



IMPA

THE OFFICIAL NEWS LETTER OF THE INDEPENDENT
MEDICAL PRACTITIONERS ASSOCIATION

NEWS

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FROM THE **PRESIDENT'S PEN...**



I am pleased to present you the IMPA July 2024 e-newsletter.

The IMPA participated in a very successful Health Camp on Sunday 14th July 2024 in association with the OPA. Dr Kayathri Periyasamy (IMPA - Council Member) representing " The Suwa Diviya Programme" with Dr Kanthi Ariyaratne (Honorary Joint Secretary - IMPA) and other IMPA members and volunteer doctors played an active role for this project.

A very informative Medical update programme on "Advances in Lipid Management" by Dr Farhan Ahamed Consultant Chemical Pathologist & Metabolic Medicine from Oxford University & Milton Keynes University was held on Sunday 14th July 2024 at the OPA Auditorium sponsored by M/s Emerchemie (Dr Reddy & Ferozsons).

The IMPA was represented at the meeting with multi-sectoral Stakeholders involved with the view of End TB targets and burden of TB in Sri Lanka on Friday 26th July 2024 at the Auditorium of the Ministry of Health (MOH).

The IMPA was also represented at the meeting at the MOH for NAP - AMR (Human Sector) The IMPA has successfully negotiated with the NMRA to load the Sri Lanka Drug index into the IMPA website for the benefit of IMPA members & medical professionals.

Any further suggestions to improve the e-newsletter will be much appreciated.

Thank you,
Yours Sincerely,
Dr. A.H.A. Hazari
President
IMPA

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IMPA Monthly CPD Programme

A lecture on **"Advances in Lipid Management"** was delivered by *Dr Farhan Ahmed* MBBS, FRCP(UK), FRCPPath(UK) SCE, MRCP(UK) MSc(UK) Consultant in Metabolic Medicine and Chemical Pathology,

at the IMPA monthly CPD programme. It was held on Sunday the 14th July 2024 at 7.30 p.m. at the Organization of the Professional Association (OPA) Auditorium, sponsored by Emerchemie - *Dr Reddy & Ferozsans*



Unveiling of The Past President's Photograph



On Sunday the 30th June 2024, the 21st IMPA President, Dr Ananda Perera's photograph was unveiled by Dr Sanath Goonasekara, the Senior Vice-president of IMPA, in the presence of council members

IMPA was founded in 1929. Dr Ananda Perera was the President IMPA from 2019 to 2021

The OPA Free Medical Camp

Kayathri Periasamy

Consultant Physician

The Free Medical Camp organized by the OPA was concluded successfully on 14th July 2024. Under the keen supervision of OPA past president Eng. Shantha Senarath and his able team, the program started sharp at 7.30 am with a sumptuous breakfast, followed by the welcome and introductory speeches.

The medical camp then promptly started at 8.30 am and the participants availed themselves to 4 different sections as mentioned below.

1. The Medical section organized by IMPA offered blood sugar screening, BMI assessment and BP assessment, followed by individual consultations by doctors with hardly any waiting time. The Screening was done by the Suwa Diviya team, a non profit initiative for Diabetes prevention. 65 people were screened. Approximately 55 consultations were done by the team of IMPA member doctors comprising, Dr Priyadhashini Samarasinghe, Dr. Ruchira Jalthota, Dr Sabith Sallieh, Dr. Rasarie Wimalana and Dr Kayathri Periasamy. We were ably assisted by the members of Nursing Institute.
2. Health Awareness Section was a new introduction this

time, a brainchild of Dr Kanthi Ariyaratne. Members of the Health Promotion Bureau led by Dr Uthpala Amarasinghe, were able to provide much needed education about non communicable diseases and their prevention through lifestyle changes, and prevention and control of communicable diseases, vaccination, stress management. As the groups were small each time a whole range of topics were discussed according to the participants' needs and was hailed as a "much needed entity" by the Past President of the OPA himself, who also participated.

3. The Eye section was managed by HelpAge, whose mobile unit was equipped with vision assessment, and cataract screening.
4. The Dental Section was managed by the National Dental Institute of the Health Ministry, and they performed dental assessments and filling when needed.

Overall, the Medical Camp was well attended and ran smoothly and provided much needed relief for those who attended, who were mostly aged 50 to 75 years old.





MediVerify is a user-friendly tool that will check if a medicine is registered in Sri Lanka. When one types the name of a medicine the app will check whether it is registered or not.

This website uses the official registered medicine list from the NMRA.

It is free of charge for use, and we invite all academia /clinicians also to try it in your practice , now that a national initiative has been fulfilled.

<http://mediverify.lk>

Intelligence & Wisdom

1. Intelligence leads to arguments. Wisdom leads to settlements.
2. Intelligence is power of will. Wisdom is power OVER will.
3. Intelligence is heat, it burns. Wisdom is warmth, it comforts.
4. Intelligence is pursuit of knowledge, it tires the seeker. Wisdom is pursuit of truth, it inspires the seeker.
5. Intelligence is holding on. Wisdom is letting go.
6. Intelligence leads you. Wisdom guides you.
7. An intelligent man thinks he knows everything. A wise man knows that there is still something to learn.
8. An intelligent man always tries to prove his point. A wise man knows there really is no point.
9. An intelligent man freely gives unsolicited advice. A wise man keeps his counsel until all options are considered.
10. An intelligent man understands what is being said. A wise man understands what is left unsaid.
11. An intelligent man speaks when he has to say something. A wise man speaks when he has something to say.
12. An intelligent man sees everything as relative. A wise man sees everything as related.
13. An intelligent man tries to control the mass flow. A wise man navigates the mass flow.
14. An intelligent man preaches. A wise man reaches.

*Intelligence is good but wisdom achieves better results

In mathematics, no number can be divided by all the numbers from 1 to 10,...

But this one number is very strange, all the mathematicians in the world were Shocked.

This number was discovered by Indian mathematicians with their unwavering intelligence.

See this number 2520...

It seems to be one of many numbers, but in reality, it is not, it is a number that has surprised many mathematicians around the world.

This number can be divided by any number from 1 to 10. Whether even or odd.

This number can be divided by any number from 1 to 10. The rest is zero.

$$\begin{array}{lll} 2520 \div 1 = 2520 & 2520 \div 2 = 1260 & 2520 \div 3 = 840 \\ 2520 \div 4 = 630 & 2520 \div 5 = 504 & \\ 2520 \div 6 = 420 & 2520 \div 7 = 360 & 2520 \div 8 = 315 \\ 2520 \div 9 = 280 & 2520 \div 10 = 252 & \end{array}$$

The secret of the number 2520 is hidden in the multiplication of $[7 \times 30 \times 12]$...

Days of the week $*(7)*$ Days of the month $*(30)*$ And months in a year $*(12)*$

$*[7 \times 30 \times 12 = 2520].*$

This is the characteristic and dominance of time.

The great sage who discovered it was Sri Srinivasa Ramanujam...

The 10 Sayings

1. Prayer is not a "spare wheel" that you pull out when in trouble, but it is a "steering wheel" that directs the right path throughout.
2. A Car's WINDSHIELD is so large & the Rear view Mirror is so small? Because our PAST is not as important as our FUTURE. So, Look Ahead and Move on.
3. Friendship is like a BOOK. It takes few seconds to burn, but it takes years to write.
4. All things in life are temporary. If going well, enjoy it, they will not last forever. If going wrong, don't worry, they can't last long either.
5. Old Friends are Gold! New Friends are Diamond! If you get a Diamond, don't forget the Gold! Because to hold a Diamond, you always need a Base of Gold!
6. Often when we lose hope and think this is the end, GOD smiles from above and says, "Relax, sweetheart, it's just a bend, not the end!"
7. When GOD solves your problems, you have faith in HIS abilities; when GOD doesn't solve your problems HE has faith in your abilities.
8. A blind person asked : "Can there be anything worse than losing eye sight?" He replied: "Yes, losing your vision!"
9. When you pray for others, God listens to you and blesses them, and sometimes, when you are safe and happy, remember that someone has prayed for you.
10. WORRYING does not take away tomorrow's TROUBLES, it takes away today's PEACE.

Links to Interesting Articles

Application-form-for-membership- IMPA

Link : <https://impa-sl.com/application-form-for-membership-impa-sl/>

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Antimicrobial stewardship

Link : <https://youtu.be/J71xQbjlwlQ?feature=shared>

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Mechanism for Antibiotic resistance

Link : <https://youtu.be/ReKG-vuYHY4?feature=shared>

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What is the right time to consume magnesium? (so that it works effectively on the body)

Link : <https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/what-is-the-right-time-to-consume-magnesium-so-that-it-works-effectively-on-the-body/photostory/109212060.cms>

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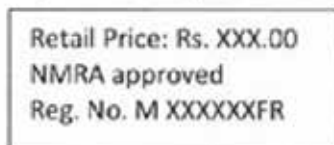
Health tips

To All Marketing Authorization Holders of Medicines

Regulatory Strengthening of Controls on Falsified Products

The Board of the National Medicines Authority has decided to implement the following changes to the labeling requirements of medicines in order to enhance protection against falsified products coming into the market.

1. Sticker to be placed on each commercial pack indicating the wordings 'NMRA approved' and the number of the NMRA registration certificate in legible fonts. The sticker indicating the retail price of the product shall be used. A specimen is given below as an example:



The sticker shall be implemented immediately for any consignments released to the market with effect from 1st August 2024. The batches already released to market are not affected by this decision.

2. Product specific QR code or bar code of the manufacturer.
QR code or bar code on each commercial pack will be made compulsory after a grace period of three months from today. The following information should be accessible through the code:
 - The product name
 - The generic name and strength
 - Batch number
 - Date of manufacture
 - Date of expiry
 - Price of the product
 - Name of the manufacture and site address

We expect your fullest corporation to implement these controls and help prevention of falsified products getting into the market.

Thank you



Chairman

National Medicines Regulatory Authority

Chairman

National Medicines Regulatory Authority

No. 120, Norris Canal Road,
Colombo 10.

Suwa Diviya - Turning the tide against diabetics

Link : <https://acrobat.adobe.com/id/urn:aaid:sc:AP:fca056ed-eac3-4cb4-be3f-a6b74b248c6f>

The certificate course in evidence-based diabetes Management.

Course Objective -

To enhance the knowledge,
Skills, And core competencies of
primary care Physicians in the
management of diabetes



Duration – 12 Months

Course Fee – Rs.40,000

Course 2024 - 2025

Eligibility Criteria – SLMC Registration

Register online

www.pcdgpcrg.lk

Certified by –

PHFI – Public Health Foundation of India

DMDEA – Dr.Mohan Diabetes Education Academy, Chennai

PCDGSL – Primary Care Diabetes Group Sri Lanka

**New batch starts -
September 2024**

Every second Sunday





EmpaMor

becomes

Number One

in volumes across all
Empagliflozin brands

for the 2nd time

- 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