

## Fortis hosts India Arthritis and Osteoporosis Conclave 2019

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**The event highlighted developments in rheumatic and musculoskeletal diseases**



Fortis Flt. Lt. Rajan Dhall Hospital in collaboration with the Bone and Joints Society, Indian Orthopedic Association - Delhi Chapter, Dr Joints Group of Clinics and G.D Goekna University, Gurugram, organized the 'India Arthritis and Osteoporosis Conclave' recently at Taj Vivanta Ambassador, Sujan Singh Park, New Delhi.

The theme of the event was, 'Locomotion Disability Prevention in Senior Citizens'. A team of doctors from Fortis Flt. Lt. Rajan Dhall Hospital Dr. Dhananjay Gupta (Director, Orthopedics), Dr. Alka Jha (Director, Endocrinology), Dr. Abhilekh Srivastava (Consultant, Neurology), Dr. Varun Kumar (Consultant, Orthopedics), Dr. Gurinder Bedi (Director, Orthopedics), Dr. Manoj Miglani (Director, Orthopedics) along with Mahipal S Bhanot, Facility Director, Fortis Hospital Shalimar Bagh, Mangla Dembi, Facility Director, Fortis Hospital Vasant Kunj along with other dignitaries like Ortho Heads from AIIMS, Safdarjang Hospital, LNJP Hospital, Sports Injury center, prominent lawyers, Insurance co Director, school principal were part of this event.

The conclave aimed at bringing the key issues afflicting the senior citizens in the sunset years. World Arthritis Day is celebrated on 12th October and World Osteoporosis Day is celebrated on 20th October. Both these conditions along with muscle sarcopenia affect the locomotion of elderlies significantly making them a burden on the society. Timely investment in phased manner is likely to create an asset for the society which can be utilized effectively for upliftment as a whole of country. This can be best achieved by bringing together healthcare practitioners from the fields of neurology, orthopedics and endocrinology, general physicians and physiotherapists with the objective of building synergies to effectively minimize the risk posed by progressive rheumatic and musculoskeletal diseases (RMDs).

Key lies in early detection and that can be accomplished by sensitizing the first line of medical personnel's who come in contact with senior citizens. The Important topics that were covered included locomotion syndrome, sarcopenia, gait disturbances, degenerative versus inflammatory arthritis, data collection in arthritis and osteoporosis, fragility fractures, guidelines for the pharmacological management of osteoporosis, use of robotics in joint replacement surgeries, bone regeneration and optimization of post-surgery outcomes.

Dr. Dhananjay Gupta said, "We are extremely proud to be hosting the 'India Arthritis and Osteoporosis Conclave' this year. It is an important platform for practitioners across India where they can come together to discuss important issues pertaining to rheumatic and musculoskeletal diseases (RMDs) and Osteoporosis."

Rheumatic and musculoskeletal diseases (RMDs) are a diverse group of diseases that commonly affect the joints, but can also affect the muscles, other tissues and internal organs. There are more than 200 different RMDs, affecting both children and adults. They are usually caused by problems of the immune system, inflammation, infections or gradual deterioration of joints, muscle and bones. Many of these diseases are long term and worsen over time. They are typically painful and limit function. In severe cases, RMDs can result in significant disability, having a major impact on both quality of life and life expectancy.

Fragility fractures are seen in Osteoporotic bones, commonly affecting the spine and hip joint, making them bed bound for long duration. If not treated well, they may end up with more such debilitating fractures.