

# PMASA Newsletter

Issue 1, March 2013



PMASA President  
Dr Abdul Qayyum Aslam

## Message From The President

Dear Memebers,

I wish all of you good health while reading this message and be blessed with success in the future.

As you are aware our community is growing in South Australia, we need to better equip our organization in order to support our new members, junior doctors and other health professionals so that their transition to clinical/practical life is easy and successful. Hence, I would like to request you to encourage your friends and colleagues to join PMASA.

In order to promote continuing medical education PMASA has organized an evening lecture activity on Thursday the 21st of March.

PMASA's inaugural dinner was a huge success and I am pleased with members' enthusiastic response and appreciate their input. Respected speakers' brilliant presentations about important medical topics were the highlight of our first CME.

Contrary to professional development we had a sporting activity to refresh our minds and bodies. Cricket match between PMASA and SAIMA was greatly enjoyed by all participants and their supporters.

May Allah (SWT) bestow good health happiness and prosperity to all PMASA's community in 2013.

Congratulations specifically to my team and volunteers for their enthusiasm, hard work and commitment in the preceding year to this essential aspect of community life.

President

Dr. Abdul Qayyum Aslam

### Inside this issue:

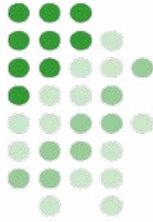
Recent Events	2
Upcoming Events	3
Evidence-Based Medicine	5
Members' News	7
Letter from the Editor	10

**Pakistani Medical  
Association  
South Australia**



# Recent Events

By Raima Amin



PMASA held its first CME day and Inauguration Dinner on 8 September 2012 at the Hilton Hotel. The turnout was phenomenal and both events were a huge success. We were fortunate to have three excellent speakers at the CME Day: Dr ZafarUsmani, Respiratory Physician from QEH; Dr Onn Akbar Ali, Cardiologist from SA Heart and QEH; and Dr Anthony Zimmerman, Endocrinologist from LMHS/Gawler. The event was attended by 52 doctors and allowed members to earn CME points.

The annual dinner was a great social networking opportunity for our medical community and their families. 156 adults and children attended the evening. Childcare facilities were available so parents could enjoy the evening. Everyone enjoyed a great feast, and on-stage entertainment and lucky draws throughout the night kept everyone entertained. The CME activity and dinner would not have been possible without the support of our sponsors, with Macquarie Bank being the platinum sponsor for the event. We would also like to thank our other sponsors including, CLM Sleep Co (Gold Sponsor), Avant group (Silver Sponsor), MSD, Servier, Craigmore family practice, SA Heart, Healthscope, Dr Jones & Partners, Blakeview Pharmacy and Evanston Park pharmacy.



# Recent Events



By Raima Amin

## Cricket clash draws crowds

PMASA and SAIMA (South Australian Indian Medical Association) had a friendly T20 cricket match on 8 November 2012. Cricket fever gripped both teams, as we all know how much the Indians and Pakistanis love their cricket. It was great to see so many people coming to support their teams and pride was in the air as both sides sang their National Anthem before the match. PMASA batted first and scored 136/10 in 25 overs. SAIMA gave a good fight, but the Pakistani team managed to beat the Indian team by 12 runs. RizwanLatif was awarded the man of the match; Ahad Rana was given the best batsman; and best fielder went to Abdullah Rana.

Well done guys!



# Upcoming Events

PMASA has a lot in store for both members and their families in 2013. The first major event is a CME evening to be held on Thursday the 21st of March. AMC/RACGP mock clinical exam will be held on Sunday the 28th of April. Further details including venues and contact details for these events have been emailed to all the members. Other events to look forward to are Family Day, cricket match and our major CME activity, annual dinner and AGM. Stay tuned for more information!





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## Smoking Termination Opportunity for in Patients (STOP): superiority of a course of varenicline tartrate plus counselling over counselling alone for smoking cessation: a 12-month randomised controlled trial for inpatients

Smith B, Carson K, Brinn M, Labiszewski N, Peters M, Fitridge R, Koblar S, Jannes J, Veale A, Goldsworthy S, Litt J, Edwards D, Esterman A.

Thorax 2012; 00: 1-2. doi:10.1136/thoraxjnl-2012-202484

### Abstract

**Rationale:** Smoking cessation interventions in outpatient settings have been demonstrated to be cost effective. Given this evidence, we aimed to evaluate the effectiveness of varenicline tartrate plus Quitline-counselling compared with Quitline-counselling alone when initiated in the inpatient setting.

**Methods:** Adult patients (18–75 years) admitted with a smoking-related illness to three hospitals, were randomised to receive either 12-weeks of varenicline tartrate plus Quitline-counselling, (n=196) or Quitline counselling alone, (n=196), with 12-months follow-up.

**Results:** For the primary analysis population (intention-to-treat), the proportion of subjects who remained continuously abstinent were significantly greater in the varenicline plus counselling arm (31.1%, n=61) compared with counselling alone (21.4%, n=42; RR 1.45, 95% CI 1.03 to 2.03, p=0.03).

**Conclusions:** The combined use of varenicline plus counselling when initiated in the inpatient setting has produced a sustained smoking cessation benefit at 12-months follow-up, indicating a successful opportunistic treatment for smokers admitted with smoking related illnesses.

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## Comparison of plain vertebral X-ray and dual-energy X-ray absorptiometry for the identification of older women for fracture prevention in primary care

Robinson PJ, Bell RJ, Lanzafame A, Segal L, Kirby C, Piterman L, Davis SR.

Intern Med J. 2013 Jan;43(1):38-45.

### Abstract

**Background:** Recently, the dual-energy X-ray absorptiometry (DXA) diagnostic cut-off (T-score) for Australian Pharmaceutical Benefits Scheme (PBS) supported primary fracture prevention therapy with alendronate for older women (>70 years) has been changed from -3.0 to -2.5.

**Aim:** To examine the impact of the expanded criteria for PBS-supported fracture prevention therapy in older women on case finding and cost.

**Methods:** One thousand, nine hundred and eighty-three women, median age 76 years, not previously known to have low bone mineral density by DXA or a vertebral fracture underwent DXA scanning and a thoracolumbar X-ray. A woman was considered eligible for fracture prevention therapy if she had a T-score  $\leq -2.5$  at the femoral neck and/or the lumbar vertebrae (two to four) or at least one vertebral fracture of  $\geq 20\%$  deformity.

**Results:** Seven hundred and forty-six women (37.6%) met the new criteria as a case for PBS-subsidised fracture prevention therapy. Four hundred and thirty-one (21.7%) had a T-score  $\leq -2.5$  on DXA compared with 10.6% (n = 210) with a T-score  $\leq -3.0$ . Four hundred and eighty-three (24.4%) had at least one vertebral fracture. Only 8.5% (n = 168) had both a T-score  $\leq -2.5$  and a prevalent vertebral fracture. The cost per case found by DXA equated to \$460 compared with \$398 for screening by thoracolumbar X-ray.

**Conclusions:** The use of either DXA or X-ray will identify approximately two-thirds of women aged 70 years and over who would be eligible for fracture prevention. The use of X-ray would identify a marginally larger number of women and at lower financial cost but involve substantially greater radiation exposure.

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## Zafar A. Usmani MBBS, FRACP

Staff Specialist TQEH & LMHS

Providing Specialist Respiratory & Sleep services at:

The Western Hospital,  
168 Cudmore Terrace,  
Henley Beach, SA 5022.

Ph: 82351800

Fax: 82351855

The QE Specialist Centre,  
35 Woodville Road  
Woodville South, SA 5011

Ph: 82443961

Fax: 82432766

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For any other information or casual advice please feel free to contact Zafar Usmani at **0438360714** or **drzusmani@yahoo.co.uk**.



## Dr Shanthan Ganesh

General and Colorectal Surgeon

Lister House  
142 Ward Street  
North Adelaide SA 5006  
Telephone: 08 8267 3355  
Facsimile: 08 8361 8822

Shanthan Ganesh is a general and colorectal surgeon with special interest in laparoscopic colorectal surgery.

Shanthan is currently a Consultant Surgeon at The Queen Elizabeth Hospital and is available in outpatients every Thursday afternoon. He has 2-3 operating list a week and a weekly colonoscopy/endoscopy list at the Queen Elizabeth Hospital. He can be contacted at the Queen Elizabeth hospital on **8222 6000**

For all privately insured patients Shanthan has admitting rights at Ashford, Calvary Wakefield and Calvary North Adelaide hospitals. Private appointments can be made at his North Adelaide rooms at 142 Ward Street, North Adelaide SA 5006. Telephone: **8267 3355**.

Shanthan participates in an Easy Access Colonoscopy service where patients with an uncomplicated medical history are able to go straight to colonoscopy without having to wait for a consultation in the rooms. Referrals for this service can be faxed to 8361 8822.



# MembersNews

By Dr Zara Latif

- Heartiest Congratulations to Dr Tajdar on passing his FACEM. Currently working as an ED consultant in Modbury Hospital. We wish you the best in life.
- Congratulations to Dr Muazzam Rifat and Mrs Unaza Muazzam for being blessed with a baby girl Fatima Muazzam.
- Congratulations to Dr Emad Ehsan and Dr Samina Emad on the birth of their daughter Maarisha Emad.
- Congratulations to Dr Asif Shazad and Dr Bushra Asif on the birth of their son Rafey Asif.
- Congratulations to Dr Fahad Mirza and Sadaf Fahad on the birth of their son M Aazan Mirza.
- Congratulations to Dr Rizwan Kajani and Dr Azka Kajani on birth of their son Haaris Kajani.
- Also congratulations to Dr & Mrs Abdul Majeed Kajani on birth of their grandson Haaris Kajani.

Best wishes to the new parents!

Sad Demise of Dr Najeea's husband (from Melbourne), 35 yr old fellow, while sky diving in Victoria, as his parachute did not open. He was pronounced dead near Geelong. May Allah give patience to the family and bestow the departed place in Jannah..Ameen

**Special Announcement: It has been brought to our attention by some of our members that they did not receive some of the emails sent from PMASA recently. We would like to request our members to kindly add PMASA's email in their address book to avoid emails getting directed to your junk folder.**



## MembersClassifieds

- Holden Caprice 2007, V8 Power, Pure Luxury, Travelled only 52,600km, GPS, Sunroof, DVDs, Xenon Headlamp, memory seats, Great family car, Automatic Headlights and automatic rain sensing wipers, still under extended warranty. Full service history. In Excellent condition, \$29,990. For further information and inspection please contact 0408864448.
- BMW 316, 2000. Rare manual. Only travelled 105,000km. Brand new tyres. Service history. Drives beautifully. \$9000. For further information and inspection please contact 0408864448.
- Shared accommodation (clean place) is required by a Pakistani Dentist who is currently studying at FMC. Preferably to share with Pakistanis and in proximity to FMC. Please contact at 0431917004. Your help will be highly appreciated.
- Doctor with Chemist: Great opportunity for a Doctor/GP to establish and operate a Medical Centre/ Surgery next to a running pharmacy on Main North Road . Shop is available for long term lease. Perfect for those who want to start their own practice and form a good relationship with a next door pharmacy. Call 0401478869.

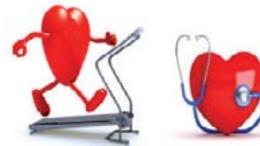
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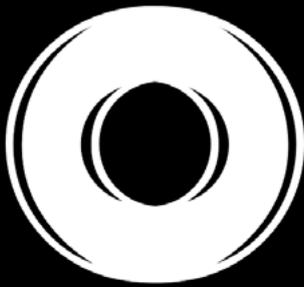


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# Letter from the Editor 2013

*My dear friends, colleagues and community members,*

*It is our pleasure to present to you PMASA's first newsletter. It is an effort to have a constructive, effective and fruitful communication with our members and to share with you our future plans and upcoming events. One of the vital aims of this newsletter is to get you all involved as a close group so I would like to encourage you to please share your achievements and news via this platform. PMASA members can post their sell/buy products for free via members classified section eg cars, laptops or even writing tables etc. Also feel free to share any of your literature or art work with the rest of the community.*

*You can also promote your practice/business via corporate advertisement section of the newsletter. (special rates and discounts available for our members).*

*We have also included a section of Evidence Based Medicine trying to cover important aspects of relevant research that would be of interest to people from a variety of specialities and primary care physicians.*

*I would like to thank my team: Raima Amin, Zara Latif and Mrs Iram Saleem for their significant contribution towards this newsletter.*

*This is our first effort and I am sure there is significant room for improvement so please provide your feedback and suggestion to us via: [pakistanimedicalassociationsa@gmail.com](mailto:pakistanimedicalassociationsa@gmail.com) and please mention "Newsletter" in the subject.*

*Your's sincerely,*

**Dr Zafar A Usmani**  
**Editor, Newsletter.**  
**Media & Public Relations Officer, PMASA.**

Got News to Share?

**Email your photos, articles and letters to [pakistanimedicalassociationsa@gmail.com](mailto:pakistanimedicalassociationsa@gmail.com) with 'newsletter' in the subject line.**