

ISSUE 1 | VOL. 1 | APRIL 2025

1ST TRIMESTER ANOMALIES

KIMS BANGALORE | IRIA



"IN THE DELICATE SYMPHONY OF LIFE,
THE FIRST TRIMESTER ANOMALY SCAN IS
THE OVERTURE — REVEALING THE UNSEEN,
GUIDING THE UNBORN, AND SHAPING THE
JOURNEY WITH WISDOM AND CARE."



Our seminar with Dr. Srinivas began with a live demo of the first trimester scan, showcasing systematic evaluation for early anomalies. This was followed by a case-based discussion on structural abnormalities identified between 11–14 weeks. The next session covered screening for PIH and FGR, highlighting the role of uterine artery Doppler and preventive strategies. The final session focused on aneuploidy screening, emphasizing combined testing and NIPT for early chromosomal risk assessment.

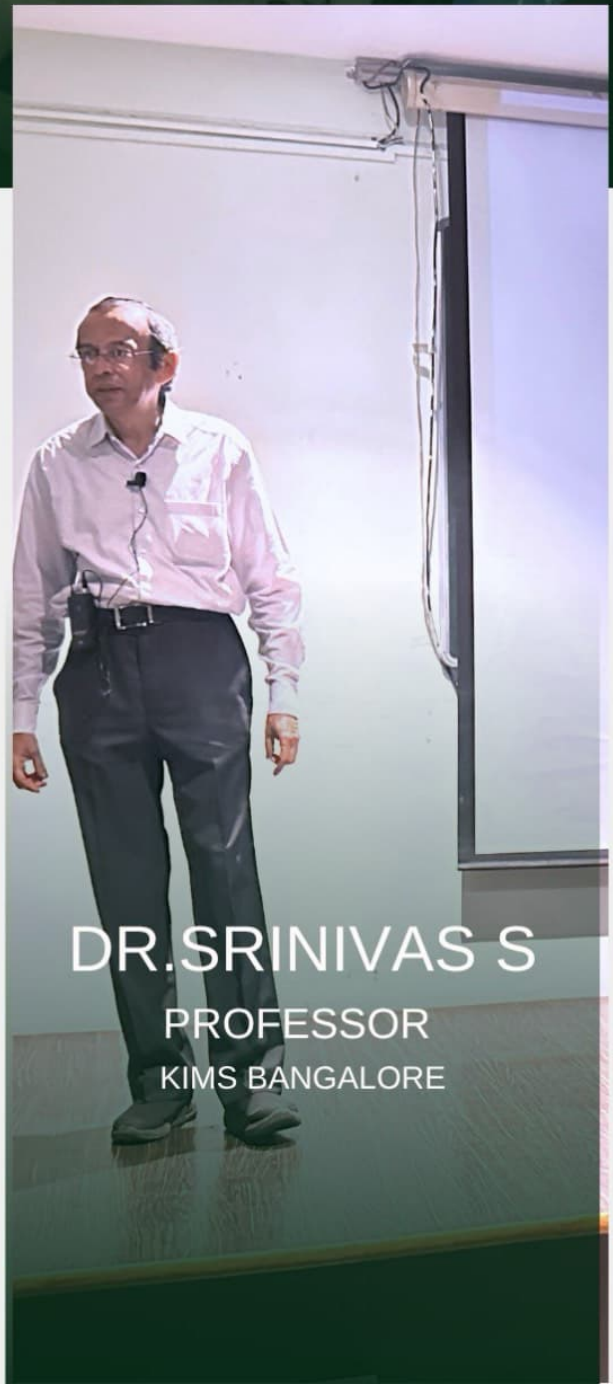
Seminar Recap: First Trimester Screening – A Comprehensive Approach

Speaker: Dr. Srinivas

Our recent seminar delivered by Dr. Srinivas offered a holistic view of first trimester prenatal screening, combining practical insights with evidence-based discussions. The seminar was divided into focused sessions that engaged participants in both theory and hands-on learning.

Session 1: Live Demonstration – First Trimester Scan

The event began with a live demonstration of the 11–14 week scan, where Dr. Srinivas walked the audience through key anatomical checkpoints. Participants observed real-time techniques for evaluating nuchal translucency (NT), nasal bone, and early detection of major anomalies such as acrania, cystic hygroma, and limb defects. This session emphasized the importance of meticulous technique and proper timing for optimal scan quality.



DR. SRINIVAS S
PROFESSOR
KIMS BANGALORE

CATCH SOME WAVES IN

1ST TRIMESTER ANOMALIES

By- Dr Srinivas S

IN THE SPOTLIGHT

Session 2: Case-Based Discussion – First Trimester Anomalies

This interactive session involved a series of case studies showcasing rare and common anomalies detected in the first trimester. Dr. Srinivas discussed the diagnostic clues, prognostic implications, and management pathways for each case, highlighting the value of early structural assessment in clinical decision-making and patient counseling.

Session 3: Screening for PIH and FGR

The focus then shifted to screening for pregnancy-induced hypertension (PIH) and fetal growth restriction (FGR). Dr. Srinivas elaborated on the role of uterine artery Doppler, maternal risk factor assessment, and biomarkers in early prediction. The session stressed the importance of timely intervention, including low-dose aspirin administration to reduce the risk of placental insufficiency.

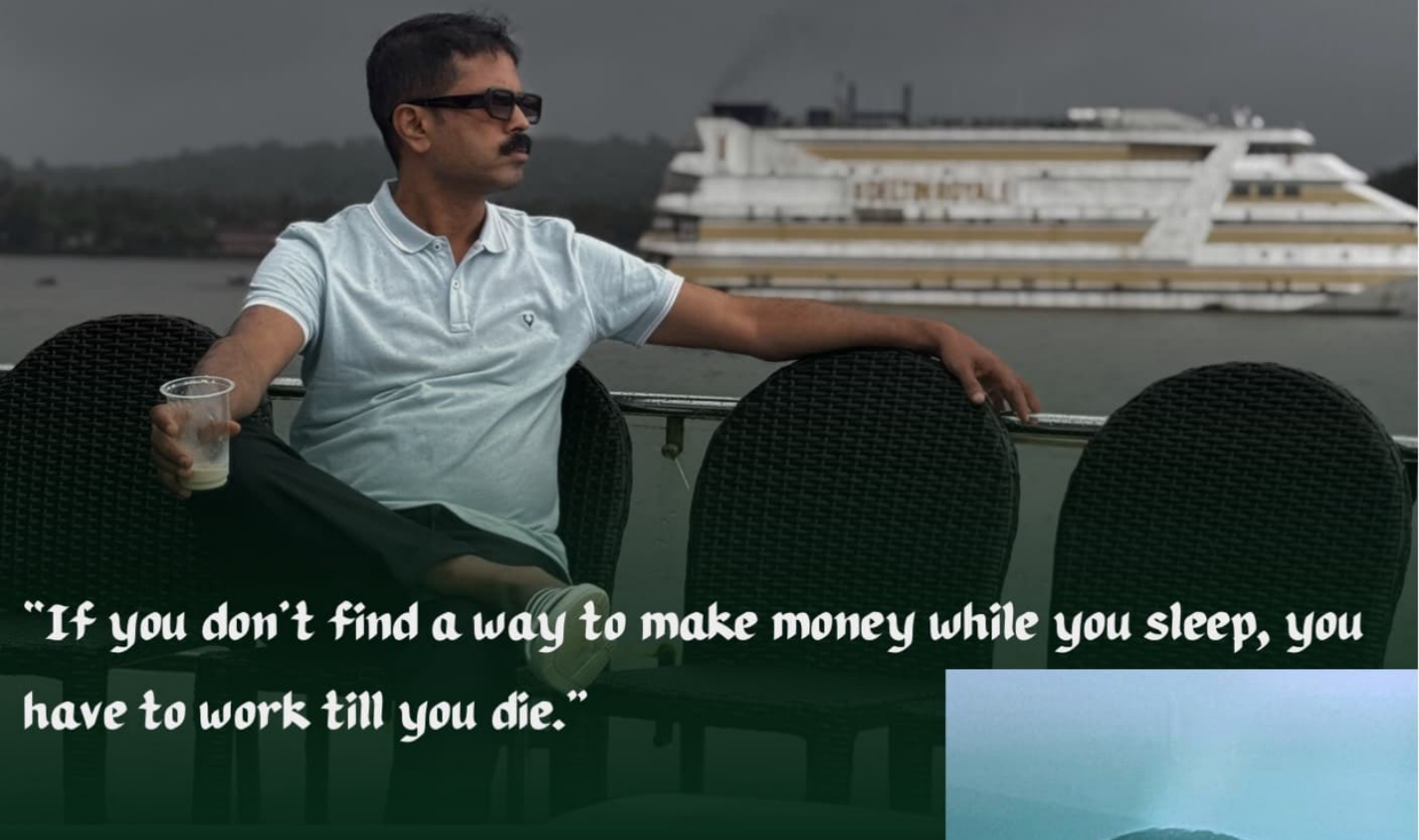
Session 4: Aneuploidy Screening in the First Trimester

In the final session, Dr. Srinivas addressed aneuploidy screening, comparing methods such as the combined test (NT, PAPP-A, free β -hCG) and non-invasive prenatal testing (NIPT). The discussion underscored the high sensitivity of these tools in detecting Trisomy 21, 18, and 13, and emphasized personalized counseling based on individual risk assessment.

Conclusion

The seminar provided an in-depth look at the power of early screening, blending technology, clinical expertise, and patient-centered care. Dr. Srinivas's sessions were both informative and inspiring, equipping attendees with practical tools to enhance prenatal diagnosis and outcomes.





"If you don't find a way to make money while you sleep, you have to work till you die."

Session Highlight: Financial Management for Radiologists

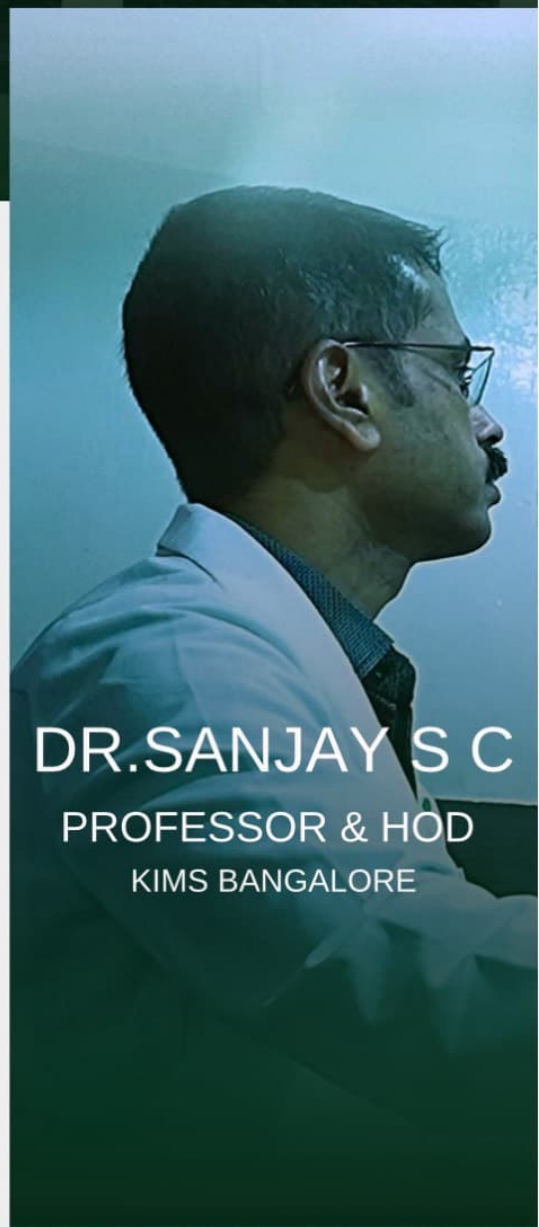
Speaker: Dr. Sanjay

In a much-needed and eye-opening session, Dr. Sanjay addressed a topic often overlooked in medical training — financial management for radiologists. With clarity and practical wisdom, he emphasized that sound financial planning is not just about wealth accumulation but also about ensuring long-term security and freedom in a demanding profession.

Dr. Sanjay discussed key areas including income diversification, smart investing, tax planning, and the importance of understanding personal versus professional finances. He highlighted common financial pitfalls doctors face, such as delayed investing, lack of budgeting, and over-reliance on active income. He also encouraged radiologists to consider passive income streams and to be financially literate early in their careers.

The session was interactive, with real-life examples and clear takeaways tailored specifically for medical professionals. Attendees left with actionable insights on how to build financial resilience and ensure that their professional success is matched by personal financial well-being.

"If you don't find a way to make money while you sleep, you have to work till you die." – Dr. Sanjay



DR.SANJAY S C
PROFESSOR & HOD
KIMS BANGALORE

WHY IS MENTAL HEALTH IMPORTANT FOR STUDENTS?



IMPORTANCE OF MENTAL HEALTH AMONG POSTGRADUATES

Session Insight: Mental Health Matters – Caring for the Caregivers

Speaker: Dr. Tanisha Bhat, Psychiatrist

In a heartfelt and impactful session, Dr. Tanisha Bhat shed light on the importance of mental health among postgraduate medical trainees. Addressing the often-unspoken challenges of long hours, high expectations, academic pressure, and emotional fatigue, she emphasized that well-being is not a luxury but a necessity for young doctors.

Dr. Tanisha discussed the signs of burnout, anxiety, and depression commonly seen in postgraduates, and the stigma that often prevents them from seeking help. She encouraged open conversations, building supportive peer networks, and prioritizing self-care without guilt. The session also offered practical strategies for stress management, including mindfulness, time management, and professional counseling resources.

Her message was clear and powerful: you cannot pour from an empty cup, and taking care of your mental health is essential to becoming a resilient and effective healthcare provider.



Thank You

DEPT.OF RADIOLOGY
KIMS BANGALORE



On behalf of the organizing team, it is my privilege to extend a heartfelt vote of thanks to everyone who made this seminar a resounding success.

First and foremost, our sincere gratitude to our esteemed speakers – Dr. Srinivas S, for his insightful sessions on first trimester anomaly and fetal screening; Dr. Sanjay SC, for shedding light on the often-overlooked but crucial topic of financial management for radiologists; and Dr. Tanisha Bhat, for addressing the importance of mental health among postgraduates with empathy and depth. Your expertise and time have truly enriched this academic event.

A special thank you to KIMS Hospital for hosting and supporting this seminar, providing the perfect setting for learning and collaboration. We also express our deep appreciation to Dr. Harshavardhan, our Organising Co-Ordinator, whose dedication and meticulous planning were instrumental in bringing this event to life.

We are grateful to IRIA (Indian Radiological and Imaging Association) for their continued support and to Dr. Vijaysaradhi, Joint Secretary of IRIA, for his valuable presence and encouragement throughout.

To all our participants, faculty, and team members – thank you for your enthusiasm and involvement. Your presence made this seminar meaningful and memorable.

Let's carry forward the knowledge, connections, and inspiration we've gained today.

