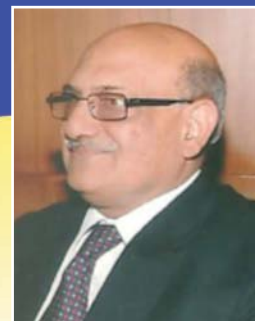


KNEE AND HIP REPLACEMENT

DR Shekhar Agarwal, a well-known orthopaedic Surgeon has been transforming the painful life. Osteoarthritis patients at Sant Parmanand Hospital, Delhi.



Dr Shekhar Agarwal
Chief Surgeon, Delhi Institute of
Trauma & Orthopedics and Executive
Director, Sant Parmanand Hospital

Dr Shekhar Agarwal is a renowned Orthopaedic Surgeon specialising in knee and hip replacement surgery. He has dedicated 34 years to active academic and clinical orthopaedic practice treating patients for complex fractures, arthroscopy, corrective surgery for Polio and Cerebral Palsy and knee and hip replacement surgery. He trained and worked in England for 10 years and specialised in Joint Replacement surgery at the globally acclaimed Wrightington hospital. He is an International Faculty member for Knee and Hip Surgery, lecturing in Singapore, South Korea, China, Japan and Thailand. He conducts workshops and live surgical demonstrations for surgeons across India and abroad. He runs the Diplomate of National Board Programme for training Orthopaedic surgeons and is a visiting Professor to the MGR Tamil Nadu Medical University.

In 1997, Dr Shekhar Agarwal built Sant Parmanand Hospital, a 150 bedded multi super-speciality not-for-profit hospital in New Delhi entirely through donations with a focus to serve the underprivileged. He also established Delhi Institute of Trauma and Orthopaedics (DITO), an Academic and Musculoskeletal Sciences Institution providing Teaching and Residency to medical students as well as providing tertiary care to patients. Having super-specialisation and leadership in this field of medicine has enabled Dr Shekhar to meet his lifelong goal of "treating the masses to serve the masses".

Knee Replacement Surgery has now become widely accepted in

India. Each year, more than 1 lakh knees are replaced in India. Knee replacement surgery is most often required for patients suffering from end-stage arthritis. Arthritis is a disease that more commonly found in women rather than men. Arthritis is the leading cause of disability in India – in fact 80 per cent of women over age of 55 suffer from it.

With this in mind, *Woman's era* spoke to Dr Shekhar Agarwal on Arthritis, and when to consider Knee Replacement Surgery.

What is knee and hip replacement?

Knee replacement is a surgical procedure to replace the surfaces of the knee joint which bear the weight of the body. The surgery is necessary to the patients of osteoarthritis- the most common problem in which joints degenerate. The surgery is done to the affected knee joint to relieve the patient from the pain and disability also.

In hip replacement, hip joint is replaced by an implant. This joint replacement is a surgery that has to be done to relieve arthritis pain and also to fix severe physical joint damage.

Important Facts about Arthritis:

- Arthritis affects 1 in 6 adults – in India alone that is an estimated 200 million people, of which women constitute 60 per cent
- Arthritis is not limited to old age. It affects people of all ages including children.
- The most common joint affected by arthritis is the knee joint

Is surgery the best option?

Typically a patient would have

undergone physiotherapy, taken anti-inflammatory and other pain relievers before deciding to get Knee Replacement surgery. Since there are no medications that can completely cure Arthritis, Knee Replacement Surgery is the most robust way to deal with this problem.

Are knee implants gender-specific?

Since a large number of knee replacements are carried out on women, there are now special knee implants that are designed for women. These implants are anatomically designed to fit women.

How long is the recovery time?

Usually, it takes six to seven weeks and in about three months operated patients can participate in physical activity.

What are the facilities available for Knee Replacement Surgery at Sant Parmanand Hospital?

We have an expert team of highly qualified and experienced Surgeons as well as round the clock nursing staff. We have a dedicated Pain Management and Physiotherapy team. The hospital keeps a large variety of primary knee implants as well as revision knee implants. Not only does the hospital maintain gender-specific implants, but also the instruments used are custom designed to match each patient's knee.

In addition to the highly specialised equipment used for knee replacement surgery, the hospital has state-of-the-art operating theatres and is a well recognised multi-super speciality institute in India.

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