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SIMPLY DELICIOUS



Well there was no rain on this parade for sure. It was simply delicious nostalgic moments captured over a blistering December weekend in Melaka. Please savour & reminisce those 3 magical mystical days with our photo parade and cover stories in the preceding pages. To all you die hards (we know who you are) who keep rendering us your undying appreciated support - On behalf of the Committee let me just say - we love you & *Thank you.*

BLACK & WHITE NITE



MANIPAL CONVENTION



It's a bright morning of December 11th 2009. The ardent followers of the Manipal alumni were once again on an exodus, and this time the venue was to Melaka. Strategically chosen this year not because of its historical significance – to throw coins into Hang Li Po's well, or to view the city from A' Formosa or to pay homage to Hang Tuah and Hang Jebat; on the contrary the idea was to hold it in Melaka to enable more students from the Melaka-Manipal college to attend.

For the second year in a row the original venue was changed – this time from the Melaka Renaissance to the Holiday Inn (this is becoming a habit, right?). But then I stand by my belief that it's not the venue but the people that makes the difference. We (yes, my dear spouse and I) left Kuala Lumpur early in the morning for a quick business stop in Putrajaya and then deftly negotiated the Friday traffic all the way along the Seremban highway. Entering Melaka was another nightmare and it seemed like hours before we finally reached our destination – again through some confusing signage that led us to the hotel through an open-air car-park and through a one-way street.....

Some of the Manipalites were already seen establishing contacts in the lobby when we arrived. Some were patiently (and some not-so-patiently) waiting for their rooms to be ready. Makes me wonder – if they so particular about their check-out time being 12pm why is that we are told that some of the guests have not left their rooms even at 2.00pm? There were also arguments were going on at the reception as those who had arrived early were negotiating for their rooms to be changed. The watering hole for the parched was located at the

open air lounge and the die-hards had already booked their seats for the next few days.

Koshy, Jeyalan, Santiago and the rest of the team were already there to greet the members as they registered and to hand out the goodies. There were some last minute shoppers who made a quick run to the mall nearby for some last minute purchases for some Michael Jackson paraphernalia, including hats and gloves. The kids kept their parents busy in the afternoon with the children's sports that was arranged exclusively for them with prizes. Finally all got settled in and ready for the informal night; the theme being Michel Jackson in memory of the king himself. Cocktails were held at the open air balcony on the 2nd floor followed by dinner at the ball room. Yet again black and white was the colour of the day. There were MJ's in all forms, shapes, sizes and gender reveling on the 2nd floor. The MC for the evening made quite an attempt at mimicking Michael Jackson. There was a competition for the best MJ movements and definitely Ravi came out tops! As always, Manipalites sure know how to live life and how to enjoy themselves and night was spent in revelry. The band in attendance for the evening was the highly acclaimed rock band THE BLISTERS.

Some of the games were held on Friday and the rest were held on Saturday morning at the MMMC Greens. This time netball was teamed up as students versus seniors. Needless to say the students won. Football was won by the south. However, not everyone was at the games. Some were seen hobbling around and made their way to the Makhota Medical centre to see to injuries sustained on the dance floor the previous evening. It is of note that the hotel was also very strategically placed next to a medical centre to heal the ill and injured! Again not everyone was at the games as some took the opportunity to explore the historic city and also to savour the local fare. The morning was spent in the CME sessions. Impressively the lecture rooms were full.

Saturday night was the formal dinner and everyone was dressed to the hilt in the elegant ballroom. The children were treated to a separate themed party with clowns and paint artists. Akasha were there to entertain the guests. They are excellent performers but somehow - as a personal opinion - I felt it was not as appropriate as this was our time to meet our friends and we could not really give them the attention they deserved nor to appreciate their music fully. The event was well attended but yet not as many students as was expected. I suppose RM150.00 is still a lot to pay for a medical student. The night ended with a stand up comic Douglas and DJ music.

All in all it was another great event thanks to the organizers – Koshy, Jeyalan and gang.

Bina Rai



CPD MELAKA 23RD MAAM CONVENTION

Good day guys!!

As all our CPDs that we have conducted thus far for the year 2009, this special event that was held in Malacca was indeed special.

I will try my best to round up on this event as complete as possible. Mamos!!! Do forgive me if the eve of the CPD was too overwhelming that my grey matter could only retain this much....

Venue: Holiday Inn Malacca
Date: 11th till 13th December 2009
Time: 9am till 12noon

This CPD topics were chosen after long consideration as we needed good topics with knowledge and some entertainment.

As we saw the end of the CPD, we had fulfilled each aspect of the hard work.

As usual the CPD started with Dr Thomas (president) welcoming all and thanking the sponsors. Though the eve was a little heavy (Manipal style, nothing is too heavy!!!), the crowd pulled in and showed good support to both the sponsors and to the committee.

Speakers are as follows:

1. **Dr Anjan Kumar Dass** sponsored by Stempeutics - STEM CELL THERAPY: WHERE DO WE STAND TODAY?
Clinical research leader, Sempeutics Research Malaysia

2. **Dr Alex Tan** sponsored by Novartis - INCRETIN UPDATES: GLUCOSE LOWERING WITHOUT HYPOGLYCAEMIA
Senior lecturer in the department of endocrinology and diabetes in UMMC, KL

3. **Dr Ravi Visvanathan** sponsored by Roche - MICERA: ANAEMIA MANAGEMENT SIMPLIFIED
Consultant Nephrologist Kuala Lumpur Hospital. KL

4. **Dr. Suresh Kumarasamy** sponsore by MSD - HUMAN PAPILOMA VIRUS : THE VIRUS AND THE VACCINE.
Obstetric and Gynaecologist/ Gynaecological Oncologist, Gleneagles. KL
Adjunct Associate Professor, Penang Medical College



The topics were exciting with a mix of organ augmentation and modification done in lab and moving us into the future (guess the speaker did not see AVATAR yet). Well, many had most important medical thoughts and guess few had a quick passing thought of what if I can make my errrr ????

Anyway, moving on to other speakers, suddenly we realize how a physician can throw us off our feet with diabetic medication. I can still remember how it used to be, 1 or 2 drug cure all, no issues... but

now something is always wrong about yester medicine (to be honest , it all about who sponsors the speaker.....)
I guess this is why many of us give up medicine and move on to aesthetic and YOGA.....OHMMMMM!!!!!!

My eyelids were heavy at this point, overnight booze mixed with hypoglycemia....
Time was passing by slowly for me, but never gave up. EHHMMM..

I finally sobered when I heard the familiar word "sex related disease" It's a bit of lie and again a bit of truth...
The truth is, it can happen to anyone. The lie is, hey!! There are millions of people in Malaysia- it can't happen to me!!!!

Anyway, I helped conclude this exciting topic with endless questions from the audience.

We would like to thank our sponsors for their everlasting support to ensure good knowledge be a part of good medical practice. We look forwards to more support from all and thanks again for this successful CPD.

Dr Balachandran Appoo



MAAM CONVENTION-Sports Report 2009

2009 saw some great changes in the Alumni's sports arena.

For once, since I took over as sports convener, we saw clear skies topped with a fantastic sunset right from our Hotel Windows....alas for the lack of a balcony.

The Alumni played the young ones of MMMC (Manipal Melaka Medical College). I dare say we stood tall and resilient in the face of the young, fit and speedy College teams.

The cricket and golf schedule was switched around.... Much to the disagreement of the golfers (and understandably too) We need to find a solution to this..... incoming sports convener..... you have a job on your hands.

Four years ago it was golf, football and netball with our alumni members standing in as umpires. Since then we have added cricket, children's tele match and squash. We have also upgraded to professional umpires in all games....complete with colored discipline cards..... And to the astonishment of some they were used on the football grounds!!

In Port Dickson (2006) there was beach football and volleyball. Unfortunately these 2 events fizzled away as they were held on the Sunday morning.

With so much hype about liberation of the fairer sex, it is disappointing to note that they are a "no show". They need to be cajoled, "manja'ed" and "sayang'ed" into partaking in the sports events. Come on ladies; show us what you look like in leotards and micro mini shorts. Get your "Brazilian" and add some colour to our show. Need help to get the adrenaline flowing?

We need to increase the number of events. Tennis and hockey were some suggestions. Futsal for the women was another. Indoor games like darts, caroms and pool should be considered.

Numerous encouraging comments have been made with regards to the sports events. I salute and thank all those involved and responsible for this. You have done great – true to the spirit of Manipal. Let this spirit and confidence grow to greater heights. The alumnus needs your participation. To those who are on the sidelines..... Come and join us: we need your participation. A special word of thanks goes to our local liaison's Dr Mano, Dr Eugene, Dr Pius, Datuk Dr Annandan and Ms Madelina for the great effort they put in, not only in the organization of the games but with the whole convention. You were a great help – thank you once again.

Also a big thank you to our sponsors, Roche Malaysia, Novartis, Siemens and MSD. Your contributions have gone a long way.



2009 summary.

Friday 11th December 2009.

Cricket kicked off early in the morning. A 20 overs game it was. The alumni scored 115 for the loss of 6 wickets. Dato Dr. Subrahmanyam Balan, opened and was not out with a score of 53. Dr Balachandran Warriar – CEO of Manipal Foundation took 5 wickets for the Alumni and also 1 wicket for the College – I still am in the dark as to how he managed to play for both teams in the same match!! Despite Dr Subrahmanyam mammoth effort, MMMC won with 4 over's and 3 wickets to spare. The kids in full gear, on the side lines, were a treat to watch complete with whistles and rattlers.



Tiara golf course was the venue at 1 pm. The hot sun took its toll. Dr Suppiah, the Gross champion was called in to assist an injured golfer in the midst of play, which resulted in some delays. Dr Manoharan Kumaran was the Nett Champion.



Telematch for the children below 12 was at the hotel premises. 20 participants were drilled by our tele match commander – Ms Prem Martin. All were champions with Olympic Gold medals.

Squash - 3 pm – Mahkota Squash Courts. A team event it was with 7 games. The players were seeded and pitched against each other. The games were very competitive. The score tied at 1 – 1; 2- 2; 3- 3. In the decider a score of 4 – 3 was in favor of MMMC, very aptly describes the close finish of the games. Being a debut event there was no challenge trophy but none of them were disappointed with the beautiful glass individual trophies.



Saturday 12th December 2009.

Day 2 begun with CPD lectures in the morning. The attendance was overwhelming with extra chairs having to be brought in.

Net ball and football were played simultaneously on the MMMC grounds, in the afternoon.

Net ball was a walk over with a score of 12 – 1 in favor of MMMC.



Some say the shrunken football field was a blessing in disguise for the veterans, but some claim it cramped their style. A very close match it was. MMMC took the lead with a defensive error which resulted in a self goal by the vets. Pritpal our captain netted the ball within 10 minutes with a great kick into the right corner. The match went into a modified extra time of 5 minutes each and a penalty shoot out ensued. Kumaresan saved the first shot but MMMC won with a score of 3-1.



I would at this juncture like to thank Proffesor Dr Jaspal Sahota who went out of his way to ensure that this competition took place. Also a word of appreciation to all the sportsmen and women who partook in these events with so much enthusiasm. The student's president and council who helped make this happen – Stephen Tan, Ruben and their merry bunch were just great.

I do hope this trend continues – MMMC against the alumni. There is much to gain from these healthy activities. Not forgetting the comradeship during the 2 days of activities. There is much to be gained by both parties.

I would also like to extend my condolences to the family and friends of of the late Mr Ganesha. He was not just present at the convention but was actively involved.

Auf wiedersehen – it's been a great 4 years.

Thank you

Nirmal Singh @J.J



The Manipal Alumni Student Games Experience

When we were first approached by the MAAM through Dr. Jeyalan and Dr. Mano, we were very excited and also a bit worried. Excited because we could interact with the alumni members who were basically our super seniors. Worried because it was like venturing into unknown territory; we didn't know what they would be bringing to the games with their vast amount of experience in all fields. We were also encouraged by the support of Prof. Dr. Jaspal who was on our side (we hope).

The following 4 games were played during this 2 day event: cricket, squash, netball and football. Although we won all 4 games by a very small margin, I must say that the MAAM players really tested us n showed us what experience could do. Their energy, spirit, skills and technique deceived us of their true age. Some of them were actually fitter than us youngsters.

In the cricket game, there were 2 places the action was taking place, one on the field and the other at the stands where the fans were strutting their stuff. The constant taunts by the MAAM members led by Ms. Meera showed us the importance of fans in any game. We had our own supporters who were trying to challenge theirs. It was fun all round as humour and jokes were mixed in together.

Squash was a very entertaining game as both sides brought out their best players. MAAM's 3 giant squash superstars (Dr. Daljit, Dr. Vijayan & Dr. Doshi) really tortured our players but all for the good of the game. We also loved the stories that were told to us by the MAAM members about Manipal when they were studying there. Very entertaining indeed.

Football had a lot of action taking place on the pitch but ended goalless after 90 minutes. The game proceeded to penalties and MMMC won the game. We were elated with our performances during this 2 day event. All in all it was a tiring event but it ended beautifully with a very well organized dinner which we had the privilege to attend.

We saw every aspect of the Manipal alumni and what the future holds for us and it truly didn't disappoint. We really hope that this Manipal alumni student games will become an annual event. We really enjoyed it and are all looking forward to this year's event. Our students will jump at the chance to play in this event.

Yours truly,

Vijay Ruben

Sports Director, MMMC Student Council 2009-2010.

This was an e-mail I personally sent a few days after the whole event:

"Hello Dr. Mano & Dr. Nirmal,

On behalf of MMMC I would like to thank MAAM for involving us in the alumni games this year and for having us at the formal dinner (and also not forgetting the drinks). I would also like to congratulate MAAM on the beautiful dinner that we had the privilege of attending. We really enjoyed it.

Honestly, all 4 games were played competitively because the MAAM team was very good and gave us students a run for our money.

We were very inspired by you doctors regarding MAAM (and also your fitness levels). Quoting Dr. Jeyalan, "Manipal is my passion". We also loved the jokes and fun-loving, chilled-out nature seen in many of you.

We look forward to any more events in the future by MAAM and also the prospect of signing up for MAAM once we graduate.

We hope you can forward this e-mail and send our regards to all MAAM members especially to those who were closely involved with us during the 2 day event:

1. Dr. Jeyalan
2. Dr. Nirmal Singh
3. Ms. Meera
4. Dr. Thomas John
5. Dr. Eugene
6. Dr. Daljit, Dr. Vijayan & Dr. Doshi (Squash superstars)

Thank You.

Yours truly,

Vijay Ruben

Sports Director, MMMC Student Council."





23rd ANNIVERSARY GALA DINNER





23rd ANNIVERSARY GALA DINNER



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MAAM Community Service- Subang Jaya

Manipal Alumni Association Malaysia participated in the "Projek Komuniti Klinik Kesihatan Percuma" following a request from Miss Hannah Yeoh – State Assemblywomen for Subang Jaya and the Majlis Perbandaran, Subang Jaya. It was officiated by Dr. Xavier Jayakumar – "Ahli Majlis Mesyuarat Kerajaan Negeri Selangor (EXCO), Pengerusi Jawatankuasa Tetap Kesihatan, Pekerja Ladang, Kemiskinan & Kerajaan Prihatin". This Mega Community Project covered the residents of the low-cost flats and low income groups at USJ area, Subang Jaya. Thirty five(35) Specialist, GPs, Dental Surgeons and Pharmacists from the Manipal Alumni Association Malaysia, voluntarily participated and treated six hundred and thirty-eight(638) patients from that vicinity on 25th October, 2009 from 9.00am – 3.00pm. It was held at the car park area of Angsana Flats, covered with canopies. Area of privacy were provided for Gynaecology and Radiology teams.



HIGH ADVENTURE IN NEPAL

Following a chilling reminder from our editor via SMS:

Dear MAAM Secretary, I require both your articles on Community Service and Nepal Trip; the Newsletter will be further delayed if no action taken and following four funerals and a wedding (literally) I got down to write this article.

It was definitely the most challenging trip amongst the four vacations organized by the Alumni. Cramming the five days to cover the sights and sounds of Nepal; making sure the Five Star status Hotels are authentic, meals to suit varying taste buds, and to cut down travel time by accommodating in intercity flight. These guidelines to fit a slightly more than RM3,000.00 budget! Well we did it and got more than we bargained for.

On arrival at the City of Kathmandu, it was Calcutta deja vu, to find the City in a dilapidated state with chaotic traffic which signaled possible delays in our itinerary. First stop was the splendid rustic "Dwarikas Hotel". Judging by its exterior façade one would not have imagined the excellent setting inside.

Next at 3.00 pm was our chartered flight (first by Manipalites) to Pokhara, a supposedly six hour journey by bus cut down to thirty-five minutes by air.

The City of Pokhara (3,000 feet above sea level) is indeed breathtaking with the view of the "Annapurna" Mountain Range of the Himalayas from the hotel room and the magnificent "Phewa Lake" with the mountains casting their reflections onto its waters.



The sprawling "Fulbery Hotel and SPA" was a charming hotel not only as a retreat but for those to roll the dice to hit lady luck in its inhouse casino.

Sunrise at "Sanrangkot", an hours drive from the hotel, an experience never to be missed. Sipping the local coffee from the nearby huts and patiently waiting for the sun's morning light, to caress the mountain tips to make them appear as white picks. It was like a Paparazzi affair with tourist just clicking away the magnificent Everest, Fishtail, Dhailagiri and Hunchuli. Dinner at the Lakeside Restaurant Moon Dance had a special feel about it with its unique fireplace and excellent interior decor.

For our journey back to Kathmandu from Pokhara we engaged two buses and in typical Manipal fashion one bus was deemed the hospitality suite.

The six hour journey was exciting for the occupants in the bus with the designation DR (drink responsibly). It was fantastic fellowship



the usual banter and several pit stops to mingle with the village folks to pick up roadside goodies, fried fish and prawns as bites. Leaving that aside the journey was visually captivating with its beautiful mountains, rivers and greenery.

Most of the UNESCO Heritage sites are based in and around Kathmandu and to name a few, Durbar Square, Pashupathinath Temple, Changu Narayanan and Boudhanath. Kathmandu has been described variously as the "Land of Gods" and as "Land of the Largest Congregations" of magnificent historical monuments and shrines ever built. These monuments have evolved over centuries, (Reign of Malla Kings between 15th and 18th centuries) of craftsmanship influenced by Hindus and Buddhist religious practices.

Durbar Square: Literal meaning is a place of palaces and Durbar Square of Kathmandu is located in the old city and has heritage building representing four Kingdoms.

Pashupathinath Temple:

This is the largest Hindu Temple of Lord Shiva in the world and regarded as the most sacred. Shivaratri at the night of Lord Shiva attracts thousands of devotees and sadhus.

Boudhanath: This is one of the holiest Buddhist sites in Nepal and one of the most popular tourist sites in the Kathmandu area. The stupas massive Mandala makes it one of the largest spherical stupas in Nepal.



Changu Narayanan: This is an ancient Hindu Temple in the 4th century dedicated to Lord Vishnu. The temple is double – roofed structure where the idol of Lord Vishnu in his incarnation as Narayana is derified.

The highlight of the tour was to catch a glimpse of Kumari Devi living goddess of Nepal. It is a tradition of worshipping young pre-pubescent girl as manifestations of the divine female energy or Devi.

Post tours, the night were full of camaraderie and bonding among the close knit travellers. In fact a surprise 30th Anniversary cake for our debutants fondly named J & J (Junaidah and Jamir) spiked the celebrations. Jamir was a livewire with his quick cracks and affable nature.

The visits to the heritage sites were not fully subscribed by certain individuals in our group, gastro enteritis took the better of them. The tell tale signs started off with two from the group having symptoms during the initial part of the journey in Pokhara. Some recovered fast and there were others who carried it home with them. Thank god we had the benefit of medication at our



disposal. Suspect the mineral water though; if you had seen Slumdog Millionaire, you know what I am talking about. In fact the handicap of the after effects of GE did not deter most from taking the much anticipated flight to the Everest. We thought the pilot could have done better by meandering the plane through the mountains for a close encounter but instead provided; a glimpse of the main range from two kilometers away at 10,000 feet above sea level. For some it wasn't still in the heavens, but the air hostess made up for it.

The adventure never stopped till we got home when fifteen members of the entourage were hit with a credit card blunder. Cards and accounts were frozen , and for some the embarrassment of their cards being declined for purchases locally were rather shocking. It was then realized instead of franking the cards (various merchant bankers involved) for US \$140.00; that sum was converted into Nepali Rupees but charged in US Dollars. Some were charged (family of four) for RM125,000.00. Don't ask me; how did the merchant banks let this slip even if the ceiling to spend was around RM50,000.00 per card.

All financial matters have been resolved with an apology from the Nepali Bank. Leaving the little hiccups, the entourage had a great time judging from the various emails that had been criss-crossing after the tour.

Jeyalan



MELAKA-MANIPAL MBBS TWINNING PROGRAMME



Students selected for the programme do 2½ years of pre-clinical training in Manipal, India, Followed by 2½ years of clinical teaching and training based at the Melaka and Muar Hospitals of the Ministry of Health Malaysia. There are two intakes per academic year; March and September. Applicants with suitable grades in any three subjects out of Physics, Chemistry, Biology and Mathematics in their STPM or equivalent examinations will be considered for admission.



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References: 1. Poldermans et al. Tolerability and Blood Pressure-Lowering Efficacy of the Combination of Amlodipine Plus Valsartan Compared with Lisinopril Plus Hydrochlorothiazide in Adult Patients with Stage 2 Hypertension. *Clin Ther* 2007; 29(2):279-289. 2. Smith et al. *J Clin Hypertens* 9:5(355-364). 3. Allemann et al. EXFAST study. *J Clin Hypertension* Mar 2008. 4. Philipp T et al. Two multicenter, 8-week, randomized, double-blind, placebo-controlled, parallel-group studies evaluating the efficacy and tolerability of amlodipine and valsartan in combination and as monotherapy in adult patients with mild to moderate essential hypertension. *Clin Ther* 2007;29:563-580. 2007;369:1431-9.

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Presentation: EXFORGE®: Amlodipine and valsartan 5 mg/160 mg, 5 mg/160 mg and 10 mg/160 mg film-coated tablets. **Indications/Posology:** Treatment of essential hypertension in patients whose blood pressure is not adequately controlled on anti-hypertensive monotherapy. Recommended dose is one film-coated tablet per day (5 mg amlodipine and 160 mg valsartan, or 10 mg amlodipine and 160 mg valsartan). **Contraindications:** •Hypersensitivity to any component of EXFORGE®. •Pregnancy. **Precautions/Warnings:** •Risk of hypotension in sodium- and/or volume-depleted patients. •Beta-blocker withdrawal should be gradual. •Severe renal impairment (creatinine clearance < 10 mL/min) and dialysis. •No data available in patients with unilateral or bilateral renal artery stenosis, stenosis to a solitary kidney or after recent kidney transplantation. •Caution in patients with hepatic impairment or biliary obstructive disorders. •As with all other vasodilators, special caution in patients suffering from aortic or mitral stenosis, or obstructive hypertrophic cardiomyopathy. •Caution when driving or operating machines. •Avoid use in women planning to become pregnant and while breast-feeding. Not recommended in patients below 18 years of age. **Interactions:** •Caution and monitoring of serum potassium levels when used concomitantly with potassium supplements, potassium sparing diuretics, salt substitutes containing potassium, or other drugs that may increase potassium level. **Adverse reactions:** •The most common adverse reactions are: Nasopharyngitis, influenza, headache, oedema peripheral, oedema, fatigue, flushing, asthenia, vertigo, tachycardia, palpitations, orthostatic hypotension, cough, pharyngolaryngeal pain, diarrhoea, nausea, abdominal pain, constipation, rash, erythema, joint swelling, back pain, arthralgia. •Rare adverse reactions but potentially serious are: Hypersensitivity. •Additional potentially serious adverse experiences reported in clinical trials with amlodipine monotherapy are: Gastritis, gingival hyperplasia, gynecomastia, leucopenia, myalgia, pancreatitis, hepatitis, thrombocytopenia, vasculitis. In a long-term, placebo-controlled study (PRAISE-2) of amlodipine in patients with NYHA III and IV heart failure of nonischemic aetiology, amlodipine was associated with increased reports of pulmonary oedema despite no significant difference in the incidence of worsening heart failure as compared to placebo. •Additional potentially serious adverse experiences reported in clinical trials with valsartan monotherapy are: Neutropenia. Heart failure patients: >50% increase in creatinine in 3.9% of valsartan-treated patients compared to 0.9% of placebo-treated patients. >20% increase in serum potassium in 10% of valsartan-treated patients compared to 5.1% of placebo-treated patients. >50% increase in BUN in 15.6% of valsartan-treated patients compared to 5.3% of placebo-treated patients. Post-myocardial infarction patients: doubling of serum creatinine in 4.2% of valsartan-treated patients and 3.4% of captopril-treated patients. **Packs:** 28 tablets per pack. **Note:** Before prescribing, please read full prescribing information. (BSS Oct 2006)

For full prescribing information, please contact:



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EXFORGE®
amlodipine besylate/valsartan

GREAT DROPS JUST GOT BETTER



*IMS MIDAS - MAT March 2007 Data - 51 countries

EXFJUN08ADMM

Howzit Manipalites,

Editor's Desk

The President & Committee convey their warmest greetings. Hope you guys have managed to keep your sense of balance with all the insanity, bipolar disorders and delusions of grandeur swarming around us. Yup a bottle of Glenmorangie15 will always do the trick and don't bother looking in the rear view mirror. OK people with that in mind and soul, step into my office and let's get down to business as usual.

The cover story highlights the recently, successfully concluded Convention in Melaka which surpassed all expectations from all quarters (just ask Melaka Mano, Eugene & Mag who are our Men of the Match winners for 2009). Barring a few hiccups we had a splendid time.....curl up & enjoy reading from our contributors Bina, Nirmal, Bala & Ruben.



Our Community Service held in Subang Jaya was a resounding success. We treated around 700 patients which was a real toll on our members who braved the sweltering heat. To all the Doctors who sacrificed that Sunday in Oct.- Thank you guys.....you Rock. We did another project in Batang Berjuntai but I will cover that in our next issue.

Jeyalan & his travelling band made a trip to the Himalayas to foster closer ties amongst themselves and also with God and the Manipal fraternity in Nepal. Hope you enjoy the read as much as I did about the fun & escapades from the travel guru. Jeya hope you stayed away from the dark green organic veges.

Well it is that fateful and faithful time in our 2 years term of service when we have our MAAM general elections. Although most of us intend to hang around we have to sadly say our farewells to Koshy our President who completes his 2 terms in office. I would like to steal a little bit of your time and pay tribute to this humble man. For the benefit of the new membership & those with fading and complacent memories let me kindly enlighten & refresh you on the Committee's achievements for the past 4 years:-

1. **Secretariat**- Finally for the first time somewhere to proudly call home, conduct meetings and a salaried staff to administer the office. We hope to get our own building soon someday.
2. **Membership**- We inherited 200+ members from the last committee and quadrupled it in 4 years. We intend to do the same in the next 4 years.
3. **Newsletter(Howzit)**- I think it has served its purpose in disseminating & updating information and activities and a bond to all our members.
4. **Finance**- A very healthy balance with utmost consideration to the fact that we have considerable expenses and not too mention the unimaginable effort on our part to solicit funds from our sponsors. Please keep this priority numero uno in your mind when you come for the AGM.
5. **Community service**- The various medias have said it all. We are at the moment the most highly sort after for rendering Community services throughout Selangor.
6. **CPD**- We have made great inroads and progress and have received due recognition from MMA. We have also created a platform for our members from different specialities to share their knowledge & experience.
7. **Annual Convention**- Hahaha...enough said..we leave you to be the judges here.

Ladies & Gentlemen please put your hands together for this wonderful warm man who has raised the spirits and standards of this great Alumni. We hope he continues to share his wisdom and enthusiasm with us.

Most of the core members in the Committee have been retained and some are being voluntarily replaced with fresh faces to meet the future challenges. All of you who share the same passion are welcome to join us.

While you guys ponder, please bear with me while I share my Road Map for the 2 portfolios from the many that I undertook responsibility for:-

HOWZIT- It started as a 4 page newsletter and has progressed to become 20 pages. Although presently financially self sustaining due to our sponsors it will be a matter of time before rising printing & mailing costs will compel us to use electronic means. As e-book readers and smart phones get more popular it will be the most sensible thing to do. Howzit was always meant to be a light reading circular but to attract more sponsors I will be adding scientific articles with effect from the next issue. It should be a win win situation as it will allow our members to share knowledge and also fatten our coffers.

WEBSITE- I was handed this responsibility after founder Muruga left and apart from sprucing it up haven't really been able to maximize its potential. I hope with a bit of assistance I will be able to overcome this problem. I intend to use the website as a knowledge sharing tool....a concept of who knows, who cares, who can help. There will be a panel of selected specialists in various fields acting as mentors to mainly tutor GPs and undergrads who have queries in their practice and field of study. This will only be open to our members who need to use a username/password to gain access to this facility. A Hall of Fame will also be added to the website to recognise and pay homage to our members who have received awards and citations. Sponsors will share the financial upkeep of the site. I hope this will materialize as much as my ardent hope that MAAM will eventually consider the necessity and benefits of our very own Co-operative.

Finally guys and sorry for taking so much of your time we will inform you of our calendar of events after the elections. I can only tell you that the Convention will be held at THE THISTLE. PORT DICKSON RESORT. DEC. 10-12 2010. This will be a prequel to our grand 25th Anniversary International Convention next year.

I would also like to thank all our sponsors esp. Mr.Mupindra & Mr.Nada from Roche & Novartis respectively and our very own Melaka-Manipal Medical College. All members from the Dental fraternity please note -Ratnasothy will like to thank you for taking the trouble to vote for him in the recent MDC elections. See you at the AGM.

Bye for now.

Simon Martin
Editor

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Walk with Talk