

# NEWSLETTER

MAY 2025, VOLUME 8 / ISSUE-1

AFPI  
Academy of Family Physicians of India  
Kerala Chapter



AFPI  
Kerala M

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Dear Esteemed Members,

As we continue to navigate the challenges of the current times, it is more important than ever to stay connected and informed. In the constant grind of our daily work lives, this Newsletter aims to strengthen our bond. This is not only a platform to celebrate our success and acknowledge our colleagues for their great work, but also a medium to understand the overall performance of our organization.

Through this publication, we aim to inspire, educate and inform our members.

The sincere efforts put in by all the members of the Newsletter Committee have played a huge role in making this Newsletter possible.

My gratitude to all who have contributed to the current edition of the newsletter.

We urge all our members to share their articles and also to post their valuable feedback to the editorial team. We value your input and look forward to hearing from you.

With best wishes



**Dr Sangeetha S**

Chair, AFPI Kerala  
Newsletter Committee

Dear AFPI Kerala Members,

As we celebrate World Family Doctor Day, we honor the tireless efforts of family physicians who provide comprehensive care to individuals and families. This year's theme, "Building Mental Resilience in a Changing World," resonates deeply with our mission.

In this issue, we highlight AFPI Kerala's initiatives, chapter launches, and activities promoting family medicine. We're proud to feature contributions from our members, showcasing their dedication to patient care and community service and their talents.

I thank our contributors, reviewers, and readers for their support. Your stories, experiences, and insights enrich our newsletter and inspire others.

Let's continue to work together, building a healthier Kerala through family medicine.

Best regards,



**Dr. Aiswarya V Namboodiri**

Coordinator, AFPI Kerala Newsletter  
State Lead, The Spice Route Kerala Chapter  
Executive member- State EB



## Message from the President

Dear friends,

Wishing you all a happy World Family Doctor's Day!

This year, the theme is “Building Mental Resilience in a Changing World.” It reminds us how important it is to care for not only the physical health but also the mental well-being of our patients, our communities, and ourselves. As family doctors, we are close to the people and play a key role in helping them stay strong— especially during tough times.

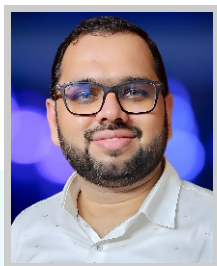
We are also proud that we could start 12 district chapters in just three months during this quarter! I sincerely congratulate all zonal and district leaders for your excellent work and commitment.

Our AFPI Kerala Leadership Summit in Kochi was also held recently and was a big step forward. It brought many of us together to share ideas and grow as a team.

Let's keep supporting each other and working together to make family medicine stronger in Kerala.

A big thank you to the newsletter team for your wonderful effort!

Warm regards,



**Dr. Nadeem Abootty**  
President, AFPI Kerala

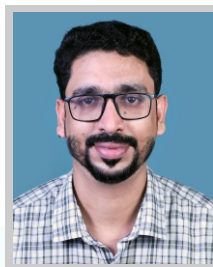
## Message from the Secretary

Dear friends,

AFPI Kerala Chapter has now completed 10 years with more than 500 members. Our journey started in October 2014 with only 15 members including 11 postgraduate residents at Hotel Dreams, Kochi. Now AFPI Kerala Chapter has one of the highest member strengths in India. We have many firsts to our credit- the first state chapter to do a National conference outside Delhi, the first chapter to do 9 annual conferences and more. AFPI Kerala State is conducting various activities for the betterment of our members, Family Medicine community and the general public.

We have announced our milestone event - 10th Annual State Conference AFPICON Kerala 2026 on January 31 and February 1, 2026 at Contour Backwater Resort, Changanassery, Kottayam. With registration opening soon, we welcome you all to AFPICON Kerala 2026. AFPI Kerala Newsletter is being released triannually. This edition of newsletter is the first newsletter to be published by the newly elected newsletter committee. Kudos to the entire team for their hardwork and dedication in making this newsletter a success! Your efforts are truly appreciated.

With best wishes,



**Dr. Mansoor P. M**  
Secretary, AFPI Kerala.



# AFPI Kerala Chapter Report by Secretary

5th executive body of AFPI Kerala Chapter was elected during the annual general body meeting held on January 18, 2025 at The Pearl View Hotel, Thalassery. The new EB has a mixture of vibrant and talented family physicians with each one having their own skill set.

Under AFPI Kerala Chapter, we elected 3 Zonal EB and 13 districts Chapter EB for 2025-2027.

12 district chapters have been officially launched in the last three months, and we are happy to share that each event was attended by enthusiastic family physicians from the respective districts. We have reconstituted our 4 existing subcommittees and have also formed 2 new subcommittees - AFPI Kerala Professional Assistance Committee (PAC) and AFPI Kerala Wellness Wing. These two new committees are formed with the goal of promoting professional and personal wellbeing of our members.

Taking the organization forward is not an easy task as the member strength is increasing, and the primary thought in our minds was to strengthen the districts chapters and we have almost completed the first step in this direction. Now we are planning at least quarterly meetings in each district and one day CMEs at the Zonal level.

AFPI Kerala Media Cell (AFPI KeralaM) is conducting public awareness campaign by releasing videos and flyers about health-related topics. AFPI Kerala Cultural & Sports Committee formed a 19 member AFPI Kerala Cricket team as its first venture. This team participated for the first time in a soft ball cricket tournament hosted by IMANadapuram Branch.

AFPI Kerala Academic and Research Cell (ARC) has developed a standard operational

guidelines and an action plan. Our aim is to encourage academic excellence and research in family medicine across Kerala, there by improving healthcare outcomes at the primary care level. AFPI Kerala Newsletter Committee will be releasing our newsletter triannually.

AFPI Kerala Professional Assistance Committee (PAC) is a newly formed committee for the AFPI Kerala members. Our aim is to help and guide members in starting their own family practice.

AFPI Kerala Wellness Wing is also a newly formed committee with the aim of improving the physical and mental wellbeing of our members.

Under AFPI Kerala Chapter, we have 123 office bearers in the State, Zonal, District and various other subcommittees. We have conducted a leadership training programme on May 11th at Hotel Renai Cochin. AFPI Kerala Team had attended WONCA SAR 2025 Conference held at Hotel Sheraton Grand, Bangalore. Around 175 members from Kerala attended the event. Our enthusiasm, active participation and unity were praised by the National and WONCA world leaders. We also conducted a panel discussion on "A Decade Long Journey of AFPI Kerala " at WONCA SAR which was very well received.

AFPI Kerala has announced its milestone event, the 10th Annual State Conference -AFPICON Kerala 2026 on January 31 and February 1, 2026, at Contour Backwater Resort, Changanassery, Kottayam. We welcome you all to participate in the event and make it a huge success.

**Dr. Mansoor P. M**  
Secretary, AFPI Kerala.



## Office Bearers



*Proudly presenting*



President

DR.NADEEM ABOOTTY

Secretary

DR.MANSOOR P M

Treasurer

DR.ANAND P M



Vice President

DR.JISHA V

**AFPI KERALA  
EXECUTIVE COMMITTEE**

**2025-2027**

Joint Secretary

DR.NIVEDITHA G



Executive member

DR. JOICE JOSEPH

Executive member

DR.PRASANTH S

Spice Route Representative

DR.AISWARYA V NAMBOODIRI

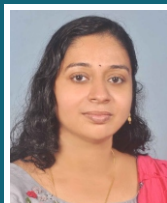
Immediate Past President  
DR INDHU RAJEEV

Advisors  
DR BIJAYRAJ R  
DR ZARIN PILAKKADAVATH  
DR RESMI S KAIMAL  
DR.SERIN KURIAKOSE  
DR ABDUL RASIK T  
DR ANAND K

Immediate Past Secretary  
DR KAILAS P

## Zonal Office Bearers

SOUTH ZONE



Dr. Lekshmi C R  
President



Dr. Fahmi K  
Secretary



Dr. Arjun B Hari  
Treasurer

MID ZONE



Dr. Preethi P T  
President



Dr. Ann Mariya  
Secretary



Dr. Anu Liz Peter  
Treasurer

NORTH ZONE



Dr. Nigesh V  
President



Dr. Mamta Manohar  
Secretary



Dr. Liminu P  
Treasurer



# **AFPI Kerala Chapter Office Bearers 2025-2027**

## **AFPI Kerala Chapter Executive Body 2025-2027**

President - Dr. Nadeem Abootty  
Secretary - Dr. Mansoor P. M.  
Treasurer - Dr. Anand P.M.  
Vice President - Dr. Jisha V.  
Joint Secretary - Dr. Niveditha G  
Exe. Member - Dr. Joice Joseph  
Exe. Member - Dr. Prasanth S.  
Exe. Member (Spice Route Rep.) -  
Dr. Aiswarya V. Namboodiri

### **Advisory Board**

Dr. Bijayraj R  
Dr. Zarin P K  
Dr. Resmi S Kaimal  
Dr. Serin Kuriakose  
Dr. Anand K  
Dr. Abdul Rasik T  
Dr. Indhu Rajeev  
Dr. Kailas P

## **AFPI Kerala North Zone EB 2025-27**

President :Dr. Nigesh V  
Secretary: Dr. Mamta Manohar  
Treasurer: Dr. Liminu P  
Vice President: Dr. Devanand P. C  
Joint Secretary : Dr. Ambili Ranjith

### **Executive Members**

- 1)Dr. Muhammad Yasir
- 2)Dr. Ashwathi G

## **AFPI Kerala Mid Zone EB 2025-27**

President: Dr. Preethi P T  
Secretary: Dr. Ann Maria  
Treasurer: Dr. Anu Liz Peter  
Vice President: Dr. Asha Thomas  
Joint Secretary: Dr. Jithu Satheesh

### **Executive Members**

- 1) Dr. Minnu Thomas
- 2) Dr. Chitra Nair

## **AFPI Kerala South Zone EB 2025-27**

President : Dr. Lekshmi C R  
Secretary : Dr. Fahmi K  
Treasurer : Dr. Arjun B Hari  
Vice president: Dr. Sam Abraham  
Joint secretary: Dr. Suchithra S

### **Executive Members**

1. Dr. Aravind Krishnan
2. Dr. Ann Tomina

## **AFPI Kerala District Chapters- Office Bearers 2025-27**

### **Kannur & Kasargod**

President : Dr. Bijoy Mathew  
Secretary : Dr. Midhun RK  
Treasurer: Dr. Haritha C  
Vice President: Dr. Neelima T  
Joint Secretary: Dr. Roshna Abdul Shukkoor

### **Calicut**

President : Dr. Jesheera Mohammed Kutty  
Secretary : Dr. Abdul Basith  
Treasurer : Dr. Lubna V. P  
Vice President : Dr. Praseela M. S  
Joint Secretary : Dr. Rifath Noorjahan

### **Wayanad**

President : Dr. Shahazad K  
secretary : Dr. Thameem E N  
Treasurer : Dr. Sinshara K

### **Malappuram**

President : Dr. Selva P Hamza  
Secretary : Dr. Mubarak K P  
Treasurer : Dr. Banis A P  
Vice President : Dr. Nesla E  
Joint Secretary: Dr. Fathimath Sahla A P

### **Palakkad**

President : Dr. K Sreedha  
Secretary: Dr. Adarsh R  
Treasurer: Dr. Athulya Anand



### **Thrissur**

President: Dr. Dona CL  
Secretary: Dr. Anjana KM  
Treasurer: Dr. Lareeta Cheeran

### **Ernakulam**

President : Dr. Rashi Kurup  
Secretary : Dr. Dhananjay S Mohan  
Treasurer : Dr. Neetha George  
Vice President : Dr. Lakshmi S Nair  
Joint Secretary : Dr. Aparna R Palloor

### **Alappuzha**

President : Dr. Bindu Priya  
Secretary : Dr. Sumayya Sheraf  
Treasurer : Dr. Anju Sreedharan  
Vice President : Dr. Jayanthi C  
Joint Secretary : Dr. Bijimol

### **Idukki**

President : Dr. Divya Rajamannar  
Secretary : Dr. Muhammad Rafeeq

### **Kottayam**

President : Dr. Sangeetha S  
Secretary : Dr. Daise Maria Babu  
Treasurer : Dr. Flossy Mathew

### **Pathanamthitta**

President : Dr. Neena Jacob  
Secretary : Dr. Fitha Firdhouse  
Treasurer: Dr. Saumya K Zachariah

### **Kollam**

President : Dr Amal P  
Secretary : Dr Afsal K Azad

### **Trivandrum**

President : Dr. Jithin Joseph  
Secretary : Dr. Shalini N  
Treasurer : Dr. Anju Prasad  
Vice President : Dr. Benny J Benet  
Joint Secretary : Dr. Anitha S

### **AFPI Kerala Chapter Sub Committees**

#### **1) AFPI Kerala - Academic and Research Cell (AFPI Kerala - ARC)2025-27**

Coordinator : Dr. Joice Joseph  
Chair : Dr. Namitha Unnikrishnan  
Co chair : Dr. Mariam Shabeera

#### **Members**

- 1)Dr. Mamta Manohar
- 2)Dr. Jasheera Mohammed Kutty
- 3)Dr. Fitha Firdous
- 4)Dr. Minnu P R
- 5)Dr. Mubeena
- 6)Dr. Shubha
- 7)Dr. Roshna Abdul Shukkoor
- 8)Dr. Fasma V
- 9)PG Representatives-
  1. Dr. Almas
  2. Dr. Roshni Sulthana

#### **Advisory board**

Dr. Bijayraj R  
Dr. Resmi S Kaimal  
Dr. Indhu Rajeev  
Dr. Serin Kuriakose  
Dr. Kailas P

#### **2) AFPI Kerala Media Cell (AFPI KeralaM + Samagra arogyam)2025-27**

Coordinator: Dr Niveditha G  
Chair : Dr. Lamiza Abdusalam  
Co Chair : Dr. Hamnas Muhammad

#### **Social Media team**

Lead : Dr. Muhammad Yasir  
Dr. Minnu PR  
Dr. Shahul Hameed M P

#### **Content Writers:**

Dr. Banis A P  
Dr. Rahima Ali

### **Multimedia Design Team**

Dr. Faiza  
Dr. Rahima Ali  
Dr. Ilamparithi Ramesh  
Dr. Hannath C M  
Dr. Ameen K K  
Dr. Delina

### **Advisory board**

Dr. Serin Kuriakose  
Dr. Shahzad  
Dr Vishnu B S  
Dr. Anuna Vinod

### **3) AFPI Kerala Newsletter Committee 2025-27**

Coordinator: Dr. Aiswarya V Namboodiri  
Chair: Dr. Sangeetha S

### **Members**

1. Dr. Ambili Ranjith
2. Dr. Sameena
3. Dr. Nusaibath Kottadan
4. Dr. Aparna R Palloor
5. Dr. Athira Unni
6. Dr. Ann Maria
7. Dr. Minerva Merlitta
8. Dr. Ebin P Raj

### **Advisory Board**

Dr. Zarin P  
Dr. Roby Prasad

### **4) AFPI Cultural & Sports Committee 2025-27**

Coordinator : Dr. Prasanth S  
Chair: Dr. Thameem E N  
Co Chair : Dr. Haritha C

### **Members**

Dr. Bharat Reddy  
Dr. Abdulla Lamees  
Dr. Praseela M S  
Dr. Liminu P  
Dr. Bijoy Mathew  
Dr. Anitha S.  
Dr. Muhammed Rafeeq  
Dr. Sivapriya  
Dr. Chithra

### **5) AFPI Kerala Wellness Wing 2025-27**

Coordinator: Dr. Kailas P  
Chair: Dr. Mallikarjuna Reddy Somala  
Co Chair: Dr. Muhammad Yasir

### **Members**

Dr. Dipin Raj  
Dr. Jisha V  
Dr. Shalini N  
Dr. Minnu P R  
Dr. Rifath Khan

### **Advisor:**

Dr. Bijayraj R  
Dr. Serin Kuriakose

### **6) AFPI Kerala Professional Assistance Committee(PAC) 2025-27**

Coordinator: Dr. Mansoor P M

### **Members**

Dr. Nadeem Abootty  
Dr. Jisha V  
Dr. Roby Prasad  
Dr. Serin Kuriakose  
Dr. Bijayraj R  
Dr. Abdul Rasik T  
Dr. Ali Zameel

### **AFPI Kerala Overseas Chapter EB 2025-27**

President : Dr. Shahzad M U (UAE)  
Secretary : Dr. Safeer Ashraf (Qatar)  
Treasurer : Dr. Rizwan Nazeer (Bahrain)  
Vice President : Dr. Titty Mary Thomas (UAE)  
Joint Secretary : Dr. Amritha ( UK)

### **Advisory Board**

Dr. Zarin P K (UAE)  
Dr. Jithesh P M (UK)





# AFPI Kerala Office Bearers Leadership Training Programme

AFPI Kerala Chapter conducted the leadership training programme for office bearers on 11/05/2025 at Hotel Renai Cochin. AFPI Kerala State President Dr. Nadeem Abootty presided the event and Dr. Resmi S Kaimal - General Secretary, AFPI inaugurated the programme. Dr. Bijayraj R - Founder President and Dr. Indhu Rajeev - Immediate Past President, AFPI Kerala felicitated the event. Standard Operational Guidelines (SOP) and one year action plan of all the subcommittees were explained by respective Committee Chairs and Co ordinators.

This was followed by various sessions conducted on how a Chapter or a Subcommittee should function. There was a session on Fund Management by Dr. Anand P. M, Treasurer AFPI Kerala and a discussion on Health Service Cadre by Dr. Abdul Rasik T, Dr. Kailas P and Dr. Anand P. M.

Other sessions included Organizational Structure of AFPI and Official communication with National Executive including Submission of reports by Dr. Resmi S Kaimal ; Financial Reporting, Auditing and Event Finances by Dr. Serin Kuriakose ; Organizational Structure of AFPI Kerala, Operational Guidelines, Engagement and Collaboration with other organisations including leadership roles by Dr. Nadeem Abootty; Official Communications and Workflow of AFPI Kerala by Dr. Jisha V; Conduct of Events and Protocol, Etiquette and Public Presence of office bearers including social media and public relations by Dr. Mansoor P. M. AFPI Kerala Wellness Wing conducted a warmup session headed by Dr. Jisha V and Dr. Muhammed Yasir.

Post lunch, there was an interactive and fun filled session where EB and Subcommittee members introduced each other, and this helped everyone to know each other better.

Many young enthusiastic faces are taking leadership responsibilities and they were warmly welcomed into the AFPI Kerala family by senior leaders. The future of AFPI Kerala is in the hands of these bright young people and their passion to carry forward the mission of AFPI Kerala was appreciated by the founding members.

Programme was attended by 51 office bearers and certificate of appreciation were given to all attendees. The event ended with a vote of thanks by Dr. Mansoor P. M, Secretary, AFPI Kerala.



## AFPICON KERALA 2025



AFPI KERALA CRICKET TEAM

# AFPICON KERALA 2025 WINNERS



## DNB Family Medicine Gold Medal Winners

June 2022 Session

April 2023 Session



Dr. Fasma V



Dr. Roshna Abdul Shukoor

# WONCA SAR

**Congratulations to AFPI Kerala Members  
who won prizes in WONCA SAR 2025**

## ORAL PRESENTATION - CONSULTANT

Third - Dr. Sreelakshmi Mohandas,  
Amrita institute Kochi

## ORAL PRESENTATION - YOUNG DOCTOR

Second - Dr. Fahmi K,  
Muthoot Healthcare Kozhanchery Kerala

Third - Dr. Anuna Vinod,  
PGI Chandigarh

## ORAL PRESENTATION - PG STUDENT

Second - Dr. Najeeba KT,  
Lourdes Hospital Kochi

Third - Dr. Lamiza Abdusalam,  
Lourdes Hospital Kochi

## POSTER PRESENTATION - YOUNG DOCTOR - RESEARCH

Second - Dr. Nadiya Nizarudeen  
Sagar Hospital Bangalore

Third - Dr. Ashwathi G,  
Kerala Govt Health Services

## POSTER PRESENTATION - YOUNG DOCTOR - CASE REPORT

First - Dr. Mohammed Rasif,  
Arogya Hospital

Second - Dr. Fahmi K,  
Muthoot Healthcare Kozhanchery Kerala

Third - Dr. Fathimath Henna,  
Vinsta Kannur

## POSTER PRESENTATION- PG STUDENT- RESEARCH

Second - Dr. Jayaganesh S,  
KIMSHealth Trivandrum Kerala

Third - Dr. Minnu P R,  
CIHSR, Nagaland

## POSTER PRESENTATION- PG STUDENT- CASE REPORT

First - Dr. Sreelakshmi Suraj,  
MGM Medical College Navi Mumbai



# AFPI KERALA SOUTH ZONE REPORT

## AFPI KERALA - THIRUVANANTHAPURAM DISTRICT CHAPTER

The Academy of Family Physicians of India (AFPI) , Kerala, launched its Trivandrum district chapter on March 19, 2025, at Hotel Residency Towers. The ceremony, attended by 23 esteemed family physicians and residents, featured a welcome address by Dr. Jithin Joseph, District President, presidential address by Dr. Suchithra S, South Zone Joint Secretary and an official launch by Dr. Vishnu B S, National Spice Route PG coordinator and FM 360 coordinator. Distinguished members from the AFPI State Executive Body – Dr. Niveditha G and Dr. Aiswarya V Namboodiri, delivered felicitations, highlighting the family physicians' role in primary healthcare. It was followed by an interactive session and an academic talk on "Fatty Liver – An Overview and Approach in Primary Care" by Dr. Arun P, Consultant Gastroenterologist. The event concluded with a vote of thanks by Dr. Shalini N, District Secretary, a commemorative photograph, and a dinner, fostering professional commitment.



## AFPI KERALA - PATHANAMTHITTA DISTRICT CHAPTER

The AFPI Kerala – Pathanamthitta District Chapter Launch was held at Club 7 Hotel, Thiruvalla on April 11, 2025. AFPI Kerala Chapter Joint Secretary Dr. Niveditha G officially launched AFPI Kerala's 6<sup>th</sup> District Chapter. The event was Presided by Dr. Sam Abraham (Vice President, AFPI Kerala South Zone) and felicitated by Dr. Fahmi K (Secretary, AFPI Kerala South Zone) and Dr. Soumya K Zachariah (Treasurer, AFPI Pathanamthitta).



## AFPI KERALA – KOLLAM DISTRICT CHAPTER LAUNCH

The District chapter of Kollam was launched on May 3, 2025. The chapter was officially launched by Dr. Aiswarya V Namboodiri, AFPI Kerala executive member and Lead, Spice Route Kerala Chapter. The event was felicitated by Dr. Vishnu B S, National Spice Route PG and FM 360 coordinator and Dr. Arjun B Hari, Treasurer, AFPI Kerala South Zone. District chapter president Dr. Amal P and secretary Dr. Afsal K Azad addressed the gathering reaffirming the chapter's commitment to the progress of AFPI Kerala and family medicine. Vote of thanks was delivered by Dr. Minnu P R, member- AFPI Kerala Media Cell. The inauguration ceremony was followed by a CME by prominent specialists – Dr. Ranjith T V (Consultant Neurosurgeon – Meditrina Hospital, Kollam) and Dr. Gopika Nair (Consultant Neonatologist – Craft Hospitals and Research Centre, Kodungalloor).



## AFPI KERALA - KOTTAYAM AND IDUKKI DISTRICT CHAPTERS LAUNCH

The Academy of Family physicians of India (AFPI) Kerala Chapter launched its 11th and 12th district chapters- Kottayam and Idukki districts- on May 4th, 2025, at Hotel Floral Palace, Kottayam. The event was attended by esteemed family physicians. The Ceremony started with an interactive, enlightening session on “Diabetes and Kidney-Points to Ponder” by Dr Manjula Ramachandran (Senior Consultant and Head, Department of Nephrology, Mar Sleeva Medicity, Palai). Welcome address was given by Dr Sangeetha S (President, AFPI Kerala Kottayam Chapter), followed by presidential address by Dr Mansoor P.M (Secretary, AFPI Kerala). The Official launching was conducted by Dr Indhu Rajeev, Immediate Past State President, AFPI Kerala. Felicitations were delivered by Dr Resmi S Kaimal (General Secretary, AFPI), Dr Vishnu B.S (National PG & FM 360 Coordinator, Spice route India). Dr





Aiswarya V Namboodiri (Executive Member, AFPI Kerala ;Spice Route State lead), Dr Ann Tomina Thomas (Executive Member, AFPI Kerala South Zone), Dr Divya Rajamannar (President, AFPI Kerala Idukki District) and Dr Mohammed Rafeeq (Secretary, AFPI Kerala - Idukki District). Distinguished guests highlighted the importance of family physicians'

role in primary health care. This was followed by self-introduction of the members . The event concluded with a vote of thanks by Dr Daise Maria Babu (Secretary, AFPI Kerala - Kottayam Chapter).







The AFPI Kerala - Thrissur Chapter Launch took place on May 3, 2025, at Das Continental Hotel, Thrissur. The event commenced with a silent prayer, followed by a welcome address by Dr. Dona C L, President of AFPI Thrissur Chapter.

Dr. Ally Plackal, delivered the presidential address, and Dr. Serin Kuriakose Treasurer, AFPI, inaugurated the event. Dr. Mansoor P M, AFPI State Secretary, graced the occasion as the Guest of Honour.

Felicitations were offered by Dr. Kailas P, AFPI State Advisory Board member, Dr. Ann Maria, AFPI Midzone Secretary, and Dr. Jithu Satheesh, AFPI Midzone Joint Secretary. Dr. Lareeta Cheeran, Treasurer of AFPI- Thrissur, delivered an insightful talk on the history and journey of AFPI Kerala.

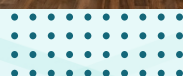
The event included a self-introduction session, where attendees shared their background, education, and work experience. Dr. Anjana K M, AFPI Thrissur Chapter Secretary, proposed the vote of thanks. The ceremony concluded with a grand dinner.

The launch ceremony marked a significant milestone for AFPI Kerala, and we look forward to a promising future for the Thrissur chapter.

**Achievements:** Dr. Preethi P T received appreciation from Thakazhy Grampanchayat for being an instrumental force in making the panchayat secure the “TB Mukta Panchayat” award as a part of TB elimination campaign.



Dr. Preethi P T



# AFPI KERALA NORTH ZONE REPORT

AFPICON 2025 – 9th Annual State Conference of AFPI Kerala Chapter The 9th Annual State Conference of the Academy of Family Physicians of India (AFPI) Kerala Chapter, AFPICON 2025, was hosted by the AFPI Kerala North Zone. The two-day event was held at Pearl View Hotel, Thalassery, on the 18th and 19th of January 2025. The conference was inaugurated by the Honorable Speaker of the Kerala Legislative Assembly, Shri A. N. Shamseer. It witnessed enthusiastic participation from delegates across India and abroad, including prominent state and national leaders. The theme of this year's conference was “From Awareness to Action: Family Medicine for Lifelong Health.” The program featured insightful lectures and hands-on workshops conducted by eminent faculty members, covering a wide spectrum of topics relevant to family medicine practice. In addition to the academic sessions, the evening of January 18th was filled with joy and celebration, showcasing vibrant cultural performances by members of the family medicine fraternity.

## 15/02/2025 - AFPI KERALA MALAPPURAM CHAPTER LAUNCH



The Malappuram District Chapter of the Academy of Family Physicians of India (AFPI) was officially launched on February 15 at a

program held at Woodbein Foliage, Malappuram AFPI State Secretary Dr. Mansoor P.M. inaugurated the Malappuram Chapter and unveiled its logo. In his address, Dr. Mansoor spoke about the important roles and responsibilities of family medicine doctors in the district. As part of the event, a Continuing Medical Education (CME) session was conducted, featuring a keynote speech by Dr. Jayakrishnan, a renowned physician and diabetologist. The official program was presided over by AFPI North Zone President Dr. Nigesh. The function was attended by Ethical Medical Forum State President and IMA Malappuram Headquarters President Dr. Ismail, AFPI Founder President Dr. Bijayraj, North Zone Treasurer Dr. Liminu, North Zone Executive Member Dr. Muhammed Yasir Kundanath and others spoke and conveyed their greetings. Dr. Selva (Malabar Hospital, Manjeri) was elected as the Malappuram Chapter District President. Dr. Nazla (Kerala Health Service) was elected as the Vice President, Dr. Mubarak (Orchid Hospital, Malappuram) as the Secretary, Dr. Fathimath Sahla (MBH, Malappuram) was elected as the Joint Secretary and Dr. Banis A.P. was elected as the Treasurer. Dr. Mubarak proposed the vote of thanks.

## 09/03/2025 - AFPI - KERALA – KANNUR DISTRICT CHAPTER LAUNCH & CME



AFPI-Kerala – Kannur District Chapter Launch and CME was conducted on Sunday, 09 March 2025 from Sree Gokulam Forte, Thalassery. The event began with a topic presentation by Dr. Neelima T on “Breast and Cervical Cancer Screening in Women.” The session was moderated by Dr. Haritha. A token of appreciation was presented to the speaker by Dr. Bijoy on behalf of the AFPI Kerala – Kannur Chapter. The chapter launching ceremony commenced with a brief introduction and welcome address by Dr. Bijoy Mathew, President of the AFPI Kerala Kannur Chapter. Dr. Mamta Manohar, Secretary of AFPI Kerala North Zone, delivered the presidential address. Dr. Nadeem Abootty, President of AFPI Kerala, shared his memories of the activities conducted by family physicians in the Kannur district and formally launched the AFPI Kerala Kannur Chapter. Dr. Abdul Rasik and Dr. Anand K, Executive Board Advisors of AFPI Kerala, shared their experiences regarding the formation of the AFPI Kerala Chapter and extended their blessings to the newly launched Kannur Chapter. Dr. Mansoor P.M., Secretary of AFPI Kerala, conveyed his best wishes and assured continued support from the state leadership for future district-level activities. Dr. Liminu P, Treasurer of AFPI Kerala North Zone, expressed his happiness in attending the event and extended warm wishes to the chapter members. Following the official addresses, a brief self-introduction session was held to promote interaction among attendees. Dr. Midhun R.K., Secretary of the AFPI Kannur Chapter, delivered the vote of thanks, expressing gratitude to all speakers, guests, and participants. The program concluded with a grand Iftar, marked by vibrant interpersonal interactions.

AFPI KERALA NORTHZONE CME and hands on workshop

AFPI KERALA NORTHZONE decided to conduct a one-day CME to be hosted by Malpuram chapter on 25/05/2025. The theme for

the CME is “HEALING THE MIND PROTECTING THE BODY - Role of Family Physicians”. The CME will be conducted from HOTEL PROSLAND, TIRUR, MALAPPURAM on May 25, 2025 09:00AM - 03:00 PM.

#### **20/04/2025 - AFPI Kerala Palakkad Chapter launch & CME**

The Palakkad District Chapter of the Academy of Family Physicians of India (AFPI) was officially launched on April 20, at a function held at KPM regency Palakkad. The proceedings started with a Lecture on the topic "Latent TB and Tuberculosis preventive therapy" by Dr Divya Damodaran consultant pulmonologist, Taluq Headquarters Hospital, Ottapalam. Dr Nadeem Abootty the AFPI KERALA STATE Secretary launched the Palakkad District Chapter. Dr Nigesh gave the presidential address. About 23 doctors from Palakkad chapter gathered for the function. Dr Sreedha welcomed the gathering and the leaders. The guest of the honour was Dr Mansoor (AFPI KERALA State Secretary). Dr Abdul Rasik, Dr Devanand, Dr Liminu and Dr Ambili felicitated the gathering. After the official inauguration ceremony, there was self introduction by everyone and had an interactive session about family medicine practices across Palakkad district. Dr Sreedha was appointed as The President and Dr Adarsh as Secretary of AFPI Kerala Palakkad District Chapter. The session concluded by Vote of thanks by Dr. Adarsh

#### **25/04/2025-Kozhikode District Chapter CME**

The Kozhikode District Chapter of the Academy of Family Physicians of India conducted a CME on April 25, 2025. An engaging clinical case discussion was presented by Dr. Neelima, final-year MD Family Medicine resident at CMC Calicut. The session was expertly moderated by Dr. Bijay Raj, Founder President of AFPI Kerala. The discussion shed light on various

aspects of the family medicine approach in clinical practice. The CME was further enriched by the active participation of postgraduates and consultants from Calicut. 29/04/2025 - BLS Training by AFPI Kerala North Zone and Comtrust Hospital AFPI Kerala North Zone,

led by State President Dr. Nadeem Abootty, conducted a BLS training session in association with Comtrust Hospital. Over 70 staff members and more than 10 doctors attended. Dr. Nadeem Abootty served as the instructor, healthcare professionals.



## CLINICAL CASE DISCUSSION

AFPI Kerala North Zone invites all of you to our Clinical Case Discussion

### PRESENTER

**Dr Neelima T**  
MD Resident,  
Department of Family Medicine,  
GMC Kozhikode

### MODERATOR

**Dr Bijay Raj**  
Founder President, AFPI Kerala  
Senior Consultant,  
Department of Family Medicine  
Starcare Hospital & Iqraa  
Community Clinic, Kozhikode  
Examiner at NBE & MRCGP (INT)  
South Asia Board

**25<sup>TH</sup> APRIL**  
07.30 -09.00PM





# THE SPICE ROUTE KERALA CHAPTER REPORT

## Legacy Shaped Us, Responsibility Defines Us

*Spice Route Kerala Chapter – Nurturing the Next Generation of Family Physicians*

The world is undergoing rapid transformation, and with it, the field of family medicine must evolve. In response to this dynamic shift, visionary family physicians established the Spice Route Movement—a platform created to empower young family physicians and residents. In India, this initiative takes shape as the Spice Route India Movement, catering specifically to residents and those within the first five years of their clinical journey.

Spice Route Kerala Chapter, one of the most vibrant state chapters, has consistently leveraged this platform to its fullest. During the 2022–2024 term, the chapter organized impactful programs such as the National Leadership Training Program, monthly academic sessions, practical orientation programs, and the Spice Route session at AFPICON Kerala. These efforts earned the chapter the prestigious Best Spice Route State Chapter Award at FMPC 2024.

Inspired by past achievements, the current council embarked on its term with renewed energy. The team continued the momentum by regularizing monthly academic sessions and celebrating World Family Doctor's Day with a memorable meet-up for residents and young physicians in Kochi. In honor of National Family Doctor's Day, a creative video contest titled “**Yes, I Am Your Family Physician**” was launched to highlight the spirit and role of family medicine professionals.

The year 2025 began on a high note with a compelling Spice Route session at AFPICON Kerala 2025, themed “**Global Perspectives on Primary Care**.” The session featured esteemed speakers including Dr Sankha (former WONCA YDM Chair), Dr Annum Ishtiyag (Chair, Spice Route Pakistan), Dr Aiswarya V Namboodiri

(State Lead, Spice Route Kerala), and was moderated by Dr Vishnu B S (FM360 Coordinator, Spice Route India).

Understanding the challenges faced by new residents, the chapter also organized a curriculum orientation session led by Dr Resmi S Kaimal (HOD, Family Medicine, Lourdes Hospital, Kochi) and Dr Venkatesan S (HOD, Family Medicine, CMC Vellore). Spice Route Kerala also made notable contributions at WONCASAR 2025, showcasing its active involvement on regional and international platforms.

To build stronger connections, the chapter hosted “**Connect with Council**”, an initiative that brought council members and residents closer through direct interaction.

Recognizing the stress faced by exam-going batches, an online motivational and preparatory session titled “**Words to Win**” was conducted, where Dr Resmi S Kaimal provided valuable insights and strategies for the DNB theory exam.

**The Spice Route Kerala Chapter** continues to be a nurturing ground where young family physicians grow—not just as competent professionals, but also as confident individuals. With the legacy of AFPI Kerala and the pioneering spirit of the chapter's founders, the journey ahead holds even greater promise.

## THE SPICE ROUTE KERALA COUNCIL

Lead	: Dr. Aiswarya V Namboodiri
Secretary	: Dr. Midhun R K
PG Coordinator	: Dr. Suchithra S
Image editor	: Dr. Lamiza Abdusalam
FM 360 <sup>o</sup> coordinator	: Dr. Jayaganesh S
Advisors:	: Dr. Vishnu B S Dr. Anuna Vinod





**AFPI Kerala Chapter** **KAFPI KeralaM**

9th Annual State Conference of AFPI Kerala Chapter  
**AFPICON KERALA 2025**  
 "From Awareness to Action: Family Medicine for Lifelong Health"

**SPICE ROUTE SESSION**  
**GLOBAL PERSPECTIVES ON PRIMARY CARE**  
 Insights from primary care practices across the world

**MODERATOR**

**Dr. VISHNU B S**  
 National FM 360 Coordinator & PG Coordinator,  
 The Spice Route India Movement - AFPI

**PANELISTS**

**Dr. Sankha Randenkumara**  
 Family Physician, Sri Lanka  
 Co-Chair, WONCA Special Interest Group on Policy Advocacy

**Dr. Annum Ishtiaq**  
 Lead, Spice Route Pakistan  
 Consultant Family Medicine & Palliative Medicine  
 Liaquat National Hospital and Medical College  
 Karachi Pakistan

**Dr. Alswarya V Nambodiri**  
 Lead, Spice Route Kerala  
 Specialist Family Medicine  
 KEMCOILS Thiruvananthapuram

**18, 19 JANUARY 2025**  
**Pearl View Hotel, Thalassery**

**07 MARCH** **07 PM**  
 Meeting id: 864 735 1518 Password: tsrim

**EMBARKING ON A JOURNEY**  
 An Overview of the Family Medicine DNB Residency Program  
 Exclusively for First Year Family Medicine Residents

**INTRODUCTION TO DNB FAMILY MEDICINE CURRICULUM**  
**DR. RESMI S KAIMAL**  
 AFPI National Secretary  
 HOD  
 Dept. of Family Medicine  
 Lourdes Hospital  
 Kochi

**HOW TO SELECT A THESIS TOPIC WITH EASE?**  
**DR. VENKATESAN S**  
 Professor and HOD  
 Dept. of Family Medicine  
 CMC  
 Vellore

**DON'T MISS OUT!**

**AFPI Kerala Chapter**

**CONNECT with COUNCIL**

Let us  
**CONNECT**  
**COLLABORATE**  
**EMPOWER**

**YOUR VOICE MATTERS**

An institute-level virtual gathering of  
 FM Residents of Kerala, hosted by  
 the State Council of  
 The Spice Route Kerala Chapter

**AFPI Kerala Chapter**



**THE SPICE ROUTE KERALA CHAPTER** **AFPI Kerala Chapter**

**WORDS TO WIN**

**864 735 1518** **23RD**  
**tsrim** **APRIL 2025**  
**7PM**

**Theory Exam Orientation Session for Family Medicine Residents**  
 by  
**Dr Resmi S. Kaimal**  
 General Secretary, AFPI  
 H.O.D, Department of Family Medicine,  
 Lourdes Hospital,  
 Kochi

**AFPI Kerala Chapter**



## Restless Legs Syndrome: What to know in primary care.

Restless legs syndrome (RLS) also known as Willis-Ekbom Disease is a neurological disorder that causes unpleasant or uncomfortable sensations in your legs and an irresistible urge to move them. Symptoms commonly occur in the late afternoon or evening hours and are often most intense at night when resting. It is often associated with a sleep complaint, making it difficult to fall asleep or return to sleep after waking up. RLS can lead to significant physical and emotional disability.

RLS is both a sleep disorder, because the symptoms are triggered by resting and attempting to sleep, and a movement disorder, because people with RLS are forced to move their legs in order to relieve symptoms. Moving the legs or walking typically relieves the discomfort but the sensations often recur once the movement stops.

### Epidemiology

RLS is often undiagnosed or misdiagnosed. Many patients are not diagnosed until 10-20 years after symptom onset. RLS may begin at any age, even as early as infancy. It occurs in both males and females. Women are more likely to be affected than men, with increasing parity increasing risk of RLS among women<sup>[1]</sup>. Many individuals who are severely affected are middle-aged or older, and the symptoms typically become more frequent and last longer with age.

Epidemiological studies estimate that RLS affect between 7 and 10% of the general adult population in Europe and American populations<sup>[1]</sup>. There is a lower prevalence in Asia (1.0–7.5%) and Africa (0.037%), although data remains limited from these regions. Despite its high prevalence, a majority of people with RLS experience mild to moderate RLS symptoms, while only about 1–3% of people overall have severe and frequent symptoms.

### Clinical Presentation & diagnosis

The diagnosis of restless legs syndrome (RLS) is based primarily on the patient's clinical history. Approximately 85% of patients with RLS have periodic movements of sleep, usually involving the legs (periodic leg movements of sleep (PLMS)), characterized by involuntary, forceful dorsiflexion of the foot lasting 0.5-5 seconds and occurring every 20-40 seconds throughout sleep. A majority of patients (85%) with RLS report difficulty falling asleep at night as a consequence of the condition, and they may experience excessive daytime somnolence because of poor sleep quality resulting from multiple PLMS-induced arousals.

The International RLS Study Group (IRLSSG) updated the diagnostic criteria in 2014, which include five essential features<sup>[1,3]</sup>.

1. An irresistible urge to move the legs, usually but not always accompanied by uncomfortable and unpleasant sensations in the legs;
2. Symptoms that begin or worsen during periods of rest or inactivity, such as lying down or sitting;
3. Symptoms are partially or totally relieved by movement, such as walking or stretching, at least as long as the activity continues;
4. Symptoms only occur or are worse in the evening or night than during the day; and
5. The occurrence of the above features is not solely accounted for as symptoms primary to another medical or a behavioral condition (e.g. myalgia, venous stasis, leg edema, arthritis, leg cramps, positional discomfort, habitual foot tapping)

It is essential to exclude other conditions that mimic RLS such as nocturnal leg cramps, painful peripheral neuropathy, myofascial pain syndromes and fibromyalgia, and motor akathisia. Because of the importance of this differentiation, the fifth diagnostic criterion was introduced in 2014. Additional common features include sleep disturbances, daytime fatigue, and impairments in mood, cognition, and daily functioning. A positive family history also supports the diagnosis, particularly in children.






## Etiology

RLS can be primary or secondary. Most cases are primary, idiopathic central nervous system (CNS) disorders. Familial forms account for 25–75% of cases and often follow an autosomal dominant inheritance pattern with variable expressivity<sup>[1]</sup>. Six main genetic risk loci have been identified (MEIS1, BTBD9, PTPRD, MAP2K5, SKOR1, and TOX3), with MEIS1 showing the strongest association<sup>[4]</sup>. MEIS1 is believed to regulate iron metabolism in the brain<sup>[5]</sup>. BTBD9 may be involved in dopamine metabolism and influenced by MEIS1 expression. Familial RLS typically has an earlier onset (<45 years) and slower progression. Some families demonstrate genetic anticipation—a decrease in the age of onset across generations.

Secondary RLS may result from iron deficiency, peripheral neuropathy, diabetes mellitus, vitamin B12 deficiency, chronic renal insufficiency, folate or magnesium deficiency, or rheumatoid arthritis. Iron deficiency is a particularly common comorbidity, given its central role in RLS pathophysiology and the potential for treatment<sup>[6]</sup>. Pregnancy may trigger RLS, affecting 25–40% of pregnant women, with symptoms often resolving postpartum. Certain medications can exacerbate symptoms, including dopamine antagonists, tricyclic antidepressants (TCAs), selective serotonin reuptake inhibitors (SSRIs), alcohol, and beta-blockers.

RLS is linked with an increased risk of stroke, myocardial infarction, and cardiovascular mortality in women<sup>[1]</sup>. The relationship between RLS and peripheral neuropathy is complex, as neuropathy may both mimic and coexist with RLS. RLS may have a relationship with Parkinson disease (PD), but it may be driven by dopaminergic treatments rather than neurodegenerative changes in the brain<sup>[7]</sup>. As RLS symptoms occur predominantly in the evening, the relationship between RLS and circadian rhythms has been well studied. Melatonin levels have been correlated with the



worsening of RLS symptoms in the evening<sup>[8]</sup>. There may be differences in the cortical excitability of neurons controlling motor pathways. Additionally, nighttime reductions in subcortical inhibition may increase motor excitability and trigger symptoms.

## Pathophysiology

The pathogenesis of restless legs syndrome (RLS) is unclear. Currently, the most widely accepted mechanism involves a genetic component, along with abnormalities in the central subcortical dopamine pathways and impaired iron homeostasis. Several imaging studies have established a strong relationship between iron metabolism and RLS, particularly in the brain. genetics<sup>[9]</sup>. Though early findings associated symptom severity with low peripheral iron, more recent evidence suggests that brain iron deficiency—rather than peripheral ferritin—is central to the disease mechanism<sup>[9]</sup>.

The dopamine hypothesis is supported by the effectiveness of dopamine agonists, but newer evidence suggests the disorder results from dopamine dysregulation rather than a simple deficiency<sup>[1]</sup>.

## Laboratory Studies

All patients with symptoms of restless legs syndrome (RLS) should be tested for iron deficiency. A complete iron panel, including iron levels, ferritin, transferrin saturation, and total iron binding capacity should be checked at presentation and with worsened symptoms, especially when augmentation develops. Augmentation is characterized by more intense symptom severity, earlier symptom occurrence, and often, symptoms spread from the legs to the arms or other body regions.

To rule out secondary causes of RLS, a complete blood count (CBC), Blood urea nitrogen (BUN), Creatinine, Random blood sugar (RBS), Thyroid-stimulating Hormone (TSH), Folate, Magnesium and vitamin B 12 levels should be checked.



Polysomnography (PSG) may be necessary to quantify periodic leg movements of sleep (PLMS) or to characterize sleep architecture, especially in children and in patients who continue to have significant sleep disturbances despite relief of restless legs syndrome (RLS) symptoms with treatment. PSG should also be used in patients with other suspected sleep comorbidities. Imaging studies are not routinely used in the diagnosis of patients with RLS.

### **Treatment and Management**

The IRLSSG rating scale (IRLS) evaluates RLS severity through 10 questions, each scored 0–4 (maximum score = 40). Severity is categorized as mild (1–10), moderate (11–20), severe (21–30), or very severe (31–40). This score helps guide treatment decisions.

### **Non Pharmacological treatment**

The majority of RLS cases are mild and can be managed by lifestyle changes or non-pharmacological treatment. Lifestyle factors known to precipitate RLS symptoms are high caffeine intake (avoid before bedtime), excessive alcohol consumption, severe stress, shift work and strenuous exercise before sleep<sup>[2]</sup>. Furthermore, sleep hygiene is important and may help patients with RLS. During an attack, patients may benefit from a hot or cold massage; rubbing or massaging the affected limbs; bathing in hot or cold water; physical activities such as walking, stretching and exercise; relaxation exercises (eg biofeedback or yoga); distracting the mind by mental exercises (for example, reading an interesting book during the onset of symptoms)<sup>[2]</sup>.

### **Pharmacologic treatment**

Around 10–15% of RLS patients have symptoms severe enough to require medical management of RLS. Treatment is only required when the symptoms are clinically significant. Currently, dopaminergic agents (eg. Ropinirole, Pramipexole) are used as first-line treatment for moderate to severe RLS<sup>[2]</sup>. They should be administered as a single evening dose and are

effective for the short- and long-term treatment of idiopathic RLS. For those with reduced body-iron stores, iron replacement therapy (oral/intravenous) should be considered. Other drug options include Benzodiazepines, Anticonvulsants (eg, Gabapentin, Pregabalin), Opioids (eg, Codeine), Presynaptic alpha2-adrenergic agonists (eg, Clonidine).

### **Conclusion**

Restless leg syndrome is a common disorder that significantly impairs sleep and quality of life. Despite the fact that RLS is a very common disorder it is frequently undiagnosed in primary care. Iron deficiency and dopamine dysfunction plays a vital role in pathophysiology of this condition. There is a wide range of therapeutic options, and at present dopamine receptor agonists are the first choice in treating moderate to severe cases of RLS.

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**Dr. Sangeetha S**

Consultant Family Physician  
Mar Sleeva Medicity



# Colours & Creations



**Dr. Jayaganesh S**  
DNB Family Medicine Resident,  
KIMSHHealth Trivandrum



**Dr. Delina Devis**  
DNB Family Medicine Resident,  
Lourdes Hospital Kochi



## CASE REPORT

A case report where surgical intervention lead to the diagnosis of a fully evaluated case.

### ABSTRACT

Patient was referred for obtaining medical fitness for hysterectomy. Patient had multiple complaints. Despite numerous investigations, the diagnosis remained unclear. Patient was treated symptomatically with a multi disciplinary approach. She was then taken up for surgery which clinched the diagnosis.

### CASE

A 40 year old female was referred for medical fitness before Hysterectomy. She complained of haematuria, lower abdominal pain, nausea, upper abdominal pain, loss of appetite and chest discomfort. Patient had significant weight loss and a history of recurrent fever.

### Past Surgical History:

She had h/o Partial Thyroidectomy and was on Thyroxine supplementation of 25 µg since 5 yrs and also had undergone an Appendectomy, four years back. She gave a history of menorrhagia refractory to medical management, for which she was on gynecological follow-up. USG showed uterine fibroid and an ovarian cyst, and was planned for hysterectomy. But as the patient had multiple medical symptoms and renal dysfunction, she was referred for further evaluation.

On examination, the patient had pallor. Per abdomen showed a tender mass palpable in the suprapubic region.

### Relevant lab investigation

Hemoglobin - 8 mg/dL

Urea - 50 mg/dL

Creatinine- 1.9 mg/dL

CA-125- 185 units/mL

Urine routine examination - Numerous pus cells and RBC

### DISCUSSION

Patient was admitted and was managed conservatively.

Gastroenterology and Nephrology opinions were sought. Differential diagnosis were Right mesenteric calculus / Right ureteric calculus / Ig A Nephropathy (in view of deranged Renal function test and Haematuria). Patient was completely evaluated. USG abdomen, CT KUB and CT abdomen and pelvis were done, showing a uterine fibroid, Right dermoid ovarian cyst, Right ureteric pelvic dilation (Status post obstruction).

All the investigations were inconclusive with respect to the patient complaints. And for upper GI symptoms, as the patient was refractory to medical management, Endoscopy was done and showed multiple antral erosions. She was managed with intravenous antibiotics for UTI.





She was transfused with one unit of blood . Her Renal function tests were being closely monitored. In view of improvement in renal functions and settling haematuria she was discharged with advice to follow-up and with a plan for Renal biopsy if renal function worsened or symptoms reoccured .

But all the clinical symptoms of nausea, decreased appetite, lower abdominal pain persisted, and she became depressed. She had to be started on antidepressants. Though there was not much clinical improvement in her condition, in view of improved RFT and labs, she was planned for the surgery. And we felt that hysterectomy might lead to improvement in the clinical and mental condition of the patient. And so the patient was taken up for surgery .

But to the surprise of the surgeon, they saw that there was a large pus draining tubo-ovarian mass on the right pelvis that was not reported in any of the radiological scans. Also, she had multiple adhesions in the abdomen involving her upper GI, lower GI, ureters and fallopian tubes- probably due to the previous appendectomy.

### **Management**

Hysterectomy with removal of the pus-filled ovarian mass was done. All adhesions were removed. Patient was managed with intravenous antibiotics according to the pus culture sensitivity report. Later she was discharged with oral medications and was on regular follow-up.

Now the patient is completely asymptomatic. She has no upper GI symptoms and renal functions tests are perfectly normal. Moreover, the patient has gained a weight of 10 kg in 2-3 months. And above all she is very happy and off antidepressants.

### **CONCLUSION**

If a patient's complaints persist and diagnosis is not made despite doing all investigations and seeking expert opinions, then it mandates FURTHER EVALUATION with a step up approach .

Radiological views should never decide our FINAL WORDS .

### **Dr. Rashi Kurup**

Consultant Family Physician  
City Hospital Ernakulam





# MYTHS & FACTS ABOUT EGG

## MYTHS

1. Do not consume egg yolk.
2. Avoid egg as it contains cholesterol.
3. Consumption of eggs can cause heart attack, high cholesterol levels in body & could lead to fatty liver.

## RESEARCH

### *Before 1970s*

- 1940s and 50s saw the emergence of diet-heart hypothesis suggesting that dietary fat and cholesterol played a significant role in heart disease.
- AHA recommendation in 1968 stemmed from the hypothesis that dietary cholesterol contributes to heart disease risk.
- AHA recommended limiting dietary cholesterol intake to less than 300mg per day and consuming no more than 3 eggs per week.

### *After 1970s*

- Research after 1970s on dietary cholesterol and heart attack initially suggested a link but later studies including meta-analyses, showed a weaker association, with some even suggesting no significant link between dietary cholesterol and cardiovascular disease risk.
- Meta analyses of numerous studies focusing on egg consumption, have generally found a weak or no association between dietary cholesterol and increased risk of cardiovascular disease.
- 2015-2020 Dietary Guideline for Americans removed the recommendation to restrict dietary cholesterol, reflecting the evolving scientific understanding.
- Research has shown that dietary cholesterol has a **small effect** on plasma cholesterol levels with an increase in LDL and HDL cholesterol with **little effect** on LDL: HDL ratio, a significant indicator of heart disease risk.

## FACTS

- It is worth noting that most foods that are rich in cholesterol are also high in saturated fatty

acids and thus may increase the risk of CVD due to the saturated fatty acid content. The exceptions are eggs & shrimp.

- Considering that eggs are an affordable and a nutrient dense food item, containing high quality protein with minimal saturated fatty acid (1.56gm/egg) and rich in several micronutrients like vitamins and minerals, it would be worthwhile to include eggs in moderation as a part of a healthy diet.
- This recommendation is particularly relevant when:
  - an individual's intake of nutrients is sub optimal
  - there is limited income and food access
  - ensuring dietary intake of sufficient nutrients in growing children and older adults.
- How to store eggs: Can be stored in normal room temperature and if stored in refrigerator, cook after bringing it to room temperature.
- Not only does consumption of uncooked eggs can lead to Salmonella infection but also inhibits biotin absorption due to presence of avidin (a protein in raw egg).
- Freshness of eggs can be checked by dropping eggs in a cup of water. Fresh egg usually sinks and rotten eggs usually float.
- There is not much difference in nutrients between country eggs & broiler eggs. Country eggs are richer in omega 3 fatty acids when compared to broiler eggs
- How to cook eggs: It is better to prepare an omelet, a sunny side up or scrambled eggs than frying it or baking. (Cooking in low temperature retains nearly 70% of its nutrients)
- Eating egg as a whole is nutritious than eating only the egg white.

## STUDIES SUPPORTING CONSUMPTION OF EGGS

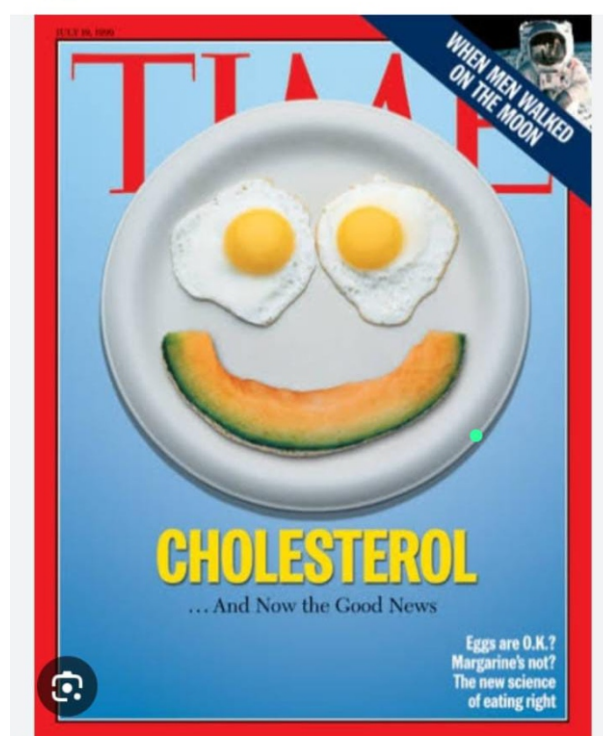
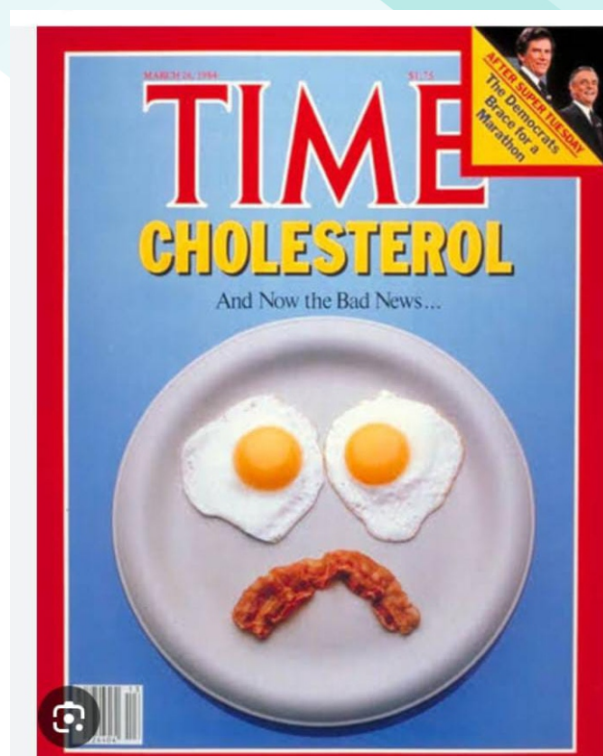
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**Dr. Shalini**

MBBS, DNB (Family Medicine)  
Registrar  
KIMS Health Trivandrum



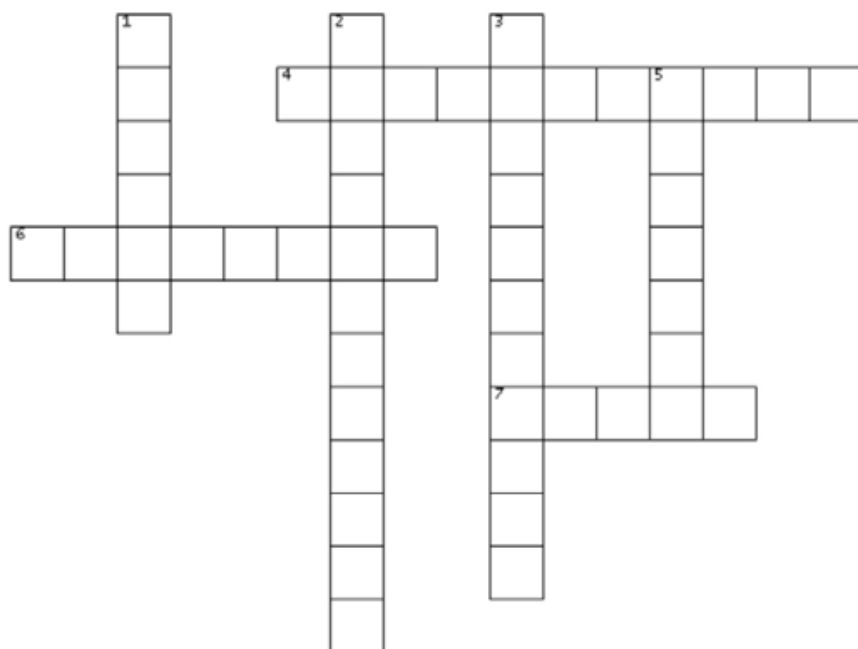


# CLICKZ BY

Dr.Dipinraj S N



# CROSS WORD PUZZLE



## Across

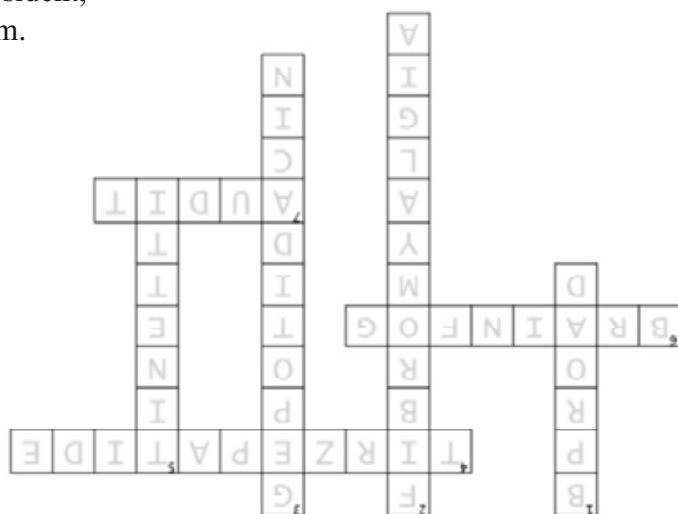
4. Dual GLP1/ GIP agonist for T2DM and Obesity
6. Long COVID symptom with cognitive impairment
7. Screening for Alcohol use disorder

## Down

1. Latest study trial which concluded intensive BP control (<120mm of Hg) has a beneficial role in high risk diabetics
2. Diagnosis of exclusion in chronic fatigue
3. New novel antibiotic used for treating uncomplicated UTI
5. Tool to assess gait and balance in elderly

## Dr. Ebin P Raj

DNB Family medicine resident,  
KIMS Health, Trivandrum.



**Answers upside down!!**

# AFPI Kerala Newsletter Committee



**Dr. Sangeetha S**  
Chair

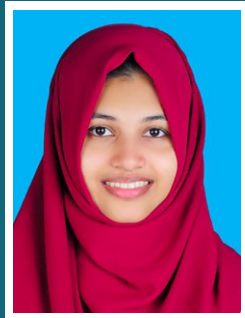


**Dr. Aiswarya V Namboodiri**  
Coordinator

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**Dr. Aparna R Palloor**



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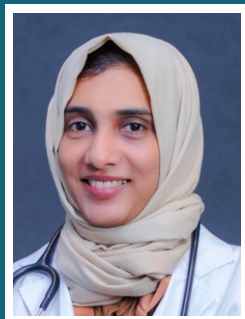


**Dr. Minerva Merlitta**



**Dr. Athira Unni**

## Advisors



**Dr. Zarin Pilakkadavath**



**Dr. Roby K Prasad**



# UPCOMING EVENTS



Be Ready For

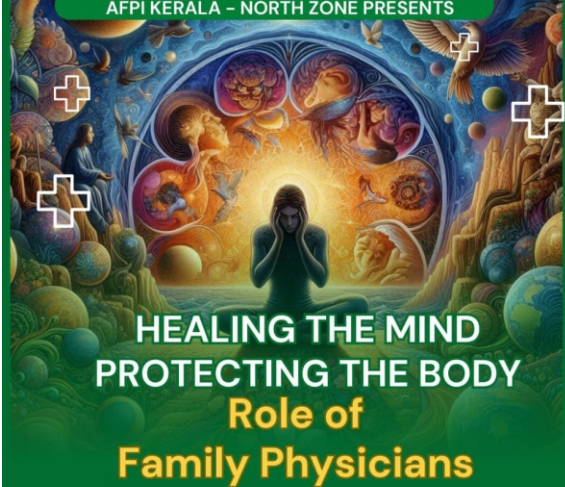
## AFPICON KERALA 2026

31 January 2026	1 February 2026	Contour Backwaters Resort, Changanassery, Kottayam
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AFPI KERALA - NORTH ZONE PRESENTS



## HEALING THE MIND PROTECTING THE BODY Role of Family Physicians

**CME & HANDS ON WORKSHOP**

HOTEL PROSLAND, TIRUR,  
MALAPPURAM

May 25, 2025  
09:00AM - 03:00 PM

THE SPICE ROUTE  
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KERALA CHAPTER - NORTH ZONE

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KERALA Chapter

" The future belongs to those who believe in the beauty of their dreams"  
- Eleanor Roosevelt

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✉ [admin@afpikerala.in](mailto:admin@afpikerala.in)

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