



**FRIENDS OF BATTICALOA HOSPITALS (FOBH) UK**

Registered Charity Number: 1145591

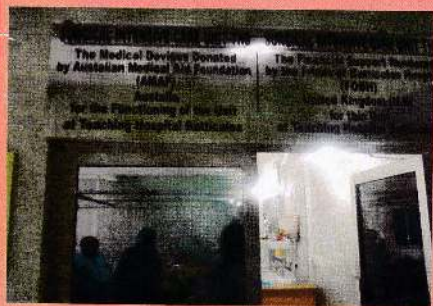
10th Anniversary Celebration

# *Dinner & Dance 2015*

**Venue:**

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## Chairman's Message



On behalf of the Trustees of the Friends of Batticaloa Hospitals, I welcome you all to our 10th Anniversary Fund Raising Dinner and Dance.

Friends of Batticaloa Hospitals (UK), was formed in 2005 with the noble intention of bringing about improvement to the Health of our people in the Batticaloa and Amparai district. I was the Founder President of FOBH and the current Chairman of FOBH. I am proud to announce that I am working with a highly dedicated team and we have successfully completed a number of projects. Most of our achievement over the past 10 yrs has been described in our treasurer's report. One Major project was the Funding of a Surgical Intensive Care Unit at the Teaching Hospital, Batticaloa with assistance from BUDS UK. The other achievement is that we have obtained the Charity status granted by the Charity commission of England and Wales.

I have the firm believe that we can make a change to the lives of our loved ones who are living back home. We are working closely with the director of the Teaching hospital and the Medical staff at the Teaching Hospital. We are looking for projects that directly improve the health of our people, particularly those that are not funded by the Department of health in Srilanka.

Many of you have made contributions that have enabled us to complete several useful projects, and I hope that you will continue to offer us financial assistance in the future. May I take this opportunity to thank you for supporting our Charity and attending this 10th Anniversary dinner Dance.

*Enjoy the Evening*

- Dr Krishnapillai Balasubramaniam

## Secretary's Message

It gives me great pleasure to offer this message for our 10<sup>th</sup> Anniversary Celebrations to be held on the 21/11/2015. We have achieved most of our targets during these years with spontaneous support of all the members of FOBH and other benefactors. The details of our achievements are described in the Treasurer's message. I would like to mention some of our recent achievements:



- We are proud to announce that the POST SURGERY INFECTION which was a major concern at the Batticaloa Teaching Hospital has now been virtually reduced to NIL because of the SICU. The people of Batticaloa are very thankful to FOBH.
- Supplied 50 tablemates (bedside tables) to the Batticaloa Teaching Hospital cancer wards
- Supplied two Holster 24 hours ECG monitors to the cardiology unit through CARDIANS.

Apart from these there are so many other requirements for Batticaloa Hospitals where we in the United Kingdom could help. We are making sincere appeal to the Expatriate Community from Sri Lanka in the United Kingdom to Join the FOBH UK and get involved in helping the Batticaloa Hospitals. You have an opportunity to help the deserving people in Batticaloa through FOBH UK as we step in to the 11<sup>th</sup> successful year.

"We are a young organisation, but we have big goals, bigger hearts, and lots of things to do for our own Batticaloa community through the hospitals".

- Mrs Ramya Jesmi Dineshkaren

## Treasurer's Message

It gives me great pleasure in writing this brief report for our Souvenir. Over the past 10 years we have successfully completed a number of projects, these include the following:-



- 1) Purchasing Books for Medical students in 2005.
- 2) Providing Desk top computers to the Batticaloa Medical Association.
- 3) Paying for transport for Cancer Patients to visit Colombo.
- 4) Providing envelopes for dispensing medications by the pharmacy.
- 5) Provided 50 table mates (bed side tables) for cancer ward at GH Batticaloa.
- 6) Funding an emergency direct phone line for cardiology unit.
- 7) Providing reconditioned medical equipment's to the hospital.
- 8) Funding the construction of a 4 bedded Surgical Intensive care unit at the teaching hospital Batticaloa, with assistance from BUDS UK.
- 9) Funding Holster ECG Systems for the Cardiology unit

I am pleased to say that the SICU was a Major project that we undertook.

The Dinner Dance is the main fund raising event that we hold and this event has been generously supported by you, the member of the public. Please continue to offer your support as it will make a change to the health of the people of Batticaloa and Amparai district.

May I take this opportunity to thank the Trustees, well-wishers, donors, and the advertisers for their continuing support?

Enjoy the Evening

- Mrs Sakuntala Balasubramaniam



## Message from Cardiologist

Once again we convey our gratitude to FOBH and its members and contributors for the continuing support. Our cardiology unit is slowly but steadily improving in a view of cardiac care and services.



Cardiac disease is one of the major killer in all over the world. It is no secrete that population of south Asia is the most vulnerable part in the whole world. Incidence of coronary artery disease is accelerating in our part too. As the most people is now exposed to outer world, life style is changing faster than ever. One of the major adverse outcome is increase of incidence of coronary artery disease. Unfortunately is it now the disease of poor too, while the treatment modalities are very expensive. So it is necessary to get help from all sectors as state resources is not adequate to cater all in acceptable way. In that way FOBH's part is commendable in Eastern province.

To face this crisis our unit too formulated the strategies. We are running diagnostic, therapeutic and preventive measures to handle this problems. We are the first unit in the country to run a structured primary prevention program for cardiovascular disease. This data will help us to formulate policies and plans in the future.

Very soon we will be having the fully equipped cardiology unit. Building process will be starting this year.

Our special thanks to FOBH for the prompt action for providing holter ECG system. This help came in the time of crisis. We were able to cut short the waiting list for a considerable period.

We have no doubt we could deliver reasonable care to our people with the help of generous people like FOBH. It give us great strength and relieve. I use this opportunity to thank and wish FOBH for the 10<sup>th</sup> anniversary to continue the service to home across the oceans.

- Dr. K. Arulnithy

# EVENING PROGRAMME

21<sup>st</sup> November 2015 - 18.30 Hrs to 23.30 Hrs

*Compere: Mr Logan Rasaiah*

🍏 *Lighting of the Traditional lamp*

🍏 *Welcome Speech by the Chairman*

🍏 *Melodies*

🍏 *Welcome Dance*

*by the students of Ms Jolita Arasan*

🍏 *Dance Recital & Maladies*

🍏 *Disco Dance - Commences*

🍏 *Raffle Draw*

🍏 *Vote of Thanks*

🍏 *Disco Dancing - Continues*

# Alcohol your Servant or Master?



From pre-historic times in different parts of the world, the human race has always managed to make alcoholic drinks. In spite of it being somewhat bitter and or sour in taste when compared to water or natural fruit juices; people learned to enjoy the mind altering effects of alcohol. It makes one imagine how many leaders might have been under the influence of alcohol or addicted to it when they took important decisions that shaped the history of human beings.

**Benefits of alcohol:** For some who feel anxious in social situations like parties or when it comes to delivering a speech in public, alcohol in moderation is an anti-anxiety agent. It helps them to relax enough to execute that function. In history the dis-inhibitory, mind numbing effects of alcohol might have helped soldiers in dangerous or even fatal combat scenarios. British colonists rather crudely coined the term "Dutch courage" in recognition of this effect. In the pre-anaesthetic era, surgery often happened using the physically sedative effects of alcohol. However for our contemporary society this beneficial effect is not needed. The antioxidants and flavonoids in certain types of alcohol (e.g. red wine) are documented to hold beneficial effects on our cardiovascular system. However It is important to remember that these antioxidants and flavonoids are still abundantly available in fruits, tea, fruit juices and vegetables.

**Harmful effects of alcohol:** As regards Physical damage, it is not an exaggeration to say it is a toxin to human cells. Liver and brain (Neuronal) cells are some of the most effected, alcohol kills these cells. The Liver has the capacity to regenerate (multiply/compensate) initially but continued consumption of alcohol can result in liver failure and vomiting of blood. Brain cells do not have this capacity of regeneration and they are mostly lost forever. Fortunately we have billions of brain cells and a drink or two takes away about a few hundred brain cells at a time and it does not produce any obvious loss in mental faculties (eg.



memory) immediately, except after an episode of heavy drinking many would have experienced the next day morning that they cannot remember many events that happened when they were intoxicated, even though they carried out normal functions while being drunk. When alcohol is drunk to neutralise this toxin, the liver produces more enzymes. So one might feel that they can drink more now before getting drunk and might feel fitter than their mates, but the fact is, alcohol is slowly taking over the controls. With chronic consumption of alcohol some develop paranoia and suspect that their partners are unfaithful to them in spite evidence to the contrary (pathological jealousy). When one excessively binges on alcohol it can cause episodes of depression. Suicides and suicidal attempts are more amongst regular and binge drinkers.

However chronic alcohol abusers gradually succumb to the addictive effects of alcohol. When one starts drinking on waking up and or during the day to steady their nerves, they have got on to a slippery slope. To save themselves and their family life they need to urgently seek medical and psychological help. Exercising one's self-control, willpower and if possible avoiding environments that tempt drinking behaviour are the preliminary strategies to be employed. If they continue with the alcohol abuse the alcohol addiction gets entrenched. Without alcohol (withdrawal symptoms) they have difficulties in functioning, they may start feeling anxious, their hands can tremor, they may have panic attacks or even bouts of epilepsy; only to be relieved by drinking alcohol or taking prescribed medication.

At this stage of addiction or even at an earlier psychological stage of craving alcohol, they might become suspicious of people around them (paranoia), they may absent themselves from work or education. Socially or at work they may start doing inappropriate things. Financial misappropriations can occur as alcohol takes priority over a person's duties or goals. Some resorting to shop lifting alcohol and prostituting to have money to buy alcohol is well recognised.

They risk divorce, losing their jobs, and friends. They start having short term memory and or long term memory difficulties (alcoholic dementia). CT Scan, MRI brain scan and post-mortem studies have shown shrinkage of brain matter in chronic alcohol abusers. Their death sadly becomes a relief to them and their families.

May I hasten to add, that treatment is available to come out of alcohol addiction. With appropriate medication (detoxification programmes) and Psycho-social Therapies (e.g. Alcoholic Anonymous and social manipulation to avoid triggers) they have a chance to move on from their predicaments. However above all, the alcohol abuser is the one who is in the driving seat, the therapist are the instructors.

**How much alcohol is dangerous?** : The U.K Department of health guidance is, that males drinking over 21 to 28 units of alcohol per week and females drinking over 14 to 21 units per week run a higher risk of getting addicted to alcohol. For smaller bodied people (e.g. most Asians and far east races), I would say it is prudent to go for the lower threshold of 21 units for males and 14 units per week for females. The U.K NICE (National Institute of Health and Clinical Excellence, <https://www.nice.org.uk/guidance/cg100>) guidance highlights the harmful effects of alcohol and strategies for management. **One might ask how much is a unit of alcohol?** 1 shot (25ml) of Spirit (e.g. Whisky), 1 glass of sherry (in Sherry glass) and half a pint of beer, has around 1 unit of alcohol. 1 small glass of red or white wine (125 ml) has 1.5 units of alcohol. Stronger beers will have slightly more units and sweeter wines will have slightly less units of alcohol.

The take home message is, when you permit alcohol through your front door, beware that it may be coming in as a servant. Nonetheless, it can easily become your master, chasing away your job, family and social standing. The aim here is to highlight the benefits and risks of alcohol consumption if one chooses to dabble in it.

- By Dr,Bala Canagasabey ( Consultant Psychiatrist)





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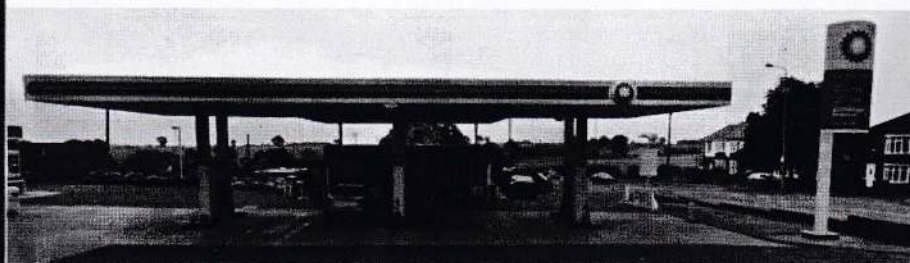
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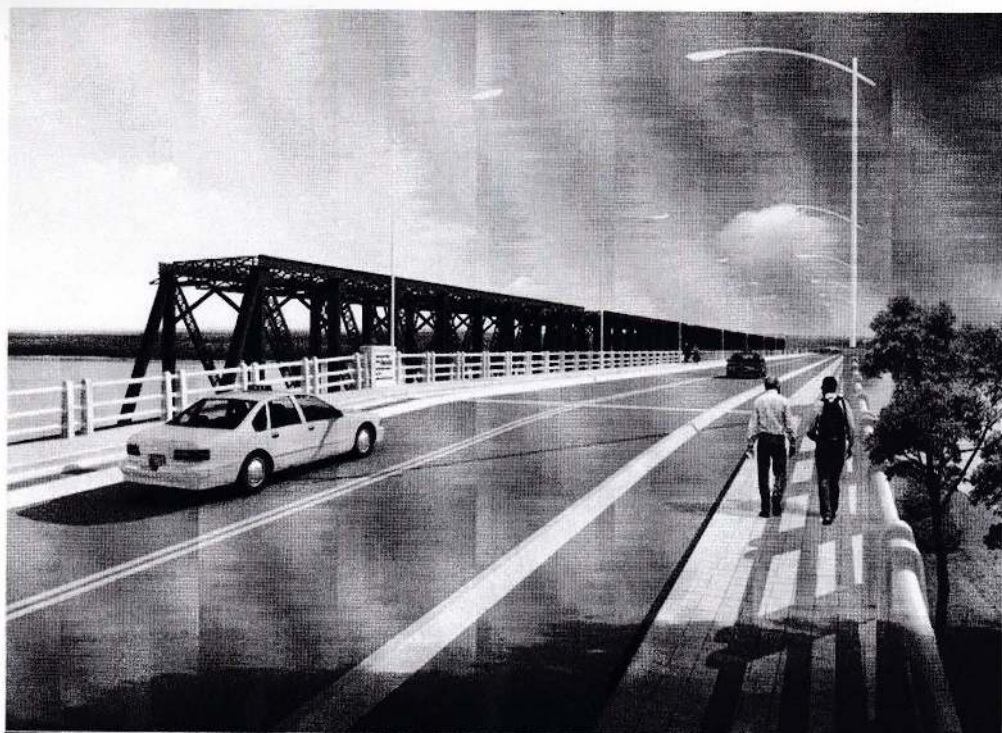
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