New Year celebration was marred by the attack on Pathankot Air force station on January second and the Zika epidemic looming large around the corner. The 67th Republic day celebration at New Delhi took off with great pomp and went off peacefully. Two of the doctors received Padma Vibushan and Padma Bhushan awards. Sixteen of the doctors received Padma Shri awards. Two of the Padma Shri awardees are from Karnataka (DR. M M Joshi, Ophthalmologist and DR. John Ebnezar, Orthopedic surgeon). Congratulations doctors!

Medical fraternity has been asking for changes in the PCPNST act so that only sex determination is punished strongly and not the clerical errors. Now Mrs Maneka Gandhi, union women and child development minister’s statement on Feb. 2nd on sex determination has raised a lot of questions in various fields. This is no solution for the social evil.

With WHO designating Zika virus and its suspected complication in newborn as a public health emergency of international concern, the ministry of health has put an alert on traveling to affected countries. It has also has appointed NCDC at Delhi and NIV at Pune as the nodal agency for investigation if outbreak should happen.

It was a medical miracle that Lance Naik Hanumanthappa Koppad could survive the February third Siachen avalanche for 6 days at 25 feet under the glacier. But alas medical field could not help him and he breathed his last on 11th February.

We salute our brave heart soldiers who laid down their lives at Pathankot attack and at the Siachen avalanche. We also hope that the Zika virus infection will be contained and we the medical fraternity will rise to the occasion when needed.

Long Live IMA
JAI HIND

Yours in IMA
Dr. Amritha Bhandary
President
Dear readers,

There has been a lot of community service work done in the last two months period with the lead taken by our own president Dr. Amritha Bhandary specially in women health awareness camps, early detection of carcinoma cervix and Dr. Ramchandra Bhat in health awareness, First aid, BLS workshops. So kindly excuse me if it is written in brief due to paucity of space.

Academic report:
CME on 22.12.2015. Dr. Yogeesh. D. Kamat consultant hip and knee replacement surgeon spoke on preventive aspects of arthritis, indication of joint replacements and post operative rehabilitations in his topic “Shooting ourselves in the leg - Alternatives to or preventing joint replacement”

C.M.E was conducted on “Minimal access surgery in GI malignancy and Morbid obesity- Benefits and challenges” at IMA house on 15 Jan 2016. The talk was delivered by Dr Ganesh M.K, Consultant Surgical Gastroenterologist and Bariatric Surgeon. The CME was well received. The audience appreciated the manner in which this new, upcoming field was put in an simple and succinct manner.

Republic day was celebrated at IMA house at 26 Jan - 2016 at 7:45 am, the unfurling of flag was done by Dr Amritha Bhandary. In her address, she talked about the constitution of India and how effort put in by each individual in their own capacity can take this great nation to greater heights.

Community service:
December being celebrated as disability month, the souvenirs for coming IMA meetings were brought from Father Muller rehabilitation centre there by supporting the differently able persons.
IMA in association with ISA and Rx Life conducted a cycle Rally on December 2015 for health awareness and healthy life style. Around 2500 participants were there from 7yrs to 80yrs. Dr. Gayathri Bhat demonstrated CPR techniques to the contestants at the end of rally.
IMA in association with AJIMS and OSF on 4th January 2015 conducted awareness program on Women Health. Dr Kavitha D’souza Prof /HOD obstetric and gynecology along with her team explained the significance of such camps to increase the chances of survival tenfold by attending to the diseases on time. The camp made all the technical services available such as General Check with prelim examination, Breast examination, Pap smear.
IMA- Mangaluru branch along with OBG department of AJIMS did further 2 camps on women health awareness especially stressing on carcinoma cervix. During these camps, a total of 120 pap smears were taken.
Dr. Ramchandra Bhat, Chairperson of community service (IMA-Mangaluru) conducted five CPR and First aid workshops in colleges, driving schools and industries.
Nine health awareness talks on nutrition and health were given by him to different government and private school children.
One of the important decisions taken by the present IMA Executive Committee was to organize several community oriented activities in addition to the regular academic activities this year. Accordingly, the executive committee led by Dr. Amritha Bhandary has organised a series of health awareness camps, a successful health awareness cycle rally, women health camps, CPR, first aid workshops and talks on nutrition. Keep the good work going!

The Mediquiz of the last issue was well attempted by the members. I would like to congratulate Dr. Yashawanthi for answering all the questions correctly. She wins the prize of the quiz. This issue also features an article on allergic rhinitis. Wishing all of you a happy reading, I remain,

Yours’ in I.M.A.
Dr. B. Devadas Rai, MD
Editor
Dr. Manjunath Shenoy M, Past President, IMA has taken over as the President of Indian Association of Dermatologists, Venereologists and leprologists of the Karnataka Branch for the year 2016.

Dr. K. R. Kamath for being elected as a member of the state IMA committee for atrocities against doctors.

Dr. S. Sudesh Shastry has won the following prizes in the following competitions:-

17th State Masters Aquatic Championship (26th & 27th September 2015) in Bangalore
- Gold medal in 400mtr free style
- Silver medal in 50mtr butterfly
- Silver medal in 4x50mtr free style relay

12th National Masters Aquatic Championship (9th -11th October 2015) in Bhopal, Madhya Pradesh
- Silver medal in 400mtr free style
- Bronze medal in 50mtr butterfly

Our heartfelt condolences

IMA Mangaluru Branch lost two of its life members recently. Dr. K. Radhakrishna Pai and Dr. Prakash Vaidya left for their heavenly abode. We offer our heartfelt condolences to the bereaved families and pray that God give them the strength to bear the loss. May their souls rest in peace.

Answers of the Medi Quiz of the last issue of Medilore

1. E. ALL OF ABOVE

2. OSMOTIC ADAPTATION: It is a mechanism of defense of cell volume by varying its intracellular solutes. Brain cells during hypo and hypernatremia utilize this mechanism by varying the content of intracellular solutes.

3. 4 inflammatory markers: 1. ESR, 2. CRP, 3. SERUM PROCALCITONIN
4. PLASMA VISCOSITY.

4. Theodor Escherich (1857-1911) was a master clinician, bacteriologist, pediatrician, and researcher. He discovered ECOLI. He isolated different bacteria that form the intestinal flora in infants. He also demonstrated diphtheria antitoxin in serum. He described clinical signs of idiopathic infantile tetany and developed anaerobic culture methods.


Congratulations!

Dr. Yashawanthi has answered all the questions of the Quiz correctly. She wins the prize of the Quiz.
Allergic Rhinitis

Allergic rhinitis affects about 20% of general population. 5-8% of general population has bronchial asthma. About 40% patients with Allergic rhinitis have Asthma and about 80% of Asthmatics have Allergic rhinitis. Patients with Allergic rhinitis have 3 Fold rise in risk to develop Asthma. Allergic rhinitis is the commonest cause for acute exacerbation of Asthma. Hence it is important to diagnose and treat allergic rhinitis.

**Definition**: Allergic rhinitis is a symptomatic disorder of the nose induced by allergen exposure mediated by IgE Antibodies leading to nasal mucosal inflammation characterized by recurrent sneezing, rhinorrhoea and nasal blockage.

**Classification of Allergic rhinitis**

<table>
<thead>
<tr>
<th>Intermittent Allergic rhinitis</th>
<th>Persistent Allergic rhinitis</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Common Allergens</strong></td>
<td><strong>Symptoms</strong></td>
</tr>
<tr>
<td>Grass Pollens, Tree Pollens, Weed Pollens and Mold Spores</td>
<td>Watery discharge, Nasal congestion, Repetitive sneezing, Itchy eyes, nose, ear and throat, Nose Rubbing</td>
</tr>
</tbody>
</table>

**Intermittent Allergic rhinitis**

- Common Allergens: Grass Pollens, Tree Pollens, Weed Pollens and Mold Spores

**Intermittent Allergic rhinitis - Symptoms**

- Watery discharge
- Nasal congestion
- Repetitive sneezing
- Itchy eyes, nose, ear and throat
- Nose Rubbing

**Chronic nasal congestion may produce**

- Dry irritated or sore throat,
- Snoring,
- Pain around the eyes,
- Mouth breathing
- Orthodontic disturbances,
- Frontal headache,
- Sinusitis,
- Chronic cough,
- Otitis media,
- Hearing impairment,
- Altered smell and taste,
- Sleep disturbance,
- Daytime fatigue,
- Asthma exacerbation

**Systemic symptoms of Allergic rhinitis**

- Weakness,
- Discomfort,
- Irritability,
- Fatigue,
- Difficulty to concentrate and
- Decreased appetite

**When to suspect other nasal disease**

- Unilateral symptoms: Nasal obstruction as sole symptom
- Mucopurulent rhinorrhoea: Post nasal drip without anterior rhinorrhoea
- Post nasal drip with thick mucous: Pain in the nose, Epistaxis

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Congratulations to Dr. Diwakar Rao, Past President, IMA Mangaluru on receiving the Life time achievement award at 90th Annual National Conference of IMA (IMA NATCON 2015), New Delhi on 27.12.2015 at the hands of Dr. A Marthanda Pillai, IMA National president. He is the first member from our branch to receive the prestigious award.
Common triggers for allergic rhinitis

Pathophysiology
IgE mediated hypersensitivity reaction with release of histamine.

Histamine in Allergic rhinitis
Increases vascular permeability
Increases mucus production
Release and migration of inflammatory mediators
Causes symptoms of early phase

Platelet Activating Factor (PAF) in Allergic rhinitis
Inflammatory mediator in late phase reaction
Attracts eosinophil to site of allergic inflammation
Activates other inflammatory mediators
Leads to Bronchospasm, vasodilatation, increased vascular permeability

Role of PAF and Histamine in Allergy
Compliment action of each other
Promote release of each other
Histamine is mediator of Early response
PAF mediator of late response

Management

AR-Management

Medications in AR

<table>
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<tr>
<th>Drugs</th>
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<td></td>
<td></td>
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<tr>
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<td>+++</td>
<td>0 to +</td>
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</table>

Blocking both has greater effect
On first exposure to allergens sensitization occurs. Subsequent exposure leads to IgE mediated early phase reaction, late phase reaction and continued exposure leads to chronic disease in allergic rhinitis.

IgE attaches to mast cells in Eye, Nose, Lung, Skin, GIT

AR-Early phase symptoms
Occurs immediately
Mediated by Histamine
Stimulation of Mucous gland-Increased secretion
Vasodilatation-Nasal congestion
Stimulation of sensory nerves-Sneezing and itching

AR-Late phase symptoms
Occurs after 2-8 hours
Same symptoms as early phase
Mediated by PAF
Mucus production and nasal congestion increases
Nasal airway resistance and inflammation increases
Nasal Hyper-reponsiveness

Chronic disease in AR
Needless allergen to trigger symptoms
Nasal Hyper-reactivity and Inflammation more pronounced

Avoidance of Triggers
No carpeting/upholstered furniture
No furry or feathered pets
Avoid chemicals/irritants
Maintain heating/cooling system
No smoking

Treatment of allergic rhinitis (ARIA)

(Allergic Rhinitis and its Impact on Asthma)
Intranasal Glucocorticosteroid is first line treatment for Allergic rhinitis
- If nasal blockage: add short course of oral decongestant
Re-assess after 2-4 weeks
- If symptoms present add:
  - Oral anti-H1 (± decongestants)

**Intranasal Glucocorticosteroids:**
First-choice treatment for patients with allergic rhinitis. More effective than oral antihistamines in controlling rhinitis symptoms, particularly nasal congestion. Have a good long-term safety profile. Have a good safety profile and can be used every day for long term. These medicines are not anabolic steroids and that each dose is very small. For best results, these medicines should be taken regularly and long term. In intermittent allergic rhinitis daily use of these sprays should begin 1 to 2 weeks before the allergy season and continued throughout the season. In persistent allergic rhinitis, particularly if unresponsive to treatments, daily use of intranasal steroids has been found very effective in controlling symptoms, particularly nasal congestion.

Addition of antihistamines to this nasal spray may give better results. Nasal steroids may also help improve the sense of smell, which is frequently diminished in allergic rhinitis. The medication works by reducing swelling high up in the nose, where the area for smell is located.

**Intranasal Glucocorticosteroids-Actions**
Most potent Anti-inflammatory drug in AR
Controls and relieves all the symptoms of AR
Decreases nasal inflammation
Prevents development of Nasal Hyper-responsiveness
Decreases severity and recurrence of symptoms in AR
Prevents development of lower airway disease (Asthma) in patients with AR.

Nasal steroids are available in two forms, aerosol and a spray pump (aqueous). The aerosol form resembles an asthma spray that delivers a predetermined dose of "dry" medication when activated. The more commonly used pump delivers a "water-based" spray, which may provide some moisturizing and soothing effect as well as an anti-inflammatory action. Patients who feel that the drip in their nose and throat increases when using the spray form may prefer the aerosol. In contrast, the spray is favored if the aerosol causes irritation or excessive drying of the nasal membranes.

The safety record of nasal steroids at the recommended dosages is excellent. Several studies conducted in the U.S., Canada, and Europe has documented the lack of significant systemic (general body) side effects.

**Intranasal Glucocorticosteroids-Side effects**
The common side effects occur locally in the nose, such as burning, stinging, dryness, and sneezing, and are usually reported with the use of dry aerosol sprays. Less common effects include headache and mild nasal bleeding. The latter can be avoided by good spray technique. Shallow nasal ulcers are rare and can also be avoided by the use of good technique. Nose bleed (usually minor and self-limiting) is the most commonly reported adverse effect. They do not have a clinically significant effect on the hypothalamic–pituitary–adrenal axis or cause mucosal atrophy when used continuously.

(To be continued)
Ha Ha!!!

1. Socrates, the great philosopher landed at home with his faithful disciples. He found his wife washing clothes. The wife scolded him for "wasting" his time on big philosophical questions instead of helping her at home. Socrates, as usual kept smiling. The wife got so annoyed, that she threw the clothes bucket water on him. Socrates the great, commented "After the thunder and lightning, came the rain!".

2) A competition was on, as to who would squeeze the maximum juice from a lime. Everyone in the crowd tried their hand. Then a lanky looking thin man came and succeeded in squeezing the maximum juice. He got the prize. On enquiry he happened to be from the Income Tax Department!

3) Newly married Banto observed that Santa, her husband was looking depressed. Being a dutiful Indian wife, she asked "dear, something is troubling you. Your tensions are not just yours but they are OURS"."Oh am so much relieved" said Santa. Actually we have just received a letter from my ex girl - friend and she says that she is pregnant with our child!"

4) During elections, a candidate's wife delivered 3 babies. The nurse gave him the good news "Sir, your wife has delivered triplets". The politician shouted back "I will ask for a recount!"

5) "But my dear" said the pretty girl in the railway compartment, "one must have the right clothes. When I go riding, I wear breeches. When I go out in the evening I wear an evening dress..." "Really" interrupted the young man next to her. "And what do you wear at birthday parties, madam?"

6) Santa was only 50 years old when he was diagnosed with terminal cancer. When friends came to solace him, he told them he was suffering from AIDS. His son protested; "you have cancer, dad. Why are you telling everyone that you have AIDS"? "Putter, your mother is still young. If I died of cancer my friends will come visiting her. If they think I died of AIDS, they will keep their distance!"

(With help from Joke Books)