

## *Foreword*

Fascinating scientific and technological advances in the various fields of medicine are continuously taking place. Research brings in newer concepts in the pathogenesis of diseases, development of newer drugs and development of newer investigative tools—all of which help in arriving at a precise anatomical and pathological diagnosis, ultimately leading to better treatment outcomes. All these make the practice of medicine exciting for a person who has the avidity to learn and rewarding to the patient community. Therefore, the process of learning never ends and a doctor continues to be a 'student' throughout his life time. This has resulted in the concept of providing Continuing Medical Education Programs.

Today's practice of evidence-based medicine has resulted in the dependence on investigative tools thereby leading to an abnormal increase in the costs of treatment. While it is necessary to have sound evidence for any treatment modality adopted, to my mind the role of experience based medicine is even more important. The clinician should not forget to do a proper clinical assessment and use his clinical judgment and acumen in planning out the investigations. This adds the humane touch and avoids unnecessary investigations and the costs involved.

Unfortunately, the approach currently adopted by many of us is in the reverse direction, i.e. relying totally on a battery of investigations to arrive at a diagnosis, rather than using them to confirm our clinical diagnosis.

This year's CME Program is devoted to "**Postgraduate Medicine (Recent Advances in Medicine)**" and is meticulously planned and balanced to cover a wide spectrum of common medical problems covering some of the contemporary areas. Our Dean of the Indian College of Physicians, Dr YP Munjal has done an excellent and commendable job in this regard. Some of the important advances both in the field of research and medicine are discussed lucidly in the Book.

This book on "**Postgraduate Medicine (Recent Advances in Medicine)**" will prove to be a useful companion to all delegates.

I congratulate Dr YP Munjal for his untiring efforts.

*"The knowledge a man can use is the only real knowledge; the only knowledge which has life and growth in it and converts itself into practical power; the rest hangs like dust from the brains, or the rain drops off the trees."*

– *Anonymous*

**Dr BK Sahay  
President API**