

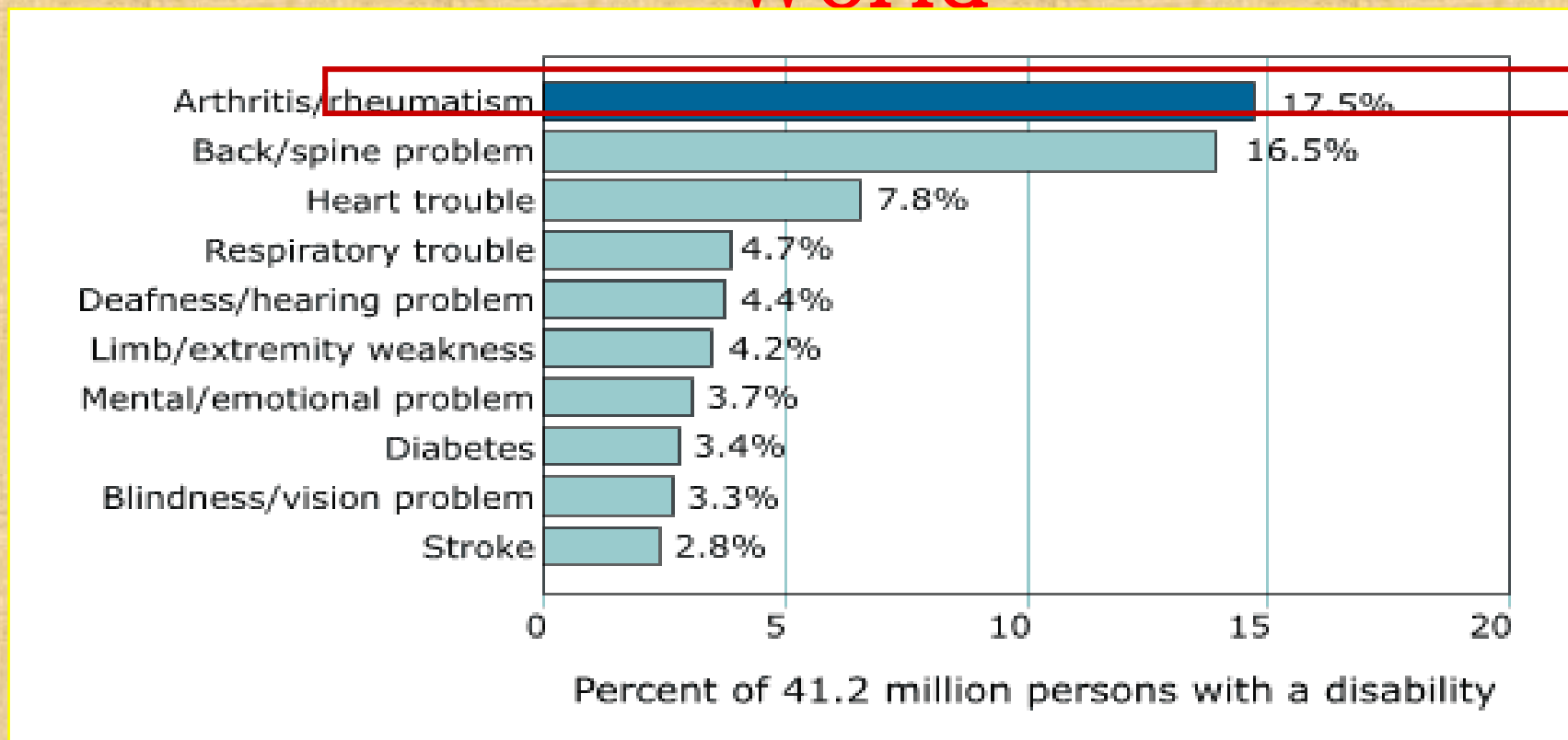
KNEE ARTHRITIS IS CURABLE

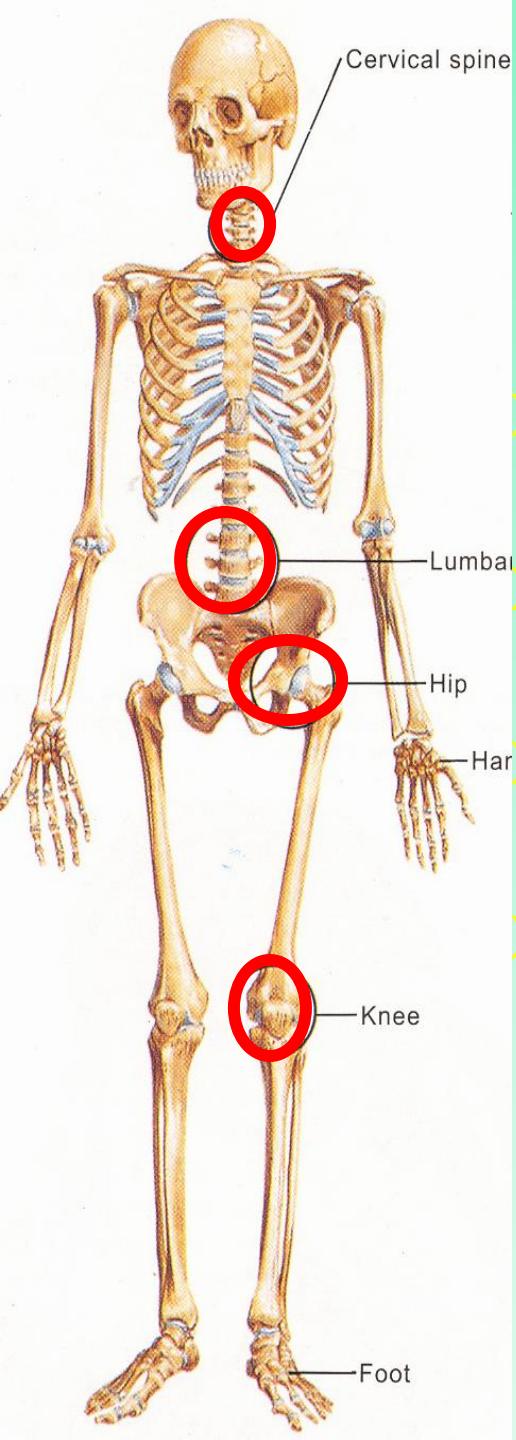


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Arthritis

Commonest Cause of Disability in World





SITE OF ARTHRITIS

KNEE JT

HIP JT

SPINE

(CERVICAL AND LUMBAR)

Arthritis

- More than 100 causes
 1. Osteoarthritis
 2. Rheumatoid arthritis
 3. Traumatic
 4. Infective
- Major cause of suffering & mortality
- Affect all age groups



ARTHRITIS

- Magnitude of Arthritis ?
- By 2011 we will have 66 Million people who are 65 years+ who will be at an enhanced risk of OA and possible replacement surgeries as well. (AFI)

Osteoarthritis is India's No 1 ailment: Study

THANE AREA OFFICE

New Delhi: If you think diabetes is the most prevalent ailment affecting Indians, you're wrong. While much has been said about the high prevalence of diabetes, HIV and cancer in India, a recent study suggests that osteoarthritis leads those all to claim the No 1 spot among ailments in the country.

Osteoarthritis is a condition in which the cartilage—a cushion between bones in joints—begins to wear out, causing inflammation and pain in joints and thereby restricting movement. Osteoarthritis is also known as degenerative arthritis or degenerative joint disease.

The high prevalence of osteoarthritis in India is the result of its very high prevalence among women who fall victim to it. Menopausal women are especially prone to the ailment. The disease is, however, not restricted to women, although diabetes and hypertension remain the most prevalent ailments among men. Shockingly, the study conducted by IIS and called "Pill Survey, found that in the age group of 20-30 years, osteoarthritis figures as the second most prevalent disease after diabetes. It also found that while there is a high incidence of osteoarthritis, awareness about the disease is very low compared to awareness about diseases like diabetes, HIV and cancer.

Says Dr. Shashik Prasad, professor, orthopaedics, AIIMS, "There are many reasons for the high prevalence of osteoarthritis in India. Factors in the strongest women 'fract' makes it more predominant in the female sex. Therefore, like the popular sitting position in India, rising obesity, sedentary lifestyle and poor diet are responsible for its high incidence."

Doctors claim that because of their lack of awareness about the disease, it is often confused with other geriatric. Says Dr. H. S. Murty,

diabetic, orthopaedics, Aar HealthCare, "Osteoporosis and osteoarthritis are both common in India, but they are two different diseases. In many people they are seen together. While osteoporosis affects the bones, osteoarthritis targets the joints. The poor musculature of Indians followed by rising obesity are primarily responsible for the high incidence of osteoarthritis."

There are five kinds of arthritis—primary and secondary. While primary osteoarthritis is the result of old age, secondary osteoarthritis is the result of a disease or an injury which, in turn, leads to it.

"The best way to keep osteoarthritis away from us is to exercise regularly, avoid the squatting position and the cross-legged position, maintain a healthy diet and keep weight under check. High uric acid is also likely to make you more susceptible to osteoarthritis," says Dr. Anoop Talwar, consultant orthopaedic surgeon, Dr. Ganga, Hari Hospital.

The study further claims that while common ailments for both sexes cutting across age groups are osteoporosis and dental caries.

■ Women suffer more, p 19

FEEL IT ON YOUR BONES



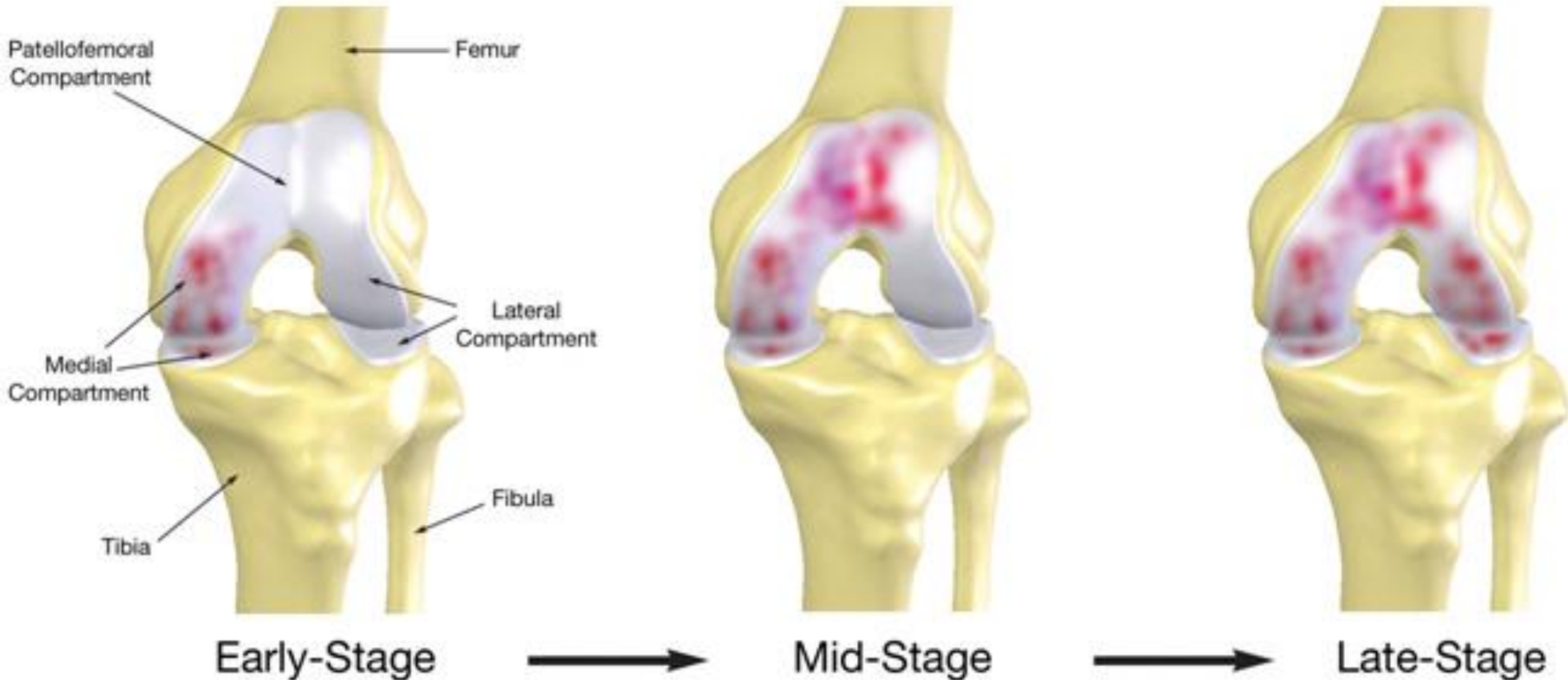
Ailment	Men	Women
Osteoarthritis	2.7	1.1
Hypertension	1.8	0.9
Sugar	1.8	0.9
Diabetes	1.3	0.8
Overweight	1.1	0.9
Malaria	1.0	0.2
Asthma	0.7	0.2
Heart	0.5	0.2
Hypertension	0.3	0.2
Diabetes	0.2	0.2

% of total afflicted by the disease

The cause of OA is not known,
but these are important contributing factors in the development
of OA :

- Aging
- Genetics
- Trauma
- Weight
- Lifestyle

With OA, articular cartilage breaks down and wears away



X-ray Evaluation



Normal



Moderate
Arthritis



Severe
Arthritis

TREATMENT OF OSTEOARTHRITIS

Aims:

- Reduce pain
- Improve function
- Stop/ retard progression
- Correct deformity

Modalities:

- Analgesics & other medicines
- Physiotherapy
- Reduce load – (body weight, use stick, activity modification)

Anti-inflammatory medications (NSAIDS)

- Ibuprofen, Naproxen, Etoricoxib, etc
- Relieve inflammation and pain
- May cause stomach upset
- Long term use may damage kidneys other organs

(Cartilage builders)



Glucosamine and Chondroitin Sulphate.

Diacerin.

Slow down the process of degeneration.

Need to be taken for long.

Topical treatments :

Thermal and other noninvasive treatments can be effective in relieving symptoms:

- Hot/Cold packs
- Creams and rubs
- Ultrasound
- TENS

Hyaluronate injection

- Selectively effective



Deformity Correction!!!



Normal

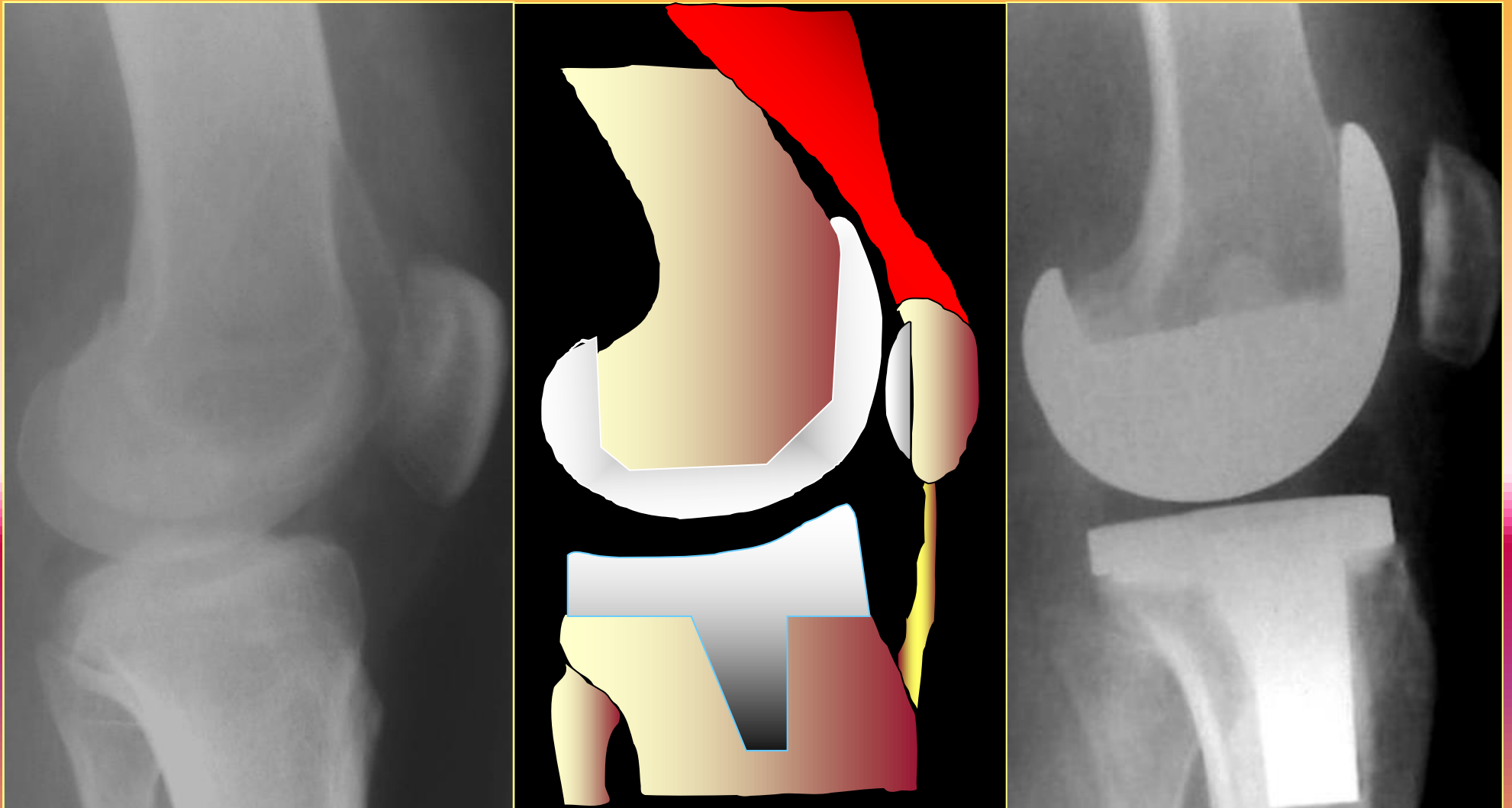


Bowleggedness (Vargus)



Knock Knees (Valgus)

Knee Replacement





 pfc sigma RPF

Moving with your new knee 1st post-op day

- Your surgeon may have you wear a knee immobilizer whenever you are standing or walking
- Walker or crutches are used for walking



Physical Therapy will teach you the appropriate equipment to use on level surfaces and stairs

Post-Operative Precautions

- Avoid crossing your legs or stooping
- Avoid pivoting on your new knee
- Avoid kneeling
- Do not place a pillow under your knee



- TKA is one of the most successful and commonly performed orthopedic surgery.
- The best results for joint arthroplasty are for 20 – 25 yrs.

WISH YOU ALL A VERY HEALTHY AND COLORFUL LIFE IN MOTION

