

Report on the Extension Lecture on “Orthopaedic problems in women”

Dr. Neelam V. Ramana Reddy, Joint Replacement Surgeon, Kamineni Hospital, Hyderabad.

Women’s Development and Extension Centre organized an extension lecture on “Orthopaedic Problems in women” for the benefit of women employees on 25.07.2014 at 11.30 A.M. in the e-Class room of STML Building, Dr.B.R.A.O.U. Campus. Dr. Neelam V. Ramana Reddy, Joint Replacement Surgeon, Kamineni Hospital, Hyderabad delivered the lecture.

Dr. Neelam Venkatramana Reddy has an extensive experience and has been a specialist in Orthopaedics for more than eight years. He has worked not only in India but also in the U.K, where he imbibed the latest technology and advancements in Orthopaedics. Dr. Reddy has been on board with Kamineni Hospitals from its very initiation, and has been a very important part of its Centre for Joint Replacement. Dr. Reddy has special interest in Minimal Invasive Knee Replacement & High Flexion Rotating Knee Replacement.

The gist of his presentation is outlined in the following paragraphs.

Orthopaedic problems faced by women are typically different and severe compared to those faced by men mainly because of women’s body structure. Women tend to encounter more shoulder injuries, knee cap pain and are more prone to fractures in hip, foot and shin bones in the legs. Obesity also contributes to ortho problems. As they age, ortho problems become more acute in women leading to arthritis, osteoporosis.

The Presentation focused mainly on three aspects. 1. Osteoporosis 2. Arthritis 3. Other Joint Pains. Osteoporosis is mostly observed in women where the gaps in the bone cells increases and bones become more fragile resulting in fractures. Osteoporosis mostly occurs in women after menopause and women with less body weight are also prone to this problem. Prevention and treatment for this disease include supplementing the body with more calcium, D vitamin and regular exercise.

Arthritis causes pain and stiffness in the body. Swelling and pain in the joints are the common symptoms of arthritis. Wear and tear of ligaments, depleting calcium result in arthritis. Surgery or knee replacement is suggested only when the pain is acute and surgery is inevitable.

The participants discussed about the ortho problems in detail with the expert. Most common doubts about the ortho problems – use of imported medicines, weight induced arthritis were discussed at length in the interactive session.