



## The Medical **Bulletin**

### Editor's Desk



#### Dr. A. Muruganathan

Dear Brothers and Sisters, Greetings!

#### MIND YOUR MINDFULNESS

Mindfulness means paying wise, kind attention in a particular way on purposeful in the present moment, helps us to see whatever we are adding to our experience, also our understanding of what is going on deepens...

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### Guest Editorial



#### Prof. Rakesh Sahay

*Prof. & Head Department of Endocrinology*

#### GERIATRIC ENDOCRINOLOGY

The next decade will witness a doubling, if not more, of our senior citizens. As our geriatric population increases...

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## Pearls for Practitioners

### In Cardiology

#### **Dr. Subrahmanyam Karuturi**

Noninvasive stress testing has the best predictive value for detecting coronary artery disease (CAD) in patients with...

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### In Dermatology

#### **Prof. Jayakar Thomas**

*Seborrheic Dermatitis.*

- Onset—at birth
- Clinical feature: Cradle cap, eczema...

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## In Diabetes

**Dr. N. K. Singh**

Never ignore education on Insulin Storage. Insulin being a protein is liable to get denatured...

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## In Abdomen

**Dr. Bhaktavatsalam**

A Patient with Acute Appendicitis Usually Has a Loss of Appetite. If the patient is hungry...

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For Stage II & Diabetic Hypertensives



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## In Endocrinology

**Dr. Shehla Sheik**

Fasting in Ramadan for People with Diabetes, A huge number of our patients choose to fast during Ramadan which...

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## In Geriatrics

**Dr. V. Balachandran**

Something New on Aging Non-pituitary growth hormone (npGH) activation in the colon seems to play...

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## In Infection

**Dr. M. Gowri Sankar**

**Dr. V. Ammasai**

**Goundan**

External Markers of...

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## In Nephrology

**Dr. Manisha Sahay**

Pearls of practice-  
Geriatric kidney health  
Aging kidney...

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## In Neurology

**Dr. M. V. Padma**

**Srivastava**

Stroke Unit Care:

The moment a stroke...

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In Hypertension with Angina and Heart Failure

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## ECG Excursions

**Dr. M. Chenniappan**

ECG No.5: This is the routine ECG of 70y old patient

Questions: 1. What are the...

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## Lifestyle Modification

**Dr. S. Jayaraman**

**Tobacco Smoking** Tobacco smoke contains more than 4000 chemicals and 250 chemicals are...

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## Lipidology

**Dr. Geetha Subramanian**

Despite lowering of high LDL with statins, elevated TGL increase risk for (ASCVD) events...

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## Metabolism

**Dr. Minal Mohit**

“क से Calcium” Calcium is the most abundant mineral in the body with 99% found in teeth and...

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# Nuclear Medicine

**Dr. E. Prabhu**

Radioactive Iodine (<sup>131</sup>I)...

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## Diet Corner

**Dr. Meenakshi Bajaj**

*Second meal effect*

The second meal effect (SME) is a phenomenon...

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## Drug Corner

**Dr. Meenakshi Bhattacharya**

Newer Anti-TB drug- Bidaquiline...

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## Exercise Corner

**Dr. Kannan Pugazhemdi**

Thigh and Calf Stretch 1, Thigh and Calf Stretch 2, Thigh and Calf Stretch 3...

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## Humor Corner

**Dr. Vinitha Pradeep**

Psychotherapist

It's is One Word, Mathew....

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## Image Corner

**Dr. P. Muthaiah**

Identify the Normal variant!

- Incidental finding of...

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## Investigation Corner

**Dr. Sangram Biradar**

Hyponatremia Is electrolyte disorder...

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## Oncology Corner

**Dr. R. Rajasekar**  
JAMA Network ...

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## Quiz Corner

**Dr. R. Rajasekar**  
Quiz.1 and Quiz.2...

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## Women's Health Care

**Dr. Sanjay Kalra**

*Menopause:* Menopause is a physiological phase of life, which every woman...

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