



IMPA

THE OFFICIAL NEWS LETTER OF THE INDEPENDENT
MEDICAL PRACTITIONERS ASSOCIATION

NEWS

www.impa-sl.com

ISSUE 04 | VOLUME - 30 | APRIL 2026



FROM THE PRESIDENT'S PEN...



Dear Members,

The month of April is a special time for all Sri Lankans, as we celebrate the Sinhala and Tamil New Year. I take this opportunity to extend my warmest wishes to all our members and their families. I hope you had a joyful and peaceful New Year, filled with happiness, good health, and renewed hope.

Due to the festive season, we did not conduct our usual clinical session during the month of April. However, the activities of the Independent Medical Practitioners Association continued through important Zoom meetings of our Strategic Committee. Two productive sessions were held, during which several valuable ideas were discussed to further uplift IMPA and guide the Association towards higher levels of academic, professional, and organizational excellence.

I sincerely thank all members of the Strategic Committee for their active participation, thoughtful contributions, and continued commitment. Their involvement is greatly appreciated, and I look forward to working together in implementing these strategies for the future progress of our Association.

We are pleased to announce that our next Medical Education Programme will be held on Saturday, 9th May 2026, at 7.30 p.m. at the Organization of Professional Associations of Sri Lanka Auditorium, No. 275/75, Prof. Stanley Wijesundara Mawatha, Colombo 7.

We are privileged to welcome Dr. Tilak Dissanayake, a Sri Lankan doctor practising in Australia, as our distinguished guest speaker. Dr. Dissanayake will deliver presentations on "Lessons to Learn from Medical Practitioners' Regulations of Australia and Sri Lanka" and "International Dermoscopy Society and Application of Dermoscopy in the Diagnosis of Melanoma, Other Skin Cancers and General Dermatology."

Dr. Dissanayake is a highly accomplished medical professional with distinguished qualifications and experience, including MBBS (Monash), DAC (Hons), FACRRM, FRACGP, MAICD, and a Diploma of Dermoscopy Excellence, Rome, Italy. He is also a Senior Clinical Lecturer at the University of Melbourne, the Australian Representative of the International Dermoscopy Society, and a member of the Australian Medical Association (Victoria) GP Policy Council.

We are grateful to Dr. Dissanayake for accepting our invitation and for making time to visit Sri Lanka to share his valuable knowledge and experience with our membership. This programme will provide us with an excellent opportunity to learn from the Australian

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medical system, compare regulatory frameworks, and update our knowledge on dermoscopy and the diagnosis of melanoma and other skin cancers.

The event will be followed by fellowship and dinner. I also wish to acknowledge with appreciation the generous sponsorship of Arya United Health Pvt Ltd / Oil of Dermae Laboratories.

I warmly invite all members to participate in this important academic event and benefit from this valuable session.

Once again, I wish you and your families a very Happy Sinhala and Tamil New Year, and I look forward to your continued support and active participation in the activities of IMPA.

Warm regards,

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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Invitation for 09th May 2026

**The President and the Council of
The Independent Medical Practitioners Association
Invite**

Prof./Dr./Mr./Ms.

To

A Medical Education Programme

On

**Lessons to learn from Medical Practitioner Regulations
in Australia and Sri Lanka**

&

Application of Dermoscopy in Diagnosing Melanoma and Other Skin Conditions

By

Dr Tilak Dissanayake

MBBS (MONASH), DAc (Hons), FACRRM, FRACGP, MAICD

Diploma of Dermoscopy Excellence, Rome, Italy

Senior Clinical Lecturer University of Melbourne

Australian representative of International dermoscopy society (IDS)

Australian Medical Association (Vic) GP Policy Council

On

Saturday 09th May 2026 at 7.30 p.m.

At

The Organization of Professional Associations (OPA) Auditorium

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

Followed by Fellowship & Dinner

Sponsored by

**Arya United Health Pvt Ltd (Australia) &
Oil of Dermae Laboratories**

RSVP:

**Ms. Champa 0112 501 113
0771 674 913**

Dress Code:

Smart Casual

(Registration fee - Rs. 250/- per Participant)

Malaria Endemic Country List - 2026

AFRICA

Angola
Benin
Botswana
Burkina Faso
Burundi
Cameroon
Central African Republic
Chad
Comoros
Congo
Côte d'Ivoire
Democratic Republic of the Congo
Djibouti
Equatorial Guinea
Eritrea
Eswatini
Ethiopia
Gabon
Gambia
Ghana
Guinea
Guinea-Bissau
Kenya
Liberia
Madagascar
Malawi
Mali
Mauritania
Mozambique
Namibia
Niger
Nigeria
Rwanda
Sao Tome and Principe

ASIA

Afghanistan
Bangladesh
Bhutan
Cambodia
India
Indonesia
Iran
Iraq
Laos
Malaysia
Myanmar
Nepal
North Korea
Pakistan
Papua New Guinea
Philippines
Saudi Arabia - (Yemen border)
Solomon Islands
South Korea
Thailand
Turkiye
Vanuatu
Vietnam
Yemen

THE AMERICAS

Bolivia
Brazil
Colombia
Costa Rica
Dominican Republic
Ecuador
French Guiana
Guatemala
Guyana
Haiti
Honduras
Mexico
Nicaragua
Panama
Peru
Venezuela

Anti Malaria Campaign Hotline: 071 284 1767

ICU.... ICU I See You

If there is truly a most beautiful place in this world, it is the ICU (Intensive Care Unit).

If your heart is filled with arrogance...

If pride is burning within you...

If you believe you are superior to others...

If you are intoxicated with wealth, status, or power...

Please visit an ICU room once - and reflect.

There, no line separates two human beings.

There is no religion, caste, class, wealth, or poverty.

Even the distinction between man and woman loses meaning there.

The very moment you cross the glass doors of the ICU, all differences remain outside like shoes left at the entrance. What enters inside is only a "human body."

There may be thousands of books and scriptures explaining the meaning of life...

There may be countless teachers preaching how to live.

But the lesson and philosophy you receive in an ICU room cannot be found anywhere else.

Links to Interesting Articles

IMPA

Link : impa-sl.com

Legal And Statutory Guidelines For Medical Death Certification In Home Deaths: INSIGHTS FROM SRI LANKA

Link : <https://sljfmssljol.info/articles/10.4038/sljfmssl.v16i1.7998>

Breastfeeding leaves lasting marks on a child's DNA

Link : <https://www.earth.com/news/breastfeeding-leaves-lasting-marks-on-a-childs-dna/>

The Scientist who was Finally Heard

Link : <https://island.lk/the-scientist-who-was-finally-heard/>

Dr B J C Perera

Link : https://youtu.be/_OQCG6sxXLM?si=MaY0IAsnowkP6YSG



TODAY IS WORLD MALARIA DAY

APRIL 25, 2026

THEME:
PREVENT AND TEST
TRAVELLERS' MALARIA

KEY MESSAGES

- 1**
TAKE PREVENTIVE
MEDICINES BEFORE
YOU TRAVEL
TO A MALARIA-
ENDEMIC COUNTRY
- 2**
TEST YOURSELF
FOR MALARIA
ON RETURN FROM
A MALARIA ENDEMIC
COUNTRY
- 3**
REVEAL YOUR
TRAVEL HISTORY
TO THE PHYSICIAN
TREATING YOU IF YOU
DEVELOP SYMPTOMS OF
MALARIA WITHIN ONE
YEAR AFTER ARRIVAL

PREVENT TODAY,
PROTECT TOMORROW

TEST EARLY,
TREAT EARLY,
STAY SAFE

SHARE YOUR HISTORY,
HELP SAVE LIVES

NO MALARIA - DEPENDS ON ME.
TOGETHER, LET'S KEEP THE WORLD MALARIA-FREE.

Rheumatology & Rehabilitation

CME Sessions - May 2026

*Lifelong Care in Rheumatology
and Rehabilitation*



Digital Gangrene as the First Manifestation of Systemic Vasculitis: Diagnostic Challenges



**DR ANGELA
WIJEYERATNA**

Consultant in
Rheumatology & Rehabilitation
Teaching Hospital Batticaloa



**DR DIKSHALADEVI
PATHMANATHAN**

Senior Registrar in
Rheumatology & Rehabilitation
National Hospital Sri Lanka


Pins, pricks and pink cells

Important:

Please note that the venue has been temporarily changed to the Neurotrauma Auditorium for this month only.

Join us for engaging discussions and presentations

 **8TH MAY 2026**  **12.00PM - 01.30PM**

 **NEURO TRAUMA AUDITORIUM NHSL**



<https://us06web.zoom.us>



Sri Lanka College of Specialist Family Physicians



FALLS

and Beyond



Speaker:

Dr Saumya Darshani

MBBS, MD, MRCP (UK), MRCP (SCE) Geriatrics

Consultant Geriatrician
Colombo South Teaching Hospital

Join us for an insightful academic session exploring the complexities of falls in elderly patients, prevention strategies, and comprehensive geriatric care approaches in Primary Care.

Friday 8th May 2026

9.30 pm

Click or Scan



www.slcsfp.lk

DOCTORS' Academy



19th Asia Pacific Congress of Paediatrics &
28th Scientific Sessions of the Sri Lanka College of Paediatricians in 2026



OPEN Local Registration Early Bird Until: 15th May

OPEN SLCP 2026 Orations Deadline: 7th May

OPEN SLCP 2026 Fellowships Deadline: 7th May

OPEN SLCP 2026 Research Awards Deadline: 7th May

19th Asia Pacific Congress of Paediatrics &
28th Scientific Sessions of the Sri Lanka College
of Paediatricians in 2026

Visit our website for more information

<https://slcp.lk/>

Pre-Congress
Sunday, 10th May 2026
at Mini Auditorium 1 (Level One),
UCFM Tower



“Cardiology in Action: Enhancing Confidence in Cardiac Care in General Practice”

8.30am	Registration
8.50am	Welcome address: GP Sri Lanka '26 Dr. Pushpa Weerasinghe President, College of General Practitioners of Sri Lanka
9.00am	Approach to Chest Pain in General Practice Dr Amila Walawwatta Consultant Cardiologist
9.30am	ECG Interpretation for the Busy GPs Dr Manura Lekamwattage Consultant Cardiac Electrophysiologist
10.30am	Refreshment break and networking
11.00am	Atrial Fibrillation: Practical Management in Primary Care Dr Asunga Dunuwille Consultant Cardiac Electrophysiologist
11.30am	Cardiovascular Risk Reduction in Primary Care Dr Eranga Colombage Consultant Cardiologist
12.00noon	Cardiac Rehabilitation – The GP’s Role Dr Nadeeja Senevirathne Consultant Cardiologist
12.30pm	Interactive ECG Case Discussion Dr Chamara Rathnayaka Consultant Cardiologist
1.30pm	Closing Remarks & Lunch



Find out more



Main Congress:
20th & 21st June 2026 @
Hotel Galadari

Post-Congress: 5th July 2026
“Compassion in Action: Mastering Symptom Control and
Hands-On Palliative Care Skills for General Practitioners”
at Mini Auditorium 1 (Level One), UCFM Tower



University of Colombo
Rotaract
Faculty of Medicine



KNOW YOUR NUMBERS BEAT THE PRESSURE

KNOW BETTER, ACT TODAY, LIVE LONGER

SUNDAY | 6.30 AM

17th MAY 2026

THE INDEPENDENCE SQUARE

Run today, Save lives tomorrow.

Join to fuel a national hypertension screening campaign



**Join hands with the
Sri Lankan Edition of the
World's Largest Hypertension
Awareness Initiative**

REGISTER NOW!



- /MayMeasureSL
- @MayMeasure.SL
- @maymeasure_SL


Nethmini +94 71 474 1274
Arunaja +94 77 876 7744

MayMeasure.org

5KM
**HYPERTENSION
AWARENESS RUN**



He pedalled 71 miles across the
sea because someone said
it was impossible.

April 23, 1988 – MIT Daedalus
proved innovation is endurance 

<https://www.facebook.com/share/p/1S5gq981qX/>

Found this in a doctor's clinic

"People eat Vada and samosas fried in recycled spoiled oil. Relish panipuri filled with 'dirty' water. Eat pesticide laden vegetables and fruit. Pay money for a black liquid called Coke or Pepsi. Smoke, drink and chew tobacco like there is no tomorrow. And all this without thinking twice! But after I write a prescription, they ask in all seriousness" "Doctor, I hope there's no side effect for these!"

This doctor nailed it.

Photovoice IMPA CPD

Date: 29th March 2026
Venue: Asiri Surgical Hospital Auditorium



Dr Saman Hewamana
Topic: "Lymph Node Diagnostics"



Dr Praveen Wijesinghe
Topic: "Brachial Plexus Injuries"

Photos



Morison

Touching
More
Hearts



Empagliflozin 10 mg & 25 mg



Cilnidipine 5 mg & 10 mg



Rivaroxaban 10 mg & 20 mg



Bisoprolol 2.5 mg & 5 mg

MAKING PREMIUM HEALTHCARE AFFORDABLE