



# SAIMS TIMES

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**Congratulations!**



**डॉ. विनोद भंडारी, फाउंडर चैयरमैन - SAIMS ग्रुप, इन्दौर  
मोस्ट कमिटेड हॉस्पिटल का एमिनेंस अवॉर्ड ग्रहण करते हुए**

**Congratulations SAIMS to be awarded as the  
"Most Committed Hospital" by Dainik Bhaskar.**

**Award given by  
Honourable Central Minister Mr. Nitin Gadkari ji to Our  
Founder Chairman - Dr. Vinod Bhandari.**



## CME- “Novel Insights & uses of Regenerative Medicine”



The Department of Clinical Physiology, under the guidance of Dr. Jaishree Tapadia ( Prof.&HOD, Department of Physiology, Convenor, Curricular Sub-Committee Phase-1,SAIMS) had organized a one-day CME entitled “Novel Insights & uses of Regenerative Medicine” on 15th July 2022 for undergraduate students at C.P Tiwari Auditorium in the morning session and for postgraduate students, as well as for our eminent Consultants in the afternoon session at LASER Auditorium.

The Keynote Speaker for this CME was Dr. Shagufta Parveen, (PhD) from Manipal Institute of Regenerative Medicine, MAHE, Bangalore who cleared the basics of Regenerative Medicine with the students which helped in better understanding of the concepts of Regenerative Medicine as well as an interactive session with the Consultants made the session very interesting and informative.

The event was graced by Founder Chairman SAIMS Dr. Vinod Bhandari, Chancellor SAU Dr. Manjushree Bhandari, Vice- Chancellor SAU Dr. Jyoti Bindal, Pro- Chancellor SAU Dr. Mahak Bhandari, Registrar SAU Dr. Anand Misra, Dean SAMC & PGI Dr. R.R. Wavare, HODs and Consultants of all the departments which helped to make the event a grand success.

Sri Aurobindo Medical University, Indore wants to establish the Department for Regenerative Medicine( under Clinical Physiology ).

At Sri Aurobindo Medical College & P.G. Institute, Indore we strongly believe that regenerative science, medicine are vital pillars of tomorrow's healthcare, and is used to create new healthcare models



Dr. Jaishree Tapadia  
Prof. & HOD  
Dept. of Physiology  
Convenor, Curricular Sub-Committee ( phase-1)  
SAMC & PGI, Indore



## NATIONAL SYMPOSIUM ON “VIOLENCE AGAINST HEALTHCARE PROFESSIONALS”

Under the able guidance of Dr. Praveen Arora, Professor and Head, Department of Forensic Medicine and Toxicology, a national symposium on “Violence against healthcare professionals” was organised under the aegis of Indian Academy of Forensic Medicine (IAFM) on the auspicious occasion of Doctors' Day, 1st July, 2022.

The event was organised in hybrid mode i.e., online as well as offline. The registration was kept free for all. The total registrations crossed the 1000 mark convincingly (1046 to be specific!). The online registrations were 736 from across the nation as well from some of the foreign countries viz. Pakistan, Bangladesh, Malaysia and even Russia, making it an international event in true sense. Whereas the offline attendance was of 310 participants including teaching faculty as well as students.

Online speakers included the President of IAFM, Dr. Mukesh Yadav, Principal, R.D. Medical College, Banda, U.P who enlightened us on “Medical Negligence: Challenges and solutions” with well-studied and impeccable references of legal verdicts. Whereas Dr. K. Gireesh, Deputy Dean, SRM Medical College, Chennai elaborated the importance of “Ethics of Doctor Patient communication” in his usual eloquent style.

The session was started with welcome of all the dignitaries and elegant lamp-lighting ceremony. The opening address was by Dr. Vinod Bhandari, Founder Chairman, SAIMS, Indore. He shared his rich experiences both as a practitioner as well as administrator of the hospital sector with plethora of very useful tips for the budding doctors in order to deal with such unpleasant situations in the hospital.

Dr. Rajesh Sharma, Senior Professor, Department of Surgery also shared his experiences as well as importance of soft skills and positive communication at the time of dealing with patients and their relatives.



Lamp lighting by the dignitaries

Founder Chairman, Dr. Vinod Bhandari enlightening the participants



Dr. Mukesh Yadav talking on Medical Negligence



Dr. K. Gireesh delivering talk on communication skills



Dr. Rajesh Sharma sharing his views



Dr. Sanjive Naik, Honorary Advisor to SAIMS, threw light on legal aspects of what doctor should know in the face of violence against healthcare professionals. He also professed the importance of timely legal aid in such incidences.

An elaborate “vote of thanks” was the penultimate event of the national symposium, which was exhaustively and gracefully done by Dr. Praveen Arora.



Dr. Sanjive Naik talking on legal aspects



Dr. Praveen Arora (Prof. & HOD FMT)



Group photo of Organizing team with volunteers from MBBS 2020 batch

## Congratulations



1. Best Researcher Award by Cynodont International.
2. First Prize in Faculty paper presentation in 3rd World Dental Sciences and Oral Health Conference.
- 3 Chairing the scientific session in 3rd World Dental Sciences and Oral Health Conference.

**Dr. Poonam Kulkarni**

Professor, Department of Prosthodontics  
Sri Aurobindo college of Dentistry, Sri Aurobindo University, Indore



## Department of Physiology



A session on 'Psychology in Young Adults' was conducted by Department of Physiology under the guidance of Dr. Jaishree Tapadia, HOD Physiology, Convener, Subcommittee curriculum MBBS Phase 1 on 29th June, 2022. All the Ist year MBBS students, Heads and Faculties from Anatomy, Biochemistry and Physiology attended the session.

The session was organised to sensitize the students about the solutions available for their adult problems, the problems they face everyday, physically, mentally, socially and professionally.

Dr. Isha Singh, paediatrician and adolescent medicine specialist was the guest speaker. She talked about many aspects of adult life, be it nutrition, mental health, physical health. She also talked about how to cope up with daily stress and anxiety. At this tender age, with very little maturity, girls and boys face many different problems altogether. They get into some trouble, and to put some cover over it, they create more troubles for themselves. They form bad habits, such as alcohol addiction, smoking, drugs etc. without thinking of consequences in their personal and professional lives. Dr. Isha Singh explained them that every problem has a solution, and they can very easily reach out to their elders, parents or teachers or siblings, whoever they are most comfortable with. If that doesn't work, they can reach out to a psychologist/ counsellor.

Many other strategies were shared with students to get past these hurdles in life.

Session was interactive with rampant questioning and answering all throughout.



Dr. Jaishree Tapadia  
Prof. & HOD, Dept. of Physiology  
Convener, Curricular Sub-Committee (phase-1)  
SAMC & PGI, Indore

## Department of Nephrology

It is our pleasure to inform that after 4 years of gap, we restarted the **Renal transplantation** at our center (saims hospital) we performed spousal live renal transplant on 7th July 2022, under Ayushman yojana, patient discharged today with creatinine of 0.9 and no surgical, medical or immunological complication. For this patient we received immense support from founder chairman Dr Vinod Bhandari and whole management. Every one in the organisation supported programme. There was a perfect coordination between management, nephrology department, urology department (Dr Faiz and Guest urosurgeon Dr Yusuf) transplant Anaesthesia department (Dr Dipiti and Dr Bipin Arya), Mohak OT staff, RTU staff, dialysis and N ward staff. When pt performed well, our guest urosurgeon commented "जिसका कोई नहीं उसका आयुष्मान भगवान होता है", we are lucky that our organisation head is supporting us to help these poor needy people by various schemes and filling the requirements by our institute. Thanks for every one's support.



## Brain day news - Department of Neurology

We celebrated World Brain Day 22 July in Tulip Hall 4th Floor Neurology Department. Dr Nishant, Dr Akansha, Dr Ajoy Sodani and Dr. Dinesh presented lectures on “Brain Health For All” Brain health is must for mental physical and social well being. Thanks to all the participants of this program.



Dr. Dinesh Chouksey

**Dr. Dinesh Chouksey**  
Dept. of Neurology  
SAMC, PGI

## National CPR Day Celebration

Celebrated National CPR day on 21st July 2022 organized by Pediatric & Anesthesia department in Sri Aurobindo Institute of Medical Science (SAIMS) Indore. On this occasion, BLS training was planned for Post Graduates & General Public. We performed CPR by Role Play on Pediatric & Adult Mannequins, showed Heimlich's manoeuvre in choking patients & allowed Hands on to interested person on mannequins.



**DR GUNJAN KELA**  
HEAD OF DEPT, PAEDIATRICS  
SAMC & PGI, INDORE (M.P.)



## Congratulations



Congratulation to Dr.R.K. Jha, Prof. & HOD Medicine for being installed as President Association of Physician of India, Indore Branch



Felicitations of Dr. Ravi Dosi by Bal Niketan

इन्दौर शहर के सभा स्थित हरमिन्दु बाला मंदिर एवं चारुनाथ मंदिर के समीप बाल नदी के तट पर परम्परागत रूप से एक प्रतिष्ठित विद्यालय बाल निकेतन स्थापित है। विद्यालय की यह इमारत की धरोहर है अद्वैतीय लकड़ी की, पक्की बनी हुई अद्वैतीय देश के सर्वप्रथम राष्ट्रपति, श्री राजेंद्र प्रसाद जी, द्वारा ब्रह्मपुर शास्त्री जी एवं हरिहर के पत्नी के अनेक महान व्यक्ति इस शैक्षिक संस्थान से जुड़े हैं।  
<https://balniketan.org/founders>  
बड़ी संख्या के 11 वीं पुण्यसिद्धि के विशेष अवसर पर बाल निकेतन के सम्पन्न द्वारा मुझे सम्मानित किया गया एवं यहां के विद्यार्थियों के समर्थन में आज मैं सम्मान की शाली मंदिर की अनुभूति को वास्तव में अनुभव करने का मौकया मिला। अद्वैतीय नैतिकता विद्या के स्तर को पार कर मैं अभी तक अभिभूत हूँ। जय माँ सरस्वती।। जय इंदौर।। जय हिंद।।



Dr. Mohini Kucheria participated in Central India Hematology Summit II.

## Gold medal ceremony of MPMSU University in Jabalpur



Dr. Rashi Hingankar (Dept. of OBG)



Dr. Shlok Singh (Dept. of Ophthalmology)

## Congratulations to PG's (2022)

- We are pleased to announce that all 6 residents passed Pathology MD exam. **Dr. Suvidhi Stood** 3rd, **Dr. Prabhat Mehta** 5th and **Dr. Sushmita Tripathi** 6th in MPMSU among 58 candidates on 16/7/2022.
- In department of ophthalmology also all PG's passed with flying colours and **Dr. Garima Tiwari** topped in MP university.
- In department of surgery all PG's passed, **Dr. Nikita Choudhary** stood II nd in MP.



## ANTI RAGGING WORKSHOP

**SAIMS College of Dentistry, Indore**

Sri Aurobindo College of Dentistry, Indore organized a workshop on “Anti-ragging measures” on 14.07.2022, to create awareness among all the Dental Faculty & all Students, including freshly admitted students, regarding anti-ragging initiatives from our institute.

Prof. Dr. Mamta Singh, Member Dental Council of India, was invited to address initiatives by SRA on anti-ragging measures. Among the other invitees were Hostel wardens, Security Officers, Administrative Officers, Mess incharge & Students Section Incharge.

The proceedings of program are as follows:

1. The students were shown the short films (Procured from the links given by DCI) to counsel students on ill effects of ragging.
2. Program began by formal inauguration & welcome address by Principal, Dr. Kanteshwari I.K.
3. Dr. Anup Vyas, Chairman, Anti-ragging committee introduced anti-ragging measures taken by the institute & introduced Heads & incharges.
4. Seminar by Prof. Dr. Mamta Singh on ill effects of ragging & initiatives by SRA in this regard.
5. Programme concluded with oath taking by students & vote of thanks by Dr. Rajesh Kumar, Member, Anti-ragging committee.



**Dr. Kanteshwari I.K., Principal, College of Dentistry**

## Dept. of Pediatrics

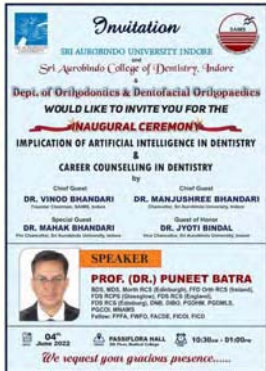
College round of IAP postgraduate quiz was organised on 28th July by Department of Pediatrics where all final year students had very active participation. The quiz was conducted by Dr Ankita Maheshwari and Dr Swati Patel and the winners are Dr Aditi Bansal and Dr Tabbu Chajjed . The winners will represent our college, SAMC and PGI for divisional rounds.





## REPORT ON ARTIFICIAL INTELLIGENCE & CAREER

### COUNSELLING WORKSHOP BY DEPARTMENT OF ORTHODONTICS



Department of Orthodontics & Dentofacial Orthopedics at Sri Aurobindo College of Dentistry, Indore had organized an event on 4th June 2022 to guide students with comprehensive lectures on Implications of Career Counselling and Artificial Intelligence in Dentistry.

The theme behind the wonderful session by our eminent speaker Prof. (Dr.) Puneet Batra (member, Dental Council of India) was to boost knowledge about different career options and Artificial intelligence among all the under-graduates, interns, post-graduates as well as faculties.



The program started with a warm and hearty welcome speech given by Prof. (Dr.) Ashish Garg, Prof. & Head, Department of Orthodontics & Dentofacial Orthopedics, Sri Aurobindo College of Dentistry. The inauguration ceremony started with offering our dignitaries and keynote speaker with saplings of Jade Plant, known for good luck and benefits of air purification, as a token of gratitude. The dignitaries present were Dr. Vinod Bhandari (Founder Chairman of SAIMS), Visionary Dr. Manjushree Bhandari (Chancellor, SAU), Prof. (Dr.) Anand Mishra (Registrar, SAU), Prof. (Dr.) Puneet Batra (DCI member, our savvy Key Note Speaker), Dr. Rajesh Kumar (Principal, SACD), Dr. S.V. Dhodapkar (Career Counselling Committee).

To light the occasion with positivity, dignitaries were invited for lamp lightening and Saraswati Vandana, followed by welcome address by Dr. Vinod Bhandari Sir (Founder Chairman of SAIMS). Our keynote speaker Prof. (Dr.) Puneet Batra is a Gold medallist, MDS in Orthodontics from the prestigious AIIMS, New Delhi. He was conferred with external co-opted members of Board of Studies, Sri Aurobindo University, Indore by our Chancellor, Dr. Manjushree Bhandari & Founder Chairman of SAIMS Dr. Vinod Bhandari. He is the recipient of the PP Jacob award as well as the JG Kannapan award by the Indian Orthodontic society. He is an MOrth from Royal College of Surgeons in Edinburgh, FFD Orth from Royal College of Surgeons in Ireland and an FDS RCPS from Royal College of Surgeons in Glasgow. The program moved further with National Anthem. The program continued with lecture one by our magnificent speaker Prof. (Dr.) Puneet Batra on the topic "Artificial Intelligence", where he enlightened us on how artificial intelligence is capturing all the branches of dentistry and wonders that can be done by adapting artificial intelligence in our practice, followed by Tea break. The programme further resumed with second lecture by Prof. (Dr.) Puneet Batra Sir, he enlightened us on "Career Counselling", where he presented options we can explore after BDS and MDS, he introduced our young minds with the wide experience of him in the field of Orthodontics. The programme was attended by 250+ delegates which included under-graduate students, interns, post-graduate students & faculties.

The event was a great learning curve for everyone.



**Dr. Ashish Garg**  
Prof. & HOD  
Dept. of Orthodontics &  
Dentofacial Orthopedics



## Know the Department Department of Community Medicine

**H**istory of this Department is really a matter of pride for all of us. The department was established in 2003 by **Emeritus Prof.**



**Dr. R.K. Chandorkar, a keen seeker, observer and mentor who was also the student (1961- 1964) of Sir J.E Park** when he was preparing material for his textbook (1959-1969), **“Textbook of Preventive & Social Medicine”**. The department has two main satellite units, UHTC & RHTC which is under direct control of Dean Dr. R.R. Wavare. His exemplary process of work and continuous support has laid various activities in and out of the premises. The urban unit is just 7 km. away from the Saims while the rural unit is 20 kms. away. There we have our individual hostel and mess facilities for our Interns and posted Staff. All the activities which are conducted are under supervision of Our HOD, Dr. A.R. Deshpande. Presently the Institute has signed MOU with CMHO, Indore for academic control on RHTC/CHC Sanwer since 2020.

### **Dr. Ajit Deshpande “Successfully completed ICMR'S DISHA project as CI & later as PI”**

Prof. & HOD, as 16 yrs. Of experience in teaching after completing MD from IGGMC, Nagpur in 2006 and M.B.B.S from JNMC Wardha, in 2001. He is involved in UG teaching and has supervised 5 MD thesis. He is PG & PhD Guide. He is a member of various institutional committee and the Chief Warden of SAIMS Hostels. He has more than 20 Publications in Indexed Journals.

### **Dr. R. R. Wavare “Professor and Dean, SAMC & PGI, MEU faculty”**

He has total teaching experience of more than 23 years after completing his post graduation from GMCH Aurangabad in 1999 and MBBS from GMCH, Nanded. He is PG guide & PHD guide and has supervised 8 MD thesis. Apart from his duties & responsibilities as Dean he guides faculties from the department in Institutional academic & co-curricular duties in various committees as he does to faculties from other departments. He has many publications in Indexed, National & International journals.

### **Dr. Sudhir Chandra Joshi “An orator, he is known for “शुभा-कथा-स्वास्थ्य-चतुःसम्वाद”**

Professor, Community Medicine and PG Guide, and has more than 14 years teaching experience. An orator, he is known for “शुभा-कथा-स्वास्थ्य-चतुःसम्वाद” (1997-2008) and the OPD-located “Health Communication Centre” (2015-2021). Contributing to tribal life and health, he worked at the RHWTC and the DHS, also in collaboration with Karolinska University (KI), Sweden, attended several National and International institutes, conferences, PAMM, the Emory and the Johns Hopkins Universities, and the CDC Atlanta, USA.

### **Dr. Madhuri Inamdar “Active member of Institutional DPC”**

Professor, joined institute in 2011 after working in Medical college in Mauritius. She has experience of more than 12 years .she has completed her MBBS from MGM Medical college Indore and MD from Loni Pravaranagar (M.S.) .She is PG guide & PHD guide and has supervised 1 MD thesis. and active member of Institutional DPC. She is active in UG teaching and various responsibilities given by the department and Institution. She has published 8 original articles in Indexed , National & International journal.

### **Dr Jayashri Bute - “Appreciation by Collector/ District Magistrate on 10.11.2020 for Active member of District Covid committee and Covid Epidemic Intelligence Unit, Dahod district, Gujarat”**

Currently Professor in department of Community Medicine, SAMC & PGI, Indore. Worked as research staff in study- Assessment of safe Injection practices in India in 2003.by MOHFW. Co-Chairperson in scientific session held in Nagpur, Maharashtra, On 21-24<sup>th</sup> Jan.2013, during 40th Annual National conference of IAPSM & Joint state conference of IPHA& IAPSM, Maharashtra. She has published 4 articles in International and 3 in National Journals.

### **Dr Harshal Gupta- “Member Secretary of Institutional Research Committee, Nodal officer - BCBR.”**

Promoted as Professor in 2020, has received her training in Statistical methods from CMC Vellore and PHFI Delhi through various Certificate Courses post MD (PSM). She has completed her fellowship in Grant Writing from IIPH Gandhinagar. She has various publications in PubMed indexed journals. She has to her credit an Extramurally Funded Project from ICMR (2020-1094) as Principal Investigator. She has been also appointed as member representative for ESIC Research committee, Indore.





## Know the Department

### **Dr. Sonia Tiwari - “Gold Medalist - Indira Gandhi Ganguli Award. – Best paper presentation in MCH Care”**

Being first batch of M.B.B.S and P.G of SAIMS, make her a complete Saimsonian and currently working as Professor. She has been deployed as National Monitor for Various Projects under WHO. Recently she has supported COVID Vaccination in Jharkhand in 2021. She has served as Incharge of RHTC for more than 3 years. She has more than 10 International and National Publications and a teaching experience of more than 8 years. She is the member of Editorial committee of SAIMS Times.

### **Dr. Mayank Rahul – “National Monitor in COVID Vaccination deployed by WHO & MOHFW in Bihar.”**

Had completed his MBBS & MD from SAMC & PGI, Indore (M.P.) He has done 5 publications, attended many online and offline conferences and has also been invited as resource faculty in webinars. He has Also successfully completed the Sate task of Skilled Birth Attendant (SBA) accreditation project during his PG days. He has also served as in charge in Urban health & training centre ( UHTC) from 2018 till May 2022. He has also managing all the UG students by being Assist. Warden of SAMARPAN Boys Hostel.

### **Dr. Apurv Thakur- “Integral part of the NABH team as a Training coordinator”**

completed his MBBS from T.S.M Academy (Russia) in 2011, Worked as an Intensivist for 4 years before joining SAMC & PGI for his post-graduation in Community Medicine in 2015. Has published 8 research papers in various National as well as International journals. Currently, In charge of Rural Health and Training Centre and has recently been promoted to the post of Associate Professor. Worked as a true Corona Warrior who was working in the frontlines throughout the pandemic.

### **Dr. Chetana Deshmukh- “Presidential award from National IAPSM Committee”.**

Has completed MD (S.G.M.C & KEMH, Mumbai in 2018), Completed DNB and Diploma in Applied Epidemiology (NIHFW, Delhi) along with Presidential award from National IAPSM committee. She had several national and international publications with experience of working on mixed method study in NIHR (UK), ICMR and NHM funded projects at Delhi.

### **Dr. Nirmala Kiron - “Received corona warrior award by Honorable Chief Minister of Madhya Pradesh and CMHO Morena.”**

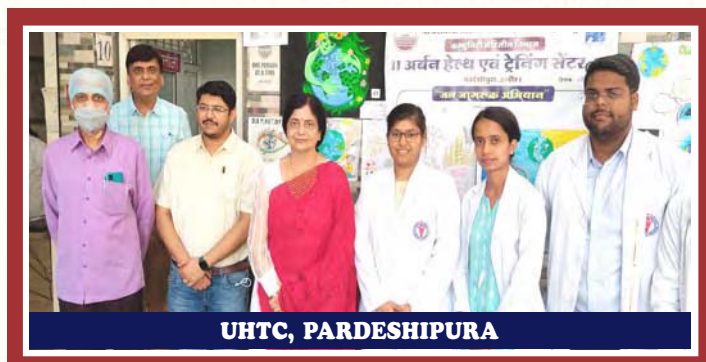
She has completed her M.B.B.S from MGMMC Indore and MD Community Medicine from GRMC Gwalior. She has published 3 articles in National Journal. She has done diploma in Diabetes Mellitus accredited by Royal Liverpool Academy, United Kingdom. She has for excellent record of responsibility of public service with devotion and dedication during corona pandemic.

### **Dr. Teena Gupta “Associated with NABH as well as training coordinator.”**

She had completed her graduation from MGM College, Jaipur in 2016 and post graduation from JLN medical College, Ajmer in 2020. After graduation she completed her one year experience from SMS medical College, Jaipur in 2021. Joined as Assistant Professor in Govt. medical College, Kota (August 2021) then in Sri Aurobindo medical College, Indore (May 2022). She is also. She has published 4 articles in National and International journals.

### **Dr. Ashish Gaur “Young Statistician Award for Research and Biostatistics Field- Institute of applied statistics in May 2022.”**

Is working as Statistician cum Assistant Professor. Done B.Sc. Statistics and M.Sc. Statistics from Kanpur University and also did M.Sc Operational Research from Delhi University pursuing PhD in Statistics from Banasthali University Jaipur. He has more than 5 year experience in medical college along with 10 International original articles. He is the part of Research committee, member in SAMC & PGI and Scientific Research Committee in ESIC Indore.





## Departmental Activities

### • Ongoing Project

Extramural ICMR Funded Project (2020-1094) - "Improving the health of people with intellectual disabilities: A comparative longitudinal study in students with and without intellectual disabilities to assess the outcome of a comprehensive health assessment program after six months in two districts of Central India". Sanctioned amount- 8,53,490.

- **Museum:** Department is well equipped with 100 models, 144 charts and all equipments as per the NMC requirements & guideline for the intake of 250 students annually.
- Department celebrates various National & International **Health days** from time to time with participation of students in various activities like Nukkad Natak, Poster completion, role plays etc.
- **Workshops conducted:** a) Conducted workshop for Undergraduates for STS-ICMR "Introductory Course on Research Methodology & Biostatistics (Dated-17<sup>th</sup> and 18<sup>th</sup> Nov 2021)  
b) Conducted workshop for Post-Graduates for "Thesis Protocol Writing & Basic Research Methodology" (Dated- 13<sup>th</sup> & 14<sup>th</sup> March 2021)

## Congratulations

IAPM Indore city chapter new executive committee installation ceremony held on 31.7.22. Dr. Vinod Bhandari was Guest of Honor and Dr. Sanjay Dixit Dean MGMMC was chief guest. Our two students of MBBS 2018 batch ISHA SHUKLA received gold medal in Pathology and AYUSH TAREY in Microbiology for coming first in these subjects in university exams among Medical colleges of Indore.



### BPT Gold Medalist

Great achievements are not possible by the efforts of one single individual, but with the role play of many. As far as a student's academic achievement is concerned along with the student's personal intelligence, brilliance and hard work, there are many other people who play a pivotal and supportive role. Parents who have given the best educational opportunity to their ward, the teachers who have imparted their selfless, impartial and dedicated effort for each student, the college/hospital management who has given the best infrastructure, good exposure to clinical, modern teaching and clinical equipments and highly qualified teachers to educate the students and most importantly the grace of God almighty. When a great combo of all happens together a student shines out as an achiever Here is one such achiever from Indore Institute of Medical Sciences Ms. Pragya Anjana from BPT 2015 batch has bagged Gold medal from Madhya Pradesh Medical Science University, Jabalpur with 78.81% and received her Gold medal, Certificate and degree on the convocation day of 30th July 2022.

The College Management, Principal and all the teachers feel glad and proud about our Golden Girl Ms. Pragya Anjana.



**Ms. Pragya Anjana**



## Case Report

### Department of Radiation oncology

#### TITLE: OVARIAN CANCER WITH OSTEOLASTIC BONE METASTASIS- A RARE CASE REPORT

Dr. Virendra Bhandari, Prof. & HOD, Radiation oncology, Dr.Saloni Singhal (JR-2) Department of Radiation oncology

**INTRODUCTION:** Ovarian cancer is the seventh most common malignancy among women in developed countries and the second most common gynaecologic cancer (10.9/100,000), but most importantly, it is the leading cause of cancer-related deaths in women (6.5/100,000), as the five-year survival rates are below 49.1%[1]. Metastasis to bones from these tumours is rare (0.1-0.12%)[2]. Radiologically the osteolytic lesions were commonest. The survival after bone metastases of primary ovarian cancer is 33%, 15%, and 8% for one, three and five years, respectively with median survival of 7.5 months (range 6–39 months)[3].

#### CASE REPORT:

A 53-year-old post menopausal lady presented with initial complaints of bleeding per vagina and back pain since two months. Magnetic Resonance Imaging(MRI) abdomen and pelvis suggestive of space occupying lesion(SOL) in left adnexa of size 6.6x4.3x5.0cm and in anterior abdominal cavity measuring 2.3x4.1x4.7cm in right iliac fossa region with para-aortic nodal deposits present. Multiple bony lesions suggestive of bony metastasis(figure 1). The biopsy and Immunohistochemistry were suggestive of high grade serous adenocarcinoma(figure 2). She underwent palliative debulking cytoreductive surgery. She received 1 cycle chemotherapy with paclitaxel and carboplatin. On Follow up, the Contrast Enhanced Computer Tomography(CECT) abdomen done was suggestive of residual disease with bony, liver, nodal, pleural and lung metastasis. She was given one cycle chemotherapy with liposomal doxorubicin and zoledronic acid(4mg) and was planned for palliative Radiotherapy to dorso-lumbar spine(3Gy per fraction with total of 30Gy over 10 fraction. She is currently on palliative chemotherapy.

**DISCUSSION :** The incidence of distant metastasis in epithelial ovarian cancer is 50% as being reported by a study being done on 255 patients, only 40% of which are symptomatic and rest being examined on autopsy. Dauplat et al. reported that bone metastases occurred in 1.6% from primary ovarian cancer, hence, confirming that bone involvement is rare in ovarian cancer [4]. Spine and pelvis presented a higher incidence of bone metastases than other sites[5]. In the presented case, multiple bony lesions in vertebrae, pelvic bones involving sacrum, bilateral ilium, ischium and pubic bones and right femur in the region of greater trochanter, smaller lesions in left femur and other vertebrae were seen. Radiologically, the osteolytic lesions were commonest but in our case the lesions are osteoblastic(figure 3), which is a rare presentation. Management is done by systemic chemotherapy, radiation therapy, surgery, and bone targeted treatment with the bisphosphonates and denosumab are combined depending on the basis of biology of the disease, extent of the skeletal involvement, and the life expectancy of the patient[6].

Bone metastases from ovarian cancer are least likely to respond to systemic chemotherapy, however, patients will benefit greatly from stabilizing procedures such as radiation or orthopaedic surgery. Radiotherapy is effective in relieving bone pain, preventing impending fractures, and promoting healing in pathologic fractures. In this case 30Gy in 10 fractions were given. Although, there was no histological proof of spread to the vertebra but radiological and evidence was considered sufficient proof of dissemination to the bone. Pain palliation was done as one would do in any metastatic malignancy.

**CONCLUSION:** The case report is a rare presentation of carcinoma ovary with metastasis to bone. The bone lesions in the presented case are osteoblastic which are even more rarely seen.

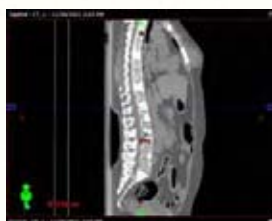


Figure 1: figure showing multiple bone metastases in coronal and sagittal section.



Figure 2: figure showing histopathological examination slide of the biopsy taken from left side fallopian tube.

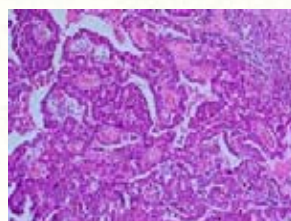


Figure 3: figure showing osteoblastic lesion in the patient's CT scan in axial section.





## IMA Activities June-July 2022



1. 21-06-2022 – IMA Indore & Dr Rupesh Modi celebrated International Yoga Day at IMA House, Indore.

2. 24-06-2022 – IMA Indore was invited to give its opinion & suggestions on 'How you want Indore after 5 years & 25 years'. IMA President Dr Sumit Shukla & past president Dr Sanjay Londhe have represented its members & given their suggestions.

3. 25-06-2022 – IMA EC Meeting at Super Specialty Hospital for IMA State awards in various categories.

4. 26-06-2022 - Meeting with Mayor candidate Advocate Mr Pushyamitra Bhargava, for discussing Doctor's problems & expectations from the administration. About 300 doctors attended the program & discussed various social & medical related issues. Dr Suresh Verma, Dr Alpana Salgia, Dr Madhavi Patel, Dr Rupesh Modi, Dr Narendra Patidar, Dr Kamaljeet Sabarwal, Dr Ravi Verma, Dr Vijay Harlalka, Dr Rajesh Gupta, Dr Suresh Mundara etc expressed their concerns from the dais. IMA President Dr Sumit Shukla, Hon Secretary Dr Manish Maheshwari, Dr Dilip Acharya, Dr Shekhar Rao, Dr Sanjay Londhe were also present during the program.

5. 28-06-2022 - Indore - Yesterday, Today & Tomorrow – a meeting with CM Mr Shivraj Singh Chouhan. IMA State President Dr Anil Bhatia, past president Dr Satish Joshi was present during the program.

6. 01-07-2022 – Blood Donation Camp by IMA Indore on occasion of Doctor's Day at Abbott office, South Tukoganj, Indore.

7. 1st July to 31st July 2022 – IMA Indore & Agnihotri Path Lab's month long initiative for members Doctor's Family Health Check up camp. Free of cost ECG, X-rays & Free blood test like CBC, Creatinine, FBS, TSH, Lipid Profile, HbA1C will be done for Doctors & their families.

8. 01-07-2022 – IMA has done Plantation at Super specialty hospital in presence of Dean MGM MC, Dr Sanjay Dixit.

9. 03-07-2022 – Yoga Camp at Super specialty Hospital, Indore.

10. 03-07-2022 – Cyclathon by IMA & Medista Hospital, Indore.

11. 07-07-2022 – IMA Indore appeared on 3 pages including cover page of IMA Headquarter Newsletter.

12. 09-07-2022 – Let's Talk about Tuberculosis, a program by IMA Indore & Department of Respiratory Medicine at Super Specialty Hospital. The chief guest was Dr R P Joshi, Deputy Director General of Tuberculosis, Central TB Division, Delhi.

13. IMA Indore has tied up with CoverYou to Professional Indemnity Insurance to its members at special discounted rates.

This offer has many attractive things for benefit of IMA members.

14. 11-07-2022 – Cancer Awareness Program & Book launch ceremony. Mrs Mridula Bajpai, Chief Commissioner Income Tax, Indore is a Cancer survivor & she has written the book on her experience as a patient, how she has faced & overcome her mental, emotional & physical trauma.







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