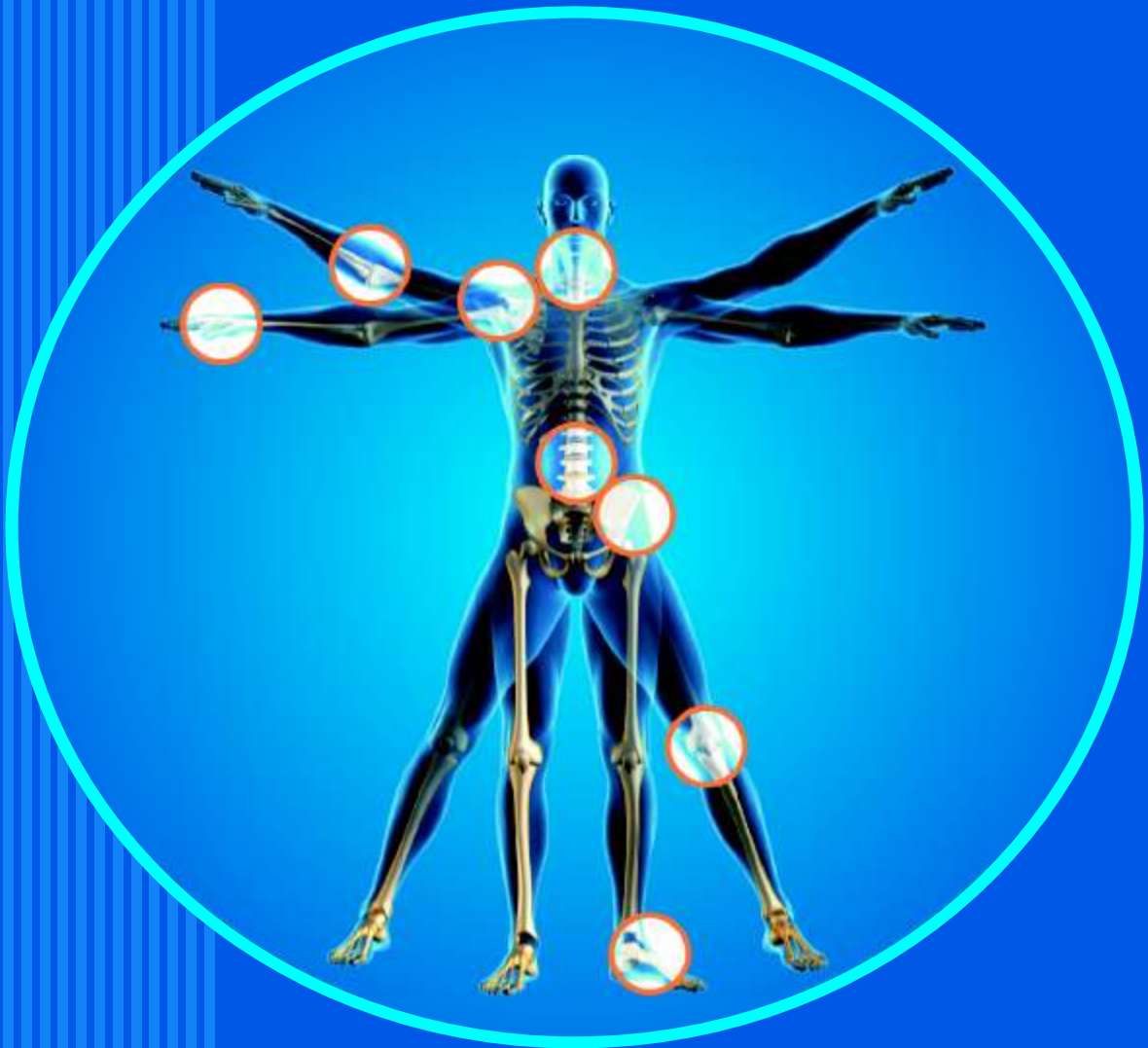




Newsletter of UP Orthopaedic Association
Registered under the Societies Act 21 / 1860; Reg. No. 4893/IV-22805
Issue 02 Vol. 13 November 2013

UPOA Times

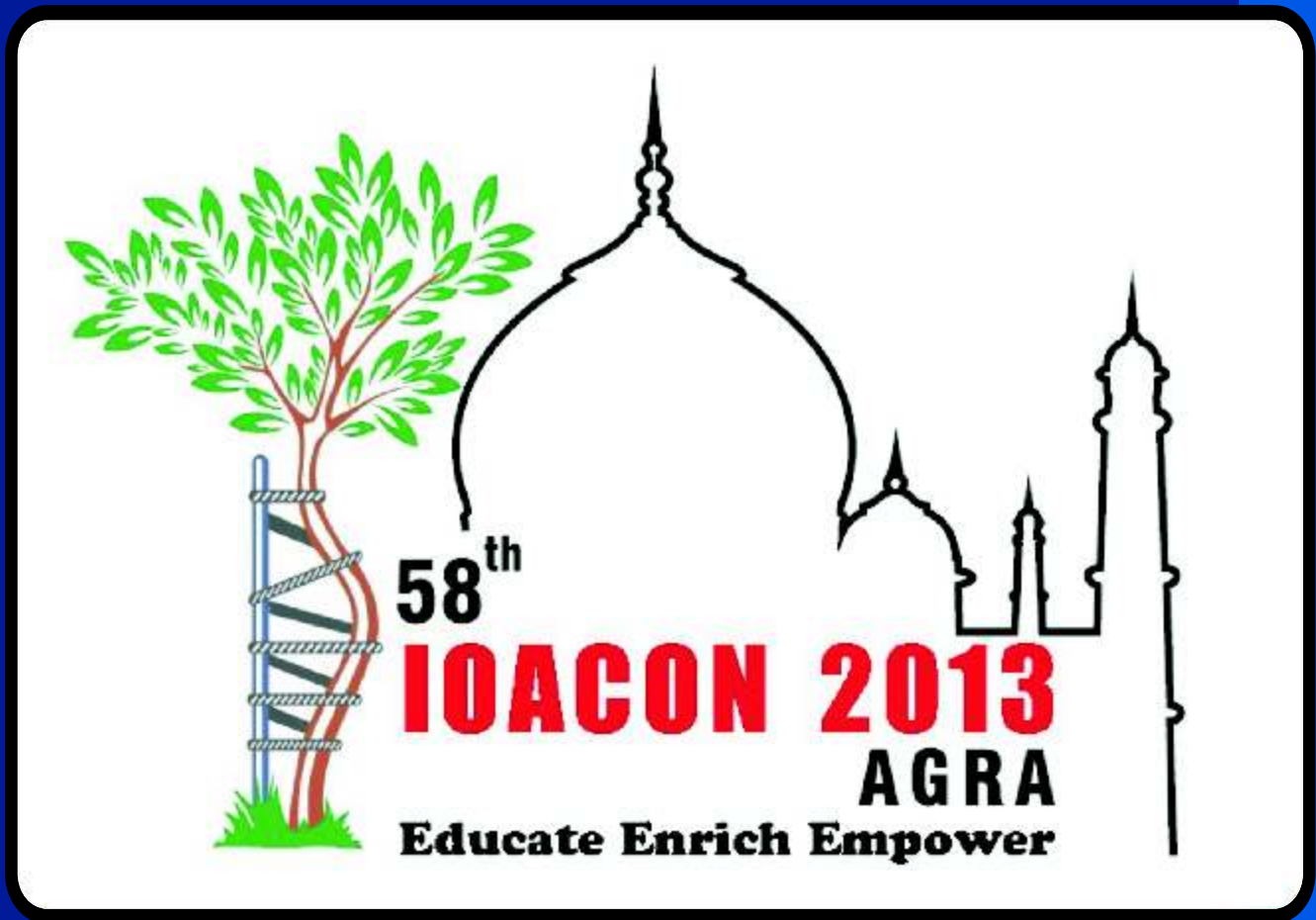


President : *Dr. Dharendra Singh*
Secretary : *Dr. Atul Srivastava*

IOA President's Theme : UNITE TO LEARN - LEARN TO UNITE

UPOA Secretariat

1/114-B, Babu Gulab Rai Marg, Delhi Gate, Agra - 282002 (UP)
Mobile No.+91-9897076867
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Dr. K. K. Pruthi
Org. Chairman



Dr. Ashok Vij
Joint Org. Chairman



Dr. Sanjay Chaturvedi
Org. Secretary

Dr. Sanjay Chaturvedi
Organizing Secretary
IOACON 2013

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Conference Secretariat

Asha Arthroscopy Centre, 1st Floor
Prof. C. R. Chaturvedi Medical Complex
1/188, Delhi Gate (Near Big Bazar)

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www.ioaconagra.org

www.facebook.com/groups/ioaconagra2013

President's Message.....

Dear friends and respected seniors,

I feel honoured to serve the biggest chapter of IOA and with this comes the responsibility to do justice to my duties as the president.

Friends, with increasing loss of our ethical and professional values and their rapid transformation into business aggravated by pharmaceutical and implant industries is playing havoc to our specialty. To my mind our long time success depends on how we respond to this challenge and how we promote moral and ethical conducts in the minds of our members.

We are achieving our set goals of holding at least one CME every month and I must thank all the members for their co-operation.

A scientific committee has been formed to look after the contents of the upcoming annual conference and we will have a sea change to increase the academic standards of UPORTHOCON 2014. We have included basic science and research in our curriculum this year.

The membership growth has been exceptional till now and we are sure to touch our set landmark of 100 members for UPOA and IOA. This has been made possible by efforts of President and Secretary of the districts and Secretary UPOA.

Another area of focus is of Physiotherapist prescribing treatment and investigations to patients and taking advantage of the prefix Dr. which is an unethical practice. We have been instructed by our head office (I have been made national convener) to stop this in our state with the help of government agencies. Till now we are heading in right direction to solve this problem and will make sure that our younger generation works in a better world of orthopaedics in the state of Uttar Pradesh. To accomplish these goals, your active support, co-operation and suggestions are of utmost importance and I am sure of getting this from all quarters.

Please feel free to communicate with me.

With warm wishes

Long live UPOA

Dhirendra Singh
President, UPOA



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Secretary's Message

Dear Members,

Greetings from the UPOA.

With great pleasure I present to you the second issue of our newsletter UPOA TIMES, for the year 2013.

I wish to thank you all for the encouraging remarks on the first issue.

The current issue is designed to apprise all members about the activities of the past months , the future activities to be held and to notify the forthcoming elections of the UPOA.

In the previous issue , I had sought your blessings , guidance and support. I am fortunate to have got it in abundance from all corners. As a result of your cooperation we have been to organize more than one academic activity every month under the aegis of the UPOA. We will be adding more than 100 new members to our strength this year. The Bone and Joint Day celebrations on the 4th of August by various city clubs was commendable. I am grateful to all of you for the kind gesture and look forward for the same in the future as well.

Strength = Unity + Number. I sincerely appeal to all members to take a resolution to make atleast One member each of the UPOA and IOA. That shall be your personal contribution to the association and further strengthen the largest state chapter of the IOA, the UP Orthopaedic Association.

Looking forward to greet you at IOACON 2013 at Agra.

You are a part of the host team.

LONG LIVE UPOA

With Warm Regards

Dr Atul Srivastava
Secretary , UPOA



" This is the first lesson to learn: Be determined not to curse anything outside, not to lay the blame upon anyone outside, but stand up, lay the blame upon yourself. You will find that, that is always true. Get hold of yourself "

.....Swami Vivekanand

Minutes of Mid-Term Executive Committee meeting held at Gorakhpur, on 15th September 2013 presided over by Dr. Dharendra Singh – President UPOA

Obituaries

Prof U S Mishra Lucknow, Dr VP Bhatnagar Moradabad, Dr A Q Siddique Allahabad

Fellowship Report

The Fellowship Co-ordinator, Dr Jamal Ashraf presented his report especially the guidelines for the newly instituted Ghaziabad International and National fellowships. After discussion, the final format and criteria for these fellowships was ascertained. The guidelines are presented in this newsletter (Page No. 22).

It was observed by members that over the years there has been a diminishing interest in certain fellowships both by the applicants and our reciprocal hosts. Prof S C Goel suggested that we look for newer centers in and outside the state to initiate new interest in these fellowships. Dr Jamal Ashraf suggested the name of Sahara hospital, Lucknow for the same. Members were requested to explore and propose other centers as well.

It was also proposed by the President Dr Dharendra Singh and Prof S C Goel that the remuneration for the fellowships be increased to a minimum of Rs 5000 and the award only be given after the fellow submits his report on completion of the fellowship. Passed

Treasurer's Report

Dr Anup Agarwal presented his report and informed the house that more than Rs 2 lakh have been deposited in the account since UPORTHOCON 2013 mainly through memberships and advertisements in newsletter. He thanked the Secretary for his efforts for the same. Passed

Editors Report

Dr Mazhar Abbas requested the executive committee to encourage members to contribute articles for the journal. He informed that efforts were on to publish a well compiled Journal on time. Passed

UPOATHOCON 2013 Report

Dr Manoj Mittal, Organizing Secretary, presented the statement of accounts and contributed Rs 1.27 lacs to the UPOA and Rs 44,000 to the JBJD fund. He was requested to submit the audited accounts to the treasurer. The account summary is presented in this newsletter.(Page No. 19)

UPOATHOCON 2014 Report

Dr Anup Agarwal, Organizing Secretary, presented his brief report and apprised the house of the arrangements already made. The efforts of Lucknow Orthopaedic Club were appreciated by all. He informed that the brochure shall soon be posted to all members.

Life Time Achievement Award

The committee consisting of the President, President Elect, Past President and Secretary informed the house that Prof A N Verma, Allahabad, shall be conferred upon with the Life time achievement award of the UPOA for the year 2014.

As a mark of respect and honor, the executive committee unanimously passed that Prof Satyananad, Kanpur, the senior most member of the UPOA and past president IOA and UPOA be bestowed upon a special award at the inaugural function of the UPORTHOCON 2014.

Orations and Awards

Dr Kapil Kulshreshta Past President, B N Sinha Oration. Dr Atul Srivastava on behalf of the AOS informed that Dr K H Sancheti has consented to deliver the Dr K P Srivastava Oration. Dr S C Goel informed that Dr Rajbahadur, PGI Chandigarh, shall deliver the Dr T P Srivastava Varanasi Oration. Dr Rakesh Bhargava will deliver the Ghaziabad Oration. Dr A A Iraqi will deliver the Dr Abbas Ali Khan Memorial Lecture. Dr Sanjai Rastogi, Kanpur will deliver the Dr Anil Gupta Memorial Lecture.

PG Quiz

9 teams from various medical colleges comprising of 2 members each participated in the PG Quiz held during the Mid Term Symposium, Gorakhpur on 15th September which was very well conducted by the Quiz Master Dr Sanjay Dhawan. The team from Gorakhpur were the winners and shall represent the UPOA in the IOA Quiz at IOACON 2013 at Agra.

New City Club

On the 16th of June 2013, the Mathura Orthopaedic Club was formally affiliated to the UPOA in the presence of President Dr Dharendra Singh , Vice President Dr Apoorva Agarwal, Secretary Dr Atul Srivastava. This increased our city club strength to 20.

Other Proposals / With the permission of the chair

Two new gold medals were proposed . On behalf of the LOC , Dr Jamal Ashraf proposed a gold medal in the name of late Prof U S Mishra. The second request was from Dr A K Varshneya, Agra Past President UPOA. The executive committee passed the Presidents Gold Medal to be named as Prof U S Mishra Presidents Gold Medal and the Poster Medal be named Dr A K Varshneya Poster Medal. The contribution for both the gold medals shall be Rs 5 lac each. Both the proposals were unanimously passed.

President Dr Dharendra Singh proposed an additional fourth category for Best City Club Award between members 15-75, in view of the big difference in the number of members, to make it viably competitive. The proposal was discussed and concluded that this needs constitutional amendment and therefore, be left for further discussion in the general body.

Ghaziabad Orthopaedic Club shall no more be competing for the Best City Club Award to encourage other cities participation. The gesture was applauded by all. This was informed to the house by Dr Dharendra Singh , on behalf of the GOC.

Dr S M Sharma presented a letter from the Meerut Orthopaedic club , objecting on the criteria and marking system of the Life Time Achievement Award. The President Dr Dharendra Singh informed that the selection is done as per the guidelines laid down in the constitution and blue book and passed by the general body.

It was proposed by Prof S C Goel that badges be made for the past presidents and secretaries of the UPOA and presented to them in honour of their service to the association. The house requested the secretary to do the same with.

It was also proposed that as all the past presidents are permanent members of the executive committee, similarly all past secretaries (not only the immediate past secretary) shall be considered permanent members of the executive committee. To be ratified by the GBM

The Secretary also informed that in this calendar year more than 100 new members (life and associate) have enrolled . The efforts were applauded by all.

IOACON2013 Agra

Being the host chapter, the President Dr Dharendra Singh and Secretary Dr Atul Srivastava seeked active participation of all members in the forthcoming IOACON at Agra.

With best wishes to all, the meeting concluded

Dr Atul Srivastava

Secretary UPOA 2013-2016



Glimpses of Events Held

UORTHOCON - 2013 Aligarh

22nd to 24th February, 2013, Org. Secretary : Dr Manoj Mittal



SICOT-ICL 2013 Lucknow

23rd- 24th March 2013, Org. Secretary : Dr Jamal Ashraf



Open Wedge High Tibial Osteotomy Symposium & Hands on Workshop, Kanpur

14th April 2013, Org. Secretary : Dr Gaurav Bhalla



Glimpses of Events Held

Agra Arthroplasty Essentials - CME on Primary Hip Replacement
12th May 2013, Org. Secretary : Dr Amrit Goyal



Workshop on Pelvi Acetabular fractures, Gorakhpur
12th May 2013, Org. Secretary : Dr Pawan Pradhan



IMA & UPOA Join Hands (Menace of Physiotherapists)
9th June 2013



Glimpses of Events Held

Presidents / Secretaries Meet, Mathura
16th June 2013



Orthopaedic Knowledge Update - Fractures Around Knee Joint, Mathura
16th June 2013, Org. Secretary : Dr Nirvikalp



CME on Pelvi Acetabular Fractures, Agra
30th June 2013, Org. Secretary : Dr Ashok Vij



Glimpses of Events Held

CEZOA Mid Term Symposium, Varanasi

13th - 14th July 2013, Org. Secretary : Dr Amit Rastogi



Social Gathering & Family Meet, 3rd August , 2013

IOA President Theme Unite To Learn - Learn To Unite

Participation by various City Clubs



Glimpses of Events Held

Bone & Joint Day
4th August, 2013



"The most exquisite pleasure in the practice of medicine comes from nudging a layman in the direction of terror, then bringing him back to safety again."

- Kurt Vonnegut, *God Bless You, Mr. Rosewater*

Glimpses of Events Held

Kanpur Hand Trauma Course

3rd & 4th August 2013, Org. Secretary : Dr. TPS Lamba



August (MIO) Minimally Invasive Osteosynthesis Course & Workshop

10th August 2013, Org. Secretary: Dr Sanjay Kr. Srivastava



Current Trends in TKR, Lucknow

16th August 2013

Org. Secretary: Dr S K Srivastava



Glimpses of Events Held

MTS Gorakhpur

15th September 2013, Org. Secretary: Dr Ambuj Srivastava



UP Knee Course Lucknow

5th - 6th October 2013, Org. Secretary:



Symposium on Rheumatology and Peri-Articular Fractures, Moradabad

27th October 2013, Org. Secretary: Dr. Najmul Huda



PGICL, Aligarh

8th November - 10th November 2013, Org. Secretary: Prof. Mazhar Abbas



Report on affiliation of Mathura City Club

On 16th of June 2013, Mathura Orthopaedic Club was formally affiliated to the UP Orthopaedic Association by our President Dr Dharendra Singh. This was followed by a CME and Fellowship. With this, our City Club strength is now 20



MCI Accreditation for Delegates

41 credit hours earned

SICOT ICL, Lucknow	8 hours
HTO Workshop, Kanpur	3 hours
CME THR, Agra	4 hours
Pelvi Acetabular Workshop Gorakhpur	4 hours
Hand Trauma course, Kanpur	8 hours
Pelvi Acetabular Course, Agra	4 hours
CEZOA MTS Varanasi	4 hours
Mid Term Symposium, UPOA	2 hours
Update On Osteoarthritis Knee, Ghaziabad	4 hours

List of Orations & Fellowships

Lectures & Orations

B N Sinha Oration	Dr Kapil Kulshreshta Past President
Dr K P Srivastava Oration	Dr K H Sancheti
Dr T P Srivastava Varanasi Oration	Dr Rajbahadur
Ghaziabad Oration	Dr Rakesh Bhargava
Dr Anil Gupta Memorial Lecture	Dr Sanjai Rastogi
Dr Abbas Ali Khan Memorial Lecture	Dr A A Iraqi

Fellowships

S. No.	Fellowships	Awardee	Place of Visit	Contact Person
1	UPOA Exchange Fellowship (2 SEATS)	Dr. Gaurav Menwal Dr. Dheren Mondal	Satna 25-26 October Madhya Pradesh (MPOA)	Dr. RKS Dhakad Secretary MPOA
2	UPOA Travelling Fellowship	Dr. Amit Gupta Dr. Praganesh Kumar	Durgapur West Bengal (WBOA) 7th to 9th Feb-14	Dr. Amit Guha Secretary WBOA
3	UPOA Visiting Fellowship (1 Non Teaching)	Dr. Santosh Kumar Singh	Max Healthcare	Dr. SKS Marya
4	UPOA Visiting Fellowship (1 Teaching)	Dr Vineet Kumar	Max Healthcare	Dr. SKS Marya
5	Lucknow Pune Fellowship (2 SEATS)	Dr. Ambuj Srivastava Dr. Vimal Kumar Gupta	Sancheti Institute Pune	Dr. Parag Sancheti Mr Udai Vaidya
6	Varanasi Exchange Fellowship (1 seat)	Dr. C P Pal	Ahmedabad, Gujarat	Dr. HP Nagwadia Secretary GOA
7	Ghaziabad International Fellowship (1 Teaching)	Dr. Ashish Kumar	Adelaide (Australia)	Dr. Jamal Ashraf
8	Ghaziabad International Fellowship (1 Non Teaching)	Dr. Arun Gupta	Kuala Lumpur(Malaysia)	Dr. Jamal Ashraf
9	Ghaziabad National Fellowship (1 Teaching)	Dr. Sohail Ahmad	Ganga Hospital (Coimbatore)	Dr. Rajasekaran/ Dr. Jamal Ashraf
10	Ghaziabad National Fellowship (1 Non Teaching)	Dr. Shah Waliullah	BOS(Mumbai)	Secretary BOS/ Dr. Jamal Ashraf

PG Quiz Report

The UPOA PG Quiz was conducted by Quiz Master Dr. Sanjay Dhawan at Mid Term Symposium on 15/09/2013 at Gorakhpur. It was attended by NINE teams from various medical colleges in Uttar Pradesh. Teams participated whole heartedly with a full house of observers. There were six rounds of nine questions each. Each question carried 10 marks and passed on question was of 5 marks. This quiz ran for almost one and a half hours and the team from Gorakhpur emerged as a winner. The Quiz was a grand success. The winner team will represent UPOA in the IOA Quiz in IOACON-2013 at Agra.

The following teams participated in the quiz:

Agra	Dr. Rakesh Kumar, Dr. Ajay Gautam
Jhansi	Dr. Abhishek Jain, Dr. Manoj Kumar
Meerut (LLRM)	Dr. Gaurav Kumar, Dr. Alok Kumar
Meerut (Subharti)	Dr. Anshul Garg, Dr. Aditya Singhal
Kanpur	Dr. Kumar Keshav, Dr. Santosh Kumar
Gorakhpur	Dr. Abhinav Shrivastava, Dr. Kamal Kishore Gupta
Varanasi	Dr. Amit Kumar, Dr. Shakti Dora
Allahabad	ABSENT
Lucknow	Dr. Alok Pandey, Dr. Amit Pushkar
Aligarh	Dr. Ashish Kumar, Dr. Md. Shamshad Alam



Journal of Bone and Joint Diseases

To maintain the quality of the Journal and to improve it further, the support of all the members of UPOA is invited.

All our members are requested to submit their best original research articles and interesting case reports for review and consideration of publication. We hope to induct quality articles and expand the academic appeal of our journal. Interested authors should contact the Editor, Journal of Bone & Joint Diseases at: editorjbjd@gmail.com or at the following address:

Dr. Mazhar Abbas
Editor, Journal of Bone and Joint Diseases
Dept. of Orthopaedic Surgery, J. N. Medical College
Aligarh Muslim University
Aligarh (UP) 202002
09412065828



Dr. Anup Agarwal's Treasurer Report

I took the responsibility as Treasurer of UPOA in the month of April-2013.

Accounts of UPOA from April 2012 to 15th September, 2013 was passed, break-up of the accounts is as follows:

Head	Amount	Numbers	Total
Life Members	2500	23	57500
Associate Members	500	11	5500
CME	5000	3	15000
News Letter	20000	6	120000
Others	500	1	500
			198500
Interest Credit			6750
			205250
Bank Charges			-506
			204744

Bank Account - UPOA: 30323729681

Balance as on 11.09.2013 622243

Balance as on 08.06.2013 417499
204744

Dr. Anup Agarwal
Treasurer, UPOA

UPOA Website - <http://www.upoa.net>



UPOA website is in the process of being regularly updated and made more functional and user friendly. Members may forward their updated addresses and emails immediately to the Hon. Secretary at upoaoffice@gmail.com so that data may be updated

Accounts Summary - UPORTHOCON 2013

AGARWAL YOGESH & CO.
Chartered Accountants

1st Floor, Poorna Laxmi Complex
Near Devendra Market, Ramghat Road, Aligarh
Ph : 0571-2740357(O). Mob. : 98371 57990

UP - ORTHOCON - 2013

22, 23, 24 Feb. 2013

Organized by : Aligarh Orthopaedic Club

BALANCE SHEET AS AT 31ST AUGUST 2013.

LIABILITIES

AMOUNT

Net Surplus trf. From Income & Expenditure A/c	878.00
Aligarh Orthopaedic Club	1,27,500.00
U.P.O.A. (78686/Indian Bank/13/09/13)	1,27,500.00
Incidental Charges Payable	44,400.00
TOTAL	<u>3,00,278.00</u>

ASSETS

AMOUNT

Indian Bank	3,00,045.00
Cash in Hand	233.00
TOTAL	<u>3,00,278.00</u>

Compiled and Prepared from and as per books of
accounts produced before us.

FOR UP - ORTHOCON - 2013

SECRETARY

ALIGARH
02.09.2013



FOR AGARWAL YOGESH & CO.,
CHARTERED ACCOUNTANTS

(YOGESH KUMAR AGARWAL)
PROPRIETOR

OUR STRENGTH

Saharanpur
Dr. Ashok Agarwal, 9412232689
Dr. Shashi Kant Saini, 9319388182

Muzaffarnagar
Dr. Vineet Minocha, 9897242355
Dr. Lalit Bana, 9760024742

Meerut
Dr. Anil Sharma, 9837072108
Dr. Gyaneshwar Tonk, 9897600445

Ghaziabad
Dr. Achal Swami, 9810053009
Dr. Saurabh Agarwal, 9873761552

Moradabad
Dr. Ajay Pant, 9897147983
Dr. Ankur Goel, 9760016105

Bareilly
Dr. Arvind Agarwal, 9837057791
Dr. S. K. Kaushik, 9837132567

Aligarh
Dr. V K Chaudhary, 9837029293
Dr. Pradeep Varshney, 9358254969
Mathura
Dr. R K Gupta, 9412777833
Dr. Shobit Gupta, 9412278844

Agra
Dr. J K Jain, 9411850645
Dr. A K Gupta, 9412257373

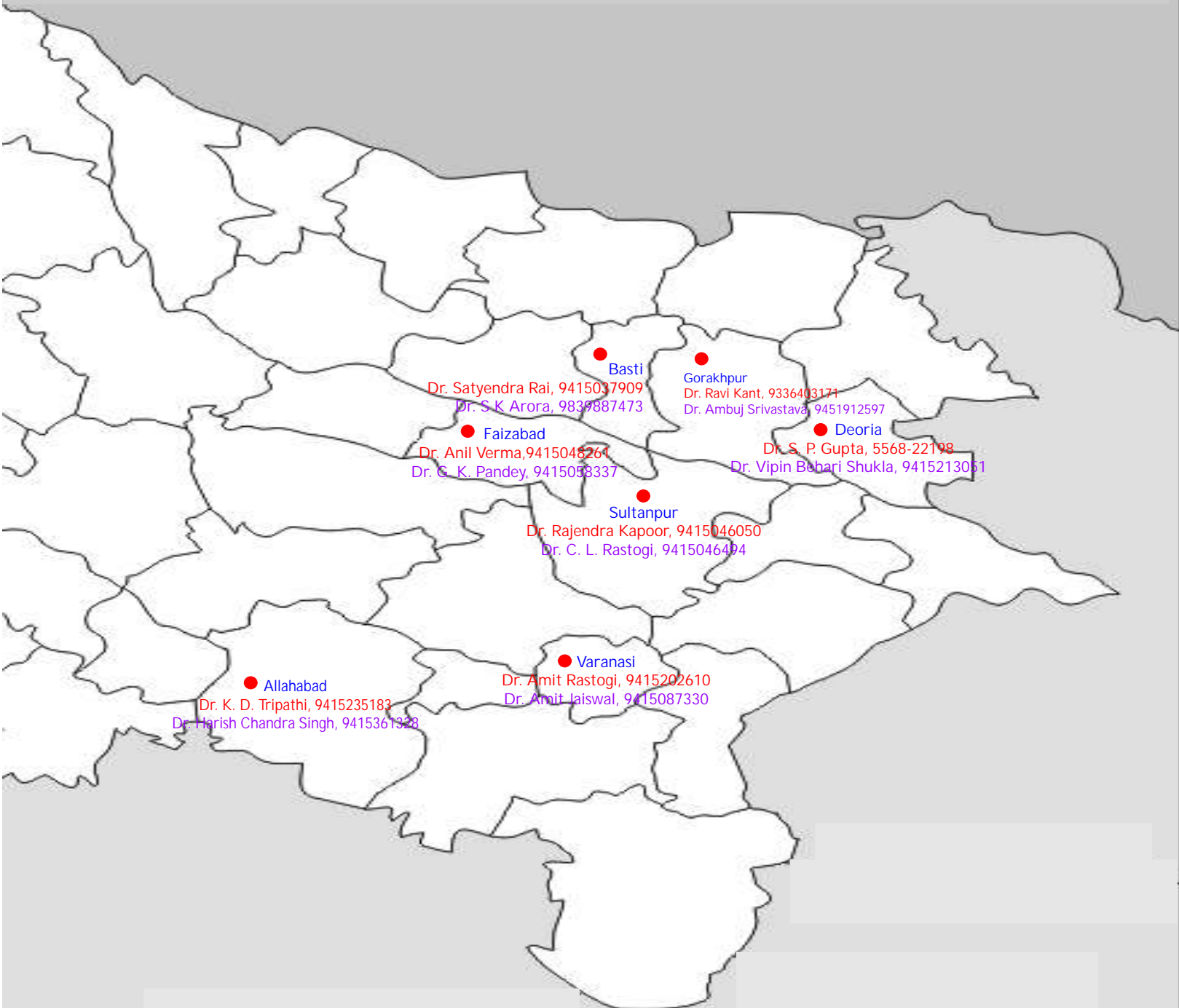
Safai
Dr. T. K. Jha, 9415215187
Dr. Sunil Kumar, 9415085394

Lucknow
Dr. Sunil Mehrotra, 9415013427
Dr. Anup Agarwal, 9415018365

Kanpur
Dr. R. K. Shukla, 9839030837
Dr. Dipankar Seth, 9839032455

Jhansi
Dr. Ashok Dixit, 9415030092
Dr. Manoj Kankane, 9415030199

UPOA CITY CLUBS



Ghaziabad Fellowship Guidelines

UPOA - Ghaziabad National Fellowship:

Number of fellowships: TWO (one each for teaching & non teaching groups)

Eligibility Criteria:

- (a) Life member UPOA (residing & practicing in UP)
- (b) Age < 45 years

Remuneration: Rs 15000

To be given after completion of fellowship & submission of report

Selection Committee: To consist:

- (a) President UPOA
- (b) Immediate Past President UPOA
- (c) Secretary UPOA
- (d) President GOC

Centers of fellowship: 1. Ganga Hospital, Coimbatore
2. Bombay Ortho Society Courses, Mumbai

UPOA - Ghaziabad International Fellowship:

Number of fellowships: TWO (one each for teaching & non teaching groups)

Eligibility Criteria:

- (a) Life member UPOA (residing & practicing in UP)
- (b) Age < 45 years
- (c) Must have presented a paper / lecture in UPORTHOCON / IOACON before applying
- (d) Application must include a brief CV with area of interest

Remuneration: Rs 45000

To be given after completion of fellowship & submission of report

Selection Committee: To consist:

- (a) President UPOA
- (b) Immediate Past President UPOA
- (c) Secretary UPOA
- (d) President GOC

Centers of Fellowship: Will be finalized on a yearly basis by the Fellowship Committee Chairman

Note:

1. If no applicants are available in < 45 years age group, selection committee may consider to raise the age.
2. If no applicants are available in either of the groups, the fellowship may be given to the other group.
3. For Ghaziabad International fellowship, the applicant scoring the highest marks will be given the choice to choose between the two international centers.
4. Reports will be sent by the fellows to Secretary - UPOA.
5. Secretary - UPOA will be required to forward these reports to all the members of the Selection Committee & also to the editor JBJD for publication in the journal.

Regards

Jamal Ashraf

List of New Members ratified at UPORTHOCAN, 2013

S.No	M. Number	Name	City	Mobile
1	1391	Keshav Gupta	Aligarh	9897198719
2	1392	Saurabh Agarwal	Lucknow	9415577666
3	1393	Aditya Maheshwari	Bareilly	9412604349
4	1394	B. M. Agrawal	Bareilly	9837140347
5	1395	Gopal Tiwari	Lucknow	7607227037
6	1396	Satyendra Kumar Shukla	Lucknow	9415147967
7	1397	Ramesh Chandra Sharma,	Lucknow	9044465666,
8	1398	Arpit Goyal	Agra	9868086167 ,
9	1399	Avinash Rastogi	Meerut	9568968996
10	1400	Iqtedar Ali	Lucknow	8874113100
11	1401	Pravin Gupta	Jaipur	9935155414
12	1402	Mohammad Jeshan Khan	Aligarh	9997453384
13	1403	Mohammad Faizan	Sambhal	9045642644
14	1404	Gaurav Gupta	Kanpur	9719572211
15	1405	Amrit Goyal	Agra	8979002051
16	1406	Amit Gupta,	Bulandsahar	9837271444
17	1407	Saurabh Chawla,	Kanpur	9838075332
18	1408	Ashok Kumar Chaudhary,	Sant Kabir Nagar	9936618454
19	1409	Shiva Om Bhoo	Gorakhpur	9838597700
20	1410	Vijai Kumar Gupta	Sant Kabir Nagar	9554117890
21	1411	Albert D'souza	Ghaziabad	9953120030
22	1412	Shitij Kacker	New Delhi	9953092669
23	1413	Rajesh Goyal	Agra	9557932568
24	1414	Prashant Kumar Shukla	Allahabad	9415064132
25	1415	Nagendra Gaur	Mathura	9837159784
26	1416	Bhaskar Tiwari	Mathura	8808585765
27	1417	Shobhit Gupta	Mathura	9412278844
28	1418	Atul Kumar Haritwal,	Mathura	9410616777
29	1419	Anoop Ambesh	Agra	9411877722
30	1420	Brijesh Sharma	Agra	9412286111
31	1421	Atul Agarwal	Agra	9412893294
32	1422	Prakhar Gupta	Agra	9759669339
33	1423	Anubhav Agarwal	Agra	9719100700
34	1424	Gaurav Rajpal	Agra	7500017775
35	1425	Jitendra Mangwani	U K	+44-7812113252
36	1426	Palash Gupta	New Delhi	9810143845
37	1427	Anil Taneja	Meerut	9837053567
38	1428	Rahul Nehra	Meerut	9837052678
39	1429	Ajay Veer Garg	Meerut	9837890998
40	1430	Shailender Kumar	Meerut	9956108745
41	1431	Awak Varun Mittal	Agra	9548216784
42	1432	Vijay Gupta	Agra	7500045455
43	1433	Amar Nath Saraswat	Kanpur	9839035423
44	1434	Ramapati Shukla	Gorakhpur	9415259032

List of New Life Members (till 30th October, 2013)

1	1435	Dr. S. K. Nohwar	Agra
2	1436	Dr. R. K. Gupta	Agra
3	1437	Dr. Sunil Kushwah	Agra
4	1438	Dr. R. P. Pamboo	Agra
5	1439	Dr. Karuna Shankar Dinkar	Allahabad
6	1440	Dr. Yogesh Kr Bindal	Agra
7	1441	Dr. Vijay Kr Gupta	Agra
8	1442	Dr. Salil Lalit	Agra
9	1443	Dr. Pawan Kumar Garg	Agra
10	1444	Dr. Vinit Pathak	Agra
11	1445	Dr. R. K. Shakunt	Agra
12	1446	Dr. Hari Shankar Gangwar	Bareilly
13	1447	Dr. Sunil Sinsinwar	Bharatpur
14	1448	Dr. Jagveer Singh	Bharatpur
15	1449	Dr Rajesh Goyal	Dholpur
16	1450	Dr. Raghwendra Gupta	Dholpur
17	1451	Dr. Rakesh Kumar Rai	Faizabad
18	1452	Dr. Ashok Kumar	Ghaziabad
19	1453	Dr. Lalit Kr Sagar	Ghaziabad
20	1454	Dr. Rajan Shahi	Ghaziabad
21	1455	Dr. Saurabh Agarwal	Ghaziabad
22	1456	Dr. Prasanna Mishra	Ghaziabad
23	1457	Dr. Mayank Poddar	Ghaziabad
24	1458	Dr. Imran Akhtar	Gorakhpur
25	1459	Dr. Anil Kumar Gupta	Kanpur
26	1460	Dr. Sanjiv Kumar	Lucknow
27	1461	Dr Dharmender Kumar	Lucknow
28	1462	Dr. Rakesh Kumar Gupta	Lucknow
29	1463	Dr. Shiv Kumar Dixit	Mathura
30	1464	Dr. Ankur Goel	Moradabad
31	1465	Dr. Swaroop Patel	Varanasi
32	1466	Dr. Rajesh Kr. Vishwakarma	Allahabad
33	1467	Dr. Pritesh Kumar	Varanasi
34	1468	Dr Rajesh Bajpai	Kanpur
35	1469	Dr. Amit Kumar Gupta	Meerut
36	1470	Dr Jeetendra Bajpai	Lucknow
37	1471	Dr. Rajesh Ojha	Lucknow
38	1472	Dr. Rajendra Kumar Sharma	Lucknow
39	1473	Dr. Himanshu Ravindra Tyagi	Noida

List of New Associate Members (till 30th October, 2013)

1	Dr. Sushant Verma	Agra
2	Dr. Rakesh Verma	Agra
3	Dr. Chandra Shekhar Verma	Agra
4	Dr. Dheren Mondal	Agra
5	Dr. Suneel Kumar	Agra
6	Dr. Birju Manjhi	Varanasi
7	Dr. Dinesh Kumar	Varanasi
8	Dr. Rahul Kumar	Varanasi
9	Dr. Ajay Kumar Mishra	Varanasi
10	Dr. Samrat Samrutiranjana Sahu	Varanasi
11	Dr. Muthukumaran V.	Varanasi
12	Dr. Nayan Silawai	Varanasi
13	Dr. Vivek Kumar Kori	Varanasi
14	Dr. Samardeep Singh	Varanasi
15	Dr. Gyanendra Kumar Jha	Varanasi
16	Dr. Hement Bansal	Varanasi
17	Dr. Vipul Kumar	Varanasi
18	Dr. Anoop Raj Singh	Varanasi
19	Dr. Naveen Kumar Singh	Agra
20	Dr. Mreetaunjay Singh	Agra
21	Dr. Danish Altaf	Agra
22	Dr. Shailendra Kumar	Agra
23	Dr. Gaurav Deshwar	Agra
24	Dr. Ajay Gautam	Agra
25	Dr. Gaurav Menwal	Meerut
26	Dr. Alok Rai	Varanasi
27	Dr. Vivek Srivastava	Varanasi
28	Dr. Ashish Kr. Anuragi	Hamirpur
29	Dr. Divakar Vikram Singh	Varanasi
30	Dr. Aditya Prakash Tyagi	Modinagar
31	Dr. Pawan Kumar	Bareilly
32	Dr. Rohan Shankar Tiwari	Agra
33	Dr. Asif Hussain	Agra
34	Dr. Pawan Kumar	Kanpur
35	Dr. Ravi Mehrotra	Gwalior

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SPECIAL LOCKING IMPLANTS / Material AISI SS 316L & TITANIUM

15-18mm Locking Plate 12mm Locking Intra Medullary Nail 12mm Locking Reconstruction Nail



15-18mm Locking Plate



12mm Locking Intra Medullary Nail



12mm Locking Reconstruction Nail

40mm Locking Kirschner Wire



4.8mm Narrow Locking Compression Plate



Locking Clavicle Plate



BONE PLATES / Material AISI-SS 316L & TITANIUM

1.5mm Small Plates, Right & Left



3mm Reconstruction Plate



4.5mm Minimal Distraction Plate



Biodegradable Implants

“The internal fixation devices used in orthopaedic surgery serve no purpose as soon as they have fulfilled their mission of securing the healing and union of the tissues concerned.”

Most of the focus in modern orthopaedic implant development is on developing devices that are stronger, more acceptable to the body, cheaper and durable. Biodegradable implants have allowed a paradigm shift away from bionic (mechanical replacement) engineering and toward true biologic solutions to reconstructive problems.



History

First utilized synthetic absorbable material was polyglycolide (PGA). The first synthetic absorbable suture was developed from polyglycolic acid (PGA) by American Cyanamid Co. in 1962. Organic molecules are polymerized to form strong fibers and solid compounds. When these polymers are implanted in patients, they degrade and are eliminated from the body in a period of time. Originally used exclusively for sutures. Kulkarni and colleagues introduced the concepts and techniques in the 1960's. Absorbable fixation used successfully in humans since 1984.

All products are chemically based on lactic or glycolic acid while some are combinations of the two.

Polydioxanone (PDS) It was proved in 1991 that this polymer is too flexible. Polyhydroxybutyrate (PHB), Polycaprolactone (PCL), Polyglycolic acid (PGA) 1991 – Proved to have undesirable tissue reaction, Polylactic acid (PLA) – 1994, Polylevolactic acid (PLLA), Poly-D-Lactic acid (PDLA).

Animal Studies

Tunc et al reported successful results of experimental osteotomies of the calcaneus fixed with melt molded poly-L-lactide screws and plates in beagles. Bostman et al tested self reinforced PGA screws for fixation of distal osteotomies in femora of rabbits and found the fixation appropriate and well tolerated by the tissues.

Properties of a good implant

Mechanical properties should match the application, remaining sufficiently strong until the surrounding tissue has healed. Also there should be no inflammatory, toxic, or carcinogenic response and metabolized after fulfilling purpose, leaving no trace. It should be consistently reproducible, demonstrates acceptable shelf life and should be easily sterilized. Mechanical properties also depends on ductility, the amount of plastic strain the polymer will withstand without fracturing and elastic modulus which further depends on stiffness of the polymer and crystallinity.

For Orthopaedic usage, the main hindrance to development of bioabsorbable implants has been the question of obtaining sufficient initial strength and retaining this strength in the bone. Though initial strengths of SR-PLLA screws are lower than SR-PGA, strength retention in the former is longer than the latter. Now a- days, bio-absorbable implants show no difference in the stiffness, linear load & failure mode when compared with metallic devices.

Poly-lactic Acid

PLA is one of the most promising biodegradable polymers owing to its mechanical property profile, thermoplastic processibility and biological properties, such as biocompatibility and biodegradability. In spite of the fact that the surface morphology, porosity and surface chemistry are all crucial in medical applications, successful efforts are being made to tailor PLA with specific architectural characteristics. PLA can exist in three stereochemical forms: poly (L-lactide) (PLLA), poly (D-lactide) (PDLA), and poly (DL-lactide) (PDLLA). It is the L-lactic acid which provides polymer with high mechanical strength and thus has an edge over the DL-form. Moreover, the degradation products of polylactides are nontoxic. PGA belongs to the category of fast degrading polymers, and intraosseously implanted PGA screws have been shown to completely disappear within 6 months. PLLA on the other hand has a very long degradation time and has been shown to persist in tissues for as long as 5 years post implantation.

Advantages

The mechanical properties of the materials permit them to be used with metaphyseal and peri-articular fractures where the loading is relatively low. Therefore, they have mainly been used for treating small-bone fractures such as ankle fractures. Another suitable anatomic area for application is the elbow joint. They may be used for fixing fractures of the radial head, olecranon, capitellum and distal humerus. Nonetheless, comminuted fractures in these locations are not good candidates. Other conditions for which these implants can be used are fractures of the distal radial styloid, patella, glenoid fossa and acetabulum, osteochondral fractures in the knee, tibial plateaux, phalanx, calcaneus and talus and also hallux valgus surgery.

The biggest advantage is that since these implants have the potential for being completely absorbed, the need for a second operation for removal is overcome and long-term interference with tendons, nerves and the growing skeleton is avoided, of implant-associated stress shielding, peri-implant osteoporosis and infections is reduced and they do not interfere in clinical imaging such as MRI in knee and shoulder injuries at any stage after surgical implantation. Implants placed across mobile articular surfaces have an acceptable bio compatibility and resorption property that reduces concern about complications. Arthroscopic surgery is used extensively for ACL reconstruction in the form of interference screws and transfixation screws. MRI is the only technique which allows good visualization of the transplant and evaluation of the healing process. Biodegradable implants provide viable options for the repair and reconstruction of many intra-articular and extra-articular abnormalities in the shoulder, including rotator cuff tears, shoulder instability, and biceps lesions that require labrum repair or biceps tendon tenodesis. Bioresorbable implants have significant potential for use in spine surgery. Bioabsorbable anterior cervical plates have been used and studied. Bostman et al showed that self reinforced absorbable rods were suitable for fixation of physeal fractures in children while SR-PLLA screws were found firm enough for fixation of subtalar extraarticular arthrodesis in children. Bio absorbable fixation technique for pediatric olecranon fractures has been described. Fixation of ankle fractures with absorbable rods was reported by Rokkanen et al in 1985.

Degradation

Degradation is affected by many factors namely Implant size, Material type, Molecular weight, Material phase (crystalline v amorphous), Presence of additives / impurities, Implantation site (vascularity) and also Age and health status. Degradation occurs in two phases first hydrolysis followed by metabolism. Water infiltrates the molecule breaking the bonds of PGA causing rapid degradation leading to foreign body reaction. In the second phase of metabolism, macrophage digest debris converting it to CO₂ and H₂O by "TCA cycle".

Disadvantages

Cost of implant is the main disadvantage. It does not resist shear forces as well as metal fixation. It has been proved to cause foreign body reaction. Lower levels of trabecular bone and haemopoietic elements were observed at the site of the resorbed implants and the screw tracks, which maybe a potential area of concern. Learning curve is associated with it with requirement of specific instruments. Visualization inside the joint maybe a problem with non coloured devices while significantly higher rates of inflammatory reactions were reported with the use of coloured implants.

Contraindications and Adverse reactions

Biodegradable implants cannot be used in osteoporotic patients, comminuted fractures, hypersensitive patients and in presence of infection. PGA implants are not be used near joint spaces due to FBR with intraarticular dissemination of polymeric debris.

Foreign Body Reaction

It is usually seen 50-113 days post implantation with PGA averaging 11 weeks and PLA averaging 4 years. Painful, red, fluctuant swelling is present which appears suddenly in otherwise normally healed incision. Suspicion arises if it persists with erythema and increasing pain. There may be a sinus discharging polymeric debris. Extensive skin slough may be present. Cultures are usually negative and wound drainage may persist 5 weeks to 4 months.

Acute reaction usually subsides after 4 months and can be replaced by osteoarthritis that may lead to fusions. Radiographically, osteolysis is seen along pin tract.

Recent Advances

Bioabsorbable implant research is an evolving science. Resorbable plates can be covalently linked with compounds such as HRP, IL-2, and BMP-2 and represents a novel protein delivery technique. BMP-2 covalently linked to resorbable plates has been used to facilitate bone healing.

Our perspective and research

Biologically degradable scaffolds herald a new era in the tissue engineering which allows the tissues to have a structural stability and medium to grow over without compromising its original potential to grow as it occurs in presence of foreign bodies. In this tissue engineering technique the principle of autologous cell culture is preserved and a three dimensional biodegradable scaffold is used for improving structural and biological properties of the graft also enhancing the stability and environmental condition for proliferation and differentiation of chondroblasts. High density cultures promote chondrogenic differentiation of totipotent mesenchymal cells. To deliver the cultured chondrocytes to the defect site a new technique in which cultured chondrocytes were impregnated on PGA and PLA biodegradable scaffolds and grown on air lift bioreactor for two weeks which enhanced the cell proliferation by various bio-mechanical stimulus. The method has demonstrated high potential to produce normal cartilage in vivo. The less desirable fibrous tissue was significantly less leading to more biological healing giving the articular surface its original morphology and hence better functional outcome.

Conclusion

The main advantage of biodegradable implants is that a secondary operation for removal is not necessary, in contrast to metallic implants, which need to be removed because of osteopenia, corrosion and irritation of adjacent tissues. The orthopaedic surgeon should thoroughly evaluate the fracture before using these implants. In suitable cases, they perform well and save the patient from the costs and morbidity of a secondary operation that is necessary for removing metallic implants.

Prof. Amit Rastogi
Deptt. Of Orthopaedics
IMS BHU, Varanasi

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UP ORTHOCON 2014

XXXVIII Annual Conference of UP Orthopaedic Association

Date : 7th, 8th, 9th February 2014



Dear Colleagues

Greetings from Lucknow.

On behalf of the Organising Committee and the Lucknow Orthopaedic fraternity, we welcome you to the 38th Annual Conference of UP Orthopaedic Association - UPORTHOCON 2014. We feel very honoured and humbled on being granted this historical conference, which will be conducted for the first time outside the state of Uttar Pradesh.

The conference will be held in the vicinity of Jim Corbett National Park. This region can boast of world class facilities for tourists. It has dense green forests, wild life and landscapes for eco-tourism, and a river for adventure tourism. The conference will be spread over four wonderful resorts: Woodcastle, Corbett Hideaway, Riverview Retreat and Aranya Club Mahindra.

The highlights of this congress are going to be the scientific program and camaraderie. We are going to have prominent speakers from across the globe. The aim is to have ample time for discussions, deliver the best scientific material and provide clear cut carry home messages.

The schedule for further communication will be:

Dispatch of Brochure	30th October, 2013
Last date for receiving abstracts	30th November, 2013
Intimation of acceptance of papers	20th December, 2013
Final Programme	1st January, 2014



Please visit the website, www.uporthocon2014.in for regular updates.

With your support, we are determined to make this conference a huge success. The preparations have already begun..... we are waiting to welcome you to a once in a lifetime experience.

Dr Vineet Sharma
Org. Chairman

Dr Anup Agarwal
Org Secretary

Highlights of UPORTHOCON 2014

Pre Conference Workshop / Symposia:

Pelvi Acetabular Injury : Didactic Lectures

Bone Model Demonstrations, Surgical Videos, Hands on Workshop

Degenerative Knee:

All about knee osteoarthritis from conservative management to Unicondylar to Total knee replacement

Paediatric Hip:

Trauma management, Infections, Tumors

Basic Sciences

All about infection in Orthopedics, Basic to recent in Nonunion

Orations:

Dr. B. N. Sinha Oration, Dr. T. P. Srivastava Oration, Dr. K. P. Srivastav Oration, Ghaziabad Oration
Dr Anil Gupta Memorial Lecture, Dr Abbas Ali Khan Memorial Lecture

Medal Sessions:

Medal session for Researchers & Academicians, Dr. A. K. Gupta Gold Medal & President Medal

Postgraduates Delight:

PG Medal Session, Free Papers

Guest Lectures:

by Masters in their field : National & International Faculty

Debates:

Hip Fracture, Calcaneal Fractures

Free Papers:

Golden chance to showcase your work at the biggest platform of UPOA

Delegates don't be outstanding:

Actively participate in different workshop, symposia & scientific sessions
To reach a consensus on burning issue.

Technical Exhibits:

For all stalwarts, interact with industry & try out latest innovations & products

Social Events:

An enthralling evening at riverside in the vicinity of Jim Corbett
Come all, dance all, enjoy all & refresh yourself from academic overdose
Evening to be remembered

Spouse & Children Programme:

Jungle Safari; Early Morning, Folk Dance

Photo Studio

Fashion Show for Kids

Mega Fashion Show for your better halves

Angry Bird

Tattoo, Nail Art, Mehendi

Sing a Song ; Karaoke : be Lata Mangeshkar

President Elect's Message.....

Dear Members,

Greetings from Gorakhpur

In the capacity of the President Elect of the UPOA and the Election Officer, I wish to notify the forthcoming elections of our association through this newsletter. The details of the vacant posts, criteria for their application, requisites and important dates etc are published herein.

I appeal to all the members of the UPOA to actively participate in the elections by casting your vote and exercising your franchise.

For any queries, feel free to contact me.

With warm regards

Dr Ram Avtar Agrawal
President Elect - UPOA
Election Officer



Schedule of Election Procedure:

Last date for filing of nomination	21st November, 2013
Withdrawal of nomination	28th November, 2013
Declaration of Candidates	05th December, 2013
Ballot Posting	12th December, 2013
Duplicate Ballots	22nd December - 5th January, 2014
Last date of receipt of Ballots	31st January, 2014

Election Notification

You are requested to send nomination for following posts in UPOA:

President Elect UPOA	1	For one year
Vice President UPOA	2	For one year
Member Executive	3	For three year

ELIGIBILITY CRITERIA

Only life members of UPOA and who are also member of IOA can apply. (Refer to the amended constitution of UPOA). They should be practicing ORTHOPAEDICS in the state of Uttar Pradesh at the time of nomination.

Other Criteria

Minimum conferences attended to apply for the following posts are:

President Elect	10 conferences of UPOA
Vice President	08 Conferences of UPOA
Member Executive	03 Conferences of UPOA

Kindly fill the nomination form attached with the newsletter (photocopy may be used) or download from the website and send it to Dr. Ram Avtar Agrawal, President Elect and the returning officer for this term.

Important

Submit proof of eligibility (photocopy of attendance certificate of conferences) along with the nomination form. Returning officer has the right to cancel nomination forms which are incomplete and without proof of eligibility criteria. The decision of the returning officer will be final and binding on all contestants.

Kindly attach DD of Rs. 5000 in favour of "UP Orthopaedic Association" (payable at Lucknow) and send this form to the following address:

Dr. Ram Avtar Agrawal,
Agarwal Orthopaedic & Research Centre,
Jubilee Road, Gorakhpur - 273001
Mobile No.: 9793132220 Email: agrawalram@hotmail.com



NOMINATION FORM FOR CONTESTING IN THE ELECTIONS OF UPOA

1. Post applied for

2. Name:

3. LM No. of UPOALM No. of IOA.....

4. Address:

Email ID

Mobile / Phone Numbers

5. Number of conferences attended 1.....

(Attach photocopies of 2.....

Certificates of attendance) 3.....

4.....

5.....

6.....

7.....

8.....

9.....

10.....

6. Proposed & Seconded by

NAME	LM No.	SIGNATURE
1.		
2.		

7. Nomination Fee

Draft Number	Drawn on Bank	Dated

NO OBJECTION

I am a life member of UPOA & have no objection in applying for the post of

Name:

Signature

Date



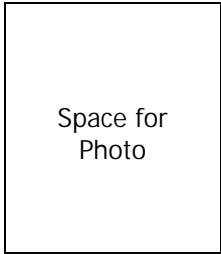


UPOA – MEMBERSHIP FORM

To

Dr Atul Srivastava
Secretary UPOA

1/114-B, Gulab Rai Marg, Delhi Gate, Agra. 282002
Ph: **9897076867**, 9359928191, 9837021279.
Email: upoaoffice@gmail.com, dratulagra@gmail.com



Dear Sir,

I wish to join as member of UPOA. I am enclosing herewith a DD/Cheque of Rs 2500.00 towards membership as Life Member. Or Rs. 500.00 as Associate Member.

Name:

Date of Birth:

Address:

Telephone.....Mobile.....

E-mail:

Qualification: Institution / University & Year of Passing

MBBS

MS Ortho / D.Ortho

Present Status:

Membership No. IOA:

Payment Details DD/Cheque No.....Drawn On.....

Amount..... Date.....

DD/Cheque in favour of **UP ORTHOPAEDIC ASSOCIATION** , payable at Lucknow

	Name	Signature	LM No.
Proposed by			
Seconded by			

FOR OFFICIAL PURPOSE

Received by (Name)

Membership No. Allotted

Signature of Secretary UPOA



IOA Membership Form

The Hon. Secretary, Indian Orthopaedic Association,
IOA House, 69 Tughlakabad Inst. Area,
Behind Batra Hospital, M.B.Road,
New Delhi – 110062
Ph: +91-11-29961434, 9811967820
Email: ioahousedelhi@gmail.com,
Website: <http://www.ioaindia.org>

Attach
Passport Size
Photograph
Here

Dear Sir,

I wish to apply for the **LIFE/ FULL/ ASSOCIATE** Membership of Indian Orthopaedic Association

Name (BLOCK LETTERS)

Postal Address

State Pin code..... Date of Birth.....

Email.....

Telephone..... Mobile No.

PG Degree / Diploma Year.....

Institution

I enclose the payment of Rs. By Cheque / DD No.....

Place & Date **Signature**

Proposed By
(NAME IN BLOCK LETTERS)

SIGNATURE IOA LIFE MEMBERSHIP NO.....

Seconded By
(NAME IN BLOCK LETTERS)

SIGNATURE IOA LIFE MEMBERSHIP NO.....

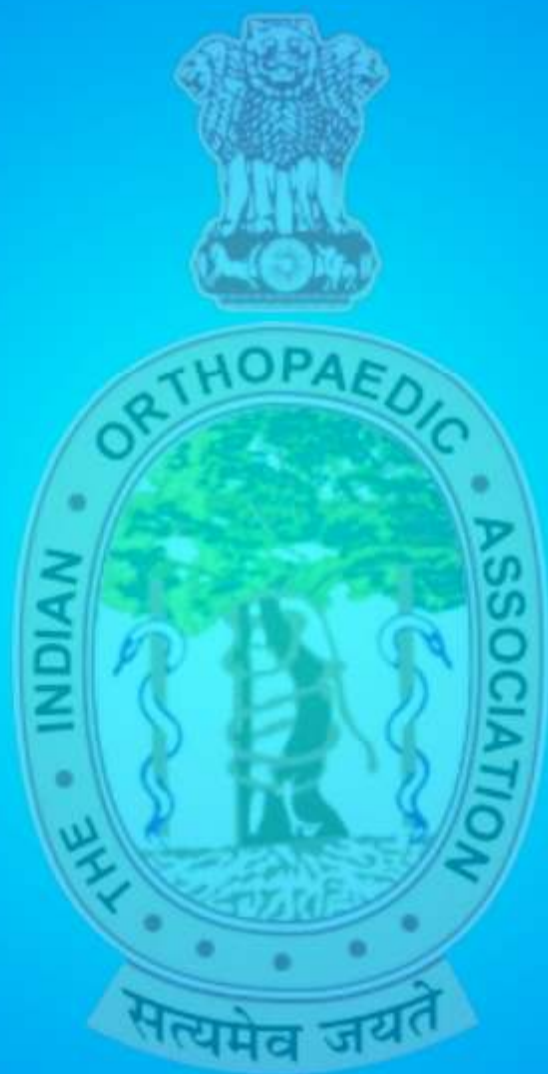
The membership fee for Life Membership is **Rs. 5,000/-** and full membership is **Rs. 1000/-** (yearly) and **Associate member** have to pay **Rs.2,000/-** in the first term during the Ortho. Training (PG) and **Rs.3,000/- after M.S. (Orth.)** etc, qualification to become **Life member of IOA.**(a decision has taken of IOA E.C meet and AGM in 2008 at Bangalore.) Please make Daft in favour of **"Indian Orthopaedic Association"** payable at **New Delhi**

PLEASE NOTE:

- ? Please send the membership application Form and Demand Draft at the above mentioned address only.
- ? Certified Photocopy of the PG Degree / Diploma to be sent along with Application Form.
- ? Certified Photocopy of Medical Council Registration to be sent along with the form.
- ? Certified copy from HOD is must.(This is for the ASSOCIATE member only)

NOTE: Membership is subject to ratification in the subsequent AGM of the IOA. Allotment of membership no will follow the ratification. Members will get proper information up to 1st week of March after ratification of the membership no.

Associate members have the right of attending scientific meeting and social events and engaging in all scientific discussion but they shall not attend business meetings and take part in elections.





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CQL

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