

Over 200 senior citizens & Members of RSCWS attend health seminar at Chandigarh

Tribune News Service

Chandigarh, August 11

Over 200 members of the Railway Senior Citizens' Welfare Society, attended a special health seminar today. In the seminar, Dr HK Bali, director of cardiology, Fortis Hospital, Mohali, educated the senior citizens on the prevention and management of cardiac diseases.

Dr Harsimran Singh, director, department of orthopedics and joint replacement, Fortis Hospital, Mohali, spoke on the treatment of joint problems.

Dr Bali talked about changes in the heart with old age. "Some of the pathways of the pacemaker system may develop fibrous tissue and fat deposits. The natural pacemaker loses some of its cells and these changes may result in a slightly slower heart rate," he stated.

"A slight increase in the size of the heart, especially the left ventricle, is not uncommon. The heart wall thickens, so the amount of blood that the chamber can hold may actually decrease despite the increased overall heart size. The heart may fill more slowly," he added.

Talking about the affect of the changes, Dr Bali said, "Normally, the heart continues to pump enough blood to supply to all parts of the body. However, an old heart may not be able to pump blood when you make it work harder. Some of the things that make your heart work harder are certain medications, emotional stress, extreme physical exertion, illness, infections and injuries."

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New technology in knee replacement

Tribune News Service

Chandigarh, August 12

Partial knee replacement surgery (PKR) has come as a boon for the patients of osteoarthritis, which involves conserving knee ligaments without affecting cartilages, unlike the total knee replacement surgery, said the Director and Head, Department of Orthopaedics and Joint Replacement, Fortis Hospital, Dr Harsimran Singh here today.

Sharing the new technology that gives freedom from knee pain, Dr Harsimran added since in the PKR there was no trauma to ligaments and cartilages, the range of joint movement is more. A patient can sit cross-legged and take part in all socio-cultural activities.

The recovery is quicker, normal activity level is reached sooner and the patient is on painkillers for lesser time. Patients can get back on their feet faster than they do after total knee replacement.

Dr Harsimran said the timing of conducting the PKR was the most important thing. The joint to be operated upon should neither be too crooked nor bone quality too bad.

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