



Indian Academy of Cytologists

Anjali Joshi

NEWSLETTER

OCTOBER 1996

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PRESIDENT'S MESSAGE

Dear Friends,

It gives me a great pleasure to communicate with you through this news letter once more. The time passes away very quickly and it is hard to believe that a year has already gone by since our last meeting in Bombay. Compared to last year which was full of activity and enthusiasm for its Silver jubilee year celebrations, this year has been rather a quiet one. It seems as though everyone is resting a while to gain a fresh momentum for the march to go on. I just returned after attending an annual conference of the Indian Assoc. of Gynaec. Oncologists held in Wardha from 13-15th September. As a Cytologist and Gynaec. Pathologist, it was a delight for me to able to have interaction with the Gynecologists on several of the issues of current interest and in particular the "Cervical Cytology". I was particularly happy to note that the subject of breast cancer screening also received apt attention as a part of proceedings of this conference. I had the occasion to talk on "Role of FNAC in early detection of breast cancer" and also participate in panel discussion on this subject. Breast cancer as the second most frequent cancer amongst women in already receiving global

attention like cervical cancer for its early detection and prevention. The developing concept of grading of proliferative breast disease according to its associated risk of breast cancer and the possibility of applying these criteria in FNAC smears with as much success as in histopathology material provides a new hope of cytological detection of precancerous lesions like in cervical cancer. I feel breast cancer screening should receive as much attention as the cervical cancer and should be combined with the cervical cancer screening programs. The two programs combined together can prove to be greatly cost effective. So let it be our added "Motto" to achieve that.

I look forward to meet you all in the next forthcoming conference in Calcutta. Since I have completed my two year's tenure as President of the Academy, I shall be handing over the charge to the next elected President of the Academy. I indeed thank you all and owe you a deep sense of gratitude for considering me worthy of this position.

With good wishes and JAIHIND.

Dr. (Miss) Subhash K. Gupta
President, IAC.

EDITORIAL

Let me avail this last opportunity to reach you all and wish you a "Happy Diwali & Prosperous New Year."

This Preconference Newsletter, brings you, our President's message, Highlights of coming Annual Conference and International conference. There is also an interesting article on "Role of FNAC in Early detection of Breast Cancer" etc.

During last three years as Newsletter Editor, I have tried by level best to publish the newsletter in time. However kindly pardon me for any shortcomings and mistakes.

With kind regards.

*Dr. N. R. Kolte
Pune*

LETTER FROM NATIONAL EDITOR FOR ACTA CYTOLOGICA

Dear Member

I have received a letter from Prof. George Wied dated 27th July giving me some information about Acta Cytologica. Hence I am writing this to share the news with all of you.

Acta Cytologica will be soon celebrating its 40th anniversary. To coincide with this happy occasion they have announced the following new policy changes and innovations.

1. No cost for color illustrations.
2. Sept./Oct. 96 issue onwards the Journal will be on INTERNET Acta's Web address is <http://www.acta-cytol.com>.
- The International Academy of Cytology will have its own Webside & will make its Internet debut later on.
3. Every Jan/Feb issue will be devoted to Industrial development, quality control, automated screening and proficiency testing.
4. Cytology in Retrospect - Interesting excerpts and commentaries from the past will be published.
5. Acta is also increasing its number of pages to eliminate its backlog.

I hope all the members are as enthusiastic about these changes as we are.

WE ARE ALSO THE PROUD OWNERS OF ALL THE 40 ANNUAL ISSUES.

yours Sincerely,
(Dr. Usha B. Saraiya)

HIGHLIGHTS OF ANNUAL CONFERENCE

26th Annual National Conference of Indian Academy of Cytologist will be held from **23rd to 26th November 1996** at **Calcutta**, hosted by IAC & IAC - West Bengal Branch.

Already more than 210 delegates have registered for the conference & more than 100 delegates are attending CME & about 160 delegates will be attending CME & Workshop. More than 75 papers have been accepted for presentation.

The programme will be as follows :

- 23rd November 1996** : **CME on Cytology of Pelvic tumours** - conducted by Dr. Astava Mondal
8 am to 5 pm
Topics covered will be - Tumours of Urinary Bladder, Prostate, Soft tissue & bones, colon, rectum, Anal Canal and Ovary, Endometrial Cytology, Cervical Cytology.
- 24th November 1996** : **Workshop on Paediatric Tumours** - Conducted by - Dr. Jyotsna Pandey
8 am to 5 pm
Epidemiology, Imaging Techniques in FNAC, EM and special stains. Lymphomas, round cell tumours, bone, CNS, Liver and Testes Tumour, Benign and mesenchymal tumour will be highlighted.
- 25th November 1996** : **Conference**
8 am to 3.30 pm
Cipla Academy oration by Dr. Shyamala Bhaskaran,
2 pm to 3 pm
Shireen Mehtaji Oration by Dr. R. N. Chakraborty,
3 pm to 4.30 pm
Nalini Bai Thakkar Award Papers,
11.30 am to 01.00 pm
Symposium of FNAC to Testis,
5.15 pm to 6.15 pm
Free paper Session, Chairperson - Dr. Manoj Ray
Speakers - Dr. Kusum Verma - New Delhi, Dr. Padam K. Agarwal - Lucknow, Dr. N. Jayaram - Bangalore, Dr. Atul Gupta - Agra, Dr. A Mondal - Calcutta.
- 26th November 1996** : **Conference**
8 am to 3.30 pm
12 noon to 01.30 pm
Diagnostic Slide Seminar will be conducted by Dr. Dilip K. Das

REPORT OF THE CME IN CYTOPATHOLOGY HELD IN GOA ON APRIL 13TH & 14TH, 96

A two day CME in Cytopathology was held at the Goa Medical College on April 13 and 14. The CME was organised by the Department of Pathology, Goa Medical College. 250 Doctors from different parts of India including Maharashtra, Karnataka, Assam, Rajasthan, Andhra Pradesh, Uttar Pradesh, Madhya Pradesh and Goa participated in the CME. In addition to Pathologists, Surgeons, Gynecologists, Dermatologists, ENT Specialists and Dentists attended the CME. The CME Co-ordinator and the Organising Secretary was Dr. R.G.W. Pinto. The Scientific deliberations started with a key note address by Dr. Anita Borges on "Ultrasound and CT scan guided FNACs of intraabdominal organs." Dr. Borges also delivered lectures on "FNAC of thyroid" and "FNAC of Salivary gland lesions". Another speaker from Tata Memorial Hospital, Bombay, Dr. Roshan Chinoy spoke on "FNAC of Breast" and "FNAC of Head and Neck lesions", Dr. D. Hazarika, Prof. & Head, Pathology Dept., Kidwai Memorial Institute of Oncology, Bangalore spoke on "FNAC of Bone" and "FNAC of Pediatric neoplasms".

Dr. R.G.W. Pinto, Organising Secretary of the CME spoke on "FNAC of soft tissue lesions". Dr. V. L. Rege, Prof. & Head, Dept. of Dermatology, Goa Medical College, delivered a lecture on Cytodiagnosis of skin lesions. There were two slide Seminars. The first slide seminar was presented by Dr. Pinto and the second by Dr. P. V. Patil, Prof. of Pathology, J. N. Medical College, Belgaum. The CME concluded with the Valedictory Function.

ACADEMY ORATION NAMED AS P.N. WAHI ACADEMY ORATION

The Executive Council proposed and the General Body ratified the decision to designate our academy oration as P. N. Wahi Academy Oration in Bombay in November 95. This was done to honour the memory of Dr. P. N. Wahi, the founder President and the recipient of the 1st Academy Oration.

Dr. Usha Saraiya, recipient of ICMR's P. N. Wahi award has given a donation of Rs. 10,000/- towards this. The interest of Rs. 1000/- received from this donation will be utilised to make a suitable silver medal with engraving.

The Academy thanks Dr. Usha Saraiya for her generous donation.

ROLE OF FNAC IN EARLY DETECTION OF BREAST CANCER

Dr. Subhash K. Gupta, Prof. and Head, Cytology Department, PGI, Chandigarh

Breast cancer is the second most frequent cancer amongst women. Like in cervical cancer, early detection is the only hope of achieving its cure. Three secondary prevention modalities used in fight against breast cancer have been: Breast self examination, Breast clinical examination and Mammography. FNAC is becoming an essential integral part of these modalities to provide a morphological diagnosis in the lumps thus detected. Role of FNAC in early detection of breast cancer can be considered two fold:

1. IN PALPABLE LUMPS

- A. It provides a quick screening procedure for all lumps in the breast to pick out carcinoma cases from amongst the benign ones. Carcinoma cases need immediate attention for treatment whereas majority of the benign lumps do not require any definitive treatment. Thus it avoids any unnecessary delay in the management of carcinoma cases which may be crucial to check the progress of the disease.
- B. Prior cytodiagnosis helps in directing the pathologist for careful examination of surgical specimens so as not to miss small carcinomas. In our experience, we have one to two pathologically small or minimal carcinomas picked up with FNAC every year where cytology gave a definitive diagnosis of malignancy but the initial histopathological examination of the surgical specimen failed to detect any malignancy. Careful re-examination of the specimen failed to detect any malignancy. Careful re-examination of the specimens with multiple sections did confirm malignancy in all these cases.

2. IN NON-PALPABLE LUMPS: (detected by mammography/related techniques)

- A. To get a morphological diagnosis.
- B. Role in screening high risk women like cases with family history of breast cancer, cases of breast carcinoma with contralateral breast disease; unilateral nipple discharge and other clinical features of high risk. The potential of grading proliferative breast disease according to its associated risk for breast cancer provides a new hope of detecting high risk proliferative lesions such as florid hyperplasias, atypical ductal hyperplasias (ADH), ductal carcinoma in situ (DCIS)
- C. In follow up of cases with proliferative breast disease.

Since FNAC as a technique is simple, nontraumatic, least cost and time consuming can be performed as an outpatient; and results can be made available quickly with a good diagnostic accuracy in experienced hands, it is ideally suited as a screening procedure. However one has to be careful of the risks of false negative diagnosis particularly in mammographically detected small lesions with more chances of sampling error or scanty yield. Hence experience and a word of caution is required in aspiration and interpretation of such lesions.

ANNOUNCEMENTS

From Secretary's Desk -

As decided in the General Body and Executive Body Meeting of IAC held during Silver Jubilee Conference at Mumbai please send nominations for the following posts in the following format on or before 15th October 1996.

1. PRESIDENT OF IAC 2. EDITOR NEWS LETTER 3. TWO EXECUTIVE MEMBERS

Format : 1. Name of Post 2. Name of person being nominated 3. Name of Person Proposing with Signature
4. Name of Person Seconding the Proposal with Signature 5. Brief Bio-data of Person being nominated
(Duration of IAC Membership, Contribution towards IAC and Cytology.)

DR. MAITREYEE MUNSHI M. D.
Associate Professor of Pathology
35, Swapna Apartments
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CME ON FINE NEEDLE ASPIRATION CYTOLOGY - AN UPDATE

An update in fine needle aspiration cytology on Intrathoracic, Intrabdominal and soft tissue masses will be held in the Department of Pathology, All India Institute of Medical Sciences, New Delhi on 17th & 18th January 1997.

For further information contact or write to :

DR. KUSUM VERMA, Prof. & Head of Pathology Department, Chairperson, Organising Committee, FNAC-Update
Department of Pathology, All India Institute of Medical Sciences, New Delhi - 110029

DR. KUSUM KAPILA, Professor of Pathology, Organising Secretary, FNAC-Update
Department of Pathology, All India Institute of Medical Sciences, New Delhi - 110029.

Tel. : 661123/3227, 6864851-59 Fax : 91-011-686 2663

Announcement from Treasurer

Dear Members,

Those who are not yet remitted the dues of membership may please be clear the same before October 31st 1996.

Yours Sincerely,
DR. B. CHANDRALEKHA
(Treasurer, IAC)

Professor of Cytology, Regional Cancer Centre, Trivandrum.

DIAGNOSTIC CYTOLOGY TOWARDS THE 21ST CENTURY

An International Expert Conference and Tutorial organised by the International Academy of Cytology Committee on Continuing Education and Quality Assurance

At Hilton Waikoloa Village, 425 Waikoloa Beach Drive, Kamuela, Hawaii 96743-9791, USA On June 5-10, 1997

Central Tutorial Office : International Academy of Cytology, 1640 East 50th Street, Suite 20-B, Chicago, IL 60615-3161, USA Tel. : 312-947-0098 Fax : 312-947-0290 (Our area code will be 773 as of October 13, 1996)

Recently several devices and concepts have been suggested for application in the Cytology Laboratory. Among them are instruments that perform cytometry, image analyses or quantitative cytochemistry and microscopes that follow the screening pattern of the cytotechnologist in a variety of sophisticated procedures. Cell preparatory techniques are being promoted and systems announced that place the material practically in a mono-layer manner on the glass slide.

The diagnostic value, the importance of those systems for quality assurance and for an improved cancer detection method, and the cost-effectiveness, some medico-legal points, etc. are still open questions in most instances.

In order to objectively analyze and discuss these points of concern to the cytopathologist and the cytotechnologist, the International Academy of Cytology organised the above international conference and tutorial in the Big Island of Hawaii for June 5-10, 1997.

Those interested should write to 'Central Tutorial Office'.

BOOK POST



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Jo

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