Trinity Mirror 5th March 2010

Apollo Hospitals announces new knee replacement technique

Chennai, Mar. 5:

Apollo Hospitals today claimed to have performed a revolutionary new Knee Replacement (Ceramic Coated Knee) surgery for the first time in South India on a patient suffering from end stage knee arthritis.

Three surgeries were performed. The first was on Ms Al Saeed Nada Ali Kadhim (54) from Iraq, who was suffering from Rheumatoid Arthritis on both knees for the 20 years and confined to bed and wheel chair.

The second surgery was performed on Ms Anjana Devi (50) of Vijayawada who had a osteoarthritis in the right knee for the last ten years and the third on B Jalaja (52) from Krishna District of Andhra Pradesh who, too, had a similar problem. A team of surgeons headed by Senior Consultant Orthopedic Surgeon, Dr Vijay C Bose, performed the knee replacements on three patients -- one from Iraq and two from Andhra Pradesh -- all above 50 years of age.

Talking to reporters about the procedure, Dr Vijay said the Ceramic Coated Knee (OxiniumTM) design was a revolutionary new alloy that provided improved wear characteristics in knee replacement and could last twice as long as standard devices.

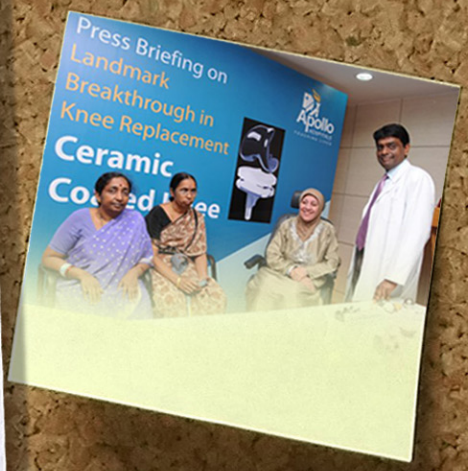
"A breakthrough in knee replacement technology from Orthopaedic Specialists Smith and Nephew means that millions of people, who suffer from arthritis in India, can now benefit from the new Ceramic Coated Knee which can last their lifetime due to its superior strength, high wear resistance and endurance."

Dr Vijay C Bose claimed it was a boon to younger patients who complained of arthritis in the knee, he added.

OxiniumTM material was a unique and advanced bearing product technology created through manufacturing process that transformed the surface of the native metal to a ceramic.

"This results in a material that incorporates the best features of ceramic and metal.

"It has the strength of a metal prosthesis but showing the wear characteristics of a ceramic," Dr Vijay claimed.



The Hindu 5th March 2010

Arthritis too is a lifestyle disease

HEALTH & LIFESTYLE

Ramya Kannan

CHENNAI: Diabetes and hypertension are not the only lifestyle diseases, but possibly the most high profile. Arthritis is also a lifestyle disease, orthopaedicians insist.

While degenerative arthritis is essentially wear and tear of the joints, more manifest in the knees in India, it is also true that those affected are not necessarily people over 65 years.

Mrs. Al Saeed Nada Ali Kadhim is only 54. But she was suffering from Rheumatoid Arthritis which affected both her knees for the last 20 years. For two years now, she has not been able to walk. At Apollo Speciality Hospital, surgeons put in a new generation Ceramic Coated Knee that will now ease her pain.

Even younger is Anjana Devi, 50, from Vijayawada. She too has benefitted from a ceramic joint and is now able to walk. "With these patients, conventional metal total knee replacement was not possible due to their relative youth. The advantage with the ceramic knee is that it would last twice as long as the conventional device," says Vijay C.Bose, joint reconstructive surgeon, Apollo Speciality Hospital. "Arthritis is also a lifestyle disease. All of us, if we live to a 100, may develop arthritis, that is normal, as it is wear and tear. However, a lot of people are developing the condition much earlier, it is more common now," Dr. Bose explained

Prithvi Mohandas, consultant hip surgeon, MIOT Hospitals, says a lot of young males with Ankylosing Spondylitis, a chronic inflammatory autoimmune disease, are reporting early these days. "It is very common in India, occurs among 16-17 year old males and initially manifests as early morning stiffness. The natural progression is low back pain and stiffness of joints, really crippling movements," he explains. However, if picked up early, it can be easily treated with a bunch of drugs. "Weight is a certain factor in degenerative arthritis," Dr. Bose says. The heavier you are, the greater the wear and tear. Avoid becoming overweight and obese, the aggravating factors such as stress and make sure you get adequate exercise, complimented by a healthy diet, he advices.

"Suppose you have an autoimmune joint disease, once in, it will damage the joint. The idea, therefore is to prevent the joint from becoming stiff, with exercises, and avoid putting on weight" Dr. Prithvi says. Kannan Pugazhendhi, sports physician, adds that most people ignore the fact that muscular strength provides integrity for the joint. "We can avoid arthritic manifestations by increasing muscular strength, especially for the lower body." "The biggest misconception is that the knee will wear out with exercise. Exercise will strengthen the muscles, all you have to do is choose the right kind of terrain – non concrete surfaces, including beach sands," Dr. Pugazhendi explains.

Times of India 5th March 2010

Ceramic tech makes knee replacement more enduring

TIMES NEWS NETWORK

Chennai: When 32-year-old Jalaja B from Andhra Pradesh visited the Apollo Hospitals with osteoarthritis – a bone disease that gave her severe pain and sleepless nights, she was finding it difficult to even walk. She was not responding to medicines, and doctors ruled out a conventional knee replacement as this device may not last for more than 15 years.

Headed by senior consultant orthopedic surgeon Dr Vijay C Bose, a team of orthopedic surgeons performed a replacement surgery with a ceramic coated knee.

"It's a revolutionary new alloy that provides improved wear characteristics in knee replacement and could last twice as long as standard devices," Dr Bose said at a press conference on Thursday.

DOCS HAIL NEW ALLOY AS REVOLUTIONARY

"It is considered a breakthrough in knee replacement technology by orthopaedicians because millions of people who suffer from arthritis in India can now benefit from this. Even younger patients, who wait for many years for a knee replacement, suffering severe pain and immobility can get the procedure done," he said.

The material used is unique and is made using advanced technology that helps transform the surface of a metal to a ceramic. This results in a material that incorporates the best features of ceramic and metal. "It has the strength of metal prosthesis and the endurance of ceramic. It is Rs 20,000 costlier than the normal metal prosthesis," he said.

The procedure was also done on two other patients including a 54-year-old Iraqi woman called Al Saeed Nada Ali Kadhim. The patient, suffering from rheumatoid arthritis of both the knees for the last 20 years, has not been able to walk for the last two years. She is now able to walk with support. In a few weeks, she will be able to walk unaided," Dr Bose said.