



IMPA

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THE OFFICIAL NEWS LETTER OF THE INDEPENDENT
MEDICAL PRACTITIONERS ASSOCIATION

NEWS

www.impa-sl.com



FROM THE PRESIDENT'S PEN...



Dear Colleagues,

It is with great honor and humility that I share with you the memorable occasion of my induction as the President of the Independent Medical Practitioners' Association of Sri Lanka, held on the 22nd of August 2025 at Water's Edge, Colombo. The event was truly a milestone in the proud history of our Association, graced by the presence of distinguished leaders from medicine, government and industry.

Our Chief Guest, Dr. Anil Jasinghe, Secretary to the Ministry of Health and Mass Media, honored the occasion with his insightful words and encouragement. We were further privileged by the presence of eminent personalities, including the former Speaker Hon. Mahinda Yapa Abeywardena, Mr. Ajith Rohana, Deputy Inspector General of Police, Professor Mohan de Silva, former Chairman of the University Grants Commission, Mr. Sumith Abeysinghe, former Cabinet Secretary and currently Financial Controller to the Government of Sri Lanka and several leaders from the pharmaceutical industry, including the Chief Executive Officer of CIC Holdings.

A highlight of the evening was the recognition of 25 past council members of IMPA, who were awarded medals in appreciation of their dedicated service to the Association and to our profession. Their contributions stand as a guiding light for the future we envision.

In my Presidential Address, I had the privilege of presenting our new vision for the Association: integrating anti-aging care into routine clinical practice. This initiative is not only relevant to Sri Lanka but also resonates with the global medical community. The response from our members and dignitaries was overwhelmingly positive. Dr. Jasinghe, in particular, expressed his keen interest in supporting the implementation of this vision within the national health framework.

I am deeply encouraged that many newspapers, including the Daily News, have commended this vision and recognized it as a step forward, not only for Sri Lankan doctors, but for the global fraternity of medical professionals. This affirmation strengthens our resolve to advance innovative, patient-centered care while upholding the highest standards of professional integrity.

As we move forward together, I invite each of you to contribute actively to this mission. The strength of IMPA has always been the collective dedication of its members. With your support, I am confident that we can position Sri Lanka at the forefront of holistic, preventive and anti-aging medicine, while continuing to safeguard the professional independence and dignity of private medical practitioners.

Let us embrace this new chapter with enthusiasm and unity. Together, we can make a lasting impact on the health and well-being of our patients, our communities and our nation.

With gratitude,
Thank you,

Yours Sincerely,

Dr Sanath Hettige MBBS, DFM, MD, FCGP

President, Independent Medical Practitioners Association of Sri Lanka
Board Certified Specialist in Family Medicine,

Honorary Senior Lecturer, Faculty of Medicine, University of Colombo,

Chief Scientist, Oil of Dermae Laboratories & Dermae Research Medical Center

Chairman, Health & Nutrition Committee, Organization of Professional Association of Sri Lanka

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A Historic Milestone for IMPA: Ceremonial Induction of Our New President

The Independent Medical Practitioners Association (IMPA) reached a proud and historic moment on 22nd August 2025, when the Association held its first-ever ceremonial induction of a President at the elegant "The View," Waters Edge.

On this memorable evening, Dr. Sanath Hettige was ceremonially inducted as the new President of IMPA, marking the beginning of an inspiring new chapter in the Association's journey. The occasion was graced by Dr. Anil Jasinghe, Secretary of Health & Mass media, as the Chief Guest, with the distinguished Professor Mohan De Silva attending as Guest of Honour.

Addressing the ceremony, the Chief Guest, Dr. Anil Jasinghe said that the IMPA is not just an association. It is one of the oldest private medical organizations in the world - a rare achievement that reflects decades of dedication, resilience, and service to our nation's health.

"IMPA shares many of the same goals as the Ministry of Health - better access to care, higher standards, and a healthcare system that puts patients first. I have no doubt that under Dr. Hettige's guidance, the IMPA will grow stronger, more influential, and even more relevant to the needs of our people."

The induction was attended by a glittering gathering of eminent personalities, distinguished medical professionals and well-wishers who came together to celebrate this landmark event. Adding to the grandeur of the evening, 25 of IMPA's long-serving members were honoured with special awards in recognition of their unwavering dedication and outstanding service.

In his address, Dr. Sanath Hettige expressed heartfelt gratitude to the membership for their trust and support, while pledging to strengthen the role of IMPA in uplifting standards of independent medical practice, fostering professional unity, and serving the nation with dedication and compassion. His inspiring words set the tone for a future of growth, collaboration, and excellence.

This historic ceremony not only celebrated leadership but also shone a light on the spirit of unity, service, and excellence that defines IMPA. It was truly a night to remember for all who were present!

Event highlights in pictures:



From the history of IMPA



Standing 3rd from the right as a Medical student in 1905 is Dr Hassanally Jafferjee Hazari who was a founder member of IMPA in 1929. He was the grandfather of the immediate past president Dr A HA Hazari.

Official Announcement: CPD Certificate for 2024

The Directorate of Training, Education, Training & Research Unit, Ministry of Health is pleased to announce the issuance of the CPD Certificate for 2024, the first of its kind. Please follow these instructions carefully to claim your certificate.

Important Information

- This certificate is for the year 2024.
- CPD Mentee Registration : You must be registered as a CPD Mentee and have your CPD ID. If you are not yet registered, please refer to the video guide on how to do so: <https://youtu.be/4vPzjgvTxHE>
- Obtaining your CPD ID : If you have registered but have not yet obtained your CPD ID, please view this video: <https://youtube.com/shorts/kQsrZ7JR8cQ?feature=share>
- CPD Activity Uploads : The initial deadline for uploading your CPD activities was January 31st. We have extended this deadline to September 1st at 9 am . No further uploads for the 2024 certificate will be accepted after this date. A tutorial on how to upload your activities is available here: <https://youtu.be/B07-p0wVaKo>
- Interim Certificates : Please note that we currently do not issue interim CPD Certificates.

How to Claim Your Certificate

- Go to the NCPD website: <https://ncpd.health.gov.lk/>
- Click 'Log in' at the top right, then select 'Create new account'.
- Enter your details, ensuring they match your CPD Mentee registration. All details entered must be as you provided during your initial registration.

- ◆ Username: Your email address.
- ◆ Password: Must have at least 8 characters, with at least one digit, one lowercase letter, one uppercase letter, and one special character (e.g., *, -, #).
- ◆ Personal Information: Enter your email address (twice), first name, last name, title, category of health staff, NIC Number, and Medical Registration Number.
- ◆ CPD ID: Enter your CPD ID.
- ◆ Click 'Create my new account'. You will receive a confirmation email with your registration details within a few hours.
- After logging in, navigate to 'Home', then under 'Courses', select 'CPD Statement of Completion 2024'.
- Click 'Enrol' and enter the enrolment key: Ncpd*123.
- Click 'Submit' to complete your application .

What's Next? i

- ◆ Processing time for the certificate is approximately 10 working days. If you do not receive it within this period, you may log in to your account and download it.
- ◆ A training video with further details will be available in this WhatsApp Channel shortly.
- ◆ For additional information on how CPD activities are scored, please refer to the NCPD Guideline: <https://drive.google.com/file/d/1U0m2lqHWnY556mpaqrJmCH5tI8FtaBaR/view?usp=sharing>

Suicide is preventable in most cases

Sadly colleagues, parents, friends and relatives often miss the symptoms the victims manifest before they end their precious lives such as:

- Getting withdrawn from the society
- Neglecting their self care
- Sleep deprivation
- Refusal of food
- Reduced communication with others and many more

If you note any of these signs in a person, please do not turn a blind eye ,offer help, support and to seek psychiatric help.

24/7 helpline available dial 1926

The Final Notice Deadline 30th September

Articles are requested for publication in the IMPA journal 2025, to be released at the IMPA AGM on 14th of December. The deadline for the submission of articles is 30th September 2025. Please follow the guidelines given below for the submission of articles.

IMPA JOURNAL Guidelines

1. Scope and Focus

IMPA Journal is published annually by the Independent Medical Practitioners Association of Sri Lanka. The Journal will be released at the AGM of that particular year. This is a Medical Journal with the ISSN 2465-6135. The journal welcomes submissions that contribute to the advancement of knowledge and practice in independent medical practice, including but not limited to:

- Clinical case studies and research
- Health policy and regulation analysis
- Practice management and innovation
- Ethics, law, and patient care
- Continuing medical education
- Experiences from practice
- Any Other relevant articles and news

2. Article Types

- Original Research Articles (1000-3000 words)
- Case Reports (800-1500 words)
- Review Articles (2000-3500 words)
- Opinion/Commentary (500-1200 words)
- Practice Pearls (300-500 words)
- Letters to the Editor (up to 500 words)
- Book/Resource Reviews (up to 800 words)

3. Formatting Guidelines

- Submit in MS Word (.doc/.docx) format.
- Use 12 pt Times New Roman, double-spaced.
- Include title, author name(s), credentials, and affiliation.
- Abstract (150-250 words) for original research and reviews.
- Use Vancouver style reference.
- Images, charts, and figures should be high-resolution and captioned.
- Avoid plagiarism. All sources must be properly cited.

4. Ethical Considerations

- Patient consent must be obtained for identifiable case reports/images.
- Conflict of interest and funding sources must be disclosed.
- Submissions must comply with ethical standards for medical publishing.

5. Submission Process

Submit articles via email to [champa.impa@gmail.com]

- Each submission undergoes editorial review, and selected articles are sent for peer review.
- Authors will be notified of acceptance, revisions, or rejection

6. Copyright and Permissions

- Authors retain copyright but grant the journal the right to publish.
- Reproduction of previously published content must have appropriate permissions.

7. Contact

For inquiries, reach out to:

Dr Neelamani Sandhaya Rajapaksa Hewageegana

[MD(Timisoara, Romania), MSc, MD (Colombo, Sri Lanka), PhD (Sheffield Hallam, UK)]

Editor IMPA (Independent Medical Practitioners Association) Journal Email: drneelamani@yahoo.com

Links to Interesting Articles

IMPA

Link : impa-sl.com

New IMPA President

Link : [https://epaperst.lakehouse.lk/article DailyNews? OrgId =2587a5cc830&eid =1&imageview =0&device =mobile](https://epaperst.lakehouse.lk/article%20DailyNews?%20OrgId%20=2587a5cc830&eid%20=1&imageview%20=0&device%20=mobile)

How Beneficial is Cannabis for SL

Link : <https://ceylontoday.lk/2025/08/23/how-beneficial-is-cannabis-for-sl/>

Vitamin D's Impact on Cancer Incidence and Mortality: A Systematic Review

Link : <https://townsendletter.com/vitamin-ds-impact-on-cancer-incidence-and-mortality-a-systematic-review/>

Sri Lanka Journal of Physiotherapy and Rehabilitatio

Second Issue of Volume 1 of the Sri Lanka Journal of Physiotherapy and Rehabilitation Sciences (SLJPRS) has just been published.

You can access the new issue here: <https://sljprs.sljol.info/>

13th ANNUAL SCIENTIFIC SESSIONS OF THE VACCINES AND INFECTIOUS DISEASES FORUM OF SRI LANKA
[file:///C:/Users/drnee/AppData/Local/Microsoft/Windows/INetCache/IE/JLA37TKC/E-Poster\[1\].pdf](file:///C:/Users/drnee/AppData/Local/Microsoft/Windows/INetCache/IE/JLA37TKC/E-Poster[1].pdf)

Kings Care & Leisure's post

Link : <https://www.facebook.com/share/p/1Z4kCCeTs2/?mibextid=wwXlfr>

Malaria

Link : https://www.youtube.com/watch?v=_AsLhW5gKOo

Planetary Health Meets Primary Care SLCSFP Annual Academic Sessions 2025 | 19 & 21 Sep

Register now : <https://forms.gle/4FvWCrETp7BhFRwj7>

Type 2 diabetes in South Asians

Link : <https://acrobat.adobe.com/id/urn:aaid:sc:AP:087891f4-87ce-47c3-b212-3231365d5322>

Dr Sanath Hettige: A pioneer in medical innovation to lead the IMPA

BY NISHANTHA CHAMINDA PEIRIS



Sri Lanka's Independent Medical Practitioners Association (IMPA), the foremost body of experts and professionals in medical research, is entering a new chapter in its history. The association, long recognised for its international excellence in healthcare, is expanding its reach and strengthening its services at a time when independent medical expertise is more critical than ever. At the helm of this transformation stands Dr Sanath Hettige, an innovator and physician whose distinguished career has not only brought honour to the nation but has also left a lasting mark on global medicine.

This evening, at 7:00 p.m. in Colombo, Dr Hettige will be formally appointed as Chairman of the Sri Lanka IMPA. The ceremonial occasion will be graced by Dr Anil Jasinghe, Secretary to the Ministry of Health and Mass Media, alongside a gathering of the country's leading medical experts and scholars.

Dr Hettige's appointment comes with a legacy of trailblazing work. In 2013, he was awarded the Presidential Award for the Best Medical Invention of the Year at the 2016 Presidential Awards Ceremony – an honour rarely bestowed upon doctors – for his

His career has been defined by an unwavering commitment to innovation and the advancement of medical knowledge.

The story of his research on papaya leaves reads almost like a parable of science meeting tradition. While indigenous communities had long used papaya leaves against malaria, no link had been made to dengue treatment. Observing that monkeys consumed the leaves without harm, Dr Hettige conducted a small trial on himself and his employees, comparing results with those who did not take the remedy. The outcome – improved platelet, white blood cell, and red blood cell counts – laid the groundwork for further scientific exploration.

From this humble beginning, Dr Hettige pursued rigorous research that would eventually garner global attention. His findings were first published in *Lankapuvath*, before being picked up by the BBC and CNN. BBC correspondent Chris Howell even produced a documentary experiment on the treatment. Soon, papaya leaf remedies gained traction across the world, with research conducted in India, Pakistan, Malaysia, and the United States, including at the University of Florida. Today, more than 20 studies have been conducted internationally, with discussions on papaya leaf treatment appearing in leading journals such as the *British Medical Journal*.

This global recognition culminated in 2024 when Dr Hettige was honoured with the prestigious WONCA South Asia Regional Five Star Doctor Award – a testament to his

New IMPA President to work on an anti- ageing medical innovation

25/08/2025

Channa Bandara Wijekoon

Dr. Sanath Hettige was appointed as the new president of the Independent Medical Practitioners' Association (IMPA) at the presidential induction ceremony 2025 held in Colombo.

Speaking at the event, Health and Mass Media Ministry Secretary Dr. Anil Jasinghe said, Dr. Hettige is a pioneer and a visionary whose career has elevated the standards of healthcare and medical innovation globally, that have bequeathed him with many accolades.

"Dr. Hettige stands at the forefront of Sri Lanka's medical science and innovation. His remarkable journey has rejuvenated clinical practice, education and research, opening new vistas in excellence. Under Dr. Hettige's guidance as the President, IMPA will become more influential and catering proactively to patients' healthcare needs", he said.

The new President of IMPA Dr. Sanath Hettige said, "I would emphasize on our new vision which is the integration of anti- ageing care into core clinical practice. Our patients today in addition to seeking enhanced lifespans are longing to be healthier and spend more active years. As medical practitioners and private doctors, we are in the best position to guide them towards science- based opportunities to longevity and wellness. It will be a defining step for our association to introduce preventive and anti- ageing medicine into mainstream of private practice in Sri Lanka".

He said, "Medical science is advancing at an unprecedented pace and the expectations and needs of our patients are thought- provoking. Making emphasis on technology, digital health, preventing care and redefining how we practice medicine in this volatile environment is of paramount importance. Hence it is pivotal for our association to continue providing education and professional development



Dr. Sanath Hettige



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13th ANNUAL SCIENTIFIC SESSIONS

OF THE VACCINES AND INFECTIOUS DISEASES FORUM OF SRI LANKA



The Vaccines and Infectious Diseases Forum
of Sri Lanka

Date: SUNDAY | 14th SEPTEMBER 2025
Time: 8.30 am to 4.30 pm

Venue: Aldo Castellani Auditorium, Medical Research Institute
Colombo 8

Opening Ceremony Welcome address

Dr Kanthi Nanayakkara
President, VIDFSL
Consultant Virologist and Vaccinologist



Address by the Chief Guest

Prof Neelika Malavige
Prof in Immunology
Department of Immunology and Molecular Medicine
University of Sri Jayewardenepura



Keynote Address: Is Vaccination a Moral Obligation?

Dr H T Wickramasinghe
Senior Consultant Paediatrician



Combating Dengue: The Vaccine Imperative

Prof Terapong Tantawichien
Division of Infectious Diseases, Faculty
of Medicine, Chulalongkorn University, Thailand



Chikungunya: New manifestations and diagnostic challenges

Dr Vigeetha Withanage
Consultant Virologist,
Medical Research Institute



When a mosquito strikes the joint: understanding Chikungunya arthritis

Dr Himantha Atukorale
Consultant Rheumatologist,
District General Hospital, Gampaha



Rational use of antibiotics: where knowledge goes a long way

Dr Uddami Wickramasuriya
Consultant Microbiologist
Teaching Hospital, Anuradhapura



Breaking the chain: Hand hygiene and infection prevention

Dr Deepa Perera
Consultant Microbiologist
Teaching Hospital, Kalutara



A strategic approach for diagnosis and management of influenza

Prof Dushantha Madegedara
Consultant Respiratory Physician
National Hospital, Kandy



From smallpox to mRNA: Charting the journey of vaccines

Dr Rajiva de Silva
Consultant Immunologist



Smart strategies for immunization clinics

Prof Jenifer Perera
Consultant Microbiologist
Emeritus Professor, University of Colombo



Measles vaccination in Sri Lanka: Triumphs and challenges

Dr Geethani Galagoda
Consultant Virologist
Head of Laboratories, Lanka Hospitals Diagnostics



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Tickets: Doctors Rs. 2000/-
Members, Medical students and Nurses: Rs. 1000/-
inclusive of morning tea with snacks,
lunch and evening tea

CPD points
will be awarded
to all participants

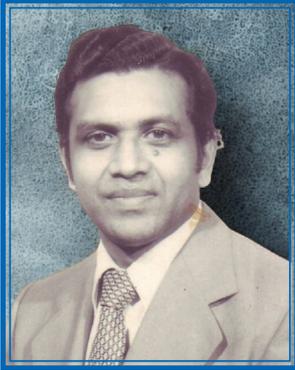
Tickets available at the following centers

IMPA office – 077 1674913

SLMA Library – 011 2695188

Open to all healthcare providers

IMPA Long Standing Service Awards - 2025



Dr. L.P.V.E. Jayaweera



Dr. A.H.A. Hazari



Prof. Nandani de Silva



Dr. B.G.D. Bujawansa



Dr. Titus Fernando



Dr. A.L.P. De S
Seneviratne



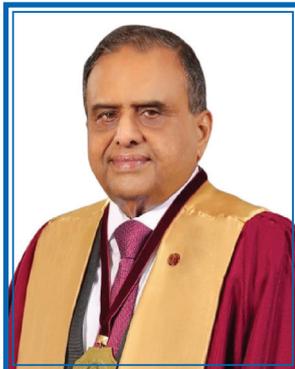
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(IN ABSENTIA)



Dr. B. Karunaratne
(IN ABSENTIA)



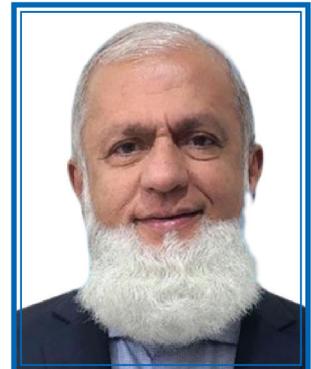
Dr. Ananda Perera
(IN ABSENTIA)



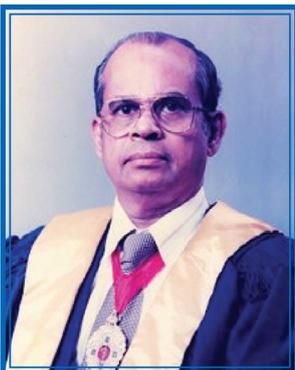
Dr. D.K.D. Mathew



Dr. Joe Fernando
(Family member collected the
award on behalf)



Dr. A.A.M. Haroon



Dr. Lucian Jayasuriya



Dr. S.M. Goonesekera



Dr. Maxie Fernandopulle



Dr. D.W. Weerasooriya
(IN ABSENTIA)



Dr. Palitha Abeykoon



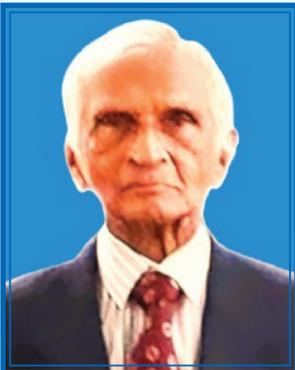
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Solution BP 2 mg/5 ml 100 ml)



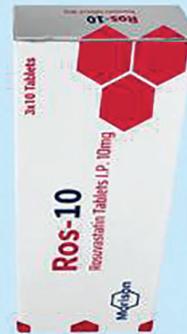
CilniMor (Cilnidipine
Tablets IP 5 mg & 10 mg 10x3)



BisoMor (Bisoprolol
Tablets BP 2.5 mg & 5 mg 10x3)



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Tablets 10 mg & 20 mg 10x3)



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Tablets BP 10 mg 10x3)



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