



IMPA

THE OFFICIAL NEWS LETTER OF THE INDEPENDENT
MEDICAL PRACTITIONERS ASSOCIATION

NEWS

ISSUE 03 | VOLUME - 28 | MARCH 2024



FROM THE PRESIDENT'S PEN...



It is with great pleasure I present you the March 2024 IMPA E-newsletter.

I am pleased to inform you that the IMPA web site (www.impa-sl.com) is being regularly updated with information to the IMPA membership, medical profession and general public by our dynamic IT coordinator Mr. Nilupul Gooneratne.

The IMPA website is also linked to IMPA Facebook page and Youtube. Several important information and articles are included in the March E-newsletter.

At the last council meeting held on 17th March 2024 it was decided to release the 2024 IMPA Journal at the AGM to be held in December 2024.

The following were appointed to the Journal Editorial Board.

Dr. A.L.P. de S. Seneviratne (Editor)

Dr. A.H.A. Hazari

Dr. S.M. Goonesekera

Dr. Palitha Abeykoon

Dr. S.M. Samarage

Dr. S.A.P. Gnanissara

Dr. Jennifer Perera

Dr. Sujatha Samarakoon

Dr. Kanthi Ariyaratne

Yours Sincerely,

Dr. A.H.A. Hazari

President

IMPA

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IMPA, CME at Durdans on 17th March 2024

In a bid to enhance medical knowledge and foster professional development, Durdans Hospital, in collaboration with the IMPA, organized a Continuing Medical Education (CME) Programme on March 17th, 2024, at the Durdans Hospital Auditorium in Colombo.

The programme focused on two crucial medical specialties: Neurology and General Surgery, with renowned experts in their respective fields leading the discussions. Dr. Lakmal Hewage, a distinguished Neurosurgeon, delivered an insightful lecture on Neurology, covering a wide array of topics ranging from neurological disorders to advancements in neurosurgical techniques. His presentation provided valuable insights into the diagnosis and management of neurological conditions, enriching the understanding of the attending physicians.

Following the Neurology session, Dr. Sajith Ranathunga, a highly esteemed General and Colorectal Surgeon, took the stage to conduct the General Surgery lecture. Dr. Ranathunga's expertise shone through as he discussed various aspects of general surgery, including innovative surgical procedures, patient management strategies, and emerging trends in the field.

Participants had the opportunity to gain practical insights, exchange experiences, and network with fellow medical professionals, fostering a collaborative learning environment. Highlighting the commitment to continuous learning and professional development, Durdans Hospital affirmed its dedication to organizing similar CME programmes in the future. By facilitating opportunities for medical professionals to stay abreast of the latest developments in their respective fields, Durdans Hospital aims to uphold the highest standards of medical excellence and contribute to the advancement of healthcare in Sri Lanka.



Hyperpigmentation in a Nutshell

Dr Dineshani Hettiarachchi

MBBS,SEDA UK, MCGP, MSc (Regenerative Medicine), PhD
Senior Lecturer
Department of Anatomy Genetics & Biomedical Informatics
Faculty of Medicine, University of Colombo

Hyperpigmentation is a common skin condition characterized by the darkening of certain areas of the skin due to excess melanin production. Melanocytes are found in the basal layer of the epidermis, which is the outermost layer of the skin.

Age spots (lentigines): These are flat, brown, or black spots that often appear on sun-exposed areas of the skin as a result of aging and sun damage.

Drug-induced hyperpigmentation: Certain

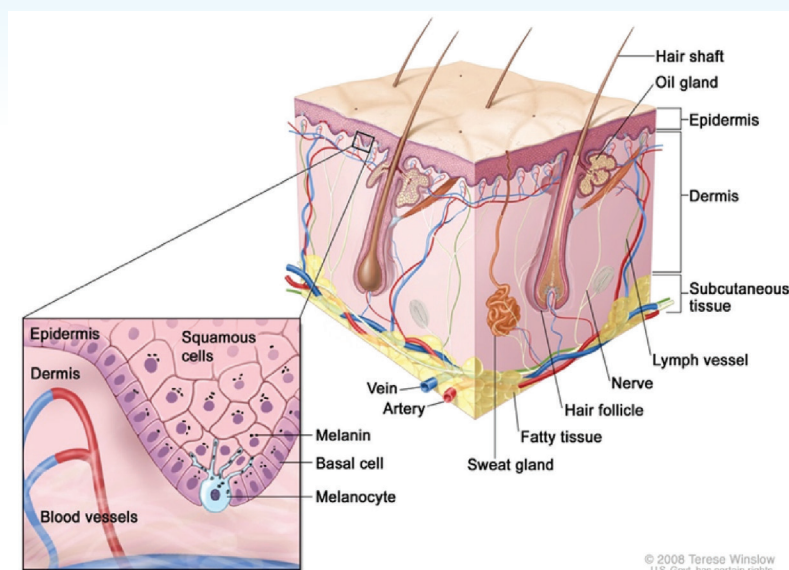


Figure - Anatomy of the skin.

Causes and types of Hyperpigmentation

Sun Exposure: Ultraviolet (UV) radiation from the sun stimulates melanocytes, leading to the formation of sunspots or freckles, especially on areas of the skin that are frequently exposed to the sun.

Hormonal Changes: Those that occur during pregnancy or hormonal birth control can trigger the development of melasma, characterized by dark patches on the malar region of the face, cheeks, forehead, and upper lip.

Skin Inflammation: Post-inflammatory hyperpigmentation (PIH) occurs following acne, eczema, injury, or burns.

Genetic Factors: Underlying genetic factors make some people more susceptible.

medications, e.g. - chemotherapy drugs, antimalarials, and antipsychotics, can cause hyperpigmentation as a side effect.

Treatment Options for Hyperpigmentation

Treatment depends on the type, depth, and severity of the condition. For acute hyperpigmentation, such as PIH, treatment typically includes a combination of topical agents like hydroquinone, tretinoin, and corticosteroids, along with sun protection to prevent further darkening of the skin. In cases of chronic hyperpigmentation, maintenance therapy is essential. Procedures like chemical peels and laser therapy can also be effective in treating hyperpigmentation, especially in resistant cases. The key to successful management is a tailored approach that addresses the underlying cause of hyperpigmentation using a combination approach.

Sri Lanka not on track to achieve WHO TB targets

Dr Sujatha Samarakoon

MBBS (Cey), MSc, MD, Dip GUM (Lond), FCCP(SL)
Consultant Venereologist & Public Health Specialist

The World Tuberculosis (TB) Day is commemorated every year on 24 March, to raise awareness about the devastating health, social and economic consequences of TB, and to step up efforts to end TB. The theme for 2024 is: 'Yes! We can end TB!'

The National Programme for Tuberculosis Control and Chest Disease (NPTCCD) commemorated it under the patronage of Dr P. G. Mahipala, the Secretary Ministry of Health. He highlighted that the World Health Organization (WHO) annual incidence estimate is 14,000 cases in Sri Lanka and detection of 9538 cases in 2023 leaving a gap of 32% of undetected cases which are the main sources of infection to the community. A male preponderance (64.8%) of cases was observed while 52% of detected cases were in the 15-54 year age group and 45% in the above 55-year age group. Only 28 MDR cases were detected which is below the national target of 54. Survey results show that major risk factors for TB are diabetes mellitus (20.6%), BMI

<18.5 (24.6%), alcohol use (25.6%), smoking (26.3%).

Western Province reported the highest burden in the country (46%) and Colombo district accounted for 25% (n=2348) of the national burden. The Colombo Municipal Council area accounts for almost 50% of the cases in the Colombo district. In 2023, 215 childhood TB cases were detected and accounted 2.3% of the total cases. Colombo (17.7%), Kandy (14.9%) and Gampaha (11.6%) have reported childhood TB cases.

Sri Lanka is not on track to achieve the WHO End TB targets by 2025, by reducing the TB incidence by 90%, mortality by 95% and zero catastrophic household expenditure compared to the baseline in 2015.

The main objective of the meeting was to strengthen the public-private mix to make general practitioners to be vigilant and scale up screening for TB.

Organization of Professional Associations (OPA) and IMPA

Dr Sanath Hettige

Full Time General Practitioner
Consultant in Family Medicine

1. There were two seminars organized by OPA through the Health and Nutrition Committee of which Dr Sanath Hettige of IMPA is the Chairperson and Dr Kanthi Ariyaratne is the Convener of that Committee. One was on prevention of Dengue and other was on Non-Communicable Diseases prevention. IMPA members were welcomed to attend.

The seminar on “New Trends in Dengue Prevention and Treatment “was held on 25th March 2024 at 6.00pm at the Auditorium of the OPA

2. There was a consultation organized by Ministry of Health with the support of WHO on “Patient Safety and Wellbeing “on 20th February to get the suggestions and comments for the draft document. Dr Hettige and Dr Ariyaratne participated on behalf of OPA Health and Nutrition Committee. The draft document had been developed by a panel of experts including Dr Palitha Abeykoon and Dr Vinya Ariyaratne with technical assistance of WHO Headquarters and it would be further modified in due course.

Country Coordinating Mechanism, Sri Lanka (CCM SL) submits proposals for for years 2025 - 27

Dr Iyanthi Abeyewickreme

MBBS, Dip Ven, MSc, MD, FCVSL, FCCPSL

Consultant Venereologist

Former Regional Advisor HIV, WHO SEARO

Past President, Sri Lanka Medical Association (2016)

Hon. Senior Fellow, Post Graduate Institute of Medicine, University of Colombo, Sri Lanka

Past President, Colombo Medical School Alumni Association (CoMSAA) 2018/2019



Launch of revamped website



Participation



Chairman and CCM members

Dr Iyanthi Abeyewickreme representing the IMPA attended the CCMSL meeting held on Saturday 03rd February 2024 where 23 out of total 27 members participated. The meeting was chaired by Dr Palitha Mahipala, the Secretary/Health who is the Chairman/CCMSL.

The Proposals for requesting funds for years 2025-27 for HIV/AIDS Prevention and for Tuberculosis Prevention (Fund Requests HIV and TB) were presented by Director/ NSACP and Deputy Director/NPTCCD. In depth discussions took place regarding the two proposals and the Secretary Health was very attentive. He questioned the Directors of the two programmes regarding many technical issues. This was a welcome change from the previous meetings with the former Secretary of Health.

Both proposals were endorsed by the CCMSL members. They were due to be submitted to the Global Fund for review and approval.

Dr Sujatha Samarakoon another IMPA member participated at the CCM SL meeting in different capacity as a Consultant to the Local Funding Agency. The re-vamped CCM SL website (ccmsl.lk) was also launched by the Secretary Health at this meeting.

Both the Fund Requests were submitted successfully on 4th and 5th February 2024 and presently under review by the Technical Review Pannels of the Global Fund.



CALL FOR PAPERS

SRI LANKA JOURNAL OF HEALTH RESEARCH (SLJHR)

Submission deadline for next volume
30th April 2024

The Sri Lanka Journal of Health Research (SLJHR) is a peer reviewed, biannually published scholarly journal serving the health professionals and academics of Sri Lanka to publish their research works and innovations. It is made available in “Sri Lanka Journals Online”.

SLJHR invites professionals to submit manuscripts in the fields of Medicine, Nursing, Allied Health Sciences, Indigenous Medicine, and other health related fields for third volume of the journal. Submit your manuscripts using the following link.

sljhr.sljol.info/about/submissions

Scan to submit



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(Medical Services)
Ministry of Health

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GSK Medical Team

Link : <https://view.email.gskpro.com/?qs=29a920f60a71cf0cdaaf19eae29541cc4af8a9c11ec2312575dfa7a419a662bd91176695fe8c65b79dee8bf67e404cff2a89fd207d6dc49e077e7fbfa5cb10ac46642c62d123bd524ee-21149b9ebdcacom/?qs=29a920f60a71cf0cdaaf19eae29541cc4af8a9c11ec2312575dfa7a419a662bd91176695fe8c65b79dee8bf67e404cff2a89fd207d6dc49e077e7fbfa5cb10ac46642c62d123bd524ee-21149b9ebdcac>

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King Coconut Water Cures Paralysis – Life Stranger Than Fiction 2 – Medullary Sponge Kidney & Hypokalaemic Periodic Paralysis

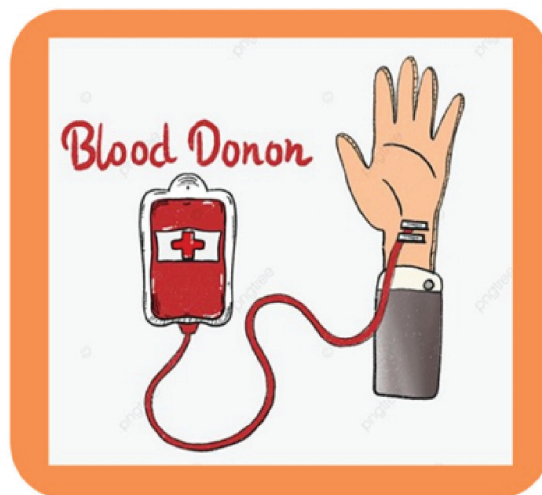
Link : <https://drlalithmendisblog.wordpress.com/2020/05/01/king-coconut-water-cures-paralysis-life-stranger-than-fiction-2-medullary-sponge-kidney-hypokalaemic-periodic-paralysis/>

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MALARIA Alert !

Highest number of imported malaria patients in 5 years reported last year
2019 - 53 | 2020 - 30 | 2021 - 26 | 2022 - 37 | 2023 - 63 Let's be alert.

Every drop should be malaria-free!



Defer donors with history of travel to malaria endemic countries within past 3 years

AMC Hotline : 0712 841 767



**Anti-Malaria Campaign
Ministry of Health- Sri Lanka**



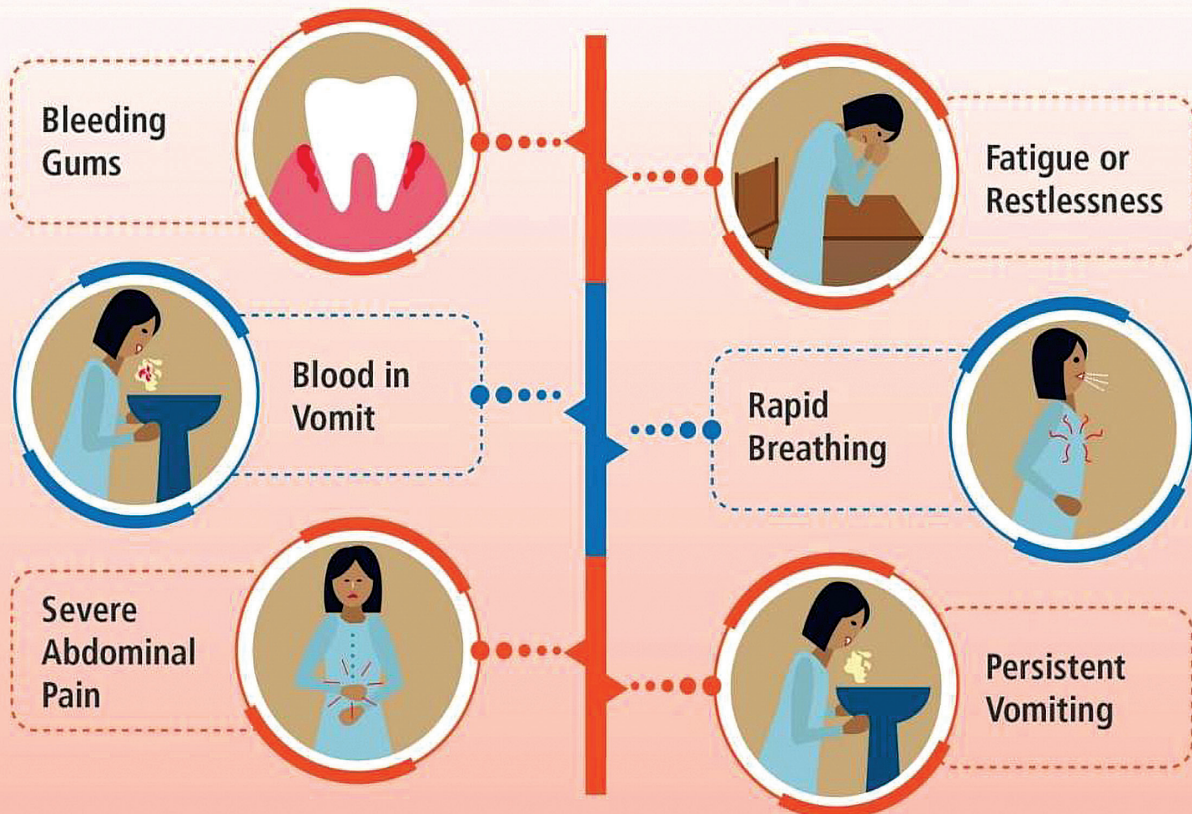


**PROTECT
PREVENT
STOP
DENGUE**



KNOW AND PREVENT DENGUE COMPLICATIONS

If three to seven days after experiencing first symptoms of dengue, and once the fever has subsided, you have any of the following:



Seek IMMEDIATE hospital care if you have any of the above symptoms

Do not take any medicine without consulting your doctor. Avoid aspirin and ibuprofen

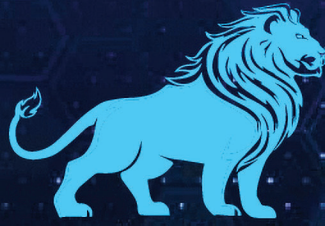


Dengue complications and deaths can be prevented with early detection and timely medical care

**They are no more with us Yet,
We Remember.....**



It is with deepest regret we announce the demise of
Dr Budhadasa Kaluarachi and Dr Sri Lal Dharmadasa Athukorala
IMPA President and the members appreciate
the services rendered by them to the IMPA.



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- IQVIA data 2023 Q3



**Thank you Sri Lanka for your unwavering trust placed
on our truly Sri Lankan EmpaMor!**

The E-newsletter Editorial Board:

Dr. Neelamani Rajapaksa Hewageegana (Editor), Dr. A.H.A. Hazari, Dr. S.A.P. Gnanissara, Dr. S.M. Goonesekera,
Dr. Sarath Samarage and Dr. Palitha Abeykoon