

IPF TIMES

The Official Newsletter of IPF -Vol. 1 / No. 3 November 2019 (for free circulation to IPF members only)



**Theme: Innovations in
Healthcare: Shaping The Future**

2nd Annual Conference of **INNOVATIVE PHYSICIANS FORUM** **IPF MEDICON 2019**

Organised By: Innovative Physicians Forum®

24th November 2019, Hotel The Lalit, New Delhi

Patron

Dr. O. P. Sharma

Chairperson

Dr. Meena Chhabra

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Dr. J. K. Sharma

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Dr. Mohit Saran

Dr. Pradeep Suri

Dr. Puneet Khanna

Dr. Vipul Gupta

Newsletter Editors

Dr. Amit Gupta

Dr. Puneet Khanna

Welcome Message

On behalf of the Organising Committee of IPF MEDICON 2019, it is indeed a great pleasure to invite you all to the 2nd Annual Conference of Innovative Physicians Forum®.

This conference will attempt to provide an academic feast of latest developments in Medicine. In addition to providing clinical updates relevant to the practice of medicine, the conference will also provide a platform to our members and fellow physicians to interact and exchange views, and help improve our understanding of the discipline. At the same time it will also provide opportunities for connecting with leaders in the field from across Delhi and India. Innovative Physicians Forum® has tremendous potential to focus on research and academics and this will be vividly visible in the conference in the form of state of the art lectures, keynote addresses, free papers, sessions, posters, and quizzes.

We look forward for your active participation in the conference.

With best wishes!



Organising Chairperson
Dr. Meena Chhabra



Organising Secretary
Dr. J. K. Sharma

IPF Midterm Conference (Jaipur - 7 July 2019)

The Innovative Physicians Forum (IPF) in association with the Department of Medicine, SMS Medical College, Jaipur, conducted a midterm conference on 7 July 2019 at the Pink City: Jaipur. Under the guidance of conveners Prof (Dr) Raman Sharma, Prof (Dr) Sudhir Mehta, the Organising Secretary - Prof (Dr) Swati Srivastava and the Scientific Chairman Dr J. K. Sharma drafted out an academic feast with deliberations from distinguished speakers from all over the country.

The conference - while discussing the basics - also highlighted the innovations and updates in the subfields of medicine and proved to be an excellent platform for interaction with the leaders, and among peers of the community. There was an active participation by young researchers presenting posters of their work.



The Chief Guest's Address - Honourable Dr Raja Babu Panwar, Vice Chancellor, Rajasthan University of Health Sciences

The conference was attended by a number of physicians and postgraduates from all over Rajasthan, Delhi and other parts of the country. There was an active participation by all attendees. Being conducted at the SMS Medical College, Jaipur, the attendees experienced the excellent ambience of the new Academic Block and the gracious hospitality Rajasthan is famous for. Dr Ashok Pangariya, Dr S K Goel, Dr B S Bomb and Dr S R Mehta were felicitated by Dr Raja Babu Panwar, Dr K K Pareek and the IPF team in a Felicitation Ceremony.

The overwhelming response with regard to the delegate attendance and wide spectrum of national speakers who contributed to the rich content of the conference made the midterm IPF conference a grand success.

IPF Midterm Conference at SMS Medical College Jaipur



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Felicitation of Dr Ashok Pangariya (Former Principal, SMS Medical College, Jaipur)



Felicitation of Dr S K Goel (Senior Consultant, Medicine)



Guest of Honour - Dr K K Pareek, President, API



The IPF Team at SMS Medical College, Jaipur

IPF Elections

The following members of IPF have been elected unopposed as Executive Council Members in the recent elections:



Members Corner - Congratulations to all IPF Members for their Achievements



Dr Anuj Maheshwari

1. Elected as Vice President, RSSDI
2. Elected as Governor-Elect, American College of Physicians - India Chapter (2020 - 2024)



Dr Amit Gupta

1. Awarded FRCP Edinburgh
2. Awarded Fellowship of American College of Physicians (FACP)
3. Awarded Fellowship of Indian Association of Clinical Medicine (FIACM).
4. Awarded 'Investigator of The Year 2019' award by Indian Society of Hypertension



Dr Amitesh Aggarwal

- Awarded Fellowship of Indian Society of Hypertension (FISH)



Dr Dheeraj Kapoor

1. Elected Joint-Secretary, RSSDI - Haryana Chapter
2. Awarded Fellowship of American College of Endocrinology (FACE)
3. Awarded FRCP Glasgow



Dr Girish Khurana

- Awarded FRSSDI (Fellowship of Research Society for the Study of Diabetes in India)



Dr J K Sharma

1. Awarded FRCP London
2. Elected as Member, National Executive Council, RSSDI
3. Appointed as Regional Advisor - North and Central India, Royal College of Physicians of Edinburgh (2019 - 2024)
4. Awarded 'Inspiring Physician 2019' by RCPE
5. Appointed as Member, International Advisory Board, Journal of RCPE



Dr Meena Chhabra

- RSSDI - USV Award for Excellence in Diabetes Care (Delhi Chapter)



Dr Narsingh Verma

- Elected as President, Uttar Pradesh Diabetes Association



Dr Naresh Sen

1. Awarded Fellowship of American College of Cardiology (FACC)
2. Fellow of European College of Cardiology
3. Awarded FRCP Edinburgh



Dr Padmashri Gulati

1. Awarded Fellowship of Uttar Pradesh Diabetes Association
2. Awarded 'Sewa Shri Samman' for her contribution in the field of healthcare.



Dr Saurabh Srivastava

- Awarded Fellowship of Indian Society of Hypertension (FISH)



Dr Sudhir Bhandari

- Elected as Member, National Executive Council, RSSDI



Dr Vipul Gupta

- Awarded FRSSDI (Fellowship of Research Society for the Study of Diabetes in India)



Dr Mohit Saran
Awarded Fellowship of
American College of Physicians
(FACP).



Dr Dinesh Sharma
Awarded Fellowship of Indian
College of Physicians (FICP)



Dr Snehlata Verma
Awarded Fellowship of Indian
Association of Clinical Medicine
(FIACM).

Article - 5 Things you must avoid if you want to lose weight

Dr. Suneet Khanna (Diet Doctor)



If you want to lose weight you should know that abstaining from certain foods will help you lose weight faster. Although sometimes you can indulge in certain food items, but most of the time you strictly need to avoid. Avoiding these will enable you to fend off hunger and food cravings, thereby supporting your weight loss program.

Here are the primary food items that you should avoid:

1. All snacks containing carbohydrates: When you consume bread, rice, cakes, dry cereals or crackers alone, your body converts the carbohydrates into simple sugar, sending them into your bloodstream directly. Because of this your body produces excess insulin. This results in low blood sugar. You are likely to get inclined towards eating sugary food items without any nutritional value.

Dr O P Sharma Oration

The first Dr O P Sharma Oration was awarded to Dr Ashok Seth at the first IPF MEDICON 2018. This year IPF is proud to award the oration to Dr Randhir Sud.



Dr. O.P. Sharma Dr. Ashok Seth Dr. Randhir Sud

2. Frozen Meals: For making fresh ingredients last longer in your refrigerator, many food manufacturers add sodium to frozen meals, which serves as a natural preservative. Sodium makes your body retain water, and causes bloating as a result. This hampers your efforts for weight loss. When calories worth a whole meal are squeezed into a tiny box, with each bite you take, you will consume a lot of calories.
3. High-Fibre Snacks: Fibre is important for the body as it keeps the digestive system functioning smoothly, keeping you feel full even if you are avoiding calories. However around 25 grams of fibre which is worth one days requirement on one snack bar, is harmful for your weight loss target. Fibre intake should be consistent throughout the day for improving your digestive system, and for not causing an upset stomach.
4. Juice: When you drink juice, you consume all the calories from the fruits without the natural fruit fibres, which are supposed to fill you up. Even 100% fruit juices are empty calories, which lead to high blood sugar. Fructose, the natural fruit sugar, which makes fruit juices taste sweet, tricks the body into gaining weight as the body's ability to recognise when it is full gets blunt. This may make you eat more and the risk of developing diabetes and insulin resistance becomes more likely.
5. Artificially sweetened drinks: You should stop having soda and all sweet drinks which contain zero calories. Mind of some people is wired in such a way that artificial sweeteners enhance their food craving. Apart from these, you must also avoid alcohol strictly, if you want to lose weight. Alcohol does not support weight loss as it contains empty calories. These do not make you feel full, and do not have any nutritional value. Your judgment regarding your weight loss goals also gets impaired because of alcohol.

Scientific Programme

*IPF MEDICON 2019 is accredited for 6.5 credit hours by Delhi Medical Council.
Both oral and poster presentations will have 3 prizes in each group.*

Patron Dr OP Sharma	Org. Chairperson Dr Meena Chhabra	Scientific Chairman Dr Vipul Gupta	Org. Secretary Dr JK Sharma	Treasurer Dr Anil Manchanda
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Time	Speakers	Topic
8:00AM-8:30AM		Registration and Fellowship
8:30AM-9:30AM		Free papers - Oral Presentation Chairpersons: Dr. Vinod Kumar, Dr Saurabh Shrivastav, Dr Pradeep Suri, Dr Naresh Sen
9:30AM-9:50AM	Dr Anil Arora	NAFLD- Diagnosis and Management Chairpersons: Dr AK Manchanda, Dr RM Chhabra, Dr Kunal Dass, Dr Rohit Kapoor
9:50AM-10:10AM	Dr KK Sethi	Atrial Fibrillation- The Regular Irregularity and use of NOAC Chairpersons: Dr Aneesh Sharma, Dr Ashwani Mehta, Dr Ganesh Shivnani, Dr Sanjeev Gera
10:10AM-10:30AM	Dr PN Renjen	Evolution of Thrombolytic Therapy in Acute Ischaemic Stroke Chairpersons: Dr Ashok Damir, Dr Ramesh Aggarwal, Dr Arvind Kumar, Dr Nikhil Pursnani
10:30AM-10:50AM	Dr Anil Bhansali	Long-term Management of Osteoporosis Chairpersons: Dr SK Goyal, Dr RK Marya, Dr Anurag Arora, Dr Ashish Gautam
10:50AM-11:10AM	Dr BM Makkar	Medical Management of Obesity Chairpersons: Dr RK Lalwani, Dr GD Ramchandani, Dr Prabhat Agarwal, Dr Neetu Bhari
11:10AM-11:40AM	Dr Vinod Ravindran	Publishing your research: Tricks and Traps! Chairpersons: Dr Atul Kakar, Dr Swati Srivastava, Dr Puneet Saxena, Dr Sandeep Garg
11:40AM-12:10PM	Dr Ashok Seth	Key Note Address: 5 Trials in Cardiology, which changed my Clinical Practice Chairpersons: Dr KK Pareek, Dr Neeraj Bhalla, Dr Rajeev Passey, Dr Snehlata Verma
12:10PM-12:40PM	Dr Meena Chhabra	IPF Presidential Oration: Type 2 Diabetes and Co-morbidities Chairpersons: Dr Girish Khurana, Dr Girish Mathur, Dr Girish C Verma, Dr RR Singh
12:40PM-1:10PM	Dr Randhir Sud	Dr O P Sharma Oration: Emerging role of endoscopy in management of obesity and metabolic disorders Chairpersons: Dr OP Sharma, Dr N Subramanian, Dr Naresh Bansal, Dr Dileep Wadhwani
1:10PM-1:40PM		INAUGURATION Chief Guest: Dr Balram Bhargava Guest of Honour: Dr KK Pareek, Dr KC Goswami Special Invitee: Dr BM Makkar
1:40PM-2:10PM		LUNCH
2:10PM-2:30PM	Dr Sanjeev Jasuja	Newer Innovations in Kidney Transplant Chairpersons: Dr Ashok Jain, Dr Vikram Kalra, Amitesh Aggarwal, Dr Sameer Mehrotra
2:30PM-2:50PM	Dr Chand Wattal	Antibiotic stewardship: need of the day Chairpersons: Dr BK Rao, Dr Vinod K Singh, Dr Shilpi Khanna, Dr Vishakh Verma

2:50PM-3:20PM	Dr Girish Tyagi	Legal and Ethical Issues in Medicine Chairpersons: Dr Vipul Gupta, Dr Pawan Gupta, Dr Padmashri Gulati, Dr Sunil Sharma
3:20PM-3:40PM	Dr Rajesh Khadgawat	Vitamin D: Uses and Abuses Chairpersons: Dr Dinesh Sharma, Dr Anubha Shrivastava, Dr RK Bhimwal, Dr SS Dariya
3:40PM-4:00PM	Dr Puneet Khanna	Community Acquired Pneumonia and Treatment Guidelines Chairpersons: Dr DK Chauhan, Dr Pradyumn Sharma, Dr Vikas Maurya, Dr Gaurav Nijhara
4:00PM-4:20PM	Dr Dinesh Bhurani	Febrile Neutropenia- What to do? Chairpersons: Dr Atul Gogia, Dr Ruchika Manchanda, Dr Honey Nischal, Dr S Sengupta
4:20PM-4:40PM	Dr Vishal Kaura Agarwal	Steroids in Rheumatology: Good,Bad or Ugly ? Chairpersons: Dr Neeraj Jain, Dr Manoj Saluja, Dr Deepak G Pande, Dr Sunil Wadhwa
4:40PM-5:00PM	Dr Dheeraj Kapoor	Interpretation of Thyroid Function Tests Chairpersons: Dr Mohit Saran, Dr Amit Gupta, Dr Amarpreet Riar, Dr Payal Jain
5:00PM-5:10PM		VALEDICTORY

Dear friends,

We are sure that all of you will enjoy the scientific feast at IPF Medicon 2019. All the IPF members are requested to contribute to the next edition of IPF Times. Please share your articles, achievements, awards, and fellowships with our Newsletter Team for inclusion in IPF Times. You are also requested to send your suggestions. IPF also organises bimonthly scientific meetings on various topics of interests and these meetings are well attended. Those who are not members of IPF and wish to become one, are requested to submit the Membership Application Form (complete in all due respects) with the Secretariat.

Regards,



Treasurer
Dr. Anil Manchanda



Scientific Chairman
Dr. Vipul Gupta



Joint Organising Secretary
Dr. Puneet Khanna



Joint Organising Secretary
Dr. Amit Gupta



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MEMBERSHIP FORM

To,

The Secretary General,

I wish to join Innovative Physicians Forum as Life Member & promise to abide by its rules and regulations.

Full Name (Block Letters)..... Age M/F

Qualification (with Year & University).....

Residential Address.....

..... Tel. Mob.

Office Address with Designation

..... Tel. Mob.

E-mail:

PAN No. Aadhaar No..... Medical Council No.....

Category of Membership (Please tick one):

Life Membership Fee:

Individual RS 4,720/-*

Institutional RS 59,000/-*

Overseas Individual USD 354/-*

* Inclusive of GST

Bank Detail:

Innovative Physicians Forum

BANK OF INDIA

Rajendra Palace, New Delhi- 110008

IFSC: BKID0006010

A/c No: 601020110000671

Amount remitted by Cash/ Demand Draft/ Cheque No.

Dated

Drawn on

GST DETAIL

Name: INNOVATIVE PHYSICIANS FORUM

GST Number : 07AABAI1557L1ZK

Address: Ground Floor, 34/34, Old Rajendra Nagar, North Delhi, Delhi, 110060

Signature Applicant

Proposed by

Name

Address

Membership No.

Seconded by

Name

Address

Membership No.

Note: Please send the following documents (Self Attested) with the completed Application Form.

1. A Photocopy of Degree.
2. Photocopy of registration by relevant Medical Council.
3. Copy of PAN Card.
4. Copy of AADHAAR Card.
5. Two Passport Size Colour Photo.
6. Multi-city Cheque/ DD in favor Innovative Physicians Forum.

ELIGIBILITY FOR MEMBERSHIP

- * MD/ DNB (Medicine & allied branches) & above
- * PG's appearing for MD/ DNB exam are also eligible

For Office Use

Membership No. Allotted

Signature Secretary General