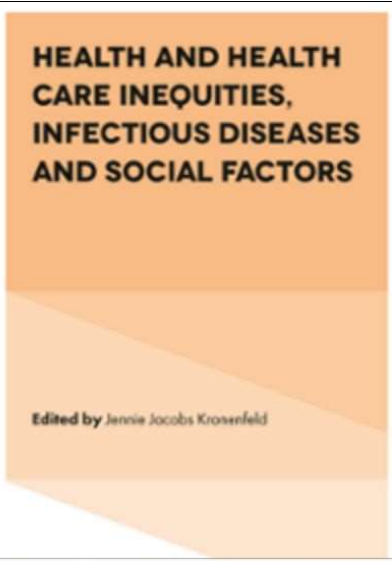


Books and chapters By Dr Kishor M

 <p>Glimpses of Psychiatry for Doctors and Medical Students</p> <p>MINDS</p> <p>Revised Edition</p> <p>Chapters, articles, MCQs, crosswords, myths & facts, narratives</p>		 <p>PERSPECTIVES IN PSYCHIATRY TRAINING What Every Postgraduate Must Know</p> <p>Dr. Suhas Chandran MD., Dr. Kishor M. MD</p> <p>Supported by Minds United for Health Sciences & Humanity Trust</p> <p>PERSPECTIVES IN PSYCHIATRY TRAINING What every postgraduate must know</p> 
 <p>MBBS A guide to wellbeing for medical students</p> <p>STRESS RELATIONSHIPS TIME MANAGEMENT INTERPERSONAL REALITY SELF-CARE REASONING MENTAL WELLBEING EXAMINATIONS</p>  		<p>Remember you're not a doctor yet Dr Kishor M</p> <p>Twenty years ago, when I was returning home after being selected for the MBBS course, my hometown was in a festive spirit I felt as if the entire town was celebrating my entry into the medical profession! As I rushed home and bragged about becoming a doctor, my parents gently reminded me "You are not a doctor yet."</p> <p>A few months into medical college you will soon realize that the place in which you feel most like a doctor is not in class or in the dissection lab but when you are at home. You will be subjected to a torrent of medical questions and requests for advice from friends and relatives. This is especially common if you are the first medico in the family. There will invariably be an aunt with high blood pressure, an uncle with constant headaches and a friend with abdominal pain. It is important that you offer these individuals some comfort but not necessarily academic medical advice. When you are in the medical profession, your words matter. People have a special propensity for recalling anything that can be interpreted as a prognosis. The same holds true for those just perceived to be in the medical profession. And, like it or not, a first-year medical student does fall into this category. Choose your words wisely, do not surmise on which medication is better, which clinical investigation is sound or what the prognosis is.</p> <p>It is imperative to remind individuals that you are far from being a physician, and that you are not involved in their care as a professional and as a result don't know the details of their situation. You need to be conscious of the fact that whatever you say can be taken out of context, and people will read between the lines and make their own assumptions. By indulging in giving such advice, you bring unwarranted pressure on yourself. It may even inadvertently lead to you getting into trouble, in case your advice leads to negative outcomes for their health.</p> <p>'Doctor' literally means 'to teach'. Hundred of years worth of wisdom have ascertained the fact that to teach, you have to learn continuously. Often medical students assume every change in their body or mind as something they know of. It is true that you know more about clinical conditions like the common cold than the lay man. However, a practicing doctor or an ENT specialist would know far better.</p> <hr/> <p>So when a friend or a family member asks you for advice, be mindful of the consequences of your words, and that it is better to admit that you do not know rather than say something which may lead to complications. It is also prudent to refer them to professionals and experts. Be humble and always keep in mind that you are not a doctor yet.</p> <p><i>Dr Kishor M is an associate professor at the Department of Psychiatry, JSS Medical College Hospital, Mysore, Karnataka</i></p>



The Role of Adaptability and Resistance to Change in Mitigating the Effects of Pandemic

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Health and Health Care Inequities, Infectious Diseases and Social Factors

ISBN: 978-1-80117-941-6, eISBN: 978-1-80117-940-9

Publication date: 28 March 2022

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MEDICINAL AND AROMATIC PLANTS OF THE WORLD - A Traditional Approach to Manage Depression - Emphasizing on Medicinal Herbs and Phytochemicals as Anti-Depressants: Seema Mehdi, K.L. Krishna, Kishor M

A TRADITIONAL APPROACH TO MANAGE DEPRESSION - EMPHASIZING ON MEDICINAL HERBS AND PHYTOCHEMICALS AS ANTI DEPRESSANTS

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Keywords: Depression, neurotransmitters, natural, diagnosis, biomarkers, stress, neurogenesis, psychotherapy, illness, relapse, metabolites, fatigue, sadness, somatic, cytokines, antioxidants, phytochemicals, herbs, anti-depressants, Ayurveda, dopamine, serotonin, intervention

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