



IMPA

THE OFFICIAL NEWS LETTER OF THE INDEPENDENT
MEDICAL PRACTITIONERS ASSOCIATION

NEWS

www.impa-sl.com

ISSUE 10 | VOLUME - 29 | OCTOBER 2025



FROM THE PRESIDENT'S PEN...



In October, the IMPA successfully conducted an important medical update programme titled "Current Trends and Status of Tuberculosis: Priority Areas for Prevention and Control, and the Role of Different Professional Groups."

The event was held at the OPA Auditorium in collaboration with the Country Coordinating Mechanism (CCM) of Sri Lanka of the Global Fund.

The primary objective of this programme was to bring together members from various professional associations and enhance their awareness of the current situation, emerging trends, and preventive strategies related to tuberculosis in Sri Lanka.

We were privileged to have two eminent speakers:

- Dr. Mizaya Cader, Consultant Community Physician, National Programme for Tuberculosis Control and Chest Diseases
- Dr. Niranjan Dissanayake, Consultant Respiratory Physician, District General Hospital, Kalutara

Their insightful presentations and discussions made the session highly informative and productive. The event was well attended by representatives from several OPA member associations and received a very positive feedback.

Our IMPA Journal is scheduled for publication on 14th of December at the AGM, and I wish to extend my sincere appreciation to the Editorial Board, headed by Dr. Neelmani, for their dedicated and efficient work. We have received a good number of quality articles as well as sufficient advertisements, ensuring the success of this issue.

Looking ahead, we have another Medical Update Meeting planned at Lanka Hospitals, Colombo, on 23rd November. I strongly encourage all members to attend without fail. Your active participation is vital - not only for professional enrichment but also for maintaining the continued support of our sponsors. A strong turnout reflects the enthusiasm and unity of our association. Please feel free to invite your colleagues and friends in the medical profession to join us at this event.

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We are also planning a new membership drive and an annual academic session in the near future. I look forward to your fullest cooperation and participation in making these upcoming initiatives a success.

Let us continue to work together to strengthen the IMPA and to enhance the standards of independent medical practice in Sri Lanka.

Warmly,

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

IMPA CPD Program October 2025

The Independent Medical Practitioners Association held its CPD programme on Friday 10th October 2025 at the Auditorium of Organization of Professional Associations,

Two eminent speakers made presentations:

"Current trends and status of Tuberculosis, priority areas for prevention and control, and the role of different professional groups"

by

Dr Mizaya Cader

Consultant Community Physician, National Programme for Tuberculosis Control and Chest Diseases and

"Treatment and care of Tuberculosis, including newer approaches and the role of different professional groups"

by

Dr Neranjan Dissanayake

MBBS (SL) MD (Medicine) MRCP (UK) FCCP (SL) FRCP (London) FCCP (USA)
Consultant Pulmonologist, Teaching Hospital & District Chest Clinic, Kalutara

The event was sponsored by the **Country Coordinating Mechanism Sri Lanka of the Global Fund**



IMPA and OPA Collaboration

Dr Kanthi Ariyaratne

(MBBS, MSc Com Med, MD Com Med, MA Sociology, FCCPSL),
Joint Secretary, Independent Medical Practitioners Association Sri Lanka

The Independent Medical Practitioners Association (IMPA) initiated a collaborative network with member associations of the Organization of Professional Associations (OPA) in 2024, with the aim of supporting the prevention and control of HIV/AIDS, Tuberculosis, and Malaria. This initiative was made possible through the generous financial assistance of the Country Coordinating Mechanism of Sri Lanka (CCMSL).

Building on this foundation, in 2025 the IMPA took another meaningful step forward on 03rd October by expanding the network to include the Association of Private Hospitals, the Primary Care Diabetic Group, the Primary Care Respiratory Group, Provincial Chapters of the IMPA, and member associations of the OPA including the Government Medical Officers Association. Many members of these organizations serve as part-time general practitioners during non-working hours, thereby extending essential healthcare services to a wider population.

As in the previous year, the IMPA continues to emphasize the importance of effective communication and collaboration among a broad range of stakeholders in the prevention and control of communicable diseases, particularly HIV/AIDS, Tuberculosis, and Malaria. The special focus for 2025 is on strengthening preventive activities related to Tuberculosis, in close collaboration with the National Programme for Tuberculosis Control and Chest Diseases and the Consultant Respiratory Physicians of the Ministry of Health and Mass Media.

Two eminent resource persons delivered presentations on key aspects of Tuberculosis control and management:

“Current Trends and Status of Tuberculosis: Priority Areas for Prevention and Control, and the Role

of Different Professional Groups” by Dr. Mizaya Cader, Consultant Community Physician, National Programme for Tuberculosis Control and Chest Diseases.

“Treatment and Care of Tuberculosis: Newer Approaches and the Role of Different Professional Groups” by Dr. Nieranjan Dissanayake, Consultant Pulmonologist, Teaching Hospital Kalutara and District Chest Clinic Kalutara.

IMPA sincerely and earnestly requested continued support of all participants in this noble effort, both in their professional capacities and personal lives. Among them were clinicians who treat patients, non-medical professionals in influential positions, and representatives from the media and organizations working closely with marginalized and high-risk communities. Beyond these roles, each participant is also a parent, sibling, friend and above all, a communicator and advocate for positive change.

That change can begin anywhere, in our homes, workplaces, villages, and cities and ultimately ripple across the nation and the world, as the global community strives to eliminate Tuberculosis.

The President of IMPA, Dr. Sanath Hettige, extended an open invitation to all participants to become advocates and champions in the prevention and control of Tuberculosis. On behalf of IMPA, he encouraged everyone to work together toward realizing the shared vision of ending Tuberculosis from Sri Lanka, and ultimately, from the world.

You Cannot Retire

By Chief

Dr David Ogba

Onuoha Bourdex, MFR

I have come to this conclusion, not just from books or sermons, but from the steady drumbeat of real life. From watching friends, colleagues, great men - men of wisdom, strength, and wealth - choose to retire... only to quietly fade into sickness, into sorrow, and then, far too soon, into the arms of death.

Retirement, in the way the world understands it, is not rest - it is resignation. Resignation from purpose. From duty. From the creative tension that keeps the spirit vibrant and alert.

In the Light of Truth, we are taught that everything in Creation is in motion. Motion is life. Motion is law.

Look around you:* Rivers flow ceaselessly - wherever the current breaks off, water stagnates and death settles in.* The Earth rotates without pause.* The seasons march in perfect obedience.* Even the great stars above us dance in eternal cycles, never swerving, never stalling.

Man is no exception. We were not made to rest. We were made to strive, to build, to create, to solve, to nurture. The moment we choose to withdraw from life's current, to step out of the stream and into the stagnant pool of 'retirement,' something begins to wither - first in the mind, then in the body, then in the soul.

You cannot retire from being alive. What is needed is not retirement - but redirection. A man may leave

a career, yes, but he must never leave his calling. He must find another field where his hands are needed, where his thoughts must still labour, where his spirit can continue to serve.

Inactivity is an invitation to decay. A man must have something that:

* Keeps him curious,* Keeps him responsible,* Keeps him accountable,* Keeps him needed. For as long as breath remains, there must be engagement - with God, with purpose, with people, with destiny.

Even a candle in its last inch must burn with dignity, casting light until the final flicker.

Even in old age, the tree must still bear fruits - or at least cast shade.

Even at sunset, the sky must still paint itself with glory. I speak this not only for myself but for all who may be tempted to think their work is done because the world says "retire." No. You may rest. You may change lanes. But you must never stop moving.

To stop is to rust. To rust is to rot. And to rot is to die - before your time. So keep moving, my dear friends. Keep thinking. Keep building. Keep giving. Keep creating. Keep becoming.

Links to Interesting Articles

IMPA

Link : impa-sl.com

Prof Neelika Malavige

Link : <https://www.sjp.ac.lk/news/prof-neelika-malavige-featured-in-the-telegraph-uk-on-south-asias-double-outbreak-of-dengue-and-chikungunya/>

WONCA honours Sri Lankan Family Physician

Link : <https://www.sundayobserver.lk/2025/10/19/spectrum/64520/wonca-honours-sri-lankan-family-physician-with-five-star-doctor-award/>

Prescribing rights, Dr Lakmal Fonseka

Link : <https://share.google/Offj3F6tor5xBBosS>

Colombo Medical Congress 2025 – Registration Now Open!

Dates:

Pre-Congress Symposia – 25th Nov 2025

Main Congress – 26th & 27th Nov 2025

 Venue: UCFM Tower, Faculty of Medicine, University of Colombo

 Theme: “Shaping the Future Doctor through Education, Research, and Innovation.”

Join us for an exciting platform to learn, share research, and collaborate with students, academics, and medical professionals.

 Please find the programme and registration link.

 Registration closes on 20th Nov 2025.

Payment Details:

Acc. Name: Colombo Medical School Alumni Association

Acc. No: 84872943

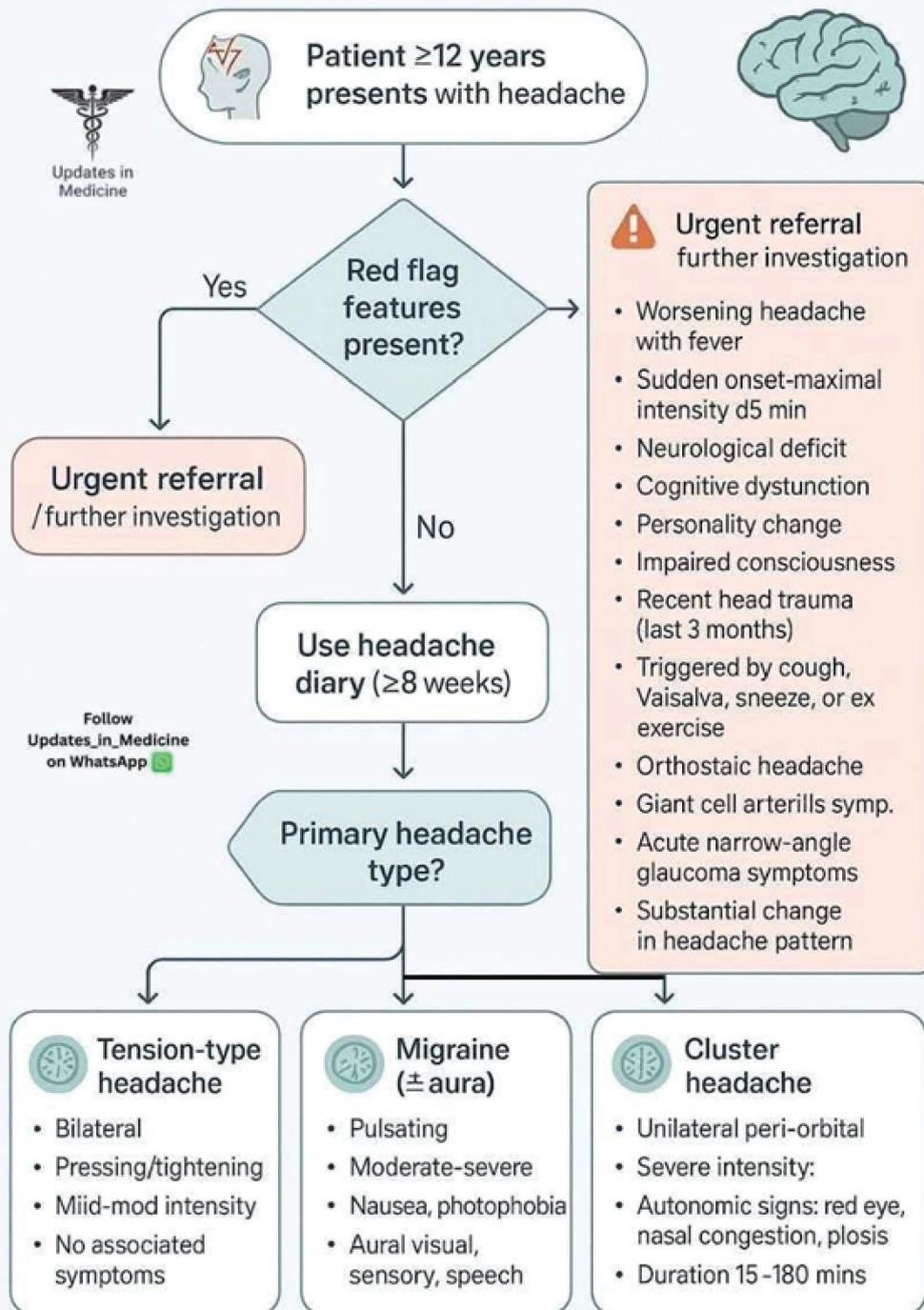
Bank: BOC – Regent Street Branch

 After payment, upload your payment slip using the registration link.

<https://forms.gle/g8kzsM21jQpWHL5cA>

Diagnostic Algorithm for Headaches

Based on 2025 NICE Guidelines





Academy of family physicians West Bengal Chapter

In Academic Partnership With



Academy of family physicians CPD



AFPICON WB 2026 2nd State Conference of AFPI WB

Advancing Medical Excellence and Exploring
New Horizons

**January
04, 2026**

Venue :- The Park Hotel , Kolkata

Theme

Family Medicine - The present
and future of Holistic Health Care

Submission Mail id

abstract.afpiconwb26@gmail.com

Abstract submission guidelines

For abstract submission For oral and poster presentation in conference

- It is mandatory to register for the conference before abstract submission (Paper/Poster presentation)
- Abstract submission must be made online. Only abstracts with focus on Family Medicine, Primary care and Public health will be considered.
- Last date for Abstract submission is December 01, 2026
- Abstracts must be submitted in English in a format including Titles, Authors, Institutions and Summary which is further subheaded in to Aims and Objectives, Background, Methodology, Results and Conclusions.
- Abstract word limit is 250 words. The tables, images and graphs included must be in JPG format only
- Scientific committee will review the abstract submissions and notify the authors if their abstracts are chosen for the conference .

Important Dates

REGISTER NOW

www.afpiwb.org/docs/register



Scan The QR to Register



Member Fee

Early Bird (31/10) Rs 1700	Registration (till 31st December) Rs 1800	Spot Registration Rs 2000	Workshop extra charge Rs 800
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Non Member Fee

Early Bird (31/10) Rs 1800	Registration (till 31st December) Rs 2000	Spot Registration Rs 2300	Student , Paramedics Rs 1500	International Rs 3000
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Submission Website
www.afpiwb.org

More Information visit
www.afpiwb.org

Contact info
+91 94338 30304



Academic Symposium

Optimizing the Upper GI Patient Journey: Implementing ERAS+ for Superior Outcomes

Organized by SLCNP and SLMNA



Date

11th November 2025

Time

12.00 pm - 1.30 pm

Venue

**ClinMARC Auditorium,
NHSL**

Agenda

12:00 pm - 12:40 pm

Keynote Lecture

12:40 pm - 1:20 pm

Case-Based Discussions
(Two Cases)



Lunch will be provided



Dr. Arun Ariyathenam

*Consultant Robotic Oesophago-Gastric
Surgeon*

University Hospitals Plymouth.

Honorary Lecturer & Fellow,

University of Plymouth

Scan QR code or
use link to register

[https://forms.gle/QRH1a
xcB6JnTg7hr9](https://forms.gle/QRH1a
xcB6JnTg7hr9)





**අරුත කුලසිංහ – The Sri Lankan mind changing world
medicine 🇱🇰🌟**

**From the heart of our island to the global stage, he leads
the breakthrough that could rewrite the future of lung
cancer treatment.**

**A proud moment for Sri Lanka – our own scientist behind
the world's next big cancer discovery.**





FLU WAVE SWEEPS THROUGH SRI LANKAN SCHOOLS, CHILDREN AMONG THE WORST AFFECTED



Don't underestimate the power of water!



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GENERAL
0772012925

6 inches of fast-moving water can knock over and carry away an adult.

12 inches of fast-moving water can carry away a small car.

18-24 inches of fast-moving water can carry away most large SUVs, vans and trucks.





Sri Lanka College of Psychiatrists



Dr. Jayamal De Silva

MBBS Colombo

MD Psych

FRANZCP

Consultant Psychiatrist
South West Healthcare
Victoria, Australia

PERSPECTIVES ON ILLICIT SUBSTANCE USE

CPD points &
certificates will be
awarded

Click to Join

SUNDAY
NOVEMBER
16TH
2PM-3PM

VIA ZOOM

JOIN



WORLD DIABETIC DAY

14TH NOVEMBER 2025

DIABETIC AWARENESS PROGRAMME FOR PUBLIC



Venue

No.275/75, OPA
Building, Prof. Stanley Wijesundara
Mawatha Colombo 7

Date

14th November 2025

Time

8.00am to 2.30pm

The Primary Care Diabetic Group jointly with the Organization of Professional Association will conduct a diabetic awareness programme for the public.

All participants will have the opportunity to check the following

-  Blood Pressure
-  Blood sugar
-  Ideal weight according to their height
-  Foot examination
-  Eye examination
-  Expert advice
-  Listen to talks related to diabetic complications

Highlights of this programme

Live Stations

Free Of Charge.....All Are Welcome



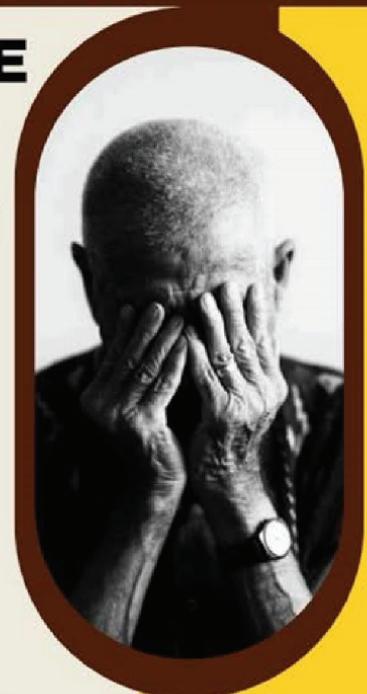
SRI LANKAN ASSOCIATION OF GERIATRIC MEDICINE

MONTHLY CME

ENHANCING GERIATRIC CARE LATE LIFE DEPRESSION: NAVIGATING COMPLEXITY IN ASSESSMENT AND MANAGEMENT

Tuesday, 4th November
12.30pm - 1.30pm

ClinMARC, NHSL



DR MADHUSHANI DIAS
CONSULTANT OLD AGE PSCYHIATRIST
MBBS, MD(PSYCH)



**CPD points &
Certificates will be
awarded**

Scan to register



Join us via Zoom

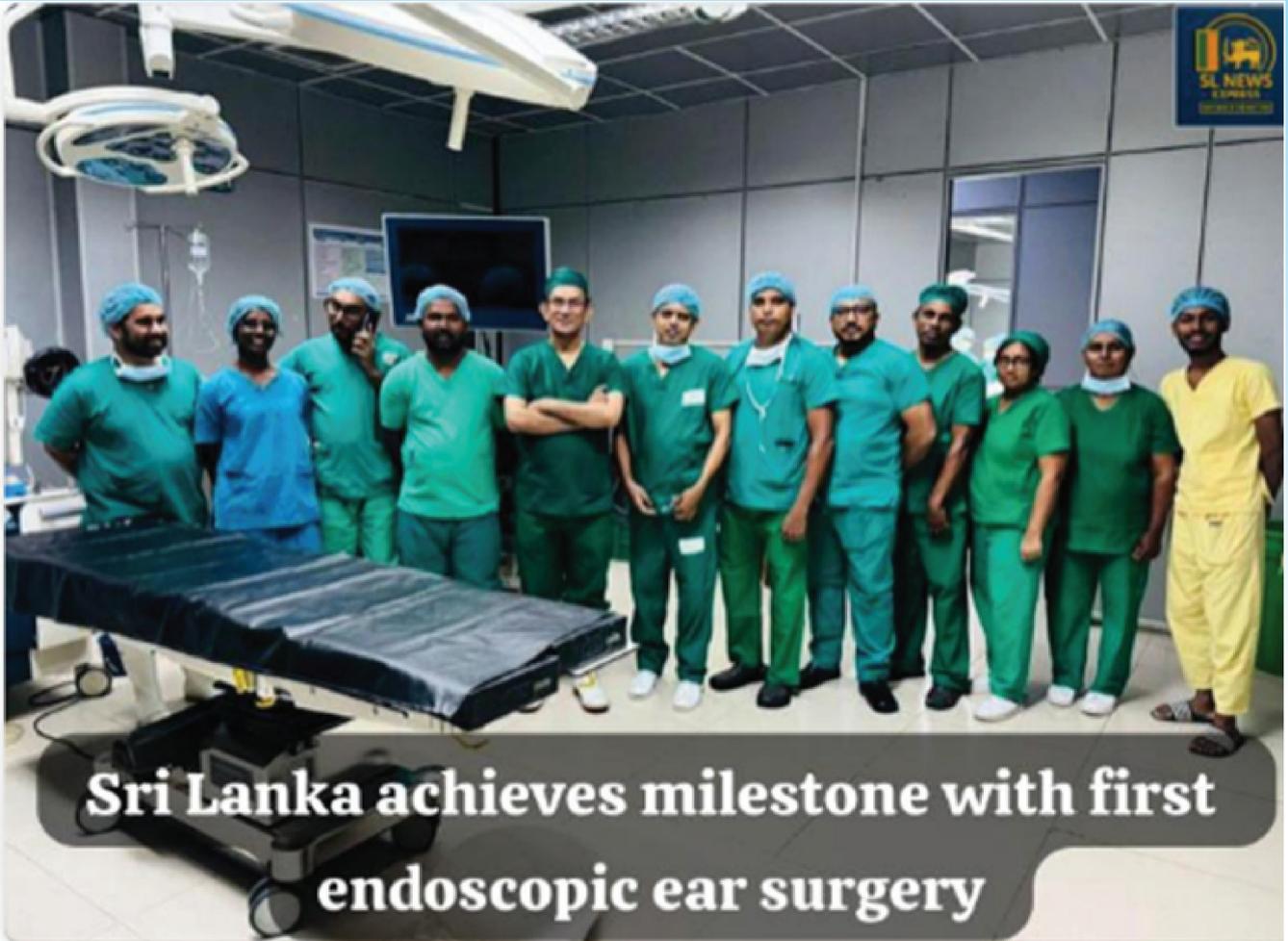
Click here



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📌 For the first time in Sri Lanka, a surgical procedure called Endoscopic Eustachian Tube Surgery, for individuals with hearing impairments, was performed on Tuesday (21) at the Negombo District General Hospital. The surgery was conducted by a team of doctors, led by Consultant ENT and Head and Neck Surgeon in Sri Lanka, Dr Rizny Sakkaff.



Paracetol (Paracetamol Tablets BP 500 mg
10x10 & Oral Solution BP 120mg/5ml 100 ml)



EmpaMor (Empagliflozin
Tablets 10 mg & 25 mg 10x3)



Salmor (Salbutamol Oral
Solution BP 2 mg/5 ml 100 ml)



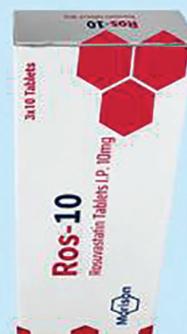
CilniMor (Cilnidipine
Tablets IP 5 mg & 10 mg 10x3)



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



RivoMor (Rivaroxaban
Tablets 10 mg & 20 mg 10x3)



Ros-10 (Rosuvastatin
Tablets BP 10 mg 10x3)



MorSartan (Losartan
Tablets BP 50 mg 10x10)



ChlorMor (Chlorphenamine
Tablets BP 4 mg 10x10)



FoliMor (Folic Acid
Tablets BP 1 mg 10x3)

Morison

IMPA Editorial Board:

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