



The Mid Towner

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Bulletin of the Rotary Club of Chandigarh Midtown

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Programme



Please do attend

FRIDAY - OCTOBER 13, 2006

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DIWALI CELEBRATIONS

Jointly with Inner Wheel Club of Chandigarh Midtown



Venue : Hotel President, Sector 26, Chandigarh

Time : 7.00 P.M.

MALE ANDROPAUSE

Use it or loose it. But once you loose it, oh boy, you just loose it. The phrase applies not just to our mind and intellect, that we have so naively come to believe in, but also to ANDROPAUSE, as Dr. Anshuman V. Kapoor, son of Rtn. Dr. Col. V.K. Kapoor explained. After the age of 40, men may experience a phenomenon similar to the female menopause called Andropause, due to gradual decline of testosterone level. This phenomenon is also known as male menopause, grumpy old man syndrome, and mid-life crisis.



Testosterone (a male hormone) is produced in the testes that helps build protein and is essential for normal sexual behavior. It produces erection, and also affects many metabolic activities such as blood cell production in the bone marrow, bone formation, lipid and carbohydrate metabolism, liver function, and prostate gland growth.

After the age of 30, testosterone levels drop by about 10% every decade, and every man experiences a decline of available testosterone. Some men may experience lower

levels and may experience andropause symptoms which may include, besides a fall in sexual inclinations or libido, increased body fat, decreased muscle strength, loss of body height (due to osteoporosis) and loss of energy.

Psychological symptoms may include mood swings, depression and anxiety, lack of vitality and sleep problems. Smoking and high cholesterol level may increase the risk for early andropause. Accordingly regular exercise, balanced diet, controlled stress levels, non-smoking and reduced alcohol intake are highly recommended.

Testosterone Replacement Therapy (TRT) helps minimize, prevent or reverse the effects of our age-related decline of testosterone. Administration of TRT helps improve libido and erectile function, improve ratio of fat to lean muscle mass, improve bone density and cognitive function. TRT should never be used if prior conditions of prostate or breast cancer exist, and may not be suitable in patients with liver and heart disease. Dr Anshumaan warned that no one should self-



Doc. to Doc. - Rtn. Dr. Nitin Mathur thanks Dr. Anshumaan on behalf of the Club.

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treat for TRT which, without the direction of a doctor, may result in serious side-effects, such as infertility and impotency.

Dr. Anshumaan also administered an ADAM (Androgen Deficiency in Aging Males) questionnaire to all the present Rotarians. I am very pleased to declare the results that everyone passed with flying colors (at least I didn't hear any call for a bogey). The EVES nodded assuringly!

Dr. Anshumaan also had a photograph of 'Bill Clinton' on the very first slide of his presentation and surprisingly, a photograph of 'Nanga Sadhu' on the last. Was it a hint for Bill that he still has a long way to go? Or did it mean anything else Dr. Sahab?



Rtn. A.K. Sachdeva & Ann. Shradha celebrate their anniversary - truly a 'give & take'



Punctuality Draw Winner Rtn. Om Parkash

Question answer sessions had sparks flying all over. Too delicious to mention nevertheless, Dr. Nitin Mathur warned that loss of libido may temporarily manifest in simple events such as common cold, of normal stresses of life, and that rash conclusions must be avoided.

Thank you Anshumaan for such an enlightening talk. We all look forward to seeing the Rotary Pin on your collar soon.

✍️ - Rtn. Atul Grover

✚ FREE MEDICAL CAMP AT KUC ✚

Rotary Club Chandigarh Midtown and Inner Wheel Club Chandigarh Midtown, in collaboration with Kidney and Urostone Center and Orthopaedic and Physiotherapy Solutions organized the 5th annual free diagnostic camp for prostate cancer, stones and orthopaedic disorders on 8th October 2006, at 'KUC', Sector 46 D, Chandigarh.



Camp inaugurated



Rtn. Dr. Col. V.K. Kapoor with Maj. Gen. Pruthviraj Rao

Maj. Gen. Pruthviraj Rao, Commandant, Command Hospital Western Command, Chandimandir, inaugurated the camp. A total no. of 184 patients were examined at



the camp - 48 patients were examined for prostate disease, 67 for stone disease and 69 for orthopaedic disorders.

Eminent Urologists Dr. (Col.) V.K. Kapoor and Dr. Anshumaan V. Kapoor and eminent orthopaedic surgeon Dr. S. Ravjit and his team examined all the patients. Investigations like urine R/M, Uroflometry and USG Screening and x-ray screening were carried out free of cost by KUC and OPS, sec. 46-D. Free physiotherapy consultation and one free sitting were also given.

Free medicines for 3 days were distributed to the patients by various pharmaceutical companies.



Rotarians & IW Members at the Camp

Patients requiring operative treatment will be operated at highly subsidized rates.

A major feature of the camp was patient information to create awareness about stone formation, prostate cancer, osteoporosis, osteoarthritis and back and neck care etc.

😊 Amusing 😊

There was a man who had worked all his life, had saved all of his money, and was a real miser when it came to his money. Just before he died, he said to his wife, "When I die, I want you to take all my money and put it in the casket with me. I want to take my money to the afterlife with me."

And so he got his wife to promise him with all her heart that when he died, she would put all of the money in the casket with him.

Well, he died. He was stretched out in the casket; his wife was sitting there in black, and her friend was sitting next to her. When they finished the ceremony, just before the undertakers got ready to close the casket, the wife said, "Wait just a minute!" She had a box with her, she came over with the box and put it in the casket. Then the undertakers locked the casket down, and she rolled it away.

So her friend said, "Girl, I know you weren't fool enough to put all that money in there with your husband." The loyal wife replied, "Listen, I'm a Christian, I can't go back on my word. I promised him that I was going to put that money in that casket with him."

"You mean to tell me you put that money in the casket with him!!!!?"

"I sure did" said the wife. "I got it all together, put it into my account and wrote him a cheque. If he can cash it, he can spend it."

😊 Understanding Women (A Man's Perspective) 😊

I know I'm not going to understand women. I'll never understand how you can take boiling hot wax, pour it onto your upper thigh, rip the hair out by the root, and still be afraid of a spider.

Contributed by : Rtn. J.S. Chopra

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ROTARY'S INDIANA JONES



Oystein Kock Johansen makes his living by searching for history's secrets in Africa, Polynesia, South America and Southeast Asia. Archaeologist, professor and author are his official titles, but Johansen sums up his career this way: "I am a historian of religions. And then, of course, many other things have popped up."

Johansen, a member of the Rotary Club of Majorstuen (Oslo), Norway, has two doctorates and has written books on subjects as varied as Bronze Age artifacts, the history of money, Norwegian ethnologist and adventurer Thor Heyerdahl and the Chinese Han dynasty.

He doesn't spend all his time among relics of the ancient past,

though. Throughout his career, he's brushed elbows with some of today's most intriguing personalities. He's eaten lunch with royalty, talked with Stephen Hawking and smoked a cigar with Fidel Castro. But for Johansen, these meetings don't compare with the thrill of finding facts. "There's nothing like it," he says.

Along his journeys, Johansen has encountered people and places as diverse as his interests. Once, he was taken to a Rotary meeting in Port Moresby, Papua New Guinea, by a driver wearing indigenous attire. And he learned that a Rotary club has formed on Easter Island, the site of many of his expeditions.

According to Johansen, diversity will keep Rotary from becoming an artifact. "If every Rotarian were the same, it would have certainly been the end of Rotary", he says.

Source : RI Website



CONGRATULATIONS HUNDRED PERCENTORS - SEPTEMBER 2006



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BIRTHDAY GREETINGS :

Rtn. Kanwal Jit Singh
Rtn. Viney B. Aggarwal
Rtn. Prem Anand
Rtn. Dr. Inder Mohan
Rtn. Tejinder Singh



Oct. 13
Oct. 15
Oct. 15
Oct. 17
Oct. 18



WEDDING ANNIVERSARY :

R'ann Patinder & Rtn. Maharaj Bakhsh Singh Oct. 19



PUNCTUALITY DRAW :

Won by Rtn. Om Parkash

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