AUM SAI RAM

THE ALIKE RECONNECT

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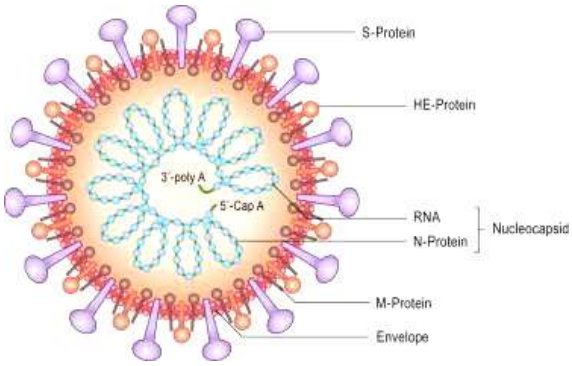
Corona virus

What is corona virus?
Corona virus is an RNA virus which commonly present as acute, mild upper respiratory infection (common cold).



How is it transmitted?
It is transmitted usually via airborne droplets during coughing and sneezing to the nasal mucosa.

How many days it takes before we get infected?
The incubation period for the virus is about 2-14 days.

What are symptoms we suffer from this?
Clinical manifestations can vary from mild symptoms of fever, simple cold, cough to pneumonia, shortness of breath, aches and pains.

Why do some people die of this disease?
Severe forms can be with respiratory failure to shock. Mortality rate is about 2.3 percentage and increases with age and other risk factors like Diabetes, heart disease etc.

Don't we have a cure for the same?
As of now, we don't have a cure, although worldwide research is going on using various drugs.

Is there a vaccine for the same?
As of today, there are no proven vaccines. However, there are few trials in various parts of the world currently to look out for possibility of a vaccine.

If there are no proven medicines or vaccines, how do we prevent the spread of pandemic?
Corona virus infection has caused pandemic presently and is causing harm to whole globe in various ways. In order to prevent spread of corona virus infection, we as people have social responsibility which needs to be followed. This is the time when we should show that we can lead and guide the society to stop the pandemic

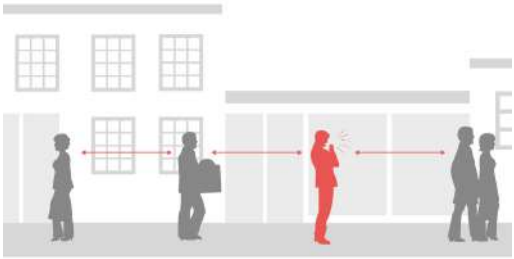
Dr. Suresh G
Prof & Unit Chief
K S Hegde Medical Academy
Alike alumni 1986-93

Avoid hand shaking.
Use age old habit of Namasthe.

Hand washing –particularly after touching surfaces in public using sanitised or soap for a minimum duration of 30 seconds

Respiratory hygiene – covering the face during coughing and sneezing or coughing on to our elbow

Avoid touching the face, particularly eyes, nose and mouth



Avoid crowds—practice physical distancing by avoiding unnecessary travel. A minimum of 2 metre distance to be maintained in public

Stay at home so as to avoid contacts

Medical Genetics as a clinical specialty

Human Genome Project has revolutionized our approaches to medicine. One of the major beneficiaries is Medical Genetics, which has emerged as a full-fledged medical specialty. Several other departments of medicine heavily rely on the genetic technologies including pediatrics, obstetrics and fetal medicine, neurology, hematology, endocrinology and oncology.

Here, I will briefly discuss how practice of healthcare is impacted by genomic technologies.

- Diagnosis: Gene sequencing and analysis technology form the mainstay of diagnosis of several rare disorders, called monogenic disorders. As of now, we are aware of nearly 5000 such conditions and they predominantly affect children, though we now know several disorders affecting adults. In addition, several conditions with intellectual disability and growth abnormalities are caused by changes in chromosome structure, number or a small segment of it. These are again diagnosed by analysis of chromosomes by karyotyping or sequencing.
- Prenatal diagnosis: As of today, several serious conditions in childhood are not treatable. The only option left for the prospective parents with a genetic risk is to test the fetus and continue only unaffected pregnancies. This is enabled by chorionic villus sampling or amniocentesis done on pregnant women. Most common conditions include Down syndrome, beta thalassemia, spinal muscular atrophy and Duchenne muscular dystrophy. Prenatal diagnosis is now possible for most of the monogenic disorders now.
- Genetic counseling: This involves communication of natural history, prognosis, options for treatment, risk of recurrence in subsequent pregnancies, options for prenatal diagnosis for the disease in question. This helps the families to cope up with the situation and take an informed choice.
- Cancers: A small proportion of common cancers are caused by genetic defects that run in families. Examples include familial breast and ovarian cancer and hereditary colorectal cancer. A definitive testing and prevention of morbidity are possible with the help of genetic testing. Several sporadic cancers like non-small cell carcinoma of lung, chronic myeloid leukemia have specific therapies based on genetic alterations that underlie these cancers.
- Precision medicine or personalized medicine: This is a rapidly emerging field where we expect each individual to have unique genetic variations that determine the response to a drug or its side effects. Hence a screen for these variations determines the choice of the drug or its dosage to achieve maximal benefits and limits adverse events.
- A word of caution: Private cord blood banking offered by commercial laboratories is currently not recommended for prospective parents as they are unlikely of any benefit for the individual. In the same note, stem cell transplants (except hematopoietic stem cells) are not currently recommended for stroke, accident, progressive neuromuscular diseases and is widely misused.

When to consult a clinical geneticist?: Children with developmental delay, malformations and neurological disorders constitute the most common indications to meet a clinical geneticist. The list includes thalassemia, muscular dystrophy, ataxia, deafness, birth defects, congenital anomalies of any organ, recurrent abortions, unusual disorders of skin, bone, connective tissue. The couple who had a previous child or a relative with a genetic disorder also need to consult a geneticist.

Dr. Girish Katta,
Prof & Head, Medical Genetics, KMC, Manipal. girish.katta@manipal.edu
Alike alumni 1990-92

www.kmcmedicalgenetics.in

CONTRIBUTIONS

Online Transfer with NEFT, RTGS to Trust Account.

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