



# SLMA NEWS

THE OFFICIAL NEWSPAPER OF THE SRI LANKA MEDICAL ASSOCIATION



**127<sup>th</sup> Anniversary Internatinal Medical Congress of  
the Sri Lanka Medical Association**

**Bandaranaika Memorial Internatinal Conference Hall (BMICH), Colombo**

**15<sup>th</sup> - 18<sup>th</sup> July 2014**

***"Globalizing the Paradox of Srilanka's Health Achievements & Challenges"***



**Joint regional meeting**

Page 02 - 03

# Cover Story...

Page 06 - 12



**Cricket Tournament 2014**

Page 13



# EFFICACY

The golden poison dart frog from Columbia, considered the most poisonous creature on earth, is a little less than 2 inches when fully grown. Indigenous Emberá, people of Colombia have used its powerful venom for centuries to tip their blowgun darts when hunting, hence the species' name. The **EFFICACY** of its venom is such that it can kill as much as 10 grown men simply by coming into contact with their skin.

Knowing the importance of **EFFICACY** in the world of medicine, GSK, after years of research and development, developed Augmentin, the antibiotic with a high **EFFICACY** rate in healing people.

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amoxicillin/clavulanate potassium

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**Page No.**

♦ Message from the Editor-In-Chief	2
♦ Joint regional meeting: Polonnaruwa	2-3
♦ Joint regional meeting: Galoya Nimna	3
♦ New Management Guide from SLMA	4
♦ Medicines use during Pregnancy	5
♦ The pre congress and post congress workshops	6-9
♦ The congress table 3 with resource persons	10-12
♦ Inter College softball Six A side Cricket Tournament 2014	13
♦ Law Medical Encounter 2014 - Cricket with a difference!!!	13

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## Message from the Editor-In-Chief

It is June and we at SLMA are eagerly organizing the Anniversary International Medical Congress which is the most important activity in the SLMA's calendar of events. It is an event which has been held uninterrupted over the years since it was started in 1937 to mark the 50<sup>th</sup> anniversary of the Association. This year's International Medical Congress celebrates 127<sup>th</sup> anniversary of Sri Lanka Medical Association.

Our scientific congress brings together a cross section of the medical fraternity from both the state and private sector, ranging from senior to junior specialists, generalists, post graduates, grade medical officers and even medical students! The sessions give them the opportunity to present original research papers, exchange views, update their knowledge through various plenaries, symposia and work-

shops and enjoy fellowship. The sessions serve as the main Continuous Professional Development (CPD) activity for the profession in general and it is a much anticipated academic and social event in our medical calendar.

The sessions this year is unique in that it focuses on a theme of which we, as Sri Lankan medical professionals are not only proud of, but are also challenged to uphold into the future. Sri Lanka, being a developing nation, and which only recently recovered from a 3-decade long war, proudly boasts of health indices that are on par with those of the developed countries, and ahead of those of the region. This has even led other developing countries to study our healthcare system, which has been so effective amidst difficulties and poverty. Thus this year we are going to focus on this paradox of our healthcare achievements as a

country, to celebrate and to globalize these achievements. However, we also know that healthcare has gone a long way from simply treating disease. With the new technological advances it is time that we challenge ourselves to achieve new standards from evidence based medicine to the use of nanotechnology and regenerative medicine, which forms the next part of our theme and our step towards the future.

We at SLMA are putting together a programme for this year's congress which is both educational and challenging, where a host of local and international medical professionals will be sharing their expertise with us. We hope that our membership and all medical professionals across sections will join with us to celebrate the achievements and gain insights into the new challenges we face.

## Joint regional meeting: Sri Lanka Medical Association and Polonnaruwa Clinical Society on 25<sup>th</sup> April 2014

The Joint regional meeting of Sri Lanka Medical Association and Polonnaruwa Clinical Society was held on 24<sup>th</sup> and 25<sup>th</sup> April 2014.

On 24<sup>th</sup> of April a training program for doctors and nurses on physical rehabilitation of stroke patients was conducted at General Hospital, Polonnaruwa. This was a great success with approximately 100 participants. Following the inauguration, discussions on diagnosis and acute management of stroke and rehabilitation of stroke followed by discussions on nursing, physiotherapy, occupational therapy, speech therapy and social services for stroke were conducted. This session was very interactive and the participants showed a great enthusiasm.

On 25<sup>th</sup> of April the meeting was held at Hotel Sudu Araliya. President of the Polonnaruwa clinical society welcomed the crowd after lighting of the oil lamp. On behalf of the president of SLMA Dr. Palitha Abeykoon and

Dr. Preethi Wijegoonewardene addressed the gathering appreciating their effort in organizing the event and took the opportunity to invite the doctors to join SLMA. A token of appreciation was presented to the Polonnaruwa Clinical Society by Dr. Preethi Wijegoonewardene, past president, SLMA.

The session proceeded with an initial lecture on post partum haemorrhage by Dr. W Sugath Tissera, Consultant Obstetrician and Gynaecologist. The second lecture was delivered by Dr. Hiranya Abeysekara, Senior registrar, Eye Hospital, Colombo on Important Eye lesions in primary care level and multidisciplinary management of retinoblastoma. This was followed by a lecture on respiratory tract infections in children by Dr. S.S.C de Silva, Paediatric Pulmonologist. The sessions also included an interactive session conducted by Dr. Indika Karunathilake, Vice President,



SLMA, on CPD and e-learning opportunities for doctors working in the periphery. Care for elderly in general practice was discussed by Dr. Ruvaiz Haniffa, Honorary Secretary, SLMA.

Contd. on page 04

A lecture on early management of severe shock and septic shock was delivered by consultant anesthetist Dr. Haritha Darmakeerthi. Dr. N Janakan,

National Professional Officer, Communicable Disease, WHO, Sri Lanka discussed on trends and challenges of emerging vector borne diseases. The

session was made unique and unforgettable by the magic show conducted by Consultant Surgeon, Dr. W .A. K . Weerawardena.



Dr. Indika Karunathilake delivering the lecture



The magic show by Consultant surgeon, Dr. W .A. K . Weerawardena

## Joint Regional Meeting: Sri Lanka Medical Association and Galoya Nimna Clinical Society on 22<sup>nd</sup> May 2014

The Joint regional meeting with Sri Lanka Medical Association and Galoya Nimna Clinical Society was held on Wednesday, 22<sup>nd</sup> May, 2014, at the Auditorium of the District General Hospital, Ampara. The session marked the reincarnation of Galoya Nimna Clinical Society to life and over 120 doctors from District General Hospital, Ampara and from surrounding hospitals participated in the event.

The session was launched traditionally by lighting the oil lamp and the president of the Galoya Nimna Clinical Society, Dr. Upul Nawaratne welcomed the guests. SLMA president Dr. Palitha Abeykoon addressed the gathering appreciating the effort Galoya Nimna Clinical Society has taken in organizing the event.

Dr. B.J.C Perera (Senior Consultant Paediatrician, Immediate Past President, SLMA) delivered the first lecture on acute childhood asthma – an interactive analysis of management, followed by a session on lipid management and updates by

Dr. Madhuwanthi Hettiarachchi (Consultant Physician, District General Hospital, Ampara). Dr. Z. Jamaldeen (Consultant Cardiologist, DGH, Ampara) discussed new treatment guidelines in hypertension and a lecture on common endocrine problems in children was delivered by Dr. Navoda Atapattu (Consultant Paediatric Endocrinologist, Lady Ridgeway Hospital Colombo). Prof. Deepika Fernando (Professor and Consultant Parasitologist, Faculty of Medicine, Colombo) gave the updates on Malaria in collaboration with the Anti-Malaria Campaign and Dr. Ranil Jayawardena (Clinical Nutritionist, Diabetic Research Unit, faculty of Medicine, Colombo) delivered his lecture on Healthy nutritional practice, concluding the session.

A gift plaque was presented to the Galoya Nimna Clinical Society by Dr. Palitha Abeykoon (President, SLMA) appreciating their tremendous effort in organizing the event. Participants were awarded a certificate at the end of the program which will contribute towards their CME.



Lighting of the oil lamp



Participants listening to the discussion



Dr. Upul Nawaratne chairing the meeting

# New Management Guide from SLMA: Guide to Management of Decompression Sickness

Occupational Health is not a branch of medicine that receives much publicity in Sri Lanka. The local laws are concerned more with “factories” rather than the self-employed or employed worker who does not work in a “factory.” The 1972 regulations of the Factories Ordinance lists “Compressed air illness” as one of a number of notifiable industrial diseases. In Sri Lanka, compressed air illness – in the form of decompression sickness (DCS) – has been seen for many years in scuba divers, usually those collecting ornamental fish, those harvesting sea cucumbers and recently chank (hak bella) collectors. The divers who succumb to DCS – commonly called bends in all three languages – are self-trained and un-licensed. The condition is a result of unsafe diving practices. The nature of this potentially disabling and sometimes fatal condition is largely unknown to doctors and unfortunately overlooked by governmental authorities. DCS is caused by nitrogen bubbles formed in the body of divers who may be diving to depths in excess of 30m repeatedly and who ascend too quickly.

It has been recognised for some years by those few doctors who have come face to face with victims of DCS that there was an urgent need for making the medical profession aware of the condition and providing guidance on its management as well as recommending suitable first aid measures. The initiative was taken by Dr. Malik Fernando of the SLMA – a diver himself – and medical colleagues in the Sri Lanka Navy who treat these casualties to formulate a management guide for doctors and first aid advice for divers and their companions. The guide has now been published in the form of a booklet meant for the medical profession and first aid advice in the form of folders printed on laminated card for divers. The process of

creating awareness and distribution of this educational material is now being undertaken. They are available free of charge at the SLMA office and are being made available on the SLMA website as well.

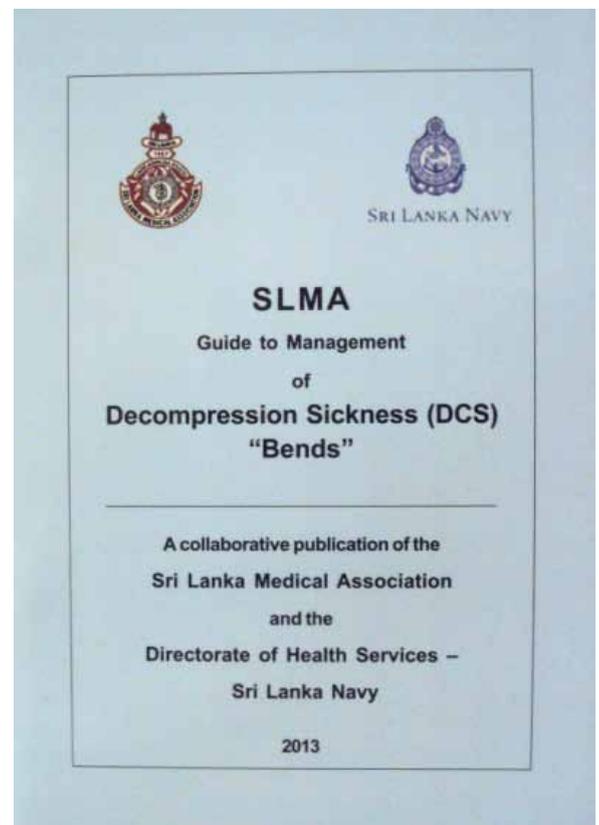
The management guide spells out that the only unit in the country equipped and staffed to handle diving related injuries is that of the Sri Lanka Navy at the Naval Hospital in Trincomalee. Casualties admitted to other hospitals – often because of urinary retention and maybe paraplegia because of spinal injury caused by DCS – should be directed to the Naval Hospital for definitive treatment, or their transfer facilitated as soon as possible after appropriate stabilisation (the hospital telephone numbers are provided). The guide provides information on diagnosis of DCS or bends; initial assessment and action on admission to hospital; and recommended hospital care while awaiting definitive treatment. The “definitive treatment” referred to is compression in a chamber while breathing oxygen followed by slow reduction of pressure – a process referred to as recompression treatment or hyperbaric oxygen (HBO) treatment. The final bit of advice is on the management of a patient who has not undergone HBO treatment who presents to a tertiary care centre or a private clinic.

Eight pages of the booklet are devoted to discussion and justification of the recommendations, backed up by 18 references to lit-

erature.

The First Aid cards are available in English, Sinhala and Tamil. They are written in simple language and broken up into sections that contain do’s and don’ts and symptoms of bends. An important section is a list of hotline telephone numbers for anyone in need of advice. But the most important bit of advice is that the Navy Hospital is the place to go – the hospital telephone numbers are given for advice and to make the necessary arrangements.

*Malik Fernando MBChB (Bristol)*



# Medicines use during Pregnancy

Dr. Shalini Sri Ranganathan  
Senior Lecturer,  
Department of Pharmacology,  
Faculty of Medicine,  
University of Colombo

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*Member, Expert Committee on Women's Health, SLMA Based on the lecture at the symposium on 'An update on Women's Health – useful tips for Sri Lankan Practitioners' organized by the Expert Committee on Women's Health of the SLMA, held on the 29<sup>th</sup> of November 2013, at the SLMA Auditorium*

## Background

A recent systematic review from developed countries reported that antenatal prescription drug use is common with use of contraindicated medicines during pregnancy ranging from 0.9% to 4.6% <sup>(1)</sup>. In this context, it is appropriate to recall what Briggs and Co-authors have stated in the preface of their book titled "Drugs in Pregnancy and Lactation" <sup>(2)</sup>.

"We have always been amazed by the number of drugs and chemicals the fetus is exposed to during its nine month sojourn in the womb. Perhaps just as surprising is the realization that in spite of this chemical bath, the vast majority of newborns enter the world with the correct number of parts, all functioning properly!"

## Which medicines pass from mother to the fetus?

Unfortunately, all! Today, the concept of a placental barrier must be discarded. Almost every substance used for therapeutic purposes can and does pass from the mother to the fetus. What is important is whether the rate and extent of transfer are sufficient to result in significant concentrations within the fetus. It is mainly determined by molecular weight, pKa value and lipid solubility of a medicine.

## Definition of teratogen

An agent could be considered as a teratogen if its administration to the pregnant mother causes, directly or indirectly, structural or functional abnormalities in the fetus or in the child after birth, and which may even not be apparent until later life.

## Possible teratogenic mechanisms associated with medication use

Six mechanisms have been identified: Folate antagonism, neural crest cell disruption, endocrine disruption, oxidative stress, vascular disruption and specific receptor- or enzyme-mediated teratogenesis <sup>(3)</sup>.

## Time of exposure

Time of exposure has been identified as the chief determinant of the probability for a negative outcome following an exposure to a teratogen. It is divided into four phases:

1. Pre- embryonic phase (0-17 days of conception): The outcome is called "all or none": either loss of the embryo or compensation and normal fetus.
2. Embryonic phase (3 – 8 weeks of conception): This is the period of greatest risk as the fetus is most vulnerable to teratogens during this period of organogenesis.
3. Fetal phase (9 weeks to birth): During this period, medicines can affect the growth or functional development of the fetus, or they can have toxic effects on fetal tissues.
4. Finally, medicines given shortly before term or during labour can have adverse effects on labour or on the neonate after delivery (e.g., opioids)

## Categorization of medicines for use in pregnancy

It is done by the Regulatory Authorities at the time of approval for marketing. The FDA categories are:

- A= Safety established  
B= Safety likely

C=Teratogenicity possible (lack of data)

D=Teratogenicity probable

X= Teratogenicity likely (use is contraindicated during pregnancy).

A detail description can be found in [www.fda.gov](http://www.fda.gov).

## Premarketing clinical trial

Prescribers should keep in mind that pre-marketing clinical trials are not sensitive to detect teratogenic potential of medicines and at the time of registration most medicines are labelled as Category C. But the "absence of information does not imply safety".

## Role of prescribers

- (1) Evaluating the risk vs. benefits when prescribing
- (2) Arranging peri-conceptional/pre/post exposure counseling
- (3) Following the principles of prescribing during pregnancy
- (4) Being vigilant and contribute to post marketing surveillance.

Please note that these measures have to be extended when prescribing for females of child bearing age as well.

## References:

1. Daw JR, Hanley GE, Greyson D L, Morgan S G. Prescription drug use during pregnancy in developed countries: a systematic review. *Pharmacoepidemiol Drug Saf.* 2011 September; 20(9): 895–902. doi:10.1002/pds.2184
2. Briggs GG, Freeman RK, Yaffe SJ. *Drugs in Pregnancy and Lactation: 9th ed.* New York: Lippincott Williams & Wilkins; 2011
3. van Gelder MM, van Rooij IA, Miller RK, Zielhuis GA, de Jong-van den Berg LT, Roeleveld N. Teratogenic mechanisms of medical drugs. *Hum Reprod Update.* 2010 Jul-Aug;16(4):378-94.



## 127<sup>th</sup> Anniversary International Medical Congress of the Sri Lanka Medical Association

15<sup>th</sup> to 18<sup>th</sup> July 2014

### Pre Congress Workshops July 14 & 15, 2014

Monday, July 14, 2014

#### Pre Congress Workshop 1 Global Burden of Disease

BMICH, Colombo 07

- 09.00 – 09.30 am **Welcome and Introductions**
- 09.30 – 10.30 am **Global Burden of Disease Overview (Principles, Philosophy, Methods) and Summary of Results**  
*Dr Jed Blore*
- 10.30 – 11.00 am Coffee/Tea**
- 11.30 – 12.30 pm **The Profile of Health Loss in Sri Lanka: NCDs, Mortality and Morbidity. Results from the GBD 2013, including live demonstration of online visualisation tools**  
*Dr Jed Blore*
- 12.30 – 01.30 pm Lunch**
- 01.30 – 02.00 pm **Identifying priorities for strengthening Health Information Systems using the GBD framework**  
*Dr Jed Blore; Prof Samath Dharmaratne*
- 02.00 – 02.30 pm **Feedback, and GBD 2014 and Beyond**  
*Dr Jed Blore; Prof Samath Dharmaratne*
- 02.30 – 03.00 pm **Q and A, and Summary**  
*Dr Jed Blore; Prof Samath Dharmaratne*

Monday, July 14, 2014

#### Pre Congress Workshop 2 WHO- ASCEND Programme

BMICH, Colombo 07

- 08.15 – 08.45 am **Registration**
- 08.45 – 09.00 am **Introduction**
- 09.00 – 09.15 am **NCD scenario/policy in Sri Lanka & research needs**  
*Dr P G Mahipala*
- 09.15 – 09.30 am **WHO NCD Research priorities**  
*Dr Ferdosi Mehta*
- 09.30 – 10.00 am **NCD research in LMICs - past present and future**  
*Prof Brian Oldenburg*
- 10.00 – 10.15 am Coffee/Tea**
- 10.15 – 10.45 am **ASCEND research studies presentations**
- 10.45 – 11.15 am **Panel discussion - barriers for NCD research and implementation in Sri Lanka and LMICs Panel discussion**  
*Prof Brian Oldenburg; Dr Prasad Katulanda; Dr Ferdosi Mehta; Ministry of Health Representative; Representatives from National Research Council and National Science Foundation*

Tuesday, July 15, 2014

#### Pre Congress Workshop 3 Road Traffic Injuries

*Organized by the Expert Committee on Prevention of Road Traffic Crashes and the Expert Committee on Ergonomics of the Sri Lanka Medical Association*

- 08.00 – 08.30 am **Registration**
- 08.30 – 09.00 am **Introduction to the workshop**  
*Dr Palitha Abeykoon*
- 09.00 – 10.30 am **Burden road traffic injury in Sri Lanka**  
*Prof Samath Dharmaratne*
- 10.30 – 11.00 am Coffee/Tea**
- 11.00 – 12.30 pm  
*Prof Shivam Gupta*
- 12.30 – 01.30 pm Lunch**
- 01.30 – 03.00 pm **Frameworks for road injury harm reduction**  
*Prof Julie Mytton*
- 03.00 – 03.30 pm Tea**
- 03.30 – 05.00 pm **Land use, transport and population health: Opportunities for significant change**  
*Prof Mark Stevenson*
- 05.00 – 05.30 pm **Summary of the workshop and the way forward**  
*All Resource Persons*

Tuesday, July 15, 2014

#### Pre Congress Workshop 4

##### Seminar on "The Aging Heart in Health and Disease"

- 09.00 – 10.30 am **Panel Discussion: Issues relating to cardiovascular risk factors in aging populations**  
*Prof Tissa Kappagoda; Prof Dianne Hyson; Dr Douglas Cort*
- 10.30 – 10.45 am Coffee / Tea**
- Workshop on "Multi-disciplinary Approach to Cardiac Care"**
- 10.45 – 11.00 am **Introduction**  
*Prof Tissa Kappagoda*
- 11.00 – 11.20 am **Adherence to and compliance with therapeutic regimens**  
*Prof Tissa Kappagoda*
- 11.20 – 11.40 am **It is not all about "Stress": The role of the clinical Psychologist**  
*Dr Douglas Cort*
- 11.40 – 12.00 noon **Food is a medicine for the heart**  
*Prof Dianne Hyson*
- 12.00 – 12.20 pm **Role of databases in evaluating healthcare policies: myocardial infarction in California**  
*Dr Anura Ratnasiri*
- 12.20 – 12.40 pm **New research on plant products in cardiovascular care**  
*Dr Indika Edirisinghe*
- 12.40 – 01.00 pm **Questions and Panel discussion**

Tuesday, July 15, 2014

**Pre Congress Workshop 5**  
**Advances in Immunology: Implications for Vaccination**

BMICH, Colombo 07

- 08.30 – 09.00 am **Registration**
- 09.00 – 09.25 am **Recent advances in immune response and vaccines**  
*Dr Ushani Rajapakse*
- 09.25 – 09.50 am **Vaccination strategies for the control of mucosal infection**  
*Dr Neelika Malavige*
- 09.50 – 10.15 am **Adjuvants and their role in eliciting an improved response**  
*Dr Rajiva de Silva*
- 10.15 – 10.40 am **Intradermal delivery of vaccines: potential benefits and current challenges**  
*Dr Omala Wimalaratne*
- 10.40 – 11.10 am Coffee / Tea**
- 11.10 – 11.35 am **New vaccine development strategies**  
*Prof Roshan Perera*
- 11.35 – 12.00 noon **Nanotechnology and Vaccines**  
*Dr Sanjeewa Witharana*
- 12.00 – 12.25 pm **Optimising vaccination schedules: use of evidence based approach**  
*Dr Nihal Abeysinghe*
- 12.25 – 12.50 pm **Sustainability of new technology in the National Immunization Programme**  
*Dr Paba Palihawadana*

Tuesday, July 15, 2014

06.00 – 07.30 pm	Inauguration
07.30 – 08.30 pm	SLMA oration
08.30 – 09.00 pm	Cultural show

**Post Congress Workshops**

Monday, July 21 &amp; Tuesday, July 22, 2014

**Post Congress Workshop**  
**Management of children with cerebral palsy**

*Organized by the Disability Committee of the Sri Lanka Medical Association*

New auditorium, LRH, Colombo 8

- Day 1 **Key concepts in management of children with CP working within the multidisciplinary team**  
*Dr James Rice; Mr Brian Hoare; Ms Felicity Baker*
- Day 2 **Hands on session in the management of children with CP: case based discussion with demonstrations and practice**  
*Dr James Rice; Mr Brian Hoare; Ms Felicity Baker*

Tuesday, July 15, 2014

**Pre Congress Workshop 6**  
**SASSM & SLMA Sexual Medicine Conference**  
 BMICH

- 08.30 – 08.45 am **Introduction and welcome speech**  
*Dr Pramilla Senannayake*
- 08.45 – 09.00 am **Introduction to SASSM**  
*Dr S S Vasana*
- 09.00 – 09.30 am **Plenary lecture**  
*Prof Ganesan Adaikan*
- 09.30 – 11.00 am **Symposium on Erectile Dysfunction**  
 Erectile dysfunction risk factor modification  
*Dr Lasantha Malavige*  
 Medical management of erectile dysfunction  
*Dr S. S. Vasana*  
 Role of partner in erectile dysfunction  
*Dr Mahesh Rajasuriya*  
 Indications and outcomes of surgery for erectile dysfunction *Dr Ajith Malalasekera*
- 11.00 – 11.15 am Coffee / Tea**
- 11.15 – 12.45 pm **Symposium on Hypogonadism**  
 Diabetic Hypogonadism *Prof Devaka Fernando*  
 Late onset Hypogonadism *Prof Srinath Chandrasekara*  
 Management of Hypogonadism in men  
*Dr Prasad Katulanda*  
 Use and misuse of Testosterone in sexual medicine *Dr S S Vasana*
- 12.45 – 01 .30 pm Lunch**
- 01.30 – 03.30 pm **Sexual medicine case discussion**  
 Subfertile couple with sexual issues *Prof Athula kaluarachchi; Prof Srinath Chandrasekera; Prof Ganesan Adaikan*  
 Surgical emergencies in sexual medicine  
*Dr Ajith Malalasekera, Dr S S Vasana*  
 Premature ejaculation *Prof Diyanath Samarasinghe; Dr Lasantha Malavige*  
 Sexual activity after MI *Dr Vajira Senaratne; Dr Lasantha Malavige; Prof Diyanath Samarasinghe*
- 03.30 pm **Vote of thanks**  
*Dr Lasantha Malavige*

Thursday, July 24 &amp; Friday, July 25, 2014

**Post Congress Workshop**  
**Management of children with cerebral palsy**

*Organized by the Disability Committee of the Sri Lanka Medical Association*

New auditorium, Peradeniya Teaching Hospital, Kandy

- Day 1 **Key concepts in management of children with CP working within the multidisciplinary team**  
*Dr James Rice; Mr Brian Hoare; Ms Felicity Baker*
- Day 2 **Hands on session in the management of children with CP: case based discussion with demonstrations and practice**  
*Dr James Rice; Mr Brian Hoare; Ms Felicity Baker*

Wednesday, 16<sup>th</sup> July, 2014

08.00 – 08.30 am	Registration	Hall A
08.30 – 09.15 am	Key Note Address Sri Lankan paradox: time to celebrate and move forward <i>Dr F R Mehta</i>	Hall A
09.15 – 09.45 am	Guest lecture 1 MCD Prevention	Hall A
09.15 – 09.45 am	Guest lecture 2 Achievements and challenges in Maternal and Child Health <i>Dr Lakshman Senanayake</i>	Hall B
09.15 – 09.45 am	Guest lecture 3 Emerging challenge of HIV <i>Dr Rajesh Bhatia</i>	Hall C
09.15 – 09.45 am	Guest lecture 4 Emerging infectious diseases <i>Dr Nihal Abeysinghe</i>	Hall D
09.45 – 10.30 am	Professor N D W Lionel Memorial Oration	Hall A
10.30 – 11.00 am	Tea and poster viewing	
11.00 – 11.30 am	Guest Lecture 5 Parkinsons Disease <i>Dr Jagdish Sharma</i>	Hall A
11.00 – 11.30 am	Guest Lecture 6 Sexual Medicine <i>Prof Ganesan Adaikan</i>	Hall B
11.00 – 11.30 am	Guest Lecture 7 Chronic kidney disease – integration into the global NCD agenda <i>Prof Tazeen Jafar</i>	Hall C
11.00 – 11.30 am	Guest Lecture 8 Treating patients with tropical infectious diseases in Sri Lanka – the need for innovative research <i>Dr Senaka Rajapakse</i>	Hall D
11.30 – 01.00 pm	Symposium 1 Obesity prevention Obesity - The Global and Local Perspective <i>Dr Prasad Katulanda</i> Medical Management <i>Dr Uditha Bulugahapitiya</i> Surgical management - the local experience <i>Dr Thejana Wijeratne</i>	Hall A
11.30 – 01.00 pm	Symposium 2 Women's health	Hall B
11.30 – 01.00 pm	Symposium 3: Elderly Medicine Social Wellbeing of the Elderly <i>Mrs J Krishnamoorthy</i> Falls and fractures in Elderly <i>Prof Sarath Lekamawamsam</i>	Hall C

Thursday, 17<sup>th</sup> July, 2014

08.00 – 08.30 am	Registration	
08.30 – 09.00 am	Plenary: Challenges Against Emerging Infections in Sri Lanka <i>Prof Malik Peiris</i>	Hall A
09.00 – 10.30 am	Symposium 9 Epilepsy Emergencies in epilepsy <i>Dr Roop Gursahani</i> Management of epilepsy ; Rational choice of AEDs <i>Prof K D Pathirana</i> Uses and abuses of EEG in the management of Epilepsy <i>Dr Sudath Gunasekara</i>	Hall A
09.00 – 10.30 am	Symposium 10 Health Economics	Hall B
09.00 – 10.30 am	Symposium 11 Advances in Stem cell Research and Therapy Islets generated from stem cells for diabetes treatment and research <i>Prof Ramesh Bhande</i> Neuroprotection through tissue derived mesenchymal stem cells <i>Dr Indrani Datta</i> Role of bone marrow derived allogeneic mesenchymal stem cells in critical limb ischemia <i>Dr Pawan Kumar Gupta</i>	Hall C
09.00 – 10.30 am	Symposium 12 Training of medical doctors Overview of student assessment <i>Dr Indika Karunathilake</i> Workplace-based assessment <i>Dr Chandima Idampitiya</i> Assessing team work <i>Dr Asela Olupeliyawa</i>	Hall D
10.30 – 11.00 am	Tea and poster viewing	
11.00 – 11.30 am	Guest lecture 9 An approach to Delirium and Coma <i>Dr Roop Gursahani</i>	Hall A
11.00 – 11.30 am	Guest Lecture 10 Social Determinants of Health <i>Prof Saraj Jayasinghe</i>	Hall B
11.00 – 11.30 am	Guest Lecture 11 Magic of Stem Cells in Regenerative Medicine <i>Prof Ramesh Bhande</i>	Hall C
11.00 – 11.30 am	Guest Lecture 12 Towards evidence based health policy and management <i>Prof Devaka Fernando</i>	Hall D
11.30 – 01.00 pm	Free paper session 5	Hall A
11.30 – 01.00 pm	Free paper session 6	Hall B
11.30 – 01.00 pm	Free paper session 7	Hall C
11.30 – 01.00 pm	Free paper session 8	Hall D
01.00 – 02.00 pm	Lunch	
02.00 – 03.30 pm	Symposium 13 Dermatology	Hall A

Contd. from page 09

Common childhood skin disorders <i>Prof Jayamini Seneviratne</i>			
Leprosy, the Sri Lankan perspective <i>Dr Indira Kahawita</i>			
Leishmaniasis <i>Dr Ganga Srimanne</i>			
Symposium 14 Respiratory Medicine	02.00 – 03.30 pm		Hall B
Symposium 15 e-Health and M- Health	02.00 – 03.30 pm		Hall C
Welcome Speech <i>Manager/Chair of Sri Lanka GFATM board</i>			
Three interlinked patient monitoring and DHIS2 experience <i>Prof Jern Braa</i>			
National STD/AIDS Control Programme			
National Programme for TB Control and Chest Diseases			
Malaria Control Programme			
Integrated Provincial Data Repository Model: Southern Province experience <i>Dr Buddhika Ariyaratne</i>			
Symposium 16 Primary health care in Sri Lanka-the way forward	02.00 – 03.30 pm		Hall D
Symposium 17 Communicable diseases	03.30 – 05.00 pm		Hall A
<i>Dr Rajesh Bhatia</i>			
<i>Prof David Lalloo</i>			
Symposium 18 Haematology	03.30 – 05.00 pm		Hall B
Symposium 19 Tobacco and Alcohol: How should we respond to tobacco, alcohol and drug use?	03.30 – 05.00 pm		Hall C
Session 1: Countering innovative promotions of drugs and alcohol How tobacco is promoted in the when advertising is not allowed			
Promoting alcohol use to adolescents			
How health professionals have responded in preventing harm from tobacco and alcohol			
Session 2: Interacting with drug and alcohol users in clinical practice			
Symposium 20 Palliative care	03.30 – 05.00 pm		Hall D
<i>Dr Suharsha Kanathigoda</i>			
<i>Dr Frank Brennan</i>			
	05.00 – 05.30 pm	Tea	
	05.30 – 06.15 pm	Dr S C Paul oration	
An Approach to Urinary Incontinence <i>Prof Prasad Mathews</i>			
Community Health Care in Successful ageing <i>Dr Shiromi Maduwage</i>			
Symposium 4 Poisoning And Toxicology	11.30 – 01.00 pm		Hall D
Reducing poisoning deaths rates: lessons from Sri Lanka <i>Prof Andrew Dawson</i>			
Lunch			
Free paper session 1	02.00 – 03.30 pm		Hall A
Free paper session 2	02.00 – 03.30 pm		Hall B
Free paper session 3	02.00 – 03.30 pm		Hall C
Free paper session 4	02.00 – 03.30 pm		Hall D
Symposium 5 Cardiology	03.30 – 05.00 pm		Hall A
Role of interventional cardiologist in the management of Ischemic Heart Disease <i>Dr Vajira Senarathne</i>			
Interactive session on ECG abnormalities <i>Dr Suresh Kottegoda</i>			
Paediatric cardiology <i>Dr Ranjit Leanage</i>			
Symposium 6 Mental Health	03.30 – 05.00 pm		Hall B
Update on Bipolar Affective Disorder <i>Prof Raveen Hanella</i>			
Sex in the long term relationship <i>Dr Mahesh Rajasooriya</i>			
The new epidemic on Autism: How to prepare <i>Dr Sudarshi Seneviratne</i>			
Symposium 7 Management of Hypertension	03.30 – 05.00 pm		Hall C
Updates on Management of Hypertension for Clinical and Public Health Practice			
Clinical efficacy, cost effectiveness, and analysis of clustered multi-country data in hypertension trials			
Blood Pressure lowering in Chronic Kidney Disease - Targets and Drugs			
Symposium 8 Management of Dengue	03.30 – 05.00 pm		Hall D
Management of Dengue: Learning the Hard Way <i>Prof Suchitra Nimmannitya</i>			
DHF: How Predictable is the outcome <i>Dr Lak Kumar Fernando</i>			
Evolution of Dengue Illness: Sri Lankan Perspective <i>Dr Hasitha Tissera</i>			
	05.00 – 05.30 pm	Tea	
	07.00 pm	Doctor's Concert	

Contd. on page 12

Contd. from page 09

Friday, 18 <sup>th</sup> July, 2014		
08.00 – 08.30 am	Registration	Hall A
08.30 – 09.00 am	Plenary Cardiac Rehabilitation <i>Prof Tissa Kappagoda</i>	Hall A
09.00 – 09.30 am	Guest lecture 13 ENT	Hall B
09.00 – 09.30 am	Guest lecture 14 Haematological malignancies <i>Dr Pritesh Junagade</i>	Hall C
09.00 – 09.30 am	Guest lecture 15 Robotics	Hall D
09.00 – 09.30 am	Guest lecture 16	
09.30 – 10.15 am	<b>Dr. S Ramachandran Memorial Oration</b>	
10.15 – 10.45 am	Tea and poster viewing	
10.45 – 12.15 pm	Symposium 21 Initial trauma care in a non-surgical setting Basics of trauma for general practitioners <i>Prof Srinath Chandrasekara</i> Wound management in a primary care setting <i>Prof Mandika Wijayarathne</i> Case discussion	Hall A
10.45 – 12.15 pm	Symposium 22 Immunology update Immunological basis of asthma <i>Prof Anura Weerasinghe</i> Diagnosis of humoral immune deficiencies <i>Dr Rajiva de Silva</i> The role of co-factors in anaphylaxis <i>Dr Neelika Malavige</i>	Hall B
10.45 – 12.15 pm	Symposium 23 <b>Moving forward: Reviewing severe maternal complications to improve care</b> Moving Beyond Maternal Deaths <i>Dr Kapila Gunawardane</i> Maternal Near-misses – Technical Background - The WHO near-miss approach <i>Dr Anoma Jayathilaka</i> Maternal Near-misses in Sri Lanka – Findings of WHO Multi-country Survey <i>Dr Kapila Jayaratne</i> Capturing Maternal Near-misses in hospital settings	Hall C
<b>Overseas resource persons</b>		
Prof. Brian Oldenburg	Professor and Chair, International Public Health Unit, Department of epidemiology and Preventative Medicine, Monash University, Australia	
Prof. David Lalloo	Professor of Tropical Medicine, Head of the Clinical Group and Clinical Director at Liverpool School of Tropical Medicine, UK	
Prof. David Mathew	Consultant Geriatrician, Christian Medical College, Vellore	
Prof. Devaka Fernando	Honorary Professor Sheffield Hallam University, Consultant in Endocrinology and Diabetes, UK	
Prof. Dianne Hyson	California State University, Sacramento Sacramento, CA, USA	
Prof. Ganesan Adai-kan	Founder President International Society of Sexual Medicine	
Prof. Jagdish Sharma	Consultant Physician, Stroke & Parkinson's Disease Services, Lincoln County Hospital, University of Nottingham, UK.	
Prof. Jørn Braa	Professor of Informatics and Advisor to World Health Organization	
Prof. Malik Pieris	Professor and Chair of Virology, The University of Hong Kong	
Prof. Mark Stevenson	Director, Monash University Accident Research Centre, and the School of Public Health and Preventive Medicine, Monash University, Australia	
Prof. Norihiro Kato	Director, Dept. of Gene Diagnostics and Therapeutics, Research Institute, National Center for Global Health and Medicine, JAPAN	
Prof. Ramesh Bhonde	Professor & Dean, School of Regenerative Medicine, Manipal University, Bangalore, India	
Prof. Shivam Gupta	Johns Hopkins Bloomberg School of Public Health, USA	
Prof. Suchitra Nimmannitya	World Expert on Dengue Management, Thailand	
Prof. Tazeen Jafar	Professor of Health Services and Systems Research at Duke-NUS Graduate Medical School in Singapore	
Prof. Tissa Kappagoda	Director of Cardiac Rehabilitation Program, Director of the Coronary Heart Disease Reversal Program, Sacramento, USA	
Professor Andrew Dawson	Director National Poisons Register & Clinical Toxicology, Royal Prince Alfred Hospital, Sydney	
Dr. Ranjit Leanage	Consultant Paediatric Cardiologist, Nuffield Health Leicester Hospital.	
Dr. Anura Ratnasiri	Senior Research Scientist (Epidemiology and Biostatistics), Sacramento, California, USA	
Dr. Chandima Idampitiya	Physician and Endocrinologist, UK	
Dr. Douglas Cort	Clinical Psychologist, Sacramento, USA	
Dr. Firdosi Rustom Mehta	Country Representative, World Health Organization Country Office, Sri Lanka	
Dr. Frank Brennan	Palliative Care Consultant, Calvary Hospital, Sydney, Australia	
Dr. Indika Edirisinghe	Center for Nutrition Research, Illinois Institute of Chicago, USA	
Dr. Indrani Datta	Associate Professor, School of Regenerative Medicine, Manipal University, Bangalore, India	
Dr. James Rice	Senior Consultant Rehabilitation Specialist, Women's and Children's Hospital, North Adelaide, Australia	
Dr. Jed Blore	Institute for Health Metrics and Evaluation, University of Washington, USA	
Dr. Maneka De Silva	University of Bristol, UK	
Dr. Pawan Kumar Gupta	Senior Director, Medical Services, Stempeutics, Bangalore, India	

Contd. from page 11

10.45 – 12.15 pm	Symposium 24 Nirogi Lanka Update on Nirogi Matha Programme Update on Nirogi Diviya Programme Update on Nirogi Pada Programme	Hall D	Dr Pritesh Junagade Consultant Haematologist and Haemato- Oncologist. Bombay Hospital, Mumbai, India Dr. Rajesh Bhatia Regional Adviser, Blood Safety & Clinical Technology, WHO Regional Office for South-East Asia Dr. Roop Gursahani Consultant Neurologist & Epileptologist, P.D. Hinduja National Hospital, Mumbai, India Dr. S. S. Vasan Secretary South Asian Society for Sexual Medicine (SASSM) Dr. Suharsha Kanathigoda Consultant in Palliative Medicine & Family Medicine/Conjoint Lecturer UNSW, Sydney, Australia Mr. Brian Hoare Advanced Paediatric Occupational Therapist, Monash Children's Hospital, Melbourne, Australia Ms. Felicity Baker Physiotherapist, Women's and Children's Health Network, Adelaide, Australia
12.15 – 01.15 pm	Lunch		
01.15 – 02.45 pm	Symposium 25 Military medicine	Hall A	
01.15 – 02.45 pm	Symposium 26 Genetics on complex disorders Genetics of chronic heart disease Dr Maneka De Silva Genetics of diabetes Dr Prasad Katulanda Genetics of pre-eclampsia and weight of babies at birth Prof Vajira Dissanayake	Hall B	
01.15 – 02.45 pm	Symposium 27 Fertility	Hall C	Sri Lankan resource persons Prof. Anura Weeras- inghe Consultant Immunologist and Professor in Immunology
02.45 – 04.15 pm	Symposium 28 Intensive care and emergency medicine	Hall A	Prof. Athula Kalu- rachchi Professor in Obstetrics and Gynaecology, Faculty of Medicine, University of Colombo Prof. Diyanath Sama- rasinghe Professor in Psychological Medicine Faculty of Medicine, University of Colombo Prof. Janaka de Silva Consultant Gastro-enterologist and Director, Postgraduate Institute of Medicine, University of Colombo Prof. Jayamini Se- neviratne Professor in Dermatology, Faculty of Medical Sciences, University of Sri Jayewardenepura Prof. K. D. Pathirana Consultant Neurologists, Department of Medicine, Faculty of Medicine, Ruhuna University, Karapitiya Prof. Mandika Wi- jayaratne Professor in Surgery, Faculty of Medicine, University of Colombo Prof. Mohan De Silva Dean and Head of Surgery Department, Faculty of Medical Sciences, University of Sri Jayewardenepura
02.45 – 04.15 pm	Symposium 29 NAFLD/NASH: Moving the needle Epidemiology and clinical presentation Prof Janaka de Silva Genetics of NAFLD/NASH Prof Norihiro Kato Evidence based management of NAFLD/NASH Prof Madunil Niriella	Hall B	Prof. Priyadharshani Galappaththy Professor in Pharmacology, Faculty of Medicine, University of Colombo Prof. Raveen Han- wella Professor in Psychological Medicine Faculty of Medicine, University of Colombo Prof. Roshan Perera Director, KDU CARE Prof. Samath D. Dharmaratne Associate Professor in Community Medicine and Consultant Commu- nity Physician, Department of Community Medicine, Faculty of Medi- cine, University of Peradeniya Prof. Sarath Lekam- wasam Professor in Medicine and Dean of the Faculty of Medicine, University of Ruhuna Prof. Saroj Jayas- inghe Professor in Clinical Medicine Faculty of Medicine, University of Co- lombo Prof. Senaka Raja- pakshe Professor in Clinical Medicine Faculty of Medicine, University of Co- lombo Prof. Srinath Chandrasekara Faculty of Medical Sciences, University of Sri Jayewardenepura Prof. Vajira Dissanay- ake Professor in Anatomy, Faculty of Medicine, University of Colombo Prof. Veranja Ka- runaratne Science Team Leader, Sri Lanka Institute of Nanotechnology (SLINTEC)
02.45 – 04.15 pm	Symposium 30 Nano-technology Introduction to Nanotechnology Dr Nilwala Kottegoda Self-monitoring Devices Dr Shehan De Silva Medical Applications of Nanotechnology Prof Veranja Karunaratne	Hall C	
02.45 – 04.15 pm	Symposium 31 Ensuring quality and safety in Healthcare Patient safety from a clinician's point of view Prof Mohan De Silva Patient Safety From Management Perspective Dr Susantha De Silva Importance of Clinical audits in Patient Safety Dr R Mudiyanse Health Ministry's Initiation On Patient Safety programme Dr S Sridharan	Hall D	
04.15 pm	Tea		
07.30 pm	Banquet		

## Sri Lankan Resource persons continued...

<b>Dr. Ajith Malalasekera</b>	Senior Lecturer in Anatomy, University of Colombo
<b>Dr. Anoma Jayathilaka</b>	Consultant Community Physician, National Program Officer – World Health Organization
<b>Dr. Asela Olupeliyawa</b>	Senior Lecturer in Medical Education, Faculty of Medicine, University of Colombo
<b>Dr. Ganga Sirimanne</b>	Consultant Dermatologist, National Hospital of Sri Lanka
<b>Dr. Hasitha Tissera</b>	Consultant Epidemiologist. Epidemiology Unit. Ministry of Health
<b>Dr. Indika Karunathilake</b>	Director, Medical Education Development And Research Centre (MEDARC), Faculty of Medicine, University of Colombo
<b>Dr. Indira Kahawita</b>	Consultant Dermatologist, Karawanella
<b>Dr. Kapila Gunawardane</b>	Consultant Obstetrician & Gynaecologist, President – SLCOG
<b>Dr. Kapila Jayaratne</b>	National Program Manager – Maternal Morbidity & Mortality Surveillance, FHB
<b>Dr. Lak Kumar Fernando</b>	Consultant Paediatrician. DGH Negombo
<b>Dr. Lakshman Senanayake</b>	Consultant Obstetrician and Gynaecologist
<b>Dr. Lasantha Malavige</b>	Specialist in Sexual Medicine
<b>Dr. Madunil Niriella</b>	Senior Lecturer in Surgery, Faculty of Medicine, University of Kelaniya
<b>Dr. Mahesh Rajasooriya</b>	Senior Lecturer in Psychological Medicine Faculty of Medicine, University of Colombo
<b>Dr. Neelika Malavige</b>	Faculty of Medical Sciences, University of Sri Jayewardenepura
<b>Dr. Nihal Abeysinghe</b>	Regional Advisor, Vaccine Preventable Diseases, Immunization & Vaccine Development, SEARO, WHO
<b>Dr. Nilwala Kottegoda</b>	Senior Research Scientist, SLINTEC
<b>Dr. Omala Wimalaratne</b>	Consultant Vaccinologist & Virologist
<b>Dr. Paba Palihawadana</b>	Chief Epidemiologist, Epidemiology Unit. Ministry of Health
<b>Dr. Pramilla Senanayake</b>	President, Family Planning Association of Sri Lanka
<b>Dr. Prasad Katulanda</b>	Senior Lecturer in Medicine, University of Colombo, Hon. Consultant Endocrinologist & Diabetologist, University Medical Unit National Hospital
<b>Dr. R. Mudiyanse</b>	Head, Department of Paediatrics, University of Peradeniya
<b>Dr. Rajiva de Silva</b>	Consultant Immunologist, Department of Immunology, Medical Research Institute, Colombo
<b>Dr. S. Sridharan</b>	Director, Healthcare Quality and Safety, Ministry of Health
<b>Dr. Sanjeewa Witharana</b>	Senior Lecturer, Department of Mechanical and Manufacturing Engineering, Faculty of Engineering, University of Ruhuna
<b>Dr. Shaluka Jayamanne</b>	Senior Lecturer in Clinical Medicine, Faculty of Medicine, University of Kelaniya
<b>Dr. Shehan De Silva</b>	Senior Research Scientist, SLINTEC
<b>Dr. Sudarshi Seneviratne</b>	Senior Lecturer in Psychological Medicine, Faculty of Medicine, University of Colombo
<b>Dr. Sudath Gunasekara</b>	Consultant Neuro-physiologist, National Hospital of Sri Lanka
<b>Dr. Suresh Kottegoda</b>	Consultant Cardiac Electro-Physiologist, National Hospital of Sri Lanka
<b>Dr. Susantha De Silva</b>	Former Deputy Director General- Planning, Ministry of health and Former Who Representative of Malaysia and Singapore
<b>Dr. Thejana Wijeratne</b>	Senior Lecturer in Surgery, Faculty of Medical Sciences, University of Sri Jayewardenepura
<b>Dr. Uditha Bulugahapitiya</b>	Consultant Endocrinologist, Colombo South Teaching Hospital
<b>Dr. Ushani Rajapakse</b>	Senior Lecturer, Department of Microbiology, Faculty of Medicine, University of Colombo
<b>Dr. Vajira Senaratne</b>	Senior Consultant Cardiologist, National Hospital of Sri Lanka
<b>Mrs. J Krishnamoorthy</b>	Additional Director General (Administration & Finance), Former Director, National Secretariat for Elders

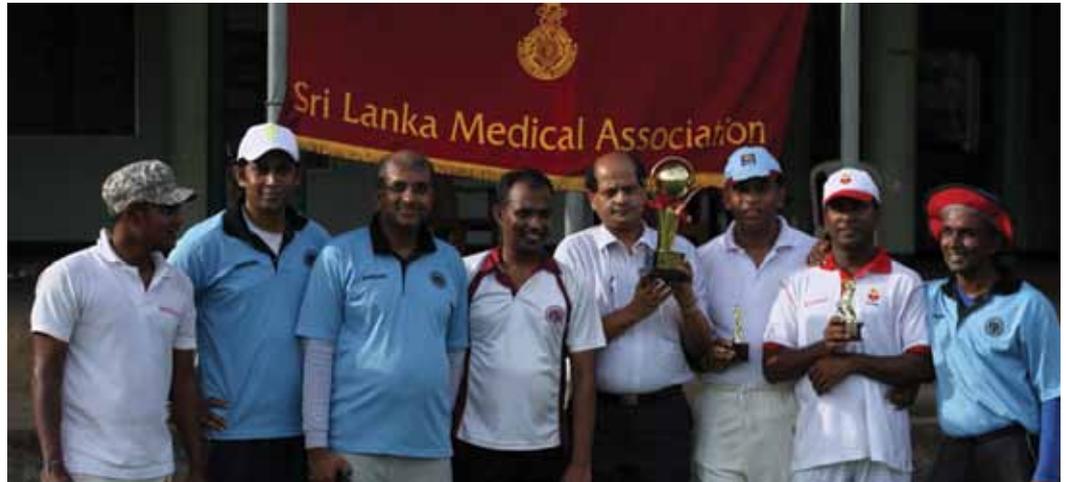
## Registration fees

Members	Rs. 3000
Non members	Rs. 3500
Day registration	Rs. 1200
Session registration	Rs. 500
Pre- interns and interns	Rs. 2000
Medical students (Full)	Rs. 1000
Medical students (Day)	Rs. 500
<b>Overseas registration</b>	
SAARC	USD 100 (early) USD 125 (late)
Other countries	USD 200

## Inter College softball Six A side Cricket Tournament 2014

The Inter College softball Six-A-side Cricket Tournament 2014 was held on the 4th of May, 2014 at Health Grounds. Teams from Sri Lanka Medical Association, Association of Sri Lankan Neurologists, Ceylon College of Physicians, The College of Surgeons of Sri Lanka, Sri Lanka College of Venereologists, Sri Lanka Dental Association, College of Ophthalmologists Sri Lanka, College of Obstetricians and Gynaecologists, Sri Lanka and Medical students' team from Faculty of Medicine, Colombo participated in the tournament. Ceylon College of physicians won the match and Sri Lanka Dental Association came as the Runners up. Dr. Wasantha

Kumara Abeysinghe from Ceylon College of physicians was awarded as the best batsman. Dr. Krishantha Jayasekera from Ceylon College of physicians was awarded as the best bowler. 'Cricket Fiesta' ended up with a buffet lunch making the inter college bonds more strong.



## Law Medical Encounter 2014- Cricket with a difference!!!

Cricket – the buoyant sport, a discipline, a culture and an art is popularly celebrated by the entire country irrespective of difference in social, economic or professional background. Seasons change. Celebration of victories and admiration of defeats in a spirit of sportsmanship display the cricketing subculture with glitz and glamour of cultural traditions of cricket.

The joint effort of two elite professions to celebrate the annual Law Medical Cricket Encounter 2014 is highly commended. The Bar Association of Sri Lanka in collaboration with Sri Lanka Medical Association has been organizing this exciting event since 2008. The lawyers have disported an awe-inspiring performance winning this prestigious trophy on previous presentations while a promising bunch of young doctors

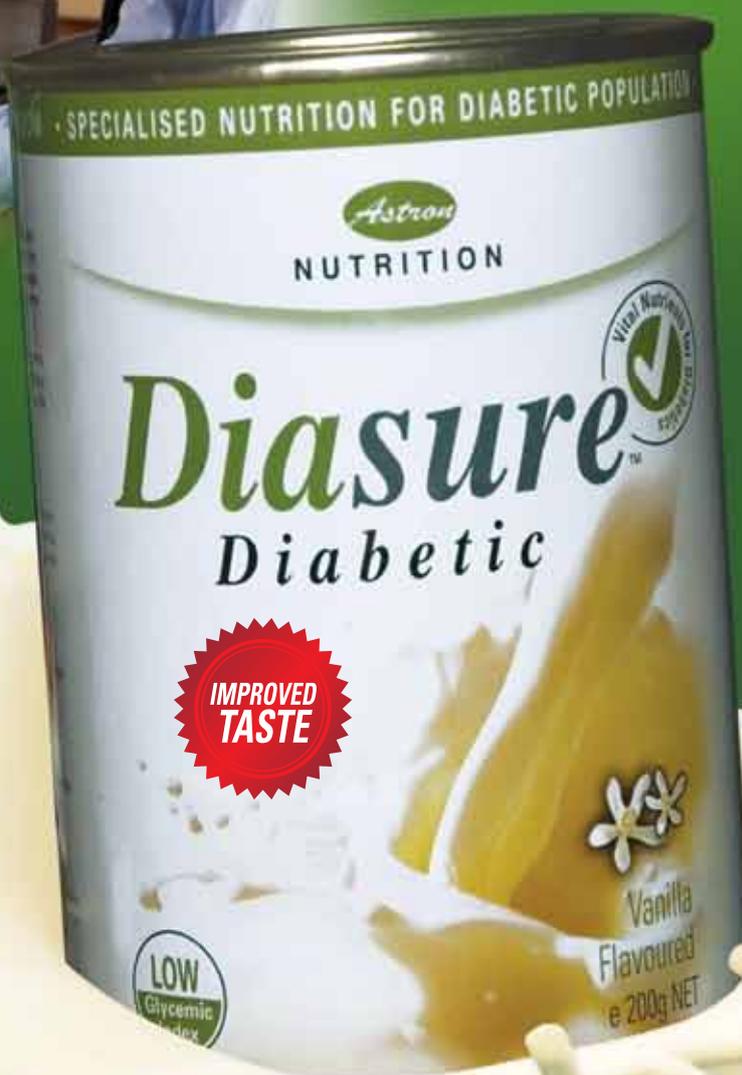
have exhibited true sportsmanship by their talented skills of the game. Even though the history of this event seems quite recent, the fellowship between Lawyers and Doctors dates far back in time. The law students and medical students have shared fraternal bonhomie from the good old days since Law College and Colombo Medical College jointly hosted the Law – Medical Students' Encounter and the Annual Dinner Dance over a period of 75 years, a most looked forward to event in the sports calendar of the students and members of the legal and medical professions.

The stability of mutual understanding ensured a pillar of strength between the two parties featuring a cricketing encounter at a higher professional level as the Lawyers Cricket Club and Bar Association of Sri Lanka coordinately organized the inaugu-

ral Law Medical Cricket Encounter in 2008 at P. Sara Stadium. The celebrations continue and traditions last. This year, the Law Medical Cricket Encounter 2014 is being organized by the Sri Lanka Medical Association assisted by the Doctors' Cricket Club of Sri Lanka under exemplary guidance of Dr. Palitha Abeykoon, President SLMA. The blissful significance of the Law Medical Encounter with six-a-side team of women playing cricket will be a spectacular amusement and entertainment to participants when lady doctors and lawyers engage in a friendly game of cricket. The battle for this prestigious trophy will be held on Sunday the 27th of July, 2014 at the P Sara stadium. All cricket fans as well as those involved in medical and legal professions are warmly welcome to witness the great sportsmanship and the spirit of cricket at the Law Medical Encounter 2014.

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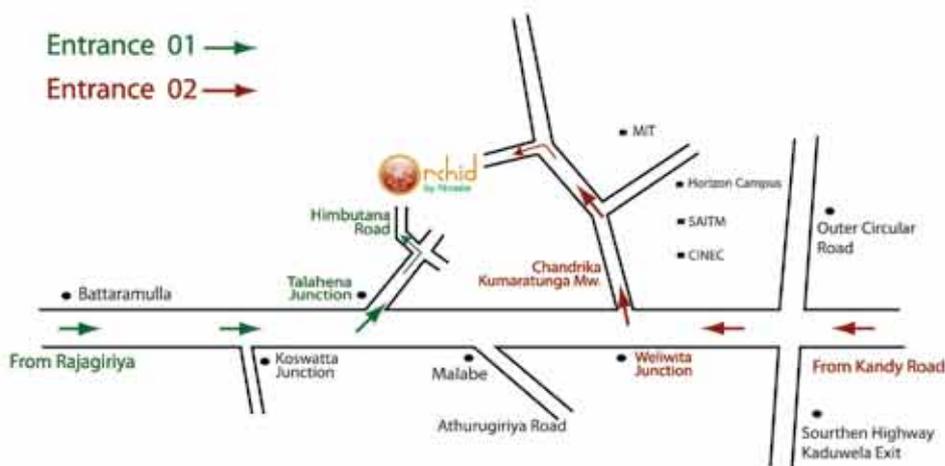
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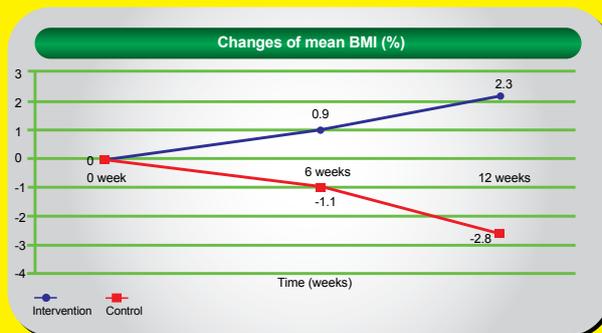
of geriatrics tested displayed  
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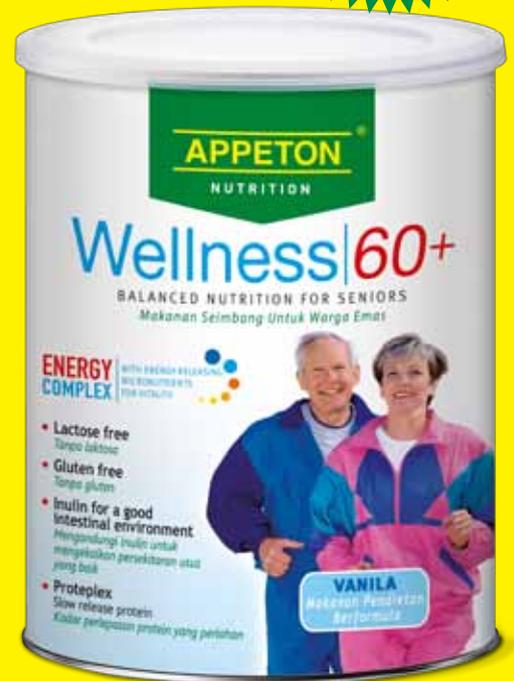
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\* Clinically Proven Endorsement is referenced in 'Effect of Nourishing Formula (Appeton Wellness 60+) Supplementation on the Nutritional Status, Functional Performance, Cognitive Function and Quality of Life of Malnourished Elderly in Old Folks Home'. Study conducted by Dr Zahara and team at the Department of Nutrition & Dietetics, Faculty of Allied Health Sciences, Universiti Kebangsaan Malaysia.



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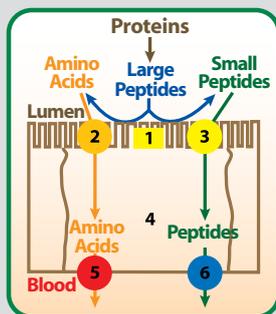
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• Adult formula: 1.7kg to 2.1kg after 2 months • Child formula: 1.8kg to 2kg after 3 months

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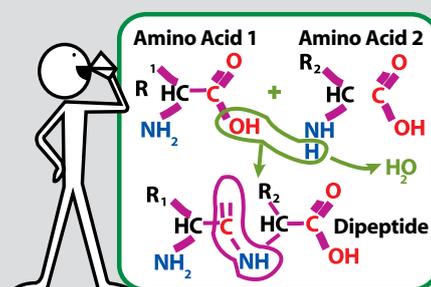
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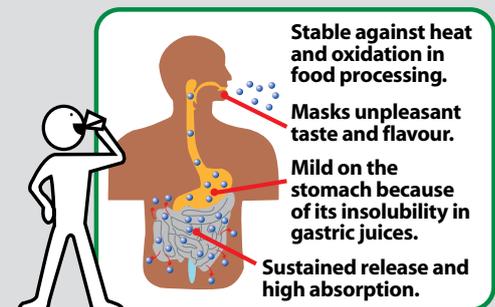
### Protein Efficiency Ratio (PER)

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### Specificity

Appeton Weight Gain contains the right amounts of the right amino acids needed for tissue growth.



### Bioavailability

Appeton Weight Gain has a higher bioavailability as its protein is derived from whey which contains a high concentration of branched amino acids that are more easily digested and absorbed by the body.

\* Efficacy study on Appeton Weight Gain conducted by Dr. Amin Ismail and team at the Department of Nutrition and Health Sciences, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia.

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A small wound in a leg can even lead to an amputation of the limb.

### How to Know ?

A simple routine foot assessment can be done and by this any harmful condition will be diagnosed and attended to or treated early.

### What to do ?

- Get a Foot Assessment done. It includes a blood circulation study of the foot by a Doppler scan and a nerve condition assessment by a neurothesiometer. A Doctor will assess and provide you a report as well.

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Visit the Diabetic Clinic at the Central Hospital  
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Nephrologists  
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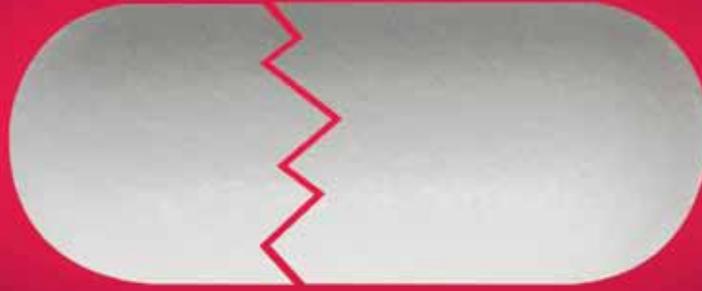
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# Children should be dosed as per weight

Split pills can be **uneven...**



It will **not deliver** half the dose with the **same efficacy...**

## Panadol

Brand of paracetamol

- Medications, dosages must be carefully titrated and maintained to prevent either adverse effects or therapeutic failure <sup>1</sup>
- Patients may split the tablets unevenly and experience adverse effects from an excessively high dosage or exacerbation of the disease from a dosage that is too low <sup>1</sup>

Recommend **correct dose variant** for **children\***



\*Recommend to dose children below the age of 12 years by their weight as per the Panadol for children dosage chart

**Reference:** 1. *American Society of Consultant Pharmacists*, Tablet Splitting for Cost Containment, <http://www.ascp.com/print/116>



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