



# NEWSLETTER

October 1982

Our President,

**Dr. Jayasree Roy Chowdhury**

Dr. Jayasree Roy Chowdhury is a rare combination of brain and beauty. By consenting to become our President, she has added a feather to an already colourful cap.

She obtained many scholarships during her course of M.B.B.S., which she passed from the University of Calcutta in 1956. She joined the famed Chittaranjan National Cancer Research Centre in 1961 after taking higher training in Tissue Culture and Virology at the world renowned Sloan-Kettering Institute for Cancer Research, New York. She received her Ph. D. in 1964 and her work on "Ergastoplasm and Ribosome in human cancer cell biology" led her to obtain D.Sc. from University of Calcutta in 1968.

In her brilliant career she has been appointed examiner for postgraduate degrees at various Universities. She has more than 150 papers to her credit. She has presented papers, delivered lectures and conducted workshops at many national and International Conferences and symposia. Her own work and association with 20 different scientific societies has enabled her to lecture in places as wide apart as Gauhati to Goa and New Delhi to Madras. She has been a founder member of our Academy and of Academy of cancer chemotherapists. She was elected Vice-president of the same in 1979-80 and was entrusted with the editorship of Indian Journal of Cancer Chemotherapy. In the same year she was elected President of the Medical veterinary sciences, Indian Science congress Association. She has stressed time and again the importance of Oncology as a separate subspecialty even before its need was fully realised. All her contributions mainly deal with behaviour pattern of macromolecules in growth differentiation and dedifferentiation, and assumes special significance in the cellular expression of neoplasia.



She has been the recipient of Raja Ravi Sher Singh of Kalsia Memorial cancer Research Award in 1966 and 72, Dr. Ambo Pashpati Nath Wahi Cancer Research Award in 1977 and our Academy Oration in 1978.

Her organizing ability shines equally at home and work. Being a daughter of well known Gynaecologist Dr. Subodh Mitra and the wife of eminent Gynaecologist Dr. N. N. Roy Chowdhury these things came to her naturally, and many of us have a first hand experience of the well-managed Calcutta Conference in 1977.

We are indeed very fortunate in having a president of her calibre. She has worked hard for us and only a person of her energy, zeal and perseverance would take up the challenge of preparing a WHO's WHO of I.A.C. We are sure all of you will join us in wishing her many more successes and continued active participation in I. A. C.



# Editorial

Dear Friends,

This Newsletter is coming to you after a gap of almost two years by the encouragement of our President Dr. Jayasree Roy Chowdhury. In co operation with Dr. Usha Saraiya we have been entrusted with this very pleasant task of reviving the Newsletter. We boast of no past experiences in this field and sincerely hope you will bear with our shortcomings.

To make this Newsletter a success we need your active participation. We had appealed to all of you earlier to send us some articles. We have received only one so far and we are publishing the synopsis of the same in this issue. We request you to send us short articles not more than 250 words on any aspect of cytology e.g. an interesting case, a cytology quiz or 'spot diagnosis'. Also send us information about any laurels won by you e.g. Scholarships, Awards and Research grants etc. This will help us to know more about each other and thus bring us closer.

We would very much like your views on this Newsletter, be it appreciative or critical. We will be most willing to publish your views and this will help us to improve upon our subsequent issues. Our next issue will be coming in April 1983.

We all have a certain obligation to fulfill. Anything that progresses must expand and so must our Academy. We are now eleven years old and have a very small strength of members. We all know the old adage that quality must not be sacrificed for quantity but we are sure that there are many more people who are interested in cytology and directly or indirectly connected or benefited by it. They may have simply not become members because nobody has approached them or they are unaware of our academy. This is not just to make our academy roster look large and impressive but more people mean more and new ideas. The way to progress we all know is not through execution of new and concrete ideas. We are sure all of us want the academy to be a progressive and efficient organisation.

Dr. (Mrs.) Kumud Gangwal is taking great pains at organising Jaipur Conference. We hope you all will attend in large numbers to make it a success. We are looking forward to meeting many of you personally at Jaipur.

We would like to express our thanks to our friends in Pharmaceutical industry and Medical organisations as a result of which it was possible for us to bring out this issue and we hope that we will continue to get similar support in future also.

By the time this Newsletter reaches you it will be Diwali time so here is wishing you all a Happy Diwali and a prosperous New Year.

We will be meeting again through this Newsletter in April 1983.

So long folks,

Sincerely yours  
Maya Lulla  
Darshana Daftary.

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**Dr. PETER A. TROTT**

*Our Guest Lecturer*

Our distinguished guest lecturer at the forthcoming Jaipur conference is a consulting pathologist at the Royal Marsden Hospital in London. This famous post-graduate teaching hospital in Oncology was founded by Dr. William Marsden in 1851. Dr. Trott is a trained histopathologist but has specialised in cytopathology since 1964 and at present directs the department of Diagnostic cytology.

He visited Dr. Joseph Ealjek's department at the Karolinka cancer Institute in Stockholm with the help of a British Council Scholarship. Enthused by studying his methods and application of fine needle aspiration cytodiagnosis, he established this diagnostic aid at the Royal Marsden Hospital after his appointment to the staff in 1974. His success can be very aptly judged by the fact that his department now handles nearly 6000 aspirate specimens each year from all anatomical sites, including non-palpable organs.

He has served on the council of British Society for Clinical Cytology from 1978 to 1980. He has not only written several papers but has contributed chapters to books concerned with oncological diagnosis. He is at present writing a book on clinical application and morphological aspects of needle aspiration on cytodiagnosis, to be published by Chapman and Hall.

We are very thankful to him for accepting our invitation with such spontaneity and enthusiasm. Taking advantage of this response, we invited him to participate in the symposium on Pulmonary Cytology and were happy to receive the same response. The IAC wishes him a very pleasant and enjoyable stay in India.



**JAIPUR CALLING**

XIIIth Annual Conference of Indian Academy of cytologists will be held at S. M. S. Medical College, Jaipur on 27th and 28th November 1982. Conference will be preceded by a workshop on Urinary Cytology on 26th November 1982.

Highlights of the conference are Academy oration by Dr. J. N. Monga, Guest lecture by Dr. Peter Trott, Symposium on Pulmonary Cytology, Diagnostic slide seminar and Preferred papers.

The Conference can be made a success only by your active participation and co-operation in the organisation of its programme. We do hope you will make it possible to attend the conference and actively participate in its various programmes. Every effort will be made to make your stay comfortable and the scientific programme fruitful.

Dr. (Mrs.) Kumud Gangwal and her colleagues are looking forward to welcome you to Jaipur.



## The Treasurer's Report For 1982

Dear Colleagues,

I started my tenure as Treasurer of Indian Academy of Cytologists slightly late in the year i. e. April 1982. Since it took sometime to take over the 'Charged' affairs' from Dr. P. V. Mehta.

On the 14th April 1982 I sent my first circular to all the members and it was really on the 5th of May 1982 when our President Dr. Jayasree Roy Chowdhury met with the new executive council here in Bombay that we implemented some decisions taken in Trivendrum in December 1981.

We decided that all members who had not paid their fees till 1977 be removed from our list and a fresh list of active members be made. Accordingly circulars were sent to all members informing them of their dues. I also personally started an active membership drive.

In August we located one Mr. Dobhade as our Auditor for 1981 and he has been asked to complete all our accounts upto date. These will be presented as usual at our conference.

You all will be happy to hear that we have now formed a new section on 'Cervical Pathology and Colposcopy' and those who wish to join this section may please send Rupees Fifty to me stating their wish to become members of this additional section.

More when we meet in Jaipur,

**Mohini A. Garud**  
M.D., F.R.C.O.G., M.I.A.C.

Executive Council Members of The Academy For 1982.

### President

Dr. Jayasree Roy Chowdhury, Calcutta

### Secretary

Dr. Usha Saraiya, Bombay

### Treasurer

Dr. Mohini Garud, Bombay

### Members

Dr. A. R. Chitale Bombay

Dr. Shyamala Bhaskaran, Hyderabad

Dr. Subhash Gupta, Chandigarh

Dr. Krishna Bhargava, Bangalore

Dr. Kusum Verma, New Delhi

Dr. K. R. Harilal, Kottayam (Kerala)

Dr. P. N. Wahi, Ex-officio Member New Delhi

### Chairperson - Accreditation and Examination Committee

Dr. Usha K. Luthra, New Delhi

### Editor - Journal of Cytology

Dr. J. N. Monga, Gwalior

## Advertisements for NEWSLETTER



In order to maintain and further improve the quality of NEWSLETTER - technical and otherwise, funds are needed. Members are requested to help procure advertisements for the publication. The appeal for the same along with the advertisement tariff is available with the Editor and will be sent promptly on demand the address is.

### CYTOLOGY CLINIC

Cama & Albles Hospital, Mahapalika Marg, Bombay-400 001.



## Secretary's Report

It is with pleasure that I present the report from the Secretary's office for the first half of 1982.

Early in the year Dr. Jayasree Roy Chowdhury took over as President. We had an extra-ordinary Executive Council Meeting and chalked out the plans for the year.

### Formation of section on Cervical Pathology & Colposcopy.

Although the decision to form this section which can be affiliated to the International Federation was taken at Trivandrum, it was formally formed on 5/5/82 with 12 members. Subsequently others have joined and I do hope all those working in this field will join.

The International Federation of Cervical Pathology and Colposcopy was formed in 1972 and has had 4 successful International Conferences so far. The proceedings of these are worth reading. They have announced the 5th International Conference scheduled to be held in Tokyo from April 11-14, 1984 with Dt. Kurihara as Congress President.

The current president of I.F.C.P.C is Prof. Carlos Salvatore of Sao Paolo Brazil and the Secretary is Prof. H. Stegner of Hamburg Germany.

**Fellowships** : Miss Suraiya Khan was awarded IAC Cytotechnologist fellowship and has successfully completed one months training. I do hope many more will avail of this opportunity.

**Memberships** : The list is being revised. Please let us know of your change in address. Many circulars are coming back undelivered. Dr. Jayasree Roy Chowdhury is preparing a directory of all Members and you must send her the information soon. The following new Members have joined in 1982. Once again I appeal to each and everyone to introduce new Members,

1. Dr. Shrivankumar Gour,  
Pathologist, Byculla, Bombay-27.
2. Dr. M. J. Chikkanarjkan Halli,  
Prof of Pathology, Bellary-2.

3. Dr. Ajay A. Lanjewar,  
Nagpur,
4. Dr. Munamaji N. Kotwal,  
Nagpur-9.
5. M. M. Munshi,  
Nagpur-10.
6. Venkata Vajjalu Madduri,  
Godavarikhani-9.
7. Dr. Mrs. M. Panthaki,  
Bombay-20.
8. Dr. P. M. Sakrikar,  
Bombay-57.
9. Dr. (Mrs) Sulochana A. Waghmare,  
Chembur, Bombay-74.
10. Dr. Mohanlal Sharma,  
Jaipur-6. (Raj.)
11. Dr. Jaya Gogari,  
Thana Bombay-400 602.
12. Arunansu Das Gupta,  
Department of Cell Biology, Calcutta-26.

**Newsletter** : I am sure all the Members are happy with the decision of Executive Committee to revive the newsletter. The current Editors are enthusiastic and I look forward to many interesting issues.

**Forthcoming Events** : We are all enthusiastic about the Jaipur Conference and the Executive Council and General Body Meetings which will be held then. I hope many of you will meet us there.

Academy is very fortunate to have Dr. Peter Trott as a Guest this year. He will be visiting Bombay, Jaipur and Delhi. We wish him a pleasant stay.

### Teaching Course In Gynaecological Cytology

Cytology Clinic of Cama and Albles Hospitals, Bombay will be conducting its Xth Annual teaching course in Gynaecological Cytology in March 1983. Exact dates will be finalised later. Course will be held for 2 weeks. All those interested in attending may apply to :

Organising Secretary (Cytology Course)  
**Cytology Clinic**  
Cama & Albles Hospitals,  
Mahapalika Marg, Bombay-400 001.



# Aspiration Biopsy Cytology (A.B.C.)

by Dr. (Mrs.) J. Camotin (Kamat)

Aspiration Biopsy Cytology (A.B.C.) by fine needle is now extensively used in various centres of different countries.

While exfoliative cytology may also be used for screening of all clinically undetected tumours, A.B.C. is useful only in cases of lumps detected by palpation or other investigations like X-ray, mamography, etc. Though this technique has proved to be easy and accurate, many physicians are reluctant to accept its value.

We have recently introduced A.B.C. and Imprint smears in Dept. of Pathology at Panaji (Goa) and are happy to state that we have received good response and co-operation from clinical departments.

**METHOD :** It is a very simple method and needs little specialised equipment. A special type of syringe (Franzen's Syringe) or one holder for disposable plastic syringe and needles of 22g is the chief equipment. Disposable needles are preferred for causing minimal trauma and smooth operation. The aspirated material is spread on 2 slides, one of which is fixed in 95% Methanol and stained by Papanicolaou stain. The other one is air-dried and stained by May-Grunwald Geimsa stain.

**ADVANTAGES OF A. B. C. :** This is a quick inexpensive and easy method of study wherein an early and accurate diagnosis is possible. Trauma is minimal. Cysts can be drained immediately and fear of carcinoma alleviated on the spot. It can replace histology in many areas

**COMPLICATIONS :** A local hematoma without serious consequences at the site of puncture may occur. The danger of dissemination of malignant cells following puncture has been proved to be baseless.

**MATERIAL :** During the year 1980-81, a total number of 261 A. B. C. tests were carried out in cytology section of the Goa Medical College, and Follow up histology was available in 213 cases.

**RESULTS :** Of the 124 Breast aspirations, 140 underwent operative procedures. All cases of Galactocoele (2), Mastitis (8), Fibroadenoma (20), Cystosarcoma Phyllodes (2) and Gynaecomastia (3) were correctly diagnosed. Mammary Dysplasia (22) and Carcinoma (44) also gave a very high rate of accuracy (95%). There were 3 false negative and 2 false positive cases. One of the latter had a borderline lesion.

On 65 Lymph Nodes A. B. C. was carried out and 53 of them were biopsied subsequently. The results were highly accurate for metastatic lesions. (Epidermoid Carcinoma-7, Adenocarcinoma-2 and Papillary Thyroid Carcinoma-1) All 3 Lymphoma that were biopsied, confirmed the cytologic diagnosis. One case of Chronic Lymphadenitis (4) turned out to be Tubercular and one case of Tubercular Lymphadenitis (36) was proved to be chronic Lymphadenitis.

A total of 50 Thyroid Aspirations were carried out and 48 of these underwent follow up surgery. As with others the accuracy rate was very high. The lesions included Colloid Goitre (34), Thyrotoxic Goitre (2), Adenoma (4) and Carcinoma (6). One case of Colloid Goitre was false positive on cytology, whereas one reported as Adenoma turned out to be Adenomatous Goitre.

Aspiration was carried out on 8 Salivary Gland enlargements. 4 of these were subjected to histopathological examination. Cytological diagnosis of Mixed Salivary Tumour (3) was confirmed in 2. One of the 2 Adenoid Cystic Tumours was operated upon and diagnosis confirmed.

Four skin lesions were subjected to A. B. C. 3 were duly confirmed to be Calcified Nodule (1), Haemangioma (1) and Epidermal Cyst (1). One hematoma was biopsied three times before few malignant cells were detected. It was later found that the patient had been operated 5 years ago for Carcinoma of Breast.

For full text and further details please contact :

Dr. (Mrs.) J. Camotin (Kamat)  
House No. 115, Altinho,  
Panaji (Goa), India.





# INDIAN ACADEMY OF CYTOLOGISTS

XI ANNUAL CONFERENCE, 5, 6 DEC. 1981. TRIVANDRUM





## HIGHLIGHTS OF TRIVENDRUM CONFERENCE

For the benefit of those of you who could not make it to Trivendrum, the XIth Annual meeting of Indian Academy of cytologists was held at Trivendrum Medical College on 5th and 6th of December 1982. It was well organised by the organising Secretary Dr. K. R. Harilal and his colleagues and it was attended by large number of delegates.

This was the first time that a preconference workshop on Cervical and Endometrial cytology was held on 4th December and 25 candidates participated in it. It proved to be very popular hence it was decided to hold workshop on some aspect of cytology before the Conference every year.

The scientific programme consisted of Guest lecture by Professor E. Burghardt, Professor of Obstetrics & Gynaecology, University of Graz, Austria. He spoke on 'Early diagnosis of Cervical cancer'. He has wide experience on Colposcopy, Cytology and Histological diagnosis of cervical cancer. Academy Oration delivered by Dr. A. R. Chitale, well known surgical pathologist of Bombay, on 'Impact of Cytology on Oncology' Panel Discussion on 'Extended Role of Cytodiagnosis' Diagnostic slide seminar by Dr. Sreedevi Amma and Proferred papers.

The social activity was highlighted by the banquet arranged in the Medical College compound. The lawns were beautifully illuminated, there was soft music going on in the background. There was traditional Kathakali dance followed by display of fireworks and medical college students sang Christmas carols. The atmosphere was so beautiful that it can be summarised by one remark made by Dr. Burghardt that day. He said 'I am used to celebrating my Christmas in winter with snow around, this is the first time I am celebrating Christmas without snow'. (We are sure if it was within his means Dr. Harilal would have managed that also.)

They had organised conducted tours for the delegates to Kovalam beach and Kanyakumari. Kovalam beach is beautiful with crystal clear waters and drive to Kanyakumari is full of greenery with swaying palm trees. At Kanyakumari, Vivekanand Rock Memorial is a beautiful monument by itself and breath taking scene is to observe the sunset and sunrise at Kanyakumari when you can see the colour of sea waters undergoing changes into various shades of blue.

As all good things must come to an end, Trivenderum conference also came to an end. We thank Dr. Harilal and his colleagues for the excellent hospitality and perfect arrangement and look forward to similar colourful times at Jaipur. (Editors).

### NALINI BAI THAKAR AWARD FOR 1981

The Nalini Bai Thakar prize for the best paper at the XIth Annual Conference of Cytologists, held at Trivendrum was awarded to Dr. Arati Bhatia, for her paper on 'Cytology as diagnostic aid in Arthritis'.

She presented the paper from Department of Pathology, University College of Medical Sciences and Central institute of Orthopaedics and Department of Pathology - Safdarjung Hospital, New Delhi.

(we are unable to publish her photograph as we could not obtain one.)



## U. I. C. C. STUDY GRANTS

*U. I. C. C. offers some cancer study grants. For additional information and application forms write to :*

U. I. C. C.

### International Union Against Cancer

3, Rue Du Conseil General, 1205 Geneva, SWITZERLAND.

### Indian Council of Medical Research

Applications are invited for the award of fellowships to Cytotechnicians (6) and Cytotechnologists (4) for training in the field of Cytology at any of the following Institutes :-

1. Postgraduate Institute of Medical Education and Research, Chandigarh.
2. Cytology Research Centre, Maulana Azad Medical College, New Delhi.
3. All India Institute of Medical Sciences, New Delhi.

Junior Research Fellowships awarded to Cytotechnologists carry a stipend of Rs. 600/- p.m. for a period of one year. The Cytotechnicians will be awarded Technician Training Fellowships @ Rs. 250/- p.m. for six months. Interested candidates shall have to produce an undertaking from their parent institution that it has necessary laboratory infrastructure and the candidate's expertise will be utilized appropriately after completion of his/her training. For additional information and terms write to the Director-General ICMR (Division of CAR-II), Ansari Nagar, New Delhi, 110029.

### FELLOWSHIPS FOR TRAINING OFFERED BY INDIAN ACADEMY OF CYTOLOGISTS

- (1) Cyto-technologist Fellowship Rs. 400/-
- (2) Cyto-technician Fellowship Rs. 300/-
- (3) Sohanlal Cytotechnician fellowship
- (4) Jwala Devi Cyto-technician fellowship  
for fellowships 1-4, candidates must select their own Centre for training and be accepted by the same.
- (5) Fellowship from Cancer Institute Madras
  - (a) Rs. 300/- per month for 9-12 months
  - (b) Candidates must be graduates with basic experience in microscopy.
  - (c) Must not draw deputation salary (not applied to those who are drawing their normal salary)
  - (d) Female candidates will get dormitory accommodation.
  - (e) Good working knowledge of English

For fellowships please apply to Hon. General Secretary, Indian Academy of Cytologists, C/o. Dr. Usha Saraiya, Cytology Clinic, Cama & Albles Hospital Mahapalika Marg, Bombay-400 001.