

BIDA *The New Executive*

Dr Deepak Trivedi *National President*



Dr Deepak Trivedi graduated from Mahatma Gandhi Memorial Medical College, Indore, India and has been working in the UK since 1976. He is at present working as General Practitioner in Wigan / Leigh since 1982.

He was Chairman of the ARM/AGM of BIDA from 1999-2005 and has worked as Secretary and Chairman of Wigan Division since 1989. He has also served as LMC member for 6 years and was Chairman of the PCG Wigan and Leigh Health Authority from 1998-2001. He was made Patron Member of Wigan Division of BIDA. He is working at present as GP Lead for East Wigan PBC Group. His hobbies include music, badminton, tennis and travelling.

Email: deepaktrivedi@btinternet.com

Dr Sabyasachi Sarker *National Chairman*



Dr Sabyasachi Sarker (aka Bachi), graduated from Medical College, Calcutta and came to UK in 1972. General Medical Practitioner since 1976. Founder member of Merseyside Division of BIDA since 1983 and held the posts of Secretary, Chairman and President of the Division over the last 15 years. He was Chairman of BIDA News Review since 2004 and National Vice President of BIDA 2005-2008. He worked as GP Forum Chairman of BIDA from 2000 -2003. Member of Liverpool LMC since 1988 and was Chairman of LMC from 2002-2006. He is at present Clinical Governance Lead of Liverpool PCT and an Executive Member of Liverpool PBC Consortium.

Email: dr.sarker@virgin.net

Dr Ashok Kakkar *National Secretary*



Dr Ashok Kakkar came to the UK in 1974, working as a hospital doctor until 1979. He entered General Practice in 1980 and his main interests were diabetes, CHD and asthma. He joined BIDA in 1976 and was National Treasurer from 2002-2008. He became a member of MCCR in 1990 to represent overseas doctors and was an Executive Member for 2 terms.

He is actively involved in raising funds for various causes. He celebrated his Silver Wedding Anniversary this year with his wife who is a qualified Physiotherapist and has 2 sons, the oldest who is studying medicine and his youngest boy is still at school.

Email: ashok999@hotmail.co.uk

Mr P S Anandaram *National Treasurer*



Mr P S Anandaram Qualified from Calicut Medical College, Kerala. Obtained Masters Degree in Surgery from Calicut University. Started career in Surgery as Tutor in Surgery at Calicut Medical College and later became Assistant Professor of Surgery before leaving India for further training. Completed Higher Surgical Training and obtained FRCS diploma from Royal College of Surgeons, Edinburgh. He subsequently underwent speciality training in Urology and was awarded Diploma in Urology (London). Appointed as Consultant Urological Surgeon at Halton General Hospital, Runcorn, but later moved to Wrexham. Special interests are Endurology, Urinary Stone disease and Percutaneous Surgery. Recently appointed Examiner for Inter-collegiate MRCS Exam of RCSEd. National Chairman of the Hospital Doctors' Forum of BIDA from 2005-2008.

Email: panandaram@hotmail.com

Dr Aftab Ahmed *A R M Chairman*



Dr Aftab Ahmed is at present working part time. He has worked for over 35 years as General Practitioner in Airdrie, Scotland. Member of Local Medical Committee and Area Medical Committee for over 25 years. During that period he has served on various Committees of the Health Board. Dr Ahmed has been Chairman to local Health Care Co-operative of Primary Care, Doctors of Health Board for over 6 years.

He has been a member of BIDA since inception. Chairman of Scottish Division for the last 8 years. Also represented Scotland on the National Executive Committee of BIDA UK.

Aftab is married to Rumi with 2 sons, one a Corporate Lawyer and one an SPR in Surgery and lives in Airdrie, Scotland.

Email: aftabrumi@googlemail.com

Mr Sam Eljamel *National Vice-President*



Mr Sam Eljamel, Consultant Neurosurgeon in Dundee from 1995 to date. Honorary Senior Lecturer in the University of Dundee from 1995-2000 when he became Honorary Reader at the University of Dundee.

Graduated with honours in December 1982 and did his MD in University of Liverpool in 1992. Obtained FRCS in Ireland and Edinburgh in 1986 and 2003 respectively. He has been a member of Lead Neurosurgeon Group of the Scottish Government Health Department since 2007 as well as member of Pathways Committee in Neurosurgery since 2007. He was a member of numerous committees in the University of Dundee and had publication and research relating to his speciality. His professional interests are Epilepsy surgery, keyhole surgery including image-guided surgery, spinal surgery and skull base surgery.

Email: m.s.eljamel@dundee.ac.uk

Dr Umesh Prabhu *National Vice-Chairman*



Dr Umesh Prabhu is originally from Mangalore, South India and following his Undergraduate and Postgraduate training in India, he came to UK in 1982. He obtained further training in Bury, Oxford, Leeds and Edinburgh and in 1992 was appointed Consultant Paediatrician at Fairfield General Hospital, Bury. Umesh was the lead clinician for Paediatrics (1992-1998), Medical Director of Bury NHS Trust (1998-2001), Board Member of the National Patient Safety Agency (NPSA 2001-2003), NCAS adviser. Umesh is also an adviser to the second stage complaints for the Healthcare Commission and also a member of the Equality and Diversity Committee of the BMA. Umesh is also a Trustee for Action Against Medical Accidents. (AvMA).

Email: umesh.prabhu@pat.nhs.uk

Dr Alka Trivedi *Deputy General Secretary*



Dr (Mrs) Alka Trivedi Graduated and did her Postgraduation from Indore Medical College, India. She has been working in the UK since 1977 and at present works as a General Practitioner in Wigan and Leigh. She is Chairman of Wigan Division of BIDA and was the Chairman of Women Doctors Forum of BIDA from 2001-2005. She was awarded Fellowship of ODA. She was presented with the key of her home town Indore for contributions in Indore and UK in 2002 as well as awarded Woman of Substance in Indore in 2004. She is a Life Member of Patanjali Yogapeeth, UK and India. She is very actively involved in charity work for the local Hospice.

Her hobbies are music, dancing, swimming, yoga, travelling and charity work.

Email: alkatrivedi@yahoo.co.uk

Dr Tej Rastogi *Deputy National Treasurer*



Dr Tej Krishan Rastogi has been General Practitioner in Liverpool for 28 years. He is at present Chairman of Merseyside & Cheshire Division of BIDA and has served National Executive Committee of BIDA as Deputy Secretary and Executive Committee member for last 6 years. He is a member of Liverpool LMC and ex PEC-Member and ex-QOF Assessor. He would like to work with the newly elected team to improve communication within the organisation and other professional bodies and give support and guidance to BIDA members and colleagues.

Email: Tej.Rastogi@livgp.nhs.uk

DR S S Parihar *Deputy A R M Chairman*



Dr S S Parihar has been a practising General Practitioner since 1986 and graduated from GSVM Medical School, Kanpur, India in December 1973.

Member of BIDA (formally known as Overseas Doctors Association) since 1985. ARM Vice Chairman BIDA since 2005. Secretary of South Manchester Division BIDA since 1996, organising monthly educational/social meetings.

National Executive Committee member 1996-1999. National Deputy Secretary 1999-2002; National Secretary 2002 to 2005. Awarded Fellowship of ODA in 1999.

Dr Amit Bannerjee *G. P. Forum Chairman*



Dr Amit Banerjee graduated from Medical College Calcutta and has been working as Senior GP Principal and Hospital Practitioner in Psychiatry in the North East. He is at present Chairman of the North East Division of BIDA and an Executive Committee Member BIDA since 2005. He is also Council member of NE Division of BMA and President of the Northern Friends Circle. He has been a School Governor, Chairman of the Community Projects of Rotary Club, Sedgefield and member of Cleveland LMC. Founder member and Secretary of North East England Bengali Doctors Association from 1993 to 2001. Since his only son's death he has been actively involved in charity work for local causes as well as in India. He is married to Rena, a Consultant Psychiatrist and has a daughter, Anita, who is also a doctor and is training at present to be a GP.

Email: amitbanerjee3@hotmail.com

Mr Ian dos Remedios *Chairman, Hospital Doctors' Forum*



Mr Ian dos Remedios has been a Consultant in Orthopaedics & Traumatology at University Hospital of North Staffordshire NHS Trust for 10 years. He was a medical student at Grant Medical College, University of Bombay. His early clinical and Postgraduate orthopaedic training was obtained at Sir J.J. Group of Teaching Hospitals.

He studied hip anatomy of the Chinese and designed a total hip prosthesis, which is being used in multiple South East Asian countries. His other design ideas have been taken up by many implant and instrument manufacturers.

He is past President of Local BMA in Staffordshire. He also holds various positions in addition to a full time commitment to the University Hospital of North Staffordshire.

Ian is married to Joy Marie for 20 years and has two son and a daughter. He continues to participate in basketball and volleyball having been a member of the college for many years.

Email: dosremedios@ntlworld.com

Dr Santosh Gupta

Chairman, Women Doctors' Forum



Dr Santosh Gupta graduated from Delhi University, India in 1977 and obtained MD in Paediatrics in 1979. She did her MRCP in paediatrics in 1990 and obtained FRCPCH and FRIPHH in 1997. She is working as Senior Lecturer and Consultant Paediatrician at University Hospital of North Tees and Hartlepool. She is married to a physician and her only daughter is a medical graduate as well.

Dr Gupta says "I believe in fair and just treatment for all which rises above differences of any kind. In putting myself forward for the post of chairperson of WDF I wanted you to see me as an advocate of the issues which hinder women's career progression, leaves their achievements under-recognised and under-valued".

Email: santosh.gupta@btinternet.com

Prof. M Iqbal Memon

Chairman Public Health & Community Health Medicine



Professor M Iqbal Memon is a medical practitioner of over 25 years standing. He is a trained paediatrician, public health practitioner and educationalist. He is keen to assist in promoting issues of well-being and equity and reducing inequality and diversity.

Professor Memon is based at Central Lancashire Primary Care NHS Trust and is Medical Adviser for Lancashire County Council Adoption Panel. He contributes to many voluntary and public sector organisations, some of these include:- Member of the Board of Governors at University of Bolton; Vice Chair Preston Standards Committee. Founder member of MFC Foundation; Medical Adviser & Panel Member of the IRM, operated by BAAF on behalf of the Department of Education and Skills. He is also Founder member of Multicultural Studies Centre at University of Bolton.

Email: dr_memon@yahoo.com

No
Photograph
Supplied

Dr Madhuri Khurana qualified from Maulana Azad Medical College in 1970 and came to UK in 1977. Obtained her MRCOG in 1980 and worked in different NHS hospitals until 1985. She made a career move then and became a General Practitioner and is currently working as GP in Old Trafford, Manchester. mkhurana@nhs.net



Dr Birendra K Sinha has worked as full time Principal General Practitioner for over 15 years in a large inner city training practice. He is at present an Executive Committee Member of Merseyside and Cheshire Division of BIDA and was Secretary of the Division for the last 3 years. Member of Liverpool LMC, active in dealing with the local issues of General Practice.

Dr Sinha was awarded Fellowship of BIDA at this year's ARM/AGM for his services to the Association. E-mail: birendrasinha@hotmail.com



Mr Ahmed Sadiq qualified from the University of London in 1987 and started training in ophthalmology in London in 1989. He was a registrar and a fellow in Nottingham and was appointed Consultant Ophthalmic Surgeon specialising in phacoemulsification and oculoplastics at Manchester Royal Eye Hospital in December 1998. He has over 40 publications, 40 presentations and a DM (thesis on endonasal laser DCR).

He is a nominated representative of Royal College of Ophthalmologists on the General Optical Council. He is a member of the RCOphth and a Founder Member of The British Oculoplastic Surgery Society. He is an examiner for the RCOphth as well as part of Training the Trainers and Microsurgical Skills faculties. He is active in research, a journal editor and reviewer.

Outside of ophthalmology, Ahmed is a school governor, is involved with medical charities and community finance initiatives. He is developing his website at www.theeyespecialist.co.uk E-mail: a.sadiq@manchester.ac.uk



Dr Vijay Bansal was Honorary Secretary of Warrington District LMC and has served on different committees of the Regional NHS, TV Advisory Council and Doctors Regulatory Bodies. He would like to be remembered as an Advocate of Doctors and Patients. E-mail: drvijaybansal@yahoo.com



Dr Prabhakar R Bhimagunta graduated from Guntur Medical College, India and after working in India in different hospitals in Hyderabad and Madras, came to the UK and did his training at Queens Medical Centre and City Hospital in Nottingham. He is presently employed as Staff Grade in Cardiac Surgery at City Hospital, Nottingham.

He is at present an Executive Committee Member at North Trent & Nottingham Division of BIDA. Hobbies include sports and music. E-mail: praobhima@hotmail.com



Mr Pranab Sarkar has 30 years experience of working in the NHS. He is currently working as Consultant Obstetrician and Gynaecologist for East Lancashire Hospitals NHS Trust with special interests in Feto-maternal medicine, colposcopy and menstrual problems. Has been member of Clinical Governance Committee, Research and Ethics Committee, Clinical Audit Committee, Ex-Clinical Director Women's Health and has represented Mersey region on BMA Central Sub-committee.

He has been a member of BIDA since 1982 and is currently Secretary of Burnley Division of BIDA. E-mail: pbsarkar@doctors.org.uk



Dr Sanjay Arya has been a member of BIDA for over 10 years. He is currently an Executive Committee member of Wigan Division. He has attended many of the BIDA ARM meetings and has actively participated in the deliberations.

Dr Arya has been on the Editorial Board of BIDA News Review for 5 years and was Vice Chairman for the last 3 years. He has contributed regularly through Journal Watch and Picture Quiz and has contributed to its smooth running.

He believes in promoting and fighting for the cause of the British International doctors in the United Kingdom. We have contributed to the success of the NHS and we should be appreciated. E-mail: sanjay.arya@sky.com

No
Photograph
or CV
Supplied

Dr Jagjit Kumar Gupta

E-mail: jagjitgupta123@hotmail.com

No
Photograph
or CV
Supplied

Dr Ramesh Rautray

E-mail: rameshrautray@hotmail.com



Dr Shiv Pande was awarded MBE by Her Majesty Queen Elizabeth in 1989. He is Past National Chairman of BIDA 2002-2005. He was a General Practitioner in Liverpool from 1976-2005 and now works as a part-time GP. He was elected member of GMC from 1994-2003. Past Treasurer of GMC 1999-2003. Dr Pande was the first ethnic doctor to be elected Treasurer in GMC's 147-year history. He is currently an Associate member of GMC. He is Chairman of Mersey Faculty of Royal College of GPs since November 2005.

E-mail: shivpande@yahoo.com



Dr Surendra Kumar was General Secretary ODA/BIDA 1990-1996, National Chairman of ODA/BIDA 1996-2002 and National President from 2002-2008. He was a member of GMC Council 1999-2003. During this period he served on "Registration Committee", "Health Committee", "Professional Conduct Committee" and "Racial Equality & Diversity Committee". He is a Member of GPC of BMA since 1993 and Agenda Committee of BMA since 1995. During this period, he has served on various committees, i.e "Prescribing Committee", "Clinical Audits Committee", "Medical Workforce Group" and "Professional Fees Committee". He has also been a Member of RCGP Council since 1997.

E-mail: SKUMARDR@aol.com



Dr Prasad Rao graduated from Andhra Pradesh Medical College, Visakhapatnam in 1973. He came to England in 1973 and did various hospital jobs mainly in surgical specialities before pursuing a career in General Practice. He did General Practice vocational training in Stone and Rugeley in Staffordshire and April 1982 became a GP in Stoke-on-Trent. He is married to Mohini Rao who also works at Belgrave Medical Centre as a General Practitioner and they have 2 sons who are both doctors.

Dr Prasad Rao has been actively involved in Medical Politics since 1990 and has acquired considerable experience and expertise, particularly from the days of "fund-holding" as well as in "total-purchasing". He set up one of the biggest multi-funds as the founder chairman of the largest co-operative in the country. Founded in 1994, the co-operative changed its name and is now known as "North Staffordshire Urgent Care".

He was National Vice Chairman of BIDA 2002-2005 and National Chairman BIDA 2005-2008. He is currently President of Stoke-on-Trent and Staffordshire Division of BIDA.

E-mail: prasadrao@northstaffs.nhs.uk



Motor neuron disease (MND) is a feared disease that leads to devastating disability. The neuro-degeneration affects the motor neurons in the brain and spinal cord. It causes inexorable progression towards complete paralysis and early death. Substantial progress has been made in the last decade in our understanding of the condition and in discovering ways to ameliorate the profound distress to the patients, carers and the professionals. The following account will provide an update for the non-specialist professionals.

Epidemiology: MND has an incidence of 1-2 per 100,000 person years and a prevalence of 5-7 / 100,000. One estimate puts the lifetime risk to be 1 in 400 in UK. General practitioners with an average patient list of 2,500 can expect to see at least one patient. However, our studies in South East of England suggest apparent clustering in certain areas.

Clinical presentations: 90 % of cases are sporadic with 10% familial cases. Usual presentation is in the 6th or 7th decade. The commonest form (also referred to as Amyotrophic Lateral Sclerosis, presents with a mixture of upper motor neuron (UMN) and lower motor neuron (LMN) features, such as weak, wasted muscles with exaggerated tendon jerks and widespread fasciculation. Uncommonly, there may be pure UMN and pure LMN variants, referred to as primary lateral sclerosis and progressive muscular atrophy respectively. Classically, the condition tends to be focal in onset, and after a while the paralysis spreads to the adjacent muscle groups. The recognised patterns are:

- **Limb onset:** the commonest. Distal asymmetric weakness may lead to foot drop, tendency to trip or falls, feelings of heavy leg(s), difficulty in fine motor functions of the hand like writing, turning keys, opening jars, putting seat belts on etc. The relatives may notice wasting of the 1st dorsal inter-osseous muscles and generalised twitching with muscle cramps. Fatigue is a common complaint.
- **Bulbar onset:** (20% cases). Features include slurring and low volume of speech, Dysphagia, drooling of saliva, wasted, slow moving tongue with fasciculation.
- **Respiratory onset:** rarely, the respiratory muscles are affected first. Diaphragm weakness may lead to orthopnoea or breathlessness when submersed underwater in a pool. The nocturnal hypoventilation may lead to frequent waking up with anxiety, unrefreshed sleep, and morning headache. The dyspnoea on exertion with respiratory failure is the eventual mode of death.

However, it is important to remember that the effects and progression will vary from one person to another.

Although, MND is considered to be a pure muscle disorder, the pathological hallmarks are noted in other sub cortical areas and correlating clinical manifestations. (See table 1)