

ANESTHESIA TECHNIQUE MAY AFFECT SURVIVAL AFTER BREAST CANCER SURGERY: STUDY

By *Kathleen Doheny - HealthDay Reporter, Oct. 15, 2013.*

Adding nerve block seemed to reduce recurrence rate

TUESDAY, Oct. 15, 2013 (HealthDay News) -- The anesthesia technique used during breast cancer surgery may affect cancer recurrence and survival, Danish researchers report. In a small study that followed 77 breast cancer patients, researchers found the combination of a general anesthetic plus injections of a nerve block resulted in increased survival and fewer recurrences, said Dr. Palle Steen Carlsson, a researcher at the Aarhus University Hospital in Denmark. A six-year follow-up found that 13 percent of patients who got the combination had their cancer recur versus 37 percent of those who got anesthesia alone. And 10 percent of those in the combination group died compared to 32 percent of those given anesthesia alone. The idea that the anesthesia technique used during breast cancer surgery affects results is evolving, anesthesiologists say, and needs more study. Carlsson found a link between the two, but her study didn't show a direct cause-and-effect relationship. She is scheduled to report her findings Oct. 15 at the American Society of Anesthesiologists' annual meeting in San Francisco. Carlsson acknowledged the study's limitations. "The weakness of our study is the size," she said. During cancer surgery, tumor cells released into the blood can implant in lymph nodes and other organs, she said. The immune system kicks in to fight these cells, but surgery and anesthesia can impair the immune system. Carlsson can't say for sure why women who got the nerve block plus anesthesia tended to fare better. One theory is that better pain relief during and after surgery reduces the stress response to the procedure, she said. Or perhaps the need for fewer narcotic painkillers after surgery reduces the risk of cancer spreading. In the study, Carlsson randomly assigned the 77 patients to general anesthesia plus injections of saline or general anesthesia plus injections of local anesthetic (this is called a paravertebral block) about an inch

from the middle of the spine. Besides differences in recurrence and survival, medical records six years later showed fewer opioids for pain relief were needed by the women who got the combination approach. In an earlier study, researchers found that the combination of general anesthesia and regional anesthesia reduced recurrences and the spread of breast cancer four-fold, but that study looked back at medical records. Carlsson said her study is believed to be the first to follow patients forward. The concept has been a hot topic for several years among anesthesiologists, said Dr. Michael Lew, professor and chairman of anesthesiology at the City of Hope Comprehensive Cancer Center in Duarte, Calif. Lew was not involved in the study. "[This study] is exciting and a step in the right direction," he said. "However, [Carlsson] is correct in saying there needs to be more numbers." More information is expected soon, Lew said, citing a clinical trial under way at the Cleveland Clinic and elsewhere. It will compare different anesthesia approaches used in more than 1,100 breast cancer patients over five years and evaluate differences in outcomes. Until more findings are in, Lew suggested that women facing breast cancer surgery tell their surgeon they want a general anesthetic with as few opioids as possible. "The opioids inhibit natural killer cells [that attack roaming cancer cells]," he said. Lew said he sometimes gives a general anesthetic plus intravenous anti-inflammatory medicine to combat pain. Studies presented at meetings typically are considered preliminary until published in a peer-reviewed medical journal.

EDITORIAL

The Role of Play in Child Development

From the age of 18 months to three years, engaging your child in playful activities will help nurture his social, creative, linguistic communication skills and eventually, prepare him for school. When a child engages himself in hands-on playful activities at home, it helps to refine his listening and reasoning skills.

Beats Obesity: Today, obesity is one of the most common problems among children. They are so glued to the television, or engaged in computer games that they hardly venture out. Also, kids are very addicted to eating junk food. Hence, it becomes really important that they invest some time playing outdoors every day. By engaging your child in outdoor games and playful exercises, he

remains active and fit, thus curbing chances of childhood obesity.

Better Brains: Introducing your child to mobile, video, or computer games at an early stage will not help in developing his physical and motor skills; instead running, or jumping would give you those results. For the brain to develop, he must be involved in outdoor and physical activities; only then will he learn about bonding, negotiating, sharing, and contributing in a group. This will not only promote moral values in your child, but will also help him to develop physically and psychologically.

Good Sensory and Motor Skills: Indulging in outdoor games helps develop and coordinate the sensory and motor skills of a child. Your child can indulge in many multisensory activities that teach a child to understand and learn through touch, sight, and sound.

Language Skills Improve: Singing along with your child, or engaging in activities involving rhyming words enhances his linguistic and vocabulary development. Experts opine that it is necessary to nurture verbal language skills in the early years of childhood rather than teaching word recognition and phonetics.

Brings a Balance: An old English proverb goes like this -- All work and no play makes Jack a dull boy. Hence, parents should find time to balance playful activities in their child's life. Recall how you felt when you enjoyed climbing monkey bars, playing hopscotch, flying kites, building blocks, skipping, playing dressing up games or basketball, painting, or hide and seek. Playing should be all about having fun; introduce and incorporate these games in your child's schedule.

Math Genius: Play also helps to hone their numerical and mathematical skills. Children are able to grasp the concepts of math easily if started at an early stage. As a parent, it is your responsibility to develop this skill by engaging them in activities, such as counting the number of objects in a stack, teaching them relationships -- like short and long, big and small, more and less, etc.

Overall Development: One thing worth mentioning here is, parents must learn to respect the interests of their children and let them take the lead while playing.

Article taken from:

<http://www.buzzle.com/articles/importance-of-play-in-early-childhood.html>

SPECIAL CONGRESS ATTENDANCE LEAVE

All department members attending the SASA Congress are requested to apply for special congress leave.

IALCH staff contact - **Dr M Soni**
All Registrars contact - **Hannah**
All other staff contact – **Unit Heads**

Operation Smile

Probable dates of mission sites for the first six months are:

Dates	Mission
05 -15 March	DRC, Lubumbashi
02 - 09 May	Rwanda, Kigali
12 - 21 June	Mozambique, Maputo

Specialists should apply to go on any mission that best suits their timetable of travel. Once you've decide on the dates of your choice, send applications to Erin Fairly@operationsmile.org Registration preferably grade III or later are invited to apply to Mrs Pillay. Unfortunately, registration can only be chosen if there is a suitable mentor also signed up from that mission. This means dates cannot be finalised early. **Contact:** Arun Pillay 031 2402450 or Dr Osborn osborn@ukzn.ac.za

UKZN REGISTRAR INDUCTION

Please note, Registrars who started in July 2013 and January 2014 are invited to a Registrar Induction program. UKZN hosts its induction program once a year, Unit Heads are requested to please accommodate registrars who started in July last year.

Date: Monday 3rd Feb 2014
Time: 08h30 – 11h00
Venue: Board Room, 1st Floor, Medical School
Enquiries: (031) 2604416 - Postgrad

UKZN NOTICE - COLLEGE FACEBOOK PAGE

The College PR Office has recently created a College Facebook account. They would like to use Facebook as another channel of effective communication between and amongst staff and students in the College. For now, they would like to encourage you to 'like' their page. Please feel free to send them your notices and adverts which they will gladly add onto the page. They would also like to encourage you to spread the message so that we move towards building an extremely active FB page.

Enquiries: MaryAnn Francis / <https://www.facebook.com/ukznHealthSciences>

SOUTH AFRICAN SURGICAL OUTCOMES STUDY

Information on the South African Surgical Outcomes Study (SASOS) can be found at www.sasos.co.za, or contact Prof Bruce Biccard biccardb@ukzn.ac.za

COLLEGE RESEARCH SYMPOSIUM 2014

Date: 11-12 September 2014
Venue: K1, K2 and Susser and Stein Seminar Room, NRMSM.

Call for abstracts to be announced.

UKZN SHORT COURSES

The following extended learning modules are taking place in February. These courses are available to permanent academic staff.

● Designing and Evaluating Curricula in Higher Education

Date: 4-7 February 2014
Venue: Howard Campus

● Supervising Research in Higher Education

Date: 18-20 February 2014
Venue: Howard Campus

Enquiries: 031 260 1234/

ukznextendedlearning.co.za

Like us on our facebook page:

www.facebook.com/pages/UKZN-Extended-Learning/203906836463118

PART I MOCK EXAM

Date: 22 February 2014
Time: Paper 1: 9:00-12:00
Paper 2: 13:00-16:00

Venue: To be announced
Registrars interested to please contact Dr J Reddy - justinisha@hotmail.com

DA SYMPOSIUM

Date: Saturday, 1 March 2014.
Time: 08h00 -13h00
Venue: IALCH Anaesthetic Seminar Rm
RSVP: Ayanda - mthethwaa@ukzn.ac.za before 28 february 2014

RENEWAL OF POSTGRADUATE REGISTRATION - 2014

Please note that registrar Annual registration for 2014 is now done online. Follow link:

<http://scm.ukzn.ac.za/Homepage.aspx> select "Postgraduate Information" on the left hand side and then "Registration 2014" Registration fee R3250. Postgrad staff will be available on the following dates for students who require assistance to register on-line:

DURBAN – NRMSM, CAMPUS

Date: 3 - 7 Feb 2014
Time: 09:00 – 15:00
Venue: Undergraduate Student LAN



The 2014 Annual SASA Congress is scheduled as follows:

Date: 14-19 March 2014
Venue: Sun City, Pretoria
For more information visit the website: www.sasaweb.com Please contact Camy if you are attending. To all those who have contacted Camy, thank you.

UNIVERSITY COMPUTERS

All doctors using University computers, please note if your computer is running on Windows XP, your operating system urgently requires to be upgraded to Windows 7. If this is not done, your computer will no longer receive security updates and software patches to their operating system. As a result, your computer might become more vulnerable to security risks and viruses. To check the version of Windows you are running click on **start, run,** and type "**winver**". In order to upgrade your Operating System, you need to contact Naren at bhimsan@ukzn.ac.za by **14 February 2014.**

Please ensure that your data has been backed. Please note that ICS will not support Windows XP beyond 28 February 2014.

HISTORY OF ANAESTHESIA AND ETHICS SYMPOSIUM

Date: 21 March 2014
Venue: Groote Schuur Hospital CMSA Building, Cape Town
Contact: Eastern Sun Events
Tel: 0413745654
Email: sasa@easternsun.co.za
Website: www.historyofanaesthesia.co.za

CRITICAL CARE CONGRESS – INSPIRING ICU 2014

Date: 27-30 November 2014
Venue: Baxter Theatre Centre, Cape Town.
Tel: 021 712 0571
Email: critcare2014@eventsmanagementsolutions.co.za

UPCOMING EVENTS

STAFFING COMMITTEE

Date: 04 February 2014
Time: 15h00
Venue: IALCH (Seminar room)

CONSULTANT MEETING

Date: 04 February 2014
Time: 16h30
Venue: IALCH (Seminar room)

COMBINED ACADEMIC

Date: 18 February 2014
Time: 16h30
Venue: L5 Lecture Theatre, MS

● RESEARCH MEETING

16h30 Registrar: A Mpofu
16h45 Registrar: V Govender

● CLINICAL FORUM

17h00 Topic: PMMH
Consultant: K Govender
17h20 Topic: ICU
Consultant: S Kransingh

● JOURNAL CLUB

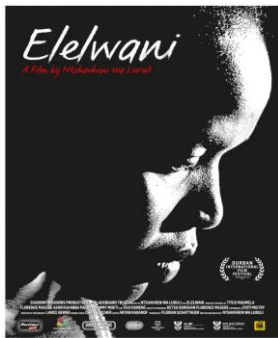
Consultant: B Daya
Topic: Paediatrics
17h40 Registrar: Reg 1
17h55 Registrar: Reg 2

● REGISTRAR MEETING

WHAT TO WATCH



ELELWANI



Directed by: Ntshaveni Wa Luruli
Produced by: Florence Masebe, Mutodi Neshehe, Vusi Kunene
Starring: Florence Masebe, Mutodi Neshehe, Vusi Kunene
Running Time: 1hr 43min
Genre: Drama
Release Date: 31 January 2014
'It all begins with a car journey. For urbanites Elelwani and Vele, it feels like they're setting out on the summer holiday of their lives. Having long ago left her rural village for the big city, Elelwani has just completed her studies. She's been offered a dream job in Chicago, and she's engaged to Vele, the love of her life. They drive through the ever greener countryside into Elelwani's village, where they intend to tell her parents of their plans to marry and spend their future together. They are greeted with a dramatic dance in honour of her being the first woman from the village to have gained a degree, or at least that's what Elelwani thinks. But she's wrong. She's blindsided when her parents reveal shortly afterwards that her hand has been promised to the tribal king, the dance being the prelude to the celebrations for the planned wedding. Torn between a glowing future and familial duty, she initially rebels, but finally consents. What happens next is a cinematic initiation into the culture of the Venda and is the first film to be made in this language. 'Elelwani' is an ethnographic thriller infused with the Venda culture's oral storytelling tradition. Shot against the glorious green backdrop of the Thohoyandou area of Limpopo, incredibly beautiful images and a disturbing plot combine to create a film inflected with magical realism. With this film, Ntshaveni Wa Luruli, himself a Venda, offers insights into an exotic culture without exoticizing it, all a result of his consistent refusal to explain its secrets. He deals maturely with conceptions of gender applying sensitivity and balance, and the tale comes to a complex and grounded resolution'.

CODEWORD

G	R	V
N	E	A
G	I	A

How many words of four letters or more can you make from the letters shown here? In making a word, each letter may be used once only. Each word must contain the center letter, and there must be at least one nine-letter word in the list. No foreign words; no words with initial capital, no hyphenated words.

Target:

Good-21, Very Good 32; Excellent 43 (or more)
 (answers on next page)

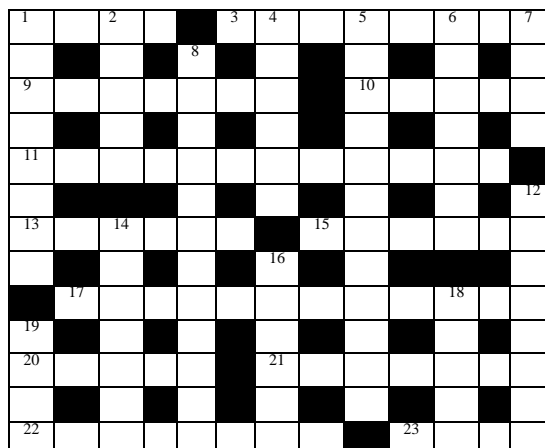
CROSSWORD

Across

- 1 & 23Ac. Startled description of one who's wide-awake (4-4)
3. See 18 Down
9. Could a bedfellow be called a sleeping one? (7)
10. Famous description of a score (5)
11. Darling Bill will make bloomer (5-7)
13. Insignificant person making the solving of the murder very difficult! (6)
15. Greek capital comes to a different conclusion, as far as the goddess is concerned (6)
- 17 They detect the regularity of beatings (12)
20. Watchful technique about the French (5)
21. Token of sovereignty Produce respect (7)
22. This vessel can't rise awkwardly (8)
23. See 1 Across

Down

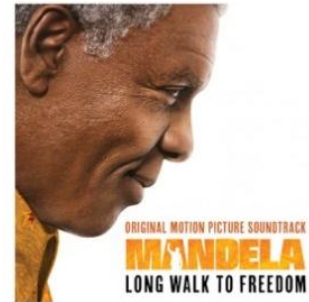
1. Not in favour of being a model after work (8)
2. Weird eastern lake (5)
4. 1 wagers the creeper looks different (6)
5. There's no return on this Voucher (6,6)
6. Not in a violent temper, But it's a disgrace (7)
7. Thus the advertisement is put up for chemical substance (4)
8. A stunted site will spoil the country (6,6)
12. Negotiate a rise for a second time and end cares, maybe (8)
14. One bird pecked another bird (7)
16. You'll find us surrounded by some reconstituted confection (6)
- 18 & 3Ac. Legal proceedings for the small-minded? (5,8)
19. It's included among oriental cosmetics (4)



Entertainment

Reviews:

Album Review:



Long walk to freedom SoundTrack

This might be the accompanying release to the sublime original film score by British film composer Alex Heffes. Nevertheless, this Mandela: Long Walk To Freedom movie soundtrack also manages to stunningly encapsulate the uplifting spirit derived from the award-winning biopic, starring British actor Idris Elba.

With suitably revolutionary tracks like Bob Marley and The Wailers' War and Gil Scott-Heron's The Revolution Will Not Be Televised alongside vintage jazz numbers (Art Blakey to South African jazz names The Manhattan Brothers, Elias Lerole, Todd Matshikiza and more) which perfectly fit the era, the 17 songs on this album have been carefully curated. The songs performed by the film's cast shine particularly bright, such as the plaintively beautiful Xhosa hymn Nkosi Sikelel' iAfrika, which was eventually incorporated by the late South African leader to become the nation's national anthem along with the previous anthem, Die Stem van Siud-Afrika. Thula Baba is achingly lovely, a gospel-styled

piece which is especially apt in the context of the film – the popular lullaby is about a mother comforting her child as they await the return of her husband who has gone away to work. The only underwhelming tune is probably U2's offering, written especially for the film. Ordinary Love's sentiment is appreciated – what, indeed, can we achieve if we can't even muster up ordinary love for our fellow man? – but Bono takes an age and a day to get to that point and sounds insufferably smug doing so.

LAUGHING GAS

I was in the restaurant yesterday when I suddenly realized I desperately needed to pass gas. The music was really, really loud, so I timed my gas with the beat of the music. After a couple of songs, I started to feel better. I finished my coffee, and noticed that everybody was staring at me... Then I suddenly remembered that I was listening to my iPod.

Don't steal, don't lie and don't cheat. The government hates competition.

CODEWORD

Agve ageing anger area arena aver
 AVERAGING earn eggar gage ganger
 garage gave gean gear gearing ginger give
 given grange grave graven nagger naïve
 nave near rage range ravage rave raven
 ravine regain reign rein rive riven vane
 vegan vein verging vine vinegar

CROSSWORD

Across: 1 Open; 3 Sessions; 9 Partner; 10 Noted; 11 Sweet-William; 13 Nobody; 15 Athene; 17 Stethoscopes; 20 Alert; 21 Sceptre; 22 Canister; 23 Eyed.
Down: 1 Opposing; 2 Eerie; 4 Earwig; 5 Single ticket; 6 Outrage; 7 Soda; 8 United States; 12 Reascend; 14 Bittern; 16 Mousse; 18 Petty; 19 Talc.

COLLEGES OF MEDICINE EXAM DATES

FCA(SA)Part II: 11- 13 March
DA(SA) written: 24&25 March
DA(SA) Oral: 1&2 April 2014
FCA(SA) Part II Oral : 5 - 8 May
Email: bhavikadaya@gmail.com

ANAESTHETICS CLINICAL COURSE APRIL 2014

The department will be holding a Clinical course in April 2014 as follows:

Dates: 9 -11 April 2014
Enquiries: Dr B Daya

CMSA EXAMINERS WORKSHOP

Date: 10 February 2014
Venue: IALCH Staff Development Room on level 3
Tel: 011 726 7037/8/9
Email: alv@cmsa-jhb.co.za
Time: 08:00 – 16:30

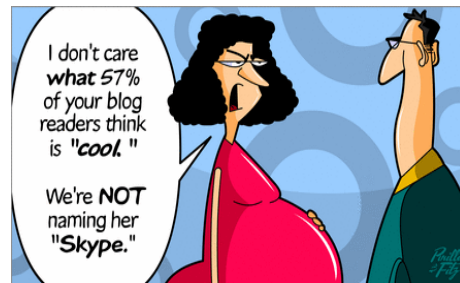
Morning Session: Setting and Assessment of OSCEs
Afternoon Session: Assessment of Portfolios

DAMN EDITOR

The department is still looking for a new editor for DAMN. Please contact Camy if you are interested.

NEXT SUPER DAMN Friday, 28 February 2014

Contributions to:
 Ayanda Mthethwa:
Mthethwaa@ukzn.ac.za
 Nelly Musirinofa:
Musirinofa@ukzn.ac.za
 Natasha Nzama:
Nzamah@ukzn.ac.za

**7:15 FRIDAY MORNING MEETINGS – L5 LECTURE THEATRE, MEDICAL SCHOOL**

DATE	TOPIC	SPEAKER	MODERATOR
31 Jan	Intraoperative Awareness During Anaesthesia	N Gokal	L Padayachee
07 Feb	Anaesthesia and Right Ventricular Failure	C Chellan	B Daya
14 Feb	Necrotising Enterocolitis	L Solomon	A Torborg
21 Feb	Out of Theatre Anaesthesia- The Radiation Oncology Suite	T Pillay	J Taylor

MON 03 Feb	15h00	FCA Part II Cardiac <i>N Broukaert</i> CLINICALS <i>Broukaert/Cronje</i>	IALCH
TUE 04 Feb	07h15	OBSTETRIC ANAESTHESIA Management of a failed spinal? <i>H Asmal</i>	KEH
WED 05 Feb	07h00	M & M MEETING: KEH	KEH
	07h00	M & M MEETING: IALCH	IALCH
	07h00	M & M MEETING: PMMH	PMMH
	14:30	FCA Part I Membrane Function, Membrane Potential, Excitable tissue <i>M Mudely</i>	IALCH
THUR 06 Feb	07h15	M & M MEETING: RKK	RKK
	07h30	KEH ICU M & M MEETING	MS,S3
	16h30	DIPLOMA IN ANAESTHETICS Pediatrics <i>L Cronje</i>	K-Rith, K1
FRI 07 Feb	07h15	FRIDAY MORNING MEETING: Anaesthesia and Right Ventricular Failure <i>C Chellan</i>	MS, L5

2014 DIARY

SASA CONGRESS 2014
 Sun City, Pretoria
 14 – 19 March 2014
www.sasaweb.com

CLINICAL COURSE: DURBAN
 15 – 19 September 2014

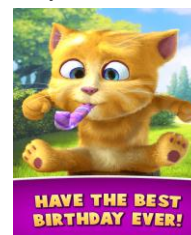
DEPT WEBSITE

<http://anaesthetics.ukzn.ac.za/Homepage.aspx>

BIRTHDAYS

Wednesday, 05 February 2014
 Jonathan Fabian

Friday, 07 February 2014
 Guy Henderson



Thought for the Day!

“Our greatest weakness lies in giving up”

Thomas A Edison