I take this opportunity to thank all the members of API for having faith in me and electing me to this prestigious post. I am aware of the enormous responsibility involved in organizing the Scientific Program for APICON 2013 and in publishing, the most useful Medicine Update (Volume 23, 2013).

My theme of the APICON 2013 is Practical Indian Guidelines and Protocols for all the Common Diseases. I want to encourage all our eminent scientists and clinicians to form Indian guidelines, or at least gather Indian data and position statement on various disease entities. We always tend to refer to Western guidelines.

I request all the experts in various fields of Medicine to organize meetings and come to a consensus in preparing Indian Guidelines. They also should actively engage in research activities and encourage the juniors to participate in research programs.

I have tried to cover the topics from Tropical Medicine to Space Medicine; from bedside medicine to high-tech medicine and from basics to updates. API should play an advocacy role to the government in health care matters and policies. I have included a topic on the roles and responsibilities of all stake holders in various disease prevention programs. I have requested few speakers from others countries, along with our faculty, to discuss various aspects of postgraduate training and education. I have also covered lots of general topics like online search, facebook syndrome, diet and health and common problems in day-to-day medical practice.

I have requested the authors to send case studies/chapter overview and MCQs on their respective topics and specialties, which will be distributed to the delegates. This will be evaluated periodically throughout the year (Medicine Update Self-Study Test, MUSST). I thank all the authors and junior doctors for their contribution of articles, free papers and posters.

Though bringing out the Medicine Update with so many articles from so many experts is a Herculean task, I really enjoyed the work and now I am a bit wiser. My sincere thanks to Dr T Geetha, who helped me in editing the articles for the Medicine Update. My special thanks to all the scientific committee members: Dr Vijay Viswanathan, Dr Samar Banerjee and Dr Kumar Natarajan Avudaiappan. I thank Dr YP Munjal, Dr Siddharth N Shah, Dr Sandhya A Kamath, Dr AK Das, Dr Manotosh Punja, and Dr Milind Y Nadkar for their advice. I also thank Dr AR Vijaya Kumar, Dr Isaac Christian Moses and Dr Kumar Natarajan Avudaiappan, for their wholehearted support in organizing this program. My special thanks to Mr K Venkatesan for his continuous kind help.

I thank Shri Jitendar P Vij (Group Chairman), Mr Ankit Vij (Managing Director), Mr Tarun Duneja (Director-Publishing) and his team of M/s Jaypee Brothers Medical Publishers (P) Ltd, New Delhi, India, and Unichem Laboratories Ltd, for helping me in publishing the Medicine Update (Volume 23, 2013). Wish you a knowledge filled 2013.

With best wishes

A Muruganathan MBBS MD FRCP (GLASG) FACP (USA) FICP
President Elect API and Chairman Scientific Committee (2012–2013)
Adjunct Professor
The Tamil Nadu Dr MGR Medical University
Tirupur, Tamil Nadu, India
a.muruganathan@gmail.com
Website: www.muruganathan.com