

PRESS RELEASE

For Immediate Publication

Fortis Escorts Bone and Spine Institute hold CME on Challenging Cases in Orthopedics

❖ *FEBSI team spoke about Knee Arthroplasty under nerve blocks & ways for an early recovery*

Dibrugarh, January 30th, 2016: Fortis Escorts Bone and Spine Institute (FEBSI) Orthopedics team led by **Dr. Harshavardhan Hegde**, Executive Director, **Dr Rakesh Mattoo**, Principal Consultant, Joint Replacement and **Dr Prashant Saikia**, Consultant, Anesthesia delivered talks on Challenging cases on Orthopedics during a Continuing Medical Education (CME) held in Dibrugarh today. The CME further discussed about 'Knee arthroplasty under nerve blocks' and how one can recover from such problems swiftly. The objective of the CME was to share the challenging cases & their experiences with the medical community.

According to recent reports, India may become osteoarthritis capital of the world with 60 million cases by 2025. The most prevalent form of arthritis in India is osteoarthritis that affects almost 15 million people annually. The team also highlighted the fact that lack of awareness among public is one of the primary reasons why most of those suffering from orthopedic problems suffer in pain. Prevention, diagnosis and treatment of diseases of the joints, bones, spine and hips pose a significant concern in India today.

Dr. Harshavardhan Hegde, Executive Director, Fortis Escorts Bone & Spine Institute said during his talk, *"With the significant rise of bone & spine disease in India, it becomes imperative to spread as much awareness as possible about the diseases and their causes. Exercise and healthy lifestyle at all level play a major role in preventing a large number of bone & spine diseases. Weight management, adequate vitamins levels and healthy diet can also go a long way in preventing and controlling diseases related to the bone & spine."*

Dr. Rakesh Mattoo, Principal Consultant, Fortis Escorts Bone & Spine Institute said, *"With low awareness among people, there are patients who come to us at an advanced stage, where they have to go through a replacement surgery. We hope people become more aware to prevent and be able to arrest irreversible damages to the bone & spine."* Dr Mattoo visits Dibrugarh regularly to check patients.

Dr. Prashant Saikia, Consultant, Anaesthesiology, Fortis Escorts Bone & Spine Institute, during his talk elaborated on advancements in anesthesia. *"Now, we are using refined, technical and scientific methods in anesthesia. Medicine is applied only in the nerve as this helps patients to recover faster and stand on their own quickly. Our real victory is when we see patients walking after the operation same day."*

The doctors heading the Fortis Escorts Bone & Spine Institute (FEBSI) offer a complete range of comprehensive diagnostic and pathological tests backed by cutting-edge state-of-the-art technology and innovations to enable speedy and accurate diagnosis and treatment.

Bone and health of joints is a major public health issue worldwide. Each year, there are an estimated 500,000 spinal fractures, 300,000 hip fractures, 200,000 broken wrists, and 300,000 fractures worldwide. About 80% of these fractures occur from relatively minor falls or accidents. Between 25% and 60% of women over 60 years of age develop spinal compression fractures. Although exact numbers are not available, based on available data and clinical experience, on estimated 25 million Indians may be affected by it. Recently published data have clearly demonstrated widespread vitamin D deficiency across India, at all ages and in both sexes, particularly in the urban areas. Poor sunlight exposure, skin pigmentation and a vitamin D-deficient diet are some obvious causes. Healthy lifestyle (diet, exercise and sunlight exposure) can have a major positive impact on the bone metabolism and bone health of Indians. These public health measures are recommended for the population at large as they are efficacious, safe and cost-effective.

About Fortis Escorts Bone & Spine Institute

The Fortis Escorts Bone & Spine Institute (FEBSI) launched in January 2015 is a high-end, fully integrated Orthopaedics and Spine Super Specialty centre offering expert diagnosis, treatment and rehabilitation specifically calibrated for the care of bone, joint, muscle or connective tissue disorders and a full spectrum of treatments and procedures - from the latest techniques in replacement surgery to minimally invasive trauma and spine procedures. Surgeries are performed using specialized orthopedic operating theatres which are equipped with state-of-the-art navigation and imaging systems while adhering to the most stringent infection control guidelines. FEBSI offers a specialized rehabilitation and physiotherapy unit and complete suite of diagnostics from MRI, CT scans, X-rays, bone densitometry studies, biochemistry, microbiology and histopathology. The 11-member core team includes orthopedic surgeons, Anesthetists and Intensivists specializing in trauma, arthroplasty (joint replacement), spine surgery, bone and joint deformity correction, sports medicine and pediatric orthopaedics. Look forward to your valuable inputs on the above.

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 54 healthcare facilities (including projects under development), approximately 10,000 potential beds and 266 diagnostic centres.

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