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Programme: - FRIDAY – June 06, 2008

Volume XXXII No. 49 June 04, 2008

Regional Perspective of IT & ITES Industry

Guest Speaker : Pratap Aggarwal, MD, IDS Infotech Ltd.

**Please stay for
Cocktails & Fellowship
Courtesy PP. T.S. Anand**

Venue: President Hotel , Sector 26, Chandigarh

Time: 7.00 PM

An Overview of Knee Arthritis and Joint Replacement

Dr. Sanjay Saluja MBBS, MS (Ortho), a well-known **Orthopedic Surgeon** of Chandigarh gave a well organized and a simplified power point presentation on knee arthritis and joint replacement in our weekly meeting of May 30, 2008. **Dr. Ravjit** ably assisted him.

Rtn Dr. VK Kapoor introduced the guest speaker Dr. Sanjay Saluja. Dr Saluja graduated from Medical College Amritsar and completed his MS from PGIMER Chandigarh. He is now working as a part-time consultant to Silver Oaks Hospital in Chandigarh and has his own clinic, Orthopedic and Physiotherapy Clinic, at Madhya Marg, Chandigarh.

Dr. Saluja, vividly, explained the working of the knee joint. He said that the pain in he knee, not due to an injury, is generally a sign of arthritis setting in the knee joint. He explained the functioning of the knee joint and how arthritis sets in causing pain and restrictions in the movement of the knee joint.

Arthritis, he clarified, is not a symptom of getting into advanced age in years, but is a degenerative or inflammatory disease of the joints that is not, necessarily, part of the normal aging process. Some persons show symptoms of arthritis at the early age of 20 years.

He further added that arthritis is of many types, and most common of them all is the osteoarthritis. It affects millions of people in the world today. It causes permanent deterioration of the cartilage layers that shield the joint from

impacts. Cartilage cannot repair or replenish itself and therefore it begins to crack and wear and, eventually, disappears. The cushion, that the knee has, disappears, and the bones grind on each other. The body reacts and develops bone spurs that cause pain and stiffness. In the first stages of osteoarthritis, the knee may feel stiff and swollen. Later the pain will set in and there may be crookedness in the leg. The mobility of the person is limited affecting the lifestyle. Overweight accelerates the process of the setting in of the osteoarthritis.



Knee replacement surgery, total or part, is the only answer to osteoarthritis. Replacement surgery is an elective procedure. The doctor and patient, jointly, decide the time for the surgery. It is necessary that the patient is ready mentally and physically for the procedures that involve the total or part replacement of the knee.

The learned speaker explained in detail the process of getting into shape, both mentally and physically, for the surgical procedures. He suggested the following before going into full or part knee replacement. He added that finally it has to be a full replacement sooner or later.

- ◆ The patient must have faith and should commit to the success of the surgery with an optimistic attitude with full understanding of the procedures and the after effects of the surgery as it may put some restrictions on the extent of the movement of the knee.



Flags from New Zealand Clubs



Exchange of Club Flags from Cochin, Kerala



AG's Gift to the Club President

- ❖ Lose excess weight.
- ❖ Start a low-impact exercise plan. This should be done strictly as per the advice of the doctor and the physiotherapist. The exercise will strengthen the knee without causing further damage. Dr. Saluja emphasized that the exercise routine must be as per the advice of the physician and should be occasionally monitored by the physician and the physiotherapist.
- ❖ Stop smoking. This will be good for the patient during and after the surgery.

Dr. Saluja explained the various parts of the knee joint and the parts that will be replaced by the artificial components of metal and plastic and their composition. The implant consists of three components. The knee cap is made of high density polyethylene with strength and durability, the thigh bone is made of metal and the shin bone is again of high density polyethylene. There are remarkable advances in the materials and the surgical procedures. The materials are long lasting and durable. The surgical procedures have been fine-tuned and standardized. This has improved the success rate of knee replacement surgery and the chances of success are excellent.

The biggest risk of surgery is the infection. Only two percent cases are infectious. Consult the doctor before undertaking any post-operative dental work. Dr Saluja added that the arthritis changes in the joints are irreversible. Shoe alterations and the use of a walking stick are helpful. Take showers rather than a bath, avoid squatting and knee jerky movement and keep the weight under control. He described the various myths prevalent in public and the actual positions in the field of knee replacement.

Rtn Dr. Jawahar Luthra proposed the vote of thanks and, on behalf of the Club, presented a memento to Dr. Sanjay Saluja.

PP Rtn BL Ramsarisaria presented a memento to the Club President on behalf of the Assistant Governor Rtn Baldev Aggarwal.



Memento for the Guest Speaker

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Club Assembly in Session

Club Assembly

PE Rtn Saroj Jhwar held Club Assembly on June 01, 2008, at 11:00 hrs at Hotel Sip'n Dine in Sector 7, Madhya Marg, Chandigarh. Projects, proposals, suggestions and budget for the Rotary Year 2008-09 were discussed in detail

and appropriate decisions were taken. It was heartening to note that everybody came prepared for the Assembly that resulted in useful and fruitful discussions.

A publication on the Club Committees was distributed during the Assembly. A very good and useful publication, which was described by the Rotarians as, probably, the best



Club Assembly in Session

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Club Assembly in Session

of such publications in the District. PE Rtn Saroj Jhawar, who presided over the Assembly, congratulated the composer and editor of the publication, PP Rtn BL Ramsisaria.

The Assembly was very well attended. All the Committee Chairpersons or/and their Co-Chairpersons attended the Assembly.

District Governor Rtn Shaju Peter joined the discussions. A total of 33 Rotarians, and Annes attended the Assembly. It was followed by a sumptuous lunch and good interaction amongst those who were present. In Rotary, we call it good fellowship.



Club Assembly in Session

Celebrations

PP Rtn. Trilochan Singh Anand & Ann. Preety Anand celebrate their Wedding Anniversary on June 08. They have invited all Midtowners for

Cocktails and fellowship on 6th June 2008, after our Club's weekly meeting.

Midtowners are requested to joint the celebrations.

Rtn Ravinder Krishan Bereaved

Sister of our Rtn Ravinder Krishan left for her heavenly abode day before yesterday. We share the grief of the family and pray to the Almighty to grant peace to the departed soul.



WEDDING ANNIVERSARY GREETINGS

R'ann Preety & PP Rtn. Trilochan S. Anand June 08
R'ann Joginder & PP Rtn. Pallav Mukherjee June 10



PUNCTUALITY DRAW

Won by Rtn. M.K. Handa

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