive helpline for the WZ members , if you are also keen to get involved in this work , please write to me , I will be more than delighted.

Our big event is the annual conference which is going to be in October 2018 at Raipur. Apart from the basic frame work of the conference , if you have any out of the box ideas which will add to the scientific content and flavour of the conference , I encourage you to write to us , we welcome such ideas.

Looking forward to see you at Jaipur for USICON 2018 , till then good bye and best wishes

Dr Makarand Khochikar

President WZ USI

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www.mkhochikarurooncology.com



Prizes

Poster session:

First prize: Vivek Jadhao: Management of persistent lymphorrhoea in Renal transplant recipients : case series

Second prize: Malpani A: Hydroxyadenine urolithiasis presenting as anuria in 9 month female

Video session:

First: Shailendra Gupta: Robot guided Pediatric ureteric reimplantation in child <10Kg

Second: Sandesh Parab: gracilis muscle flap in posterior urethral injury

Podium session:

First:A Agrawal:analysis of the length and size of urethral meatus in Indian men; a reality check

Second: Pankaj Maheshwari: enbloc excision of bladder tumor by holmium laser.



27th WEST ZONE ANNUAL CONFERENCE

The 27th WZUSICON was hosted by Bhopal Urological Society at Bhopal on 5th, 6th and 7th October 2017. Nearly 425 delegates attended this conference organized in the lush green campus of the venue, the Chirayu Medical College and its beautiful Auditorium and adjacent halls. The conference had an excellent and very interesting scientific program drafted by Dr. Kandarp Parikh, Hon Secretary along with the Council of the WZUSI. Majority of the sessions were formatted in the form of Group discussions or symposiums.

The Inaugural function was graced by Shri Vishwas Sarang, Minister in the MP State Government and Dr. Sambit Patra, the BJP National Spokesperson. Needless to say, with these two young, energetic and educated professionals, both extremely prolific orators, the Inaugural program had a unique flavor.

Dr. Janak Desai and Dr. Malikarjun delivered the prestigious Dr. V. V. Desai Oration and Dr. A. G. Phadke Oration respectively, while the Dr. D. K. Karanjawala Symposium was brilliantly conducted by Dr. Ravindra Sabnis.

The West Zone in its usual unique style honors a senior teacher in the 'Know Your Guru' session every year. This year it was none other than Dr. D. D. Gaur, the pioneer of Retroperitoneoscopy, who was honored. Dr. Makarand Kochikar performed the rituals of conducting this session.

The conference was also highlighted by a superb Trade Fair. With nearly 40 major trade companies participating, the huge air conditioned dome specially erected for this purpose also was an added attraction

On the 7th Morning the delegates had a rare experience of enjoying freshness of Mother Nature by cycling, jogging and walking on the bank of the vast scenic lake, forest and wild life- truly exhilarating. The spouses thoroughly enjoyed the sight-seeing tours to Sanchi, Bhimbetika and the beautiful city itself. The 'Meena Bazar' organized for them at the venue also received great appreciation and sold huge ethnic and tribal art pieces.

The Organizers left no stone unturned in making the evenings absolutely relaxing and memorable. The mouthwatering Bhopali delicacies and the grand arrangements with high spirits, music and dance supported by weather gods in their best moods left the delegates in absolute bliss.

Dr. M. C. Songra as the Chairman of the Organizing Committee, Dr. Arvind Joshi, the Organizing Secretary and the entire local Organizing Team.....

Congratulations West Zone shining at SIU (Lisbon, Portugal)

Dr Arvind Ganpule: The ureteric catheter enabled novel Cost- Effective Specimen Retrieval Bag (Nadiad Bag) in Minimal Access Urology: Results of a Prospective Validation Study: selected for the 2nd Prize in the best affordable technologies in Urology (BANTU) contest.



Dr Sanjay Balwant Kulkarni received SIU's Best video runner up award: "Penile revascularization for Vasculogenic Impotence after pelvic fracture urethral injury".



Dr Pankaj M Joshi received the 3rd BANTU (Best Affordable New Technologies In Urology) award for a innovative device titled: 'JOSHI-KULKARNI RETRACTOR "

It is a clamp retractor which is useful for performing hypospadias and penile urethroplasty, making it self retaining and improving



7th WZ OVERSEAS CONFERENCE

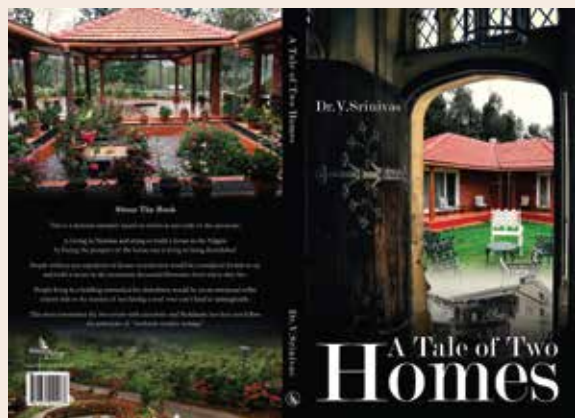


We all know about our yearly overseas conference which was inspired by Late Dr. Ajit Phadke sir & has now become a yearly ritual. This year the conference was held at Hotel Novotel, Auckland, New Zealand on 2nd November. The faculties from New Zealand were Dr. Micheal Rice, Dr. Andrew Linert, Dr. Siman Vas Rij & Dr. Anna Lawrence. Dr. Ulhas Sathaye, Dr. Sharad Pendse and me represented our zone as faculties in the conference. Dr. Micheal Rice gave an elaborate talk on Stone Presentation & epidemiology in Auckland. His talk also emphasized on the impact of obesity & BMI in Native MAORI population over the selection of the type of the procedure particularly preference of supine approach over prone position in PCNL miniperc. Dr. Andrew Lienert gave an excellent overview on Laparoscopic stone management in his practice. Dr. Siman Van Rij presented his experience on Robotic Partial Nephrectomies. Dr. Anna Lawrence elaborated on the complications after treatment of Ca Prostate. Dr. Ulhas Sathaye gave an excellent review on emergencies in urology with a clear cut management guide for practicing urologist. He gave a novel idea of putting Tunica vaginalis flap on pouting testicular parenchyma after incising tunica albuginea in select cases where testis were preserved after emergency de-torsion. Dr. Sharad Pendse, a senior diabetologist from Nagpur spoke on Pharmacotherapy of CKD in Diabetes. He enlightened the delegates about Nephroprotective, Nephrosafe and Nephrotoxic drugs in DM. I spoke on modern management of Urolithiasis in day to day practice with an attempt to highlight the contributions made by Indian Urologist to the management of stone disease namely 5-pang system by Dr. Ashish Patil, Ultra Miniperc by Dr. Janak Desai and Super-perc by Dr. Kaushik Shah. The welcome address was given by our Past President Dr. Vijay Raghoji & vote of thanks by Dr. Ulhas Sathaye. The entire event was compared by Dr. Suhas Salpekar. The participation of faculties from NZ was possible due to constant persuasion by Dr. Sanjay Kulkarni & Dr. Pankaj Maheshwari with Dr Anna Lawrence. The conference was attended by 16 Urologist & 3 physicians along with their spouses. This overseas conference cum tour was very well organized by UTOPIA holidays & tours and we will cherish its memories for long time to come.

Dr. Sushil Rathi (Nanded), Council Member (WZ-USI).

Tale of Two Homes

Dr V Srinivas known as an expert Uro-Oncologist for years, has surprised all of us with his first non urology publication ' Tale of Two Homes'. Just published last month , this book is well received and has received great comments on the social media. Its a wonderful story of the two homes , one being built and other risking he demolition.



Dr Srinivas has been very good with the scalpel & now has shown the world that he is equally good with the pen too, very few people will have such combined virtue.

Its available at Falcon Publishing store (Publishing Consultant: Avneet Kaur, Mob: 9115892986).

Urologists in the nonurology arena

Running and Me! Conquering new heights!

I started running almost 9 years back with a wish to do something inspiring and obviously to keep fit as well. I was inspired by our own Urology seniors like Dr Chibber, Dr Sathye, Dr Nagesh who were already running marathons when I started.

I started with a locally organised 5 km run and graduated to Half, Full and an occasional Ultra marathon, running at different places and terrains. Whenever on a holiday, the first thing which is packed is running gear and we explore different places by early morning runs, be it Scandinavia, US or anywhere. And yes, I am usually accompanied by family especially my elder son who is himself a half marathoner at the age of 13 and a state level athlete. Obviously, running also helps this family bonding and the joy I got from coaching my son to glory was immense..

Ladakh is an exotic place for a holiday but I decided to take up the challenge and run at 11000 feet. Only thing I knew about heights was to acclimatise and so reached 4 days prior to the race day and explored Ladakh. I also started taking Diamox from a day prior. Initial couple of days even walking made me breathless and saw oxygen saturation in 80s (yes I carried a pulseox). So the strategy was simple - not to over exert, keep hydrating and taking electrolyte solution (Enerzal was given at water stations), and if there is steam left at the end, aim for a strong finish but enjoy nature and run. Then came the race day and seeing runners from all over the world and the mighty Himalayas in the backdrop made me all charged up and raring to go. Initial 10-11 kms were good but as the race progressed and air already thin, it got difficult and had to resort to run, Walk strategy. However the worst was yet to come and the killer punch of 4 km of steep incline took out all the steam. Here came the role of Mind over Body. A strong will kept me pushing till the very last. I met many runners en route from different parts of India and the world - it's a wonderful thing to run with fellow runners and to chat with them/ understand their culture, training etc. We also gain some knowledge by sharing.

And when I sprinted a couple of hundred metres at the end to finish - I was in tears (whether due to this gruelling torture or due to joy of conquering it I couldn't make out!!)

So the journey continues each time setting new milestones and doing something challenging. Best part is when people come up and say I'm really inspired by you and have have picked up running.. keep running!!

Dr Kapil Thakkar (Surat)



Plan your Calender in 2018 -

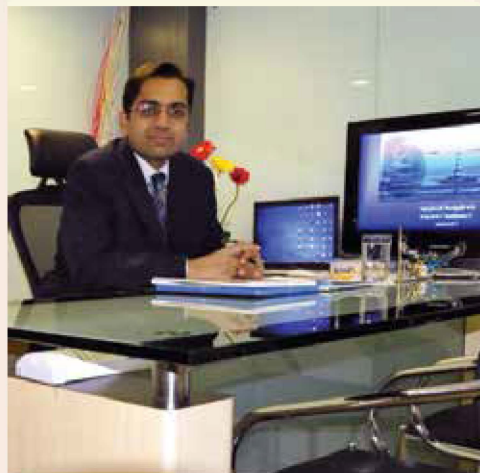
| Month | Dates | Event | Venue | Link |
|-----------|-------|---|--------------------|---|
| Jan | 18-21 | 51st USICON | Jaipur | http://www.usicon2018.com |
| Feb | 23-25 | Advancements in Endourology | Ahmedabad | http://advancements-endourology.com |
| March | 16-20 | EAU (European Association of Urology) | Copenhagen | http://eau18.uroweb.org/ |
| April | 17-21 | UAA (Urological Association of Asia) | Kyoto, Japan | http://www2.convention.co.jp/ |
| May | 18-21 | AUA | San Francisco | http://www.aua2018.org/ |
| June | 17-19 | Challenges in Endourology | Amsterdam | http://www.challenges-endourology.com/ |
| June | 28-30 | Challenges in Laparoscopy & Robotics | Leipzig, Germany | http://www.challengesinlaparoscopy.it/cil/ |
| September | 20-24 | WCE (World Congress of Endourology & SWL) | Paris | http://wce2018.com/ |
| October | 4-7 | SIU (Congress of the Société Internationale d'Urologie) | Seoul, South Korea | |
| October | 25-27 | WZ-USICON | Raipur | |

Editor's Note

Hello Friends and Teachers,

I would like to take this opportunity first to thank you for giving me a chance to serve the West Zone Chapter of Urology Society of India as a Council Member.

The society's newsletter highlights the recent events, achievements and gives a window to the upcoming and much anticipated events.



Medicolegal aspects of our practice have assumed special importance in today's era. Apart from being ethical healthkeepers treating our patients, we also need to be prudent and safeguard ourselves. The recently conducted UROLEGACON at Chennai was very well attended and addressed many of the critical issues. Medico Legal documentation need to be integrated into our routine practice. 'MedicoLegal Guidepost', a column of recommendation is scripted in current and forthcoming issues of newsletter for guiding and guarding you.

If any of you would like to contribute with article/news towards the newsletter, please mail the same.

Wishing you a Merry Christmas and Happy New Year in advance...

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Council Member, WZ-USI.