

LATEST FROM THE WORLD OF ORTHOPEDICS

To lead a happy and fulfilling life, we need to strike a balance in everything and above all, good health. Our unpredictable lifestyle or the aggravating environment of the world we live in, medical conditions of all kinds are showing up more than ever before. Poor choice of food coupled with the sedentary lifestyle we choose to lead has taken a toll on our overall health. Cases of joint pain and disorders relating to the bones, for example, are one of the most common problems these days.

In America also, orthopedic complaints are the most common reason for seeking medical care. One in every seven Americans has an orthopedic impairment while over seven million Americans required hospitalisation for orthopedic conditions. The case is not very different here in India. More and more people are complaining of a wide range of orthopedic related issues ranging from chronic ones that require surgery like knee and hip replacement to others like fracture, hampering them in carrying out their daily routine.

Fortunately though, for many of these people, recent developments in the field of orthopedics has enabled the doctors to provide treatment and find longer lasting solutions to what was earlier thought to be incurable conditions. Tertiary care Hospitals like BLK Super Speciality Hospital, treatment and processes of various kinds including complex knee replacement and hip replacement are conducted on a routine basis by the team of super specialists, orthopedic surgeons and with the help of high-end equipment.

"The Centre for Orthopaedics, Joint Reconstruction and Spine Surgery at BLK is one of the prestigious departments in the NCR region. It provides the most comprehensive orthopaedic services in the region for joint replacement surgery, spine surgery, trauma ser-

vice and sports injuries," informed Dr. Pradeep Sharma, Director & Head, BLK Centre for Orthopaedics, Joint Reconstruction and Spine Surgery. The centre has collective experience of more than 7000 joint replacement surgeries over and above other routine treatments and procedures, he added.

Knee Replacement

The knee that we have is the largest joint in the body and it is of paramount importance that we have healthy knees to perform most of our everyday activities. In the unfortunate event of chronic knee problems, one is forced to take the hard choice of going for a knee replacement surgery.

Knee replacement surgery involves resurfacing the parts of the knee bones that rub together with prosthetic implants, which are usually metal and plastic. Using special, precision instruments, the knee surgery surgeon will remove the damaged surfaces of all three bones. The replacement surfaces will then be fixed into place.

The first knee replacement surgery in the world was performed in 1968. Since then, improvements in techniques and surgical materials have greatly increased the effectiveness of such surgery. Total

knee replacements are one of the most successful procedures in all of medicine. According to the Agency for Healthcare Research and Quality, USA, more than 6,00,000 knee replacements are performed each year in the United States alone.

More than 90% of people who have total knee replacement surgery experience a dramatic reduction of knee pain and a significant improvement in the ability to perform common activities of daily living.

With newer implant designs and surgical techniques, a primary knee replacement can be expected to function for at least 15 to 20 years in more than 85 to 90 percent of patients.

Partial Knee Replacement

There are young arthritics that are discovered at the age of 45 to 50 years who have arthritis limited to one part of the knee. These patients need not go for primary knee replacement but require partial knee replacements of the damaged part of their knees. These surgeries are done with minimal access and in the least traumatic manner with minimal blood loss. The centre at BLK Super Speciality Hospital also specializes in computer assisted & gynecoscopic surgery and patient specific implants in relatively young patients to improve the surgical outcome of the procedures in selected patients.

Revision Knee Replacement

Although today's implants are designed to last many years, chances are your prosthetic will break or wear out after 15 - 20

years. The chances for the implants to fail sooner are higher if you are overweight or engage in high impact activities such as sports. This is when a procedure called revision knee replacement surgery is required.

In this procedure, the primary implant is removed and a new prosthetic implant is fixed. This is a complex procedure and requires planning special operative tools and revision implants. Most often there are bone deficiencies that need to be addressed during revision surgery for which bone grafts of various types and wedges made up of trabecular metal are used. All this requires prolonged operating time and mastery of difficult surgical techniques. Trabecular Metal which is a soft porous metal has revolutionised the surgical outcome of patients with revision knees or hips. This metal is now widely used as a bone substitute where there is massive bone loss as a filler. This attracts bone growth within its substance and with time transforms into a bone like material. It comes in different shapes and configurations ready to be adopted in a given surgical situation where there is bone loss.

The type of knee replacement and implant best suited for you depends on your age, the degree of involvement of each of the three compartments of your knee and your level of activity. Your surgeon will analyse your case and discuss with you for the surgery best suited for you. Total knee replacement surgeries are usually recommended for severe osteoarthritis affecting all the three compartments of your knee and rheumatoid arthritis.

Hip Replacement

Primary and Revision hip replacement surgeries are also undertaken using modern day implants and technology these days. Oxynium and Ceramic implants, porous coated osteoinductive long stem implants made of trabecular metal, hydroxyapatite coated osteoinductive

implants, latest generation crosslinked polyethylene and polyethylene with Vitamin E are some of the options available to you for advanced hip reconstruction surgery.

Spine Surgery

The Spine or backbone, as we know, holds our body upright and provides stability to the upper part of our body. Spine deformity can be defined as abnormality in the shape, curvature and flexibility of spine.

Surgery for spine and spinal deformities is another important aspect of orthopedics. There are different surgical approaches to repair these deformities and the choice of the approach to the spine is based on the type of deformity, location of the curvature, ease of access to the area of the curve and the preference of the surgeon.

Modern hospitals like BLK Super Speciality Hospital have advanced minimally facilities for minimally invasive spine surgery and correction of spinal deformities both in the adult and paediatric age groups. The hospital conducts close to 500 minimal invasive spinal surgeries every year on patients coming from various parts of India and abroad.

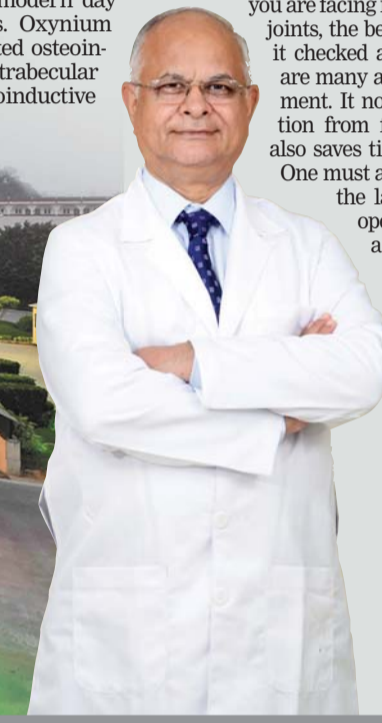
Treatment for sports injuries, traumatic treatment and cosmetic lengthening are other forms of surgeries that are conducted using the latest technologies.

For instance, minimal invasive percutaneous osteosynthesis (MIPO) is the latest in treatment with complex trauma. Many super speciality hospitals including BLK relies on this technology as MIPO has an extra edge over the open surgery

The Final Word

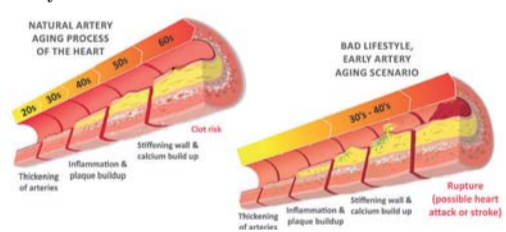
Whatever the disorder or discomfort you are facing related to your bones and joints, the best policy always is to get it checked at the early stage. There are many advantages of early treatment. It not only saves your condition from further aggravation but also saves time and other resources. One must always get the best out of the latest technologies developed after much research and development and accepted world-wide as the preferred way of treatment. Always remember, with joint pain holding you back, it will be difficult for you to go places, literally.

Dr. Pradeep Sharma
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Orthopaedics, Joint
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"All's well if the Heart's well"

20's is the new 40's and 50's is the new 70's. Today everyone is busy striving to achieve too much in too little time at the cost of our heart's health. We are mindlessly abusing our heart with things as little as stress, salt, sugar, fat, alcohol, tobacco and a sedentary lifestyle.



- India accounts for approx. 60% of the world's heart disease burden
- Heart disease strikes Indians at 33% earlier age
- 50% of all heart attacks in Indian men occur under 50 years and 25% under 40
- Heart disease in Indians is double that of the western world
- 77% of patients with CVD have normal cholesterol
- 1/3rd of first heart attacks are fatal and 1/3rd result in permanent heart damage

Introducing **Dr. Morepen NOW**. Their 360° approach, latest technology and the expert team will help you understand how fit is your heart, in just 15 minutes.

360° APPROACH TO HEART WELLNESS @ NOW

A. SCAN NOW

Heart does not give major signals until its efficiency is 20-30% only. Cholesterol levels are also not enough but the test are modern, smarter and easy to use. Some examples -

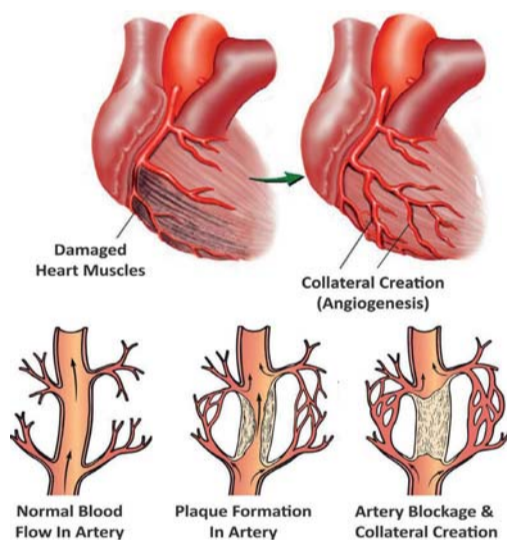
- ACT NOW screens stiffness of arteries, endothelial dysfunction, microcirculation, cardiac performance, blood pressure control, neuropathy, insulin resistance, without a prick in 8 mins.
- ABC NOW analyzes complete body composition
- D-CODE NOW analyzes your DNA Pathology
- ECG
- 1 on 1 session with Cardiologist, Nutritionist, Physio and Yoga expert
- Tread Mill Test
- 2D - echo

B. BOOST NOW

Here, the Cardiologist will educate you on the status of your heart's health, with reasons. BOOST NOW includes: Augment NOW, treatment for chronic stable angina, known as External Counterpulsation (ECP). ECP devices are USFDA approved and are made in Singapore.

The benefits are:

- Angiogenesis; forming of new blood vessels as alternate pathways (Collaterals), including in coronary artery, hence ECP is also popular as "NATURAL BYPASS"
- Increases coronary blood flow, cardiac output
- Reduces heart workload, stiffness of the arteries
- Enhances blood flow in the complete body



e. Completely no invasive & safe; no prick; no surgery

C. TRANSFORM NOW

Misuse of food is the major contributor to cardiovascular disease, diabetes, high cholesterol, blockage in arteries, hypertension and obesity. It affects the performance of your heart.

At NOW, it's not just about diet charts; it's about learning the reasons for imbalance. At NOW, the basics of nutrition are explained in a way that they remain with you for life, not a few days.

To guide you back to the correct path of Nutrition forever, through small steps, is their aim.

D. LIVE NOW

LIVE NOW envisions three basic aspects: (1) Physiotherapy (2) Yoga (3) Stress Management. Cardiac Rehab Program at LIVE NOW is as per the established norms, and utmost care is given.

NOW provides YOGA for all age groups, with 3 intensity levels, and has condition specific programs. Stress is one of the big reasons for CVD. Stress management with Yoga Nidra, at NOW, helps to combat day to day tensions and reduce stress.

"Our vision is of a HEART FIT INDIA"

Chief Mentor Dr. Pratiksha G. Gandhi (M.B.B.S., M.D.), with her team, has treated over 30,000 cardiac cases by avoiding bypass surgery and angioplasty. She is recognized as India's first woman in preventive cardiology. The team of Cardiologist, Nutritionist, Physiotherapist, Yoga expert and others, all share the conviction that, tiny steps now can avoid big emergencies later on.

At NOW, their mantra is "All's well if the Heart's well" and they swear by it.

NOW PROGRAMS

HEART FIT TEENS, 20's, 30's 40's, WOMEN
HEART HEALTHY 50's, 60's, 70's
CUSTOM FIT

For more information contact:

Website: www.drmorepennow.com

Mobile No: 9711552222

Address of the Wellness Center:

E-29, 1st Floor, Main Market,

Hauz Khas, New Delhi - 110016

SAY GOOD BYE TO BALDNESS

Worried about your baldness? Feeling low or trying to hide your head with a cap while clicking photos? The hair transplantation facility provided by the reputed "Hair Harmony and You (HHY)" is the answer to the problems faced by majority of people in today's era.

With its tagline 'a high and tight hairstyle for balding men', 'Hair Harmony and You' provides all modern and advanced techniques in the field of hair transplantation in the city. As per medical history, the process of Hair Transplantation is not new. In fact, the first successful hair transplant was performed over half a century ago. The basic principle of hair transplantation is that the transplanted hair continues to display the same characteristics of the hair from where it was taken. Experts say that healthy hair that is harvested from the "donor dominant area" at the back and sides of the scalp and is transplanted to the balding area at the top of the head, continues to

grow as if it were in its original location.

Young director of the company "HHY", Dr Shakti Raj Jammula understood the hair problems experienced by people. He not only opened this company but also keeps updating his



Dr Raj at OT



BEFORE

AFTER

A successful patient Gomes

were fulfilled. Thanks to HHY my wish came true" said Gomes (name changed), another patient.

HHY's ideology of offering state of the art facility, comfortable ambiance, values for money, advanced hair restoration has helped the brand to attain its growth and goodwill. The brand continues to grow by delivering its services at Mumbai, Bhubaneswar and Vizag.



Bhubaneswar: Hair Harmony And You, Trusmiles 357/3473, 1st Floor, Biju Patnaik College Road, Towards Ekamra Kanan, Nayapalli, Pin-751015,

Ph: +91-9778333004; +91-9778007711
Mumbai: Hair Harmony and You, Flat no - 114, 1st floor; BLDG - 1, Above Dominos, Kamdhenu Apt, Lokhandwala Complex, Andheri-west, Pin:- 400 053,

Ph: +91-8097331300; +91-8097261300

Vizag: Hair Harmony and You, 10-50-32/B, Opposite Care Hospital, Waltair Main Road, Pin - 530003,

Ph: +91-7660831931

Website: www.hhy.co.in/

HairHarmonyandYou: /user/

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Dr Shakti Raj Jammula



BEFORE

AFTER

Patient Tehsin Sayyed who underwent the treatment

For any further details about Times Health, contact shaaz.hasan@timesgroup.com