

# The Minutes of the meeting of the Derby Medical Society

Held on 7<sup>th</sup> October 2014 in the Derby Medical School

**Apologies:** none received

**Welcome:** Dr Ian Shand, outgoing President

Dr Shand briefly reviewed the summer events, including an enjoyable tour of Renishaw Hall vineyard, and the Lindsay Cup golf match, which was won by Mr Alistair Fraser-Moodie. The death of Medical Society member Dr Ruth Stuart was noted with sadness, and the meeting stood in silence to mark this.

**Minutes for the meeting 8<sup>th</sup> April 2014:** Read by Dr S Archer, outgoing Junior Secretary, and approved.

**Presidential Handover:** to Mr Syed Iftikhar, Consultant Surgeon.

**Presidential address:** "Sojourn in Prosper Land"

Mr Iftikhar was born in Pakistan but grew up partly in India. He attended Dow University Medical School, where he was heavily involved in student politics as a member of the Socialist Party. This gave him a strong belief in the importance of "caring about people". After graduation, he got married and came to the UK, initially as a House Officer at Pilgrim Hospital, Boston. He was on call 1:2, and did research in his free time. He told his wife he planned to stay in the UK for 2 years, and then return to Pakistan, but encouraged and supported by many surgeons in Derby and Nottingham he progressed through surgical training and was eventually appointed to a consultant post in Derby. 28 years after he arrived in the UK, he has no plans to leave!

Mr Iftikhar's interest in oesophageal cancer started when he was a registrar to Michael Atkinson, and he has published many papers on the disease. It is the fifth most common cause of cancer mortality. He outlined some of the advances in the understanding of this disease, and its treatment, that have occurred during his consultant career:

- The rising incidence of adenocarcinoma, which may be due to reflux of alkaline gastric juice as a result of taking proton pump inhibitor drugs
- Technical advances in the Ivor-Lewis oesophago-gastrectomy operation, which is now performed partly laparoscopically, and using a harmonic scalpel for dissection. This has led to reduced morbidity and mortality, with outcomes in Derby being better than UK averages
- The use of endoluminal ultrasound, giving earlier diagnosis and thus better survival
- Work on hormonal dependence of oesophageal cancer, which has been shown to have androgen and oestrogen receptors. Hormone receptor status may be a measure of the biological severity of the disease, and could lead to the development of palliative hormone treatment in the future

Mr Iftikhar's charitable work is considerable. He formed the Midland Doctors' Association, which has provided aid following the earthquake and flooding in Pakistan. Fundraising has led to the building of a new hospital in Pakistan – a 4 year project costing £1.7m. This is now open and treating patients. He has also project managed the building of a housing complex. As a Rotarian he has received a "Service above Self" award and a Lifetime Achievement Award.

In his 'spare' time, he enjoys badminton, cricket and walking.

**Register:** signed by 40 members and 7 guests

**Royal Medical Benevolent Fund collection was taken during the meeting**

**Next meeting: 28<sup>th</sup> October, 2014**