



KADAMBINI ORTHOPAEDIC & SPINE TRUST

(Kadambini Charitable Trust)

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NEWS LETTER



Dear friends,

The Kadambini Orthopaedic & Spine Trust will be completing its third year successfully with all your blessings and financial support. We have been extremely lucky to have a large number of supporters & friends to help us in our activities. We have successfully organized 14 KOST events during this period. We have organized screening studies for low back pain, scoliosis etc in order to create awareness about spine problems in society and its solution. This newsletter will coincide with an event close to my heart "The Airtel Delhi Half Marathon 2014". Last year we as a group of patients who have had spine surgery and doctors treating them participated in "The Great Delhi run" an

event of "The Airtel half marathon 2013". representing KOST as a group. We had 70 runners & all of them completed the 6 kms run. We went around Jawaharlal Nehru Stadium with banners and slogans stressing the importance of being healthy and looking after our spine. All the runners who ran with me were happy to be part of an event where they were able to share and spread the message of the importance of looking after one's health, especially after they all themselves have had spine surgery.

This year on November 23rd we with a group of spine patients who have been operated along with friends, relatives and doctors will be participating in the Delhi half marathon. We hope to be able to spread the message about the importance of being fit and also seeking treatment for problems early in life especially for children with deformities.

On 14th November 2014, Dr Shakti Das my good friend & an Orthopedic surgeon working at SVNIRTAR (a Government institute for disability alleviation and rehabilitation) along with me and volunteers from my charity KOST -KCT organized a camp for patients with disability and deformities. I saw patients with disabilities and children with deformities unable to walk due to Spine and musculoskeletal problems. Most of them were from rural Odisha and were poor and ignorant of the possibilities of treatment. It is this group of children and adults that I really want to help. I saw a mother from Balasore with two deformed children and the sadness in her face really hit me hard. I have promised to help her in whatever way surgically I can.

A lot of us are privileged by Gods grace to be leading a healthy life. We should thank the Almighty and try to maintain our health. At the same time it is our duty to be able to help our lesser placed members in society in whatever way we can. Old age is bound to come to us and death will invariably follow. Reading Dr Atul Gawande's book on "Being Mortal" I realize how difficult old age is and how true the realities of life are. This reminds me of a saying of Lord Buddha which my father keeps reminding, that "Old age is inevitable and we cannot avoid it, Death is inevitable and we cannot avoid it and all those we hold dear to us are bound for decay and destruction and we cannot avoid it.

So friends look after your health as long as you can and try to help others as much as you can. With kind regards and wishing you all a very happy & healthy new year 2015

Shankar Acharya

Trustee (KOST-KCT), NOBEL 2005, Sushrutam 79, SPAI 76

FACTS & TREATMENT OF SCOLIOSIS

Dr. Shankar Acharya

Spine Surgeon

WHAT IS SCOLIOSIS?

A normal spine, when viewed from behind, appears straight. However, a spine affected by scoliosis shows evidence of a lateral, or sideways, curvature, and a rotation of the back bones (vertebrae), giving the appearance that the person is leaning to one side. Scoliosis is defined as a curvature of the spine measuring 10 degrees or greater on x-ray.

Scoliosis is a type of spinal deformity and should not be confused with poor posture.

Four common types of curve patterns seen in scoliosis include the following:

Thoracic - 90 percent of the curves occur on the right side.

Lumbar - 70 percent of the curves occur on the left side.

Thoracolumbar - 80 percent of the curves occur on the right side.

Double major - curves that occur on the right and left side.

WHAT CAUSES SCOLIOSIS?

In most (80 to 85 percent) cases, the cause of scoliosis is unknown - a condition called idiopathic scoliosis. In other cases, scoliosis may develop as a result of degeneration of the spinal disks, as seen with osteoporosis, or as a hereditary condition that tends to run in families.

The abnormal curves of the spine are classified according to their cause, including the following:

NONSTRUCTURAL SCOLIOSIS (Also called functional scoliosis.)

In this condition, a structurally normal spine appears curved due to one or more underlying conditions (i.e., difference in leg length, an inflammatory condition, etc.). This type of scoliosis is generally temporary and is often relieved when the underlying condition is treated.

STRUCTURAL SCOLIOSIS

The possible causes of structural scoliosis are numerous, including the following: **of unknown origin** (idiopathic structural scoliosis), **Disease** (i.e., neuromuscular, metabolic, connective tissue, or rheumatoid disease), **Birth Defect, injury, infection, abnormal growth or tumor**

WHAT ARE THE SYMPTOMS OF SCOLIOSIS?

The following are the most common symptoms of scoliosis. However, each individual may experience symptoms differently. Symptoms may include:

- ♦ Difference in shoulder height
- ♦ The head is not centered with the rest of the body
- ♦ Difference in hip height or position
- ♦ Difference in shoulder blade height or position

When standing straight, difference in the way the arms hang beside the body

When bending forward, the sides of the back appear different in height

Back pain, leg pain, and changes in bowel and bladder habits are not commonly associated with idiopathic scoliosis. A person experiencing these types of symptoms requires further medical evaluation by a physician.

The symptoms of scoliosis may resemble other spinal conditions or deformities, or may be a result of an injury or infection. Always consult your physician for a diagnosis.

HOW IS SCOLIOSIS DIAGNOSED?

In addition to a complete medical history and physical examination, x-rays (a diagnostic test which uses invisible electromagnetic energy beams to produce images of internal tissues, bones, and organs onto film) are the primary diagnostic tool for scoliosis. In establishing a diagnosis of scoliosis, the physician measures the degree of spinal curvature on the x-ray.

The following other diagnostic procedures may be performed for nonidiopathic curvatures, atypical curve patterns, or congenital scoliosis:

Magnetic Resonance Imaging (MRI) - A diagnostic procedure that uses a combination of large magnets, radiofrequencies, and a computer to produce detailed images of organs and structures within the body.

Computed Tomography Scan (Also called a CT or CAT scan) - A diagnostic imaging procedure that uses a combination of x-rays and computer technology to produce cross-sectional images (often called slices), both horizontally and vertically, of the body. A CT scan shows detailed images of any part of the body, including the bones, muscles, fat, and organs. CT scans are more detailed than general x-rays.

Early detection of scoliosis is most important for successful treatment.

TREATMENT OF SCOLIOSIS:

Specific treatment of scoliosis will be determined by your physician based on:

Your age, overall health, and medical history,

Extent of the condition

Your tolerance for specific medications, procedures, or therapies

Expectations for the course of the condition

Your opinion or preference

The goal of treatment is to stop the progression of the curve and prevent deformity. Treatment may include:

OBSERVATION AND REPEATED EXAMINATIONS

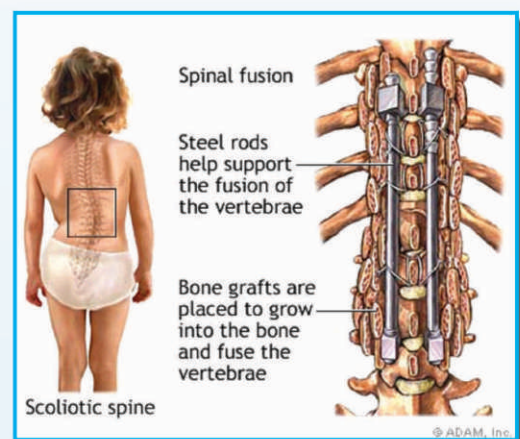
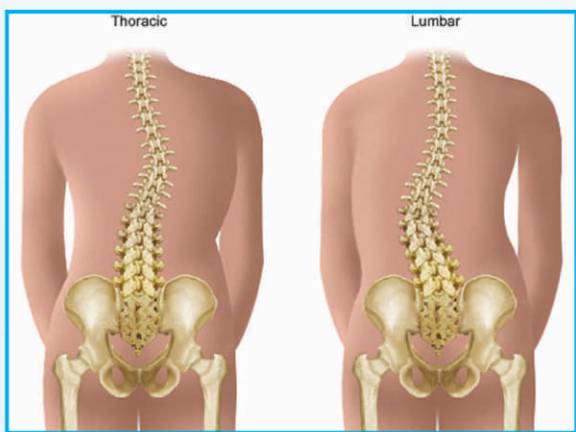
Observation and repeated examinations may be necessary to determine if the spine is continuing to curve.

BRACING

Bracing may be used when the curve measures between 25 to 40 degrees on an x-ray, but skeletal growth remains. The type of brace and the amount of time spent in the brace will depend on the severity of the condition.

SURGERY

Surgery may be recommended when the curve measures 50 degrees or more on an x-ray and bracing is not successful in slowing down the progression of the curve.



DON'T WASTE YOUR MONEY : VITAMINS AND SUPPLEMENTS DON'T PREVENT CHRONIC DISEASE

Dr. Subrat Acharya



Americans spend about \$12 billion every year on vitamin and supplements, and we know that every Indian doctor prescribe these for each ailments; but research shows that healthy people probably shouldn't bother.

The U.S. Preventive Services Task Force studied all the available evidence on the effects of vitamins, minerals and supplements, and concluded that for most, there is not enough evidence to determine whether the pills can lower risk of heart disease or cancer. When it comes to beta-carotene (found in carrots and tomatoes) and vitamin E, there's actually no evidence that they're protective against heart disease or cancer. Omega-3 fatty acids may also not be as beneficial as some manufacturers claim for improving brain function.

Although more research is needed to determine whether supplements are truly useless, the best way to take advantage of the healthy perks of nutrients is to get them naturally — by eating a healthy and balanced diet, that includes like fruits, vegetables, and lean proteins.

EXERCISE DURING PREGNANCY BOOSTS BABIES' BRAINS

Moms who remain fit while pregnant may be doing their babies' brains a favor.

Researchers at the University of Montreal stuck 124 electrodes on the heads of babies who were only a couple of days old and found that women who were randomly asked to exercise and stay fit while pregnant had babies with more active brains eight to 12 days after they were born compared to moms who didn't break a sweat.

Not only were their brains more active after birth, but the scientists continued to monitor the infants' brains while they slept, and found that those whose mothers exercised more were better able to process repeated sounds, a sign of more mature brain functions.



ACKNOWLEDGEMENTS

This news letter will coincide with the 15th KOST camp. I have been extremely lucky to be able to hold these camps so successfully. A successful camp needs a lot of hard work and team effort. I will be failing in my duties if I do not acknowledge all those who helped in the success of these camps.

All members of SUSHRUTAM (my medical college friends) & NOBEL 2005 have gone out of their way by spending their time, energy and money to come and offer their services. I thank all my family members for their constant encouragement and support to continue these activities.

I am really thankful to Dr. R. N. Mohanty, Dr. Shakti Das and his team of SVNIRTAR, Olatpur, Odisha for having organised the 14th KOST Camp on Musculoskeletal Deformity and making it a grate success.

I am grateful to Gaurav Anand, Sumanta and his team in from Stadchem Pharma, Kamal & Gopesh from Dr. Reddy Labs have always gone out of their way to provide logistics for the camps. Other pharmaceuticals have helped me with medicines namely Medtronics, Wanbury, J & J, Alkem, Ranbaxy, DelCure Life Science, Zydus Nutriva, Abbott, Glenmark, Glaxo Smith Kline, Lupin, Intas, Zuventus, Novartis, Sun, Pharmed, Zydus Synovia, Akumentis, USV Limited & Macleods Pharma & I Thank them all. I am grateful to Rakesh, Sandep, Satish, Sailesh & Surender of Delhi team for their constant hard work.

I thank the Patients attending the camps for having put their trust in us and encouraging us to do better everytime.

Shankar Acharya
Trustee KOST

KOST at MID TOWN ROTARY CLUB , PANIPAT on 27th April, 2014

BE MULTI SPECIALITY HEALTH CAMP

Organised by

Cygnus Orthocare Hospital (Kadambini Charitable Trust)

Kadambini Orthopaedic & Spine Trust (Kadambini Charitable Trust)

DATE: 27 APRIL - 2014 VENUE: TIME: 9:00 AM TO 12:00 PM

Association: Midtown Rotary Club, Prolhi Chowk, Model Town, Panipat (Haryana)

Dr. Pankaj Bajaj
Senior Joint Replacement Surgeon
Cygnus Orthocare Hospital, New Delhi

Dr. Shankar Acharya
Senior Orthopaedics & Spine Surgeon
Sir Ganga Ram Hospital, New Delhi

PRE-REGISTRATION CONTACT: 9899669547, 9810299981



KOST at VAJI RAM & RAVI INSTITUTE FOR I A S (23 -05-2014 to 28-05-2014)



KADAMBINI ORTHOPEDIC & SPINE TRUST

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An Appeal

Banita is a young girl who is just 6 years old . I have been seeing her for the last 3 years each time I go to Odisha to do my outreach clinics. She has congenital scoliosis ,a deformity of the spine present since birth .Her deformity has progressed significantly with time and she needs surgery. This surgery isa major surgery to correct her deformity and I need to call her to New Delhi for surgery as such facilities are not available there. Her uncle accompanies her as her parents are daily laborers in Mayurbhanj a tribal district of Odisha. He told me they have no money and breaks down in tears pleading for help. This is just a story of one girl. As you read this story I am sure your heart fills with sorrow and you are ready to help next time such a case comes up before you .Since our inception , the Trust ,Kadambini Orthopaedic & Spine Trust- Kadambini Charitable Trust (KOST-KCT2011), has been involved in helping patients and people in various ways to improve their quality of life as follows :

- Conducting regular health camps to screen & treat patients with musculoskeletal deformities. We have conducted 11 such health camps so far .
- Creating awareness about childhood deformities (Scoliosis & Kyphosis) and treating them. We have subsidized a few patients of scoliosis ,whose surgery has been done at minimal cost in Odisha .
- Distributed relief materials and school books etc. to flood affected school children in Odisha.
- Performing subsidized surgery for poor patients.

All this is not possible without generous contributions from friends and well wishers. We do not receive any funds from the government . I would request you all to contribute generously for any of the specific cause or in general to the trust. If you want to be associated with a child 's treatment ,you can pledge your donation and when such a child comes to me I will be happy to pair you both . This will you make you happy for the joy of giving and the child and hers parents happy for the joy of having their child treated. For me the happiness will be tripled .

You could donate now by giving or sending a cheque payable to 'KOST-Kadambini Charitable Trust "or make a pledge to donate .

Please leave your Name, address, e-mail and contact number for us to contact you at your preferred time and date. We will come back to you and give you our bank details for money transfer . All donations are exempt from income tax .(Act 80 G)

With kind regards !

Shankar Acharya

23.11.2014

KOST at MSS Hospital, New Delhi on 27th July, 2014

FREE MULTI SPECIALITY HEALTH CAMP
Orthopaedics / Spine / Joint Replacement

Organised by:
KADAMBINI ORTHOPAEDIC & SPINE TRUST
(Kadambini Charitable Trust)

In association with
MSS HOSPITAL
UNIT OF SHRI MULTAN SEWA SAMITI (REGD.)

venue: ZONE H-4-5 PLOT NO-5-6-7, PARWANA ROAD PITAMPURA, DELHI-110034, 9871576849, 9899669547 Date: 27-07-2014 Time: 10.00 am to 1.00 pm

DR. SHANKAR ACHARYA
Senior Orthopaedics & Spine Surgeon
Sir Ganga Ram Hospital, New Delhi



पेट की हर प्रकार की बीमारी का इलाज
TIMING: TUESDAY & FRIDAY 11:30 TO 1:00 PM
EVENING ON APPOINTMENT ONLY PH: 91-27010484

SPECIALITY HEALTH CAMP FOR MAJOR HEALTH PROBLEMS
Organised By
KADAMBINI ORTHOPAEDIC & SPINE TRUST
(KADAMBINI CHARITABLE TRUST)

SPECIALISED DOCTORS WILL VISIT THE CAMP
VENUE
MSS HOSPITAL
(A UNIT OF MULTAN SEWA SAMITI REGD.)
ZONE H-4-5 PLOT NO. 5-6-7, PARWANA ROAD, PITAMPURA, DELHI-110034

