

PROGRAMME

Changing Mindset towards Environment

Guest Speaker: Prof. A.D. Ahluwalia

Emeritus Geologist and Environmentalist

Friday, January 21, 2011

Time: 6.30 p.m. Venue: Hotel President, Sector 26, Chandigarh

Back Pain

On Friday, January 14, 2011 our Guest Speaker Prof. Dr. Raj Bahadur, Director – Principal, Govt. Medical College and Hospital, Chandigarh gave a mind blowing presentation on Back Pain. He was introduced by Rtn. Dr. Nitin Mathur. Dr. Raj Bahadur did MBBS from Himachal Pradesh University, Shimla in 1974. From Banaras Hindu University he did M.S. (Orth) in 1979. This was followed by several post graduate degrees in USA, UK and Switzerland leading to FICA, FAMS, FRCS etc. He specializes in general orthopaedic surgery, spinal surgery, joint replacement and orthopaedic education. He has held various posts as orthopaedic surgeon in Shimla, Varanasi, Rohtak, Pondyicherry, New Delhi and from 1996 to 2006 he was in Chandigarh as Professor and Head of Orthopaedics in



Prof. Dr. Raj Bahadur

GMCH-32 and then held similar post in PGIMER in 2006-07. From December 2007 to date, Dr. Raj Bahadur is Director – Principal of GMCH-32, where he also served as Medical Superintendent in 2000-04. He has received many awards, recognitions and is member of various professional organizations in India and abroad.

Dr. Raj Bahadur recalled his visit to our club a couple of years ago when he spoke about knee problems. He said knee and back ailments are most dominant in orthopaedic patients. Supported by a very professional power point presentation, he talked about the causes, treatment and surgery related to back pain, which is the second most common cause of visit to a doctor, after cold and flu. He said of the \$27 billion spent on all musculoskeletal trauma, \$16 billion is spent in the management of low back pain. More than half of that \$16 billion is being spent on surgical treatment.

He pointed out that, "According to estimates, 80 percent people will experience low back pain at least once in their

lifetime. A small number of patients will develop chronic or degenerative spinal disorders that can be disabling." He added, "Men and women are equally affected by lower back pain, which occurs between the ages of 25 and 60."

Approximately 12% to 26% of children and adolescents suffer from low back pain. Fortunately most low back pain is acute, and will resolve itself in three days to six weeks with or without treatment. If pain and symptoms persist for longer than 3 months to a year, the condition is considered chronic. Dr. Raj Bahadur cautioned, "In case of children where back pain persists, it should not be ignored and proper treatment has to be given."

Dr. Raj Bahadur said, "Back is the Powerhouse for the entire body, supporting our trunks and making all of the movements of our head, arms and legs possible." He highlighted the risk factors or the causes which lead to back pain. These are Depression / unhappiness at home or work, stress, bad posture, pregnancy and osteoporosis. Certain occupations, lack of exercise, being overweight and smoking can also lead to back ache. He added it may be genetic also.

Disc Prolapse is another common cause of back pain which happens when the soft inner material of the vertebral disc bulges or bursts through the outer lining of cartilage and puts pressure on the spinal nerve. This irritation causes constant back and leg pain. Muscle spasms also occur when the spinal nerves are irritated.

Back pain can also occur due to many reasons; muscle and ligament injuries, spinal stenosis which means narrowing of the spinal canal, spondylosis (wear & tear), mal-alignment of vertebrae, that is, spondylo-listhesis which is slipping of one vertebra over another, metabolic conditions etc. In addition to above, depression, anxiety, frustration, reinforcement, stress, anger, fear and many other psychological states can help to cause or complicate back pain.

Dr. Raj Bahadur made a very significant observation that, "The emotional component can complicate the back pain diagnosis,

sometimes resulting in unnecessary surgery and disability.”

The symptoms are pain across the lower part of the back that sometimes radiates to the buttocks, the back of the thigh or to the groin. The pain is usually worse on movement. There is limitation in movement of the spine - especially bending forward and leaning back. Tense spasm of the muscles surrounding the spine causes a stiff back. With severe pain and spasm, the back may tilt to one side causing a change in posture. The pain is sometimes accompanied by a tingling sensation or numbness in the back or leg.

Dr. Raj Bahadur also discussed the investigations to be carried out for back pain. X-rays of the back are done to look for spinal alignment, fractures, tumors and osteoporosis. MRI is useful for seeing disc protrusions, infections or spinal cord compression. CT scan is done for seeing fractures or canal stenosis. Other investigations may be blood tests e.g. HLA-B27 for ankylosing spondylitis, bone scan or bone density analysis.

He advised, “The best treatment is prevention, that is, taking good care of your back. Pressure in the disc is least when you lay flat, higher when you stand and, surprisingly, highest when you sit, and obviously higher if you carry a weight.” Thus, standing is usually better than sitting if you have a painful disc. Conservative treatment is rest, oral analgesics, anti-osteoprotic treatment, ultrasonic massage, shortwave diathermy, injections

in the back, intermittent traction, physiotherapy, exercises and lumbo sacral belt or corset also helps in getting relief from back pain.

Dr. Raj Bahadur highlighted three reasons for surgery: 1. The pain is too severe to cope with and the patient needs hospitalization. 2. The pain is persisting for too long, interfering with patient’s quality of life. 3. The patient has significant muscle weakness from pressure on a nerve which causes bladder and bowel incontinence. He cautioned, “However, surgery can adequately correct only a fraction of all back problems.”

He advised, “The key is to become educated on your diagnosis, to get more than one opinion and to make sure you know all the facts including risks before you elect for surgery.” While explaining the types of surgeries, he further advised, “Keep in mind that even if you do elect for surgery, it is no substitute for a lifelong program of back care following the surgery.”

Expression of gratitude was offered by PP Dr. V.J.S. Vohra. He said that some years ago Dr. Raj Bahadur was appointed as Nodal Officer for Disability programmes by Govt. of India. Being a humane person, he contributed a lot towards disability empowerment and rehabilitation. Rotarians of Chandigarh Midtown owe special thanks to Dr. Raj Bahadur for his very impressive presentation and extremely valuable advice for prevention and management of back pain.



Prof. Dr. Raj Bahadur is presented a memento by PP Rtn. Dr. V.J.S. Vohra



Dr. Raj Bahadur presents birthday gift to Rtn. Mohan Singh Cheema. Secretary Rtn. Deepak Sood is there to wish him a happy birthday



IPP Rtn. Gurdip S. Deep bags punctuality award to get it from Dr. Raj Bahadur. Looking on is Secretary Deepak Sood

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TRF Recognition for Chandigarh Midtown Shaju is Major Donor



IPP Gurdip S. Deep shows the recognition certificate (award).
Looking on is President Prem Anand

A communication was recently received by IPP Gurdip S. Deep from IPDG Rtn. Chetan Aggarwal thanking him for the support by giving an increase of over 60 percent contribution to the Rotary Foundation during 2009-10.

IPDG Chetan placed on record, "TRF Trustee Rtn. Ashok Mahajan and RIDE Rtn. Y.P. Das, Regional Rotary Foundation Chair feel pleasure in recognizing your support during that year for the excellent record breaking contributions towards the Rotary Foundation."

Along with the above communication, Gurdip received a recognition certificate (award) in name of our club.

While displaying the award before the house, Gurdip acknowledged the fact that this achievement was due to the contribution of US \$ 4200/- by PDG Rtn. Shaju Peter, who is now a major donor, the only one from our club!

Rotary names next General Secretary

President Rtn. Prem Anand reported that the RI Board of Directors recently appointed John Hewko to replace retiring General Secretary Ed Futa on 1 July.

Source: Rotary International News / Courtesy:

eFlash_Rotary: "Rotary is fortunate to have attracted a candidate with John Hewko's proven ability and extensive international experience," said RI President Ray Klinginsmith. "His leadership will be an important asset for Rotary in the next few years."

Hewko is a former vice president of the Millennium Challenge Corporation and a past partner with the international law firm of Baker & McKenzie, where he

focused on Eastern European nations. He currently works with the Carnegie Endowment for International Peace as a researcher and writer concentrating on international development issues.

Hewko was selected for the general secretary position after an exhaustive yearlong search process conducted with the assistance of Korn/Ferry International, one of the world's largest international executive recruiting firms. In addition to the RI Board search committee, chaired by RI Director John T. Blount, the search process included input from the RI Board of Directors and the directors-elect, The Rotary Foundation Board of Trustees, and the Rotary general management team.

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But it was Hewko's father, Lubomyr, a longtime member of the Rotary Club of Clarkston, Michigan, USA, who alerted his son to the opportunity after seeing the position advertised in The Rotarian magazine.

Hewko holds a JD from Harvard Law School, a master's degree in literature from Oxford University, and a bachelor's

degree in government and Soviet studies from Hamilton College in Clinton, N.Y.

A former Rotarian, Hewko was a charter member of the first Rotary club in Kiev, Ukraine. He lives in Washington, D.C., with his wife, Margarita, who is a native of Argentina, and their daughter.

PP Dr. S.K. Sharma Leads Delegations at Hanoi and Italy

PP Rtn. Dr. S.K. Sharma, Professor Emeritus and Fellow, Panjab University has been invited to a meeting of the experts from 25 countries held at Hanoi, Vietnam on January 13 and 14 to discuss the roadmap problems and recent developments in carbon-foot printing, water-foot printing and sustainable development. The meeting was organised by International Standards Organisation. Professor Sharma will be leading the Indian delegation to this Conference.

Dr. Sharma is also leading the Indian delegation to the I.S.O. meeting on greenhouse gases in Italy from January 18 to 21 in which representatives from 127 countries will deliberate on the new international standard on carbon foot printing and water foot printing.

Professor Sharma is the former D.U.I., Panjab University and

had played a pioneering role in the development and implementation of green technologies in India and abroad. He was consultant with the F.A.O., Commonwealth Secretariat, UNICEF and European Union and in a number of countries in Asia and Pacific for technology transfer in green technologies. He was also invited by the Prime Minister, Dr. Manmohan Singh as a Member of the Advisory Board on Energy and Environment. He was a visiting professor at a number of universities in USA, Canada and U.K., and is a Fulbright Scholar. He is also the former President of the Indian Institute of Chemical Engineers and fellow of Institute of Engineers in India.

Dr. Sharma is expected back from his tour abroad on 25th January 2011.

Multi District Intercity of Friendship

Multi District Intercity of Friendship is being held at Haridwar, hosted by Rotary Club of Kankhal, as per details below;

Date: 23rd January 2011 (Sunday) Venue: 'Crystal World' Water and Amusement Park, Haridwar-Roorkee Highway

Time: 9.30 am for registration, breakfast and the meeting,

which will be followed by Lunch.

For those who have not yet registered, spot registrations would be available as follows;

Single: Rs. 700/-

Couple: Rs. 1300/-

Family (Couple + two children): Rs. 1800/-

Birthday of Rotarians

PP Rtn. Devi Prasad Khandelia



January 21

Punctuality Draw

Won by IPP Rtn. Gurdip S. Deep

Wedding Anniversary

R'ann Sarita & Rtn. P.K. Vasudeva



January 24

R'ann Purnima & Rtn. Deepak Sood

January 24

R'ann Monika & Rtn. Chitranjan Aggarwal

January 25