



KADAMBINI ORTHOPAEDIC & SPINE TRUST

(Kadambini Charitable Trust)

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NEWS LETTER



Dear all,

The festive season is not yet over. In India, the months of September herald the onset of festivities right till Christmas. Then we start our new year. This is our sixth newsletter since we started our activities in 2011 with our Trust (KOST-KCT). Like every year we hope to be able to have a successful fund raising campaign in the "Delhi half marathon 2015" scheduled to be on 29th November. There is a 6 km walk in the event called the 'GREAT DELHI RUN '.

This is essentially a fund raising platform for all NGO 's to get their well-wishers and other corporate bodies to help in raising money to enable them to fund their charitable activities throughout the year.

Last year we raised some money, which we used to treat poor patients and hold health camps and distribute free medicines. The subsequent pages of the newsletter devote some space to such activities.

It takes teamwork to make dreams work. Nothing can happen without everyone's support. We need workers, volunteers, well wishers, donors, corporate bodies and patients to make our dreams work. No goal can be scored without the eleven players, without the coach, without the fund managers, without the opponents and without the audience, without the media and last but not the least a playing field.

So friends, brothers, sisters, teachers, elders, and everyone and anyone who reads this news letter please help us in raising funds in this marathon for KOST-KCT. It is not the amount that we are looking at, but support and the numbers of donors we are keen to increase.

India is full of opportunities, and so much to do with so little time. There are challenges however. Everyone is busy. Rich or poor, big or small the survival instinct and to save for a rainy day is in built in Indians. So all Indians save for themselves and the family by instinct. With poor social security, inadequate and deficient health infrastructure, it's natural for every Indian to be worried mainly for their near and dear.

Every human being has compassion inbuilt in their moral fabric, but in the rat race and need for survival, it gets subdued and often forgotten. We all have, I feel a duty to our family for sure, but also our country, our people, especially the sick. They need help for sure. Being doctors we have the ability to help and it is our moral duty to do so.

I hope you will be able to support the activities of the trust in whatever way you can.

Please contact us, and we shall remain highly obliged and forever grateful

With kind regards

Shankar Acharya
Managing Trustee
KOST-KCT, New Delhi



1. Stem cell therapy- The future of Medicine may change

It took 17 years and a scandal involving scientific fraud and embezzlement, but stem cell scientists have finally accomplished with human cells what a scientist long ago did with cloning. Using human skin cells, Shoukhrat Mitalipov, a professor at Oregon Health & Science University, applied the same process, known as nuclear transfer, that produced Dolly the sheep in 1996, the first cloned mammal. A previous attempt by South Korean researchers turned out to be fraud when it was revealed the team used embryos generated by IVF instead of nuclear transfer to generate its so-called human clones.

Mitalipov successfully inserted a fully developed skin cell into a hollowed out human egg, and chemically and electrically stimulated the egg to start dividing to produce embryonic stem cells. (The procedure went no further than that—no walking, talking clone.) Stem cells serve as the cellular foundation for the rest of the body's tissues and organs, and the hope is that they may one day be used to treat diseases ranging from Alzheimer's to heart disease and diabetes.

2. Fatty Liver Disease can Cause Liver failure, Cirrhosis and liver Cancer :

Obesity and Diabetes in India , particularly among the educated middle class is on the rise. Further ,Indians are more prone to develop Diabetes and abdominal obesity in the middle age . Both truncal obesity and diabetes now has been found to cause fatty liver disease. Normally about 5% of the liver's weight is due to fat. When the amount of fat exceeds this amount we call it fatty liver. When excess fat get deposited in the liver , the liver cells may get damaged and gradually is replaced by fibrosis leading to Cirrhosis and subsequently to liver cancer. About 20% of those with fatty liver disease with evidence of liver cell damage develop serious ailment over 20 years. Both the Obesity and Diabetes are preventable disease. It is better to prevent it by following health strategies when you are young. Avoiding sweets, aerated waters, canned juices, patties, creams and cakes, burgers from child hood is great. Add a bit of physical activity and never have an abdominal bulge are the keys to avoid trunkal obesity.

3. Hit the gym and prevent Diseases :

If you needed any more convincing, there's more evidence that when it comes to preventing certain diseases, such as diabetes high blood pressure, eating well and breaking a sweat are better than taking medications. A study published in the Annals of Internal Medicine found that among a group of people with prediabetes, those who made over their diets, got daily exercise, quit smoking and managed their stress lowered their glucose levels so much that they didn't progress on to type 2 diabetes. Prescription drugs may seem like an easy fix to chronic diseases, but they do nothing to change what's causing the illness in the first place. And in some cases, the medications may even cause more problems in the form of side effects. It's not that prescription medicines aren't doing their job, or that they're not important to modern medicine. They do, and they are effective in managing symptoms once they emerge. But if it's possible to avoid disease altogether, and if patients can do it without expensive medications that can cause complications, why wouldn't they?

4. Hepatitis C Virus(HCV) to day is curable :

Well, HCV infection which is parenterally transmitted and invariably cause cirrhosis and liver cancer is completely curable now with the discovery and trial of drugs which directly inhibit their replication. They are named as Directly Acting Anti virals(DAAs). Recently Federal Drug Administration, USA cleared the sale of Sofosbuvir , Simeprevir and ledipasvir for the purpose. A combination of Sofosbuvir with Ribavirine for 24 weeks has been very effective against the Genotype 3 HCV infection. A combination of Sofosbuvir with Ledipasvir is effective against all the genotype of HCV. Sofosbuvir with Simeprevir for genotype 1 is now recommended for genotype 1 HCV. They are all Interferon free regimen and are oral pills. They are safe without much side effects and donot require much monitoring. It seems that HCV treatment will become easy and effective very soon.

THE STORY OF VS from Kerala.

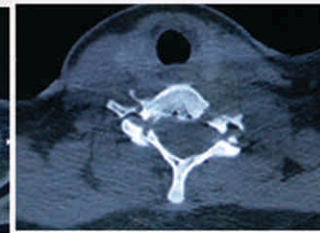
This is the story of a girl who had one of the most unusual Spinal cord injury while on a visit to Delhi that left her paralysed from neck downwards on initial impact . Her fate and prompt action led to a miraculous recovery. Below she recounts her tale .

Patient: 26th of June, I came to the capital city to give entrance to Delhi University, dream of every student of Economics. While returning from Delhi University, North campus, which was the centre allotted, my father and myself were walking under the feeble canopy of Asoka road, trying to escape the piercing heat of Delhi. Suddenly, a branch from the nearby tree fell over me. The next thing I remember is in the emergency ward of Ram Manohar Lohia Hospital, New Delhi, where I was given primary care. Luckily my father was not injured in this incident. As he recounts again and again, it was some rickshaw driver who came and helped me to reach hospital. Then I was taken to Sir Ganga Ram hospital, where I was born again.

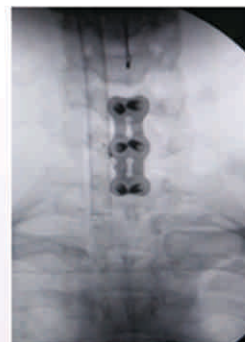
Dr. Acharya: She was seen in emergency ward of Sir Gangaram hospital, disoriented with severe pain in neck and weakness in all four limbs. Thoroughly evaluated with necessary tests, she was diagnosed having a fracture in neck bones (Fracture of C5 & flexion distraction injury C6-C7 with spinal cord compression). She was taken up for immediate surgery.



C5



C6



Post operative picture X-Ray of the patient after surgery

Patient : After the long surgery, I was not sure about what had happened to me...The only faint memories that I can recollect is about my mother, the boldest woman whom I've seen trying to smile through her pains, the busy hospital staff, their care and in fact the team of doctors who gave me their full attention, the remarkable of them, the senior surgeon, Dr. Shankar Acharya who found time to talk with me, reassuring me.

Even when I was moved out of the hospital, I was bedridden and never, even in my wildest dreams did I expect to walk again. It was my physiotherapist, Dr.Saurabh Mathur who gave me all courage and support to walk again...first taking baby steps, I still remember how much strain I was putting on my doctor and parents...I felt sad when a walking aid was brought to me one day.....Don't know why but I refused to use it. However with the strength of prayers of my parents and the care and dedication of the team of awesome doctors I've ever seen, I was fortunate enough to walk again. I walked back to my home...Four months from the accident, now I'm all back to normal again...started attending my PG course without even losing an year, back to my passion of veena, the stunning of which was, I started driving my car again. Now everything seems to be a windy journey through the vestibule of life, unfortunate of having had such an accident, but fortunate to rise up, to have gained valuable acquaintance, to know that life can take unexpected turns. To be precise I'm one of the rarest persons to have seen God, through the eyes of many.

(Story of VS as narrated by her.)

DELHI HALF MARATHON 23RD NOVEMBER, 2014

**₹ 3.67 Crores Raised by
69 NGOs
@ Airtel Delhi
Half Marathon 2014**

7 REASONS TO CELEBRATE



13TH CAMP at ROTARY PANIPAT SOUTH & NEW TOWNSHIP CLUB (20-12-2014)



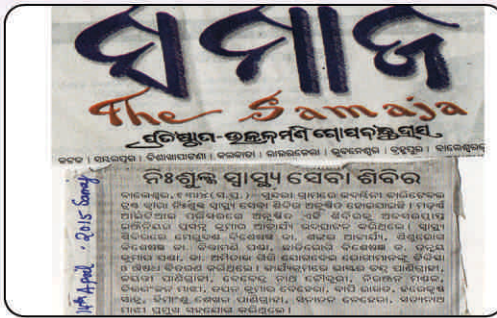
14TH CAMP at O.P. JINDAL GLOBAL UNIVERSITY, SONIPAT (29TH MARCH 2015)



PATIENT FUNDED BY TRUST



15TH CAMP ITI, SUNDARIM BALASORE (12TH APRIL 2015)



SPECIALITY HEALTH CAMP FOR MAJOR HEALTH PROBLEMS
 Organized by
KADAMBINI ORTHOPAEDIC & SPINE TRUST
 (Kadambini Charitable Trust)
VENUE : MODERN ITC, SINDURI, BALASORE
DATE : 12.04.2015(SUNDAY) TIME : 3.00pm.-6p.m.
SPECIALISED DOCTORS AROUND THE COUNTRY COMING FOR THE CAMP
Dr. Shankar Acharya, Spinal Surgeon
Dr. B K Panda, Chest and T.B.
Dr. Chintamani Panda, Pediatrics
Dr. J K Das, General Practitioner
Dr. Tanmay Panda, General Surgeon, Apollo, Bhubaneswar
Dr. Shashank Shekhar Choudhuri, ADMO, Balasore
Dr. Amitav Giri, Balasore
Organisers : 1. Mrs Jayanti Panigrahi, Secy. ITC, 2. Mr. Bhaskar Panigrahi, Social Worker, 3. Mr Chittaranjan Majhi, Social Worker, 4. Mr Niranjan Mandal, Social Worker, 5. Mr Bapi Rout, Social Worker, 6. Mr Himanshu Shekhar Panigrahi, Social Worker, 7. Mr Harekrishna Sahoo, Social Worker, 8. Mr Tapan Kumar Bishara, Social Worker



16TH CAMP DUWA, NEW DELHI (26TH JULY 2015)



ORTHOPAEDICS, SPINE AND JOINTS HEALTH CAMP
 Organized by :
KADAMBINI ORTHOPAEDIC & SPINE TRUST
 (KADAMBINI CHARITABLE TRUST)
 In Association With
Delhi University Women's Association (DUWA)
 University of Delhi, Delhi - 110007
Expert Spine Consultation By : **Dr. Shankar Acharya** Consultant Spine Surgeon & **Dr. Amit Shidhar** Consultant Spine Surgeon & Joint Replacement Specialist, Sant Parmanand Hospital



17TH CAMP MSS HOSPITAL, PITAMPURA (23-08-2015)



ACKNOWLEDGEMENTS

This news letter will coincide with the Delhi Half Marathon 2015. 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 (my ravenshaw clooeg friends) 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 grateful to Gaurav Anand, Sumanta and his team from Stadchem Pharma, Kamal from Asarva Life Science Pvt. Ltd., Gopesh, Avinash and others from Dr. Reddy Labs, Mukesh Rana & Team (Intas Pharmaceuticals Ltd.) who have always gone out of their way to provide logistics for these camps. Other pharmaceuticals who have helped me are, Medtronics, Wanbury, J & J, Alkem, Ranbaxy, DelCure Life Science, Zydus Nutriva, Abbott, Glenmark, Glaxo Smith Kline, Lupin, Intas, Zuentas, Novartis, Sun, Pharmed, Zydus Synovia, Akumentis, USV Limited & Macleods Pharma & I Thank them all. I am grateful to Rakesh, Sandeep, Satish, Shailesh & Surinder of Delhi team for their constant hard work.

Funding for these events are very important especially when we have to subsidize treatment of poor children and other patients. I sincerely thank my regular donors who have never hesitated to help me. I would like to especially thank, Mr. Manish Dhall (Wazir Chand & Co. Pvt. Ltd.), Mr. & Mrs. Arun Khera (Smart Equity Brokers Pvt. Ltd) Mr. Vivek Agarwal and family (Vivsun Export), Mr & Mrs Kapoor from Rolly publishers and Dhampur Alcochem pvt Ltd. Mr Anand from ATS Who have every year sincerely helped me whenever my patients needed help. I also thank many others whose names have not been mentioned as the list is long.

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

OUR ENVIRONMENT...OUR TREASURE

Our planet Earth abounds in natural resources like water, air, flora and fauna on the surface above and abundant mineral wealth below. Nature is full of beauty. It should be nurtured, and cherished like our prized possessions. But we on the other hand have taken it completely for granted; ignoring the consequences we have to bear. The trees, life line of our environment are mercilessly cut resulting in deforestation. In the name of industrialisation and urbanisation trees are cut although many can be saved with a little thinking. Let factories come but the trees must be saved by afforestation. People living in metros and urban areas are more prone to lung infections than those residing in villages. It is because the cities are not exposed to pure air. The trees, which are the major sources of pure air, are cut off.

The factories emit poisonous and harmful gases, such as the Chlorofluorocarbons and Nitrous Oxides which damage our environment. Waste management is not done properly. Chunks of garbage take days to be collected and burnt. Water collections are seen at many places which lead to breeding of mosquitos causing Dengue. Vehicles emit harmful gases as well. Ozone, Carbon Monoxide (CO), Carbon dioxide etc cause respiratory infections. They have symptoms such as coughing and choking. Gases such as Carbon Monoxide cause diseases such as Bronchitis.

Protecting environment, which is gifted to us by God is integral to our life. It lies in our hand, as to how should we treat it. Whether we should cherish it for a healthy living, or destroy it to suffer for life.

Charupadma Pati
New Delhi

Some glimpses of our journey so far, but miles to go before we sleep, but of course with everyone's help and support.

This letter below has been written by a father, whose daughter Sakshi was very ill with Tuberculosis of the spine and was paralyzed waist down. She had no control of her stool or urine. The father was from Bihar and worked as a flower seller in front of Lord Jaganath mandir in East Delhi. For months after trying his luck in the Government Hospitals to get his daughter treated unsuccessfully, he pleaded for help to the regular worshippers of the temple.

Mr. Behera a kind hearted gentleman from Odisha who was known to me decided to help him. He rang me saying that he would help the child with some money and if I could help her financially with rest. This is how the child came to me. She was treated at Sir Gangaram hospital and Kadambini Orthopaedic & spine Trust (KOST) paid rest of her bill. We operated on her and gradually she started recovering and now she is walking.

मैं आशीष्ना पिता हूँ। मेरी बेटी साक्षी ॥ २०१०
की है। दुखद है कि मेरी बेटी को विजली
की बजाय से एक हड्डी गलत कर रहे हैं।
इसके इलाज के लिए सबसे पहले R.M.L
उप अस्पताल कोहिका उपचारण गया था लेकिन
वहाँ एडमिड तो कर लिया लेकिन साक्षी को
आराम नहीं आया तो मैं निराशा होकर खड़े
अपनी अरुण से कहा से आक्षी को लीटो
मैं उरुलेग कपूर उपचारण ले गया तो वहाँ
हडताल की बजाय से एडमिड करे किया तो
मैं आक्षी को लेकर देखा गया जहाँ इण्डिया में
वहाँ से लेकर एडमिड करे किया की वहाँ आक्षी नहीं
है। फिर अखिलम उपचारण ले गया वहाँ की एडमिड
करे किया तो मैं सिल्वर हस्ता हो गया था तो तभी
मैं एक जानने वाले कडंबनी वन कर जाये और उन्होंने
सर गंगाराम उपचारण में से डॉक्टर आचार्यजी के पास
भेजा और उन्होंने बहुत अच्छी तरीके से उपचारण किया
और इलाज किया जैसे कडंबनी अपने कर्म कर रहे
मैं पिता का नाम साक्षी के नाम से बताया है। मैंने विजली
अपने वहाँ से नाम से साक्षी के नाम से

मैंने लिखा की हमारे डॉक्टर आचार्यजी ने मेरी बेटी को
मेरी बहन लेखिन कर्म एडमिड किया वहाँ तक से
लाया रु भेजा रहे थे उन्होंने केवल ७० हजार रु में
इलाज और उपचारण करके मेरी बेटी आक्षी को
बचा लिया राज किया है मैं उनका बहुत
अहसास करता हूँ

शंकर
आक्षी का पिता
नितोद
9711458736

