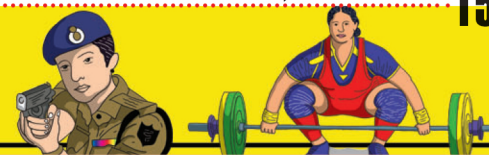




Women's Day Special



GIFT BONE & JOINT HEALTH TO ALL THE IMPORTANT WOMEN IN YOUR LIFE

International Women's Day is held every year on March 8 to celebrate women's achievements throughout history and across nations. Women are the most important part of everyone's life. This gracious person could be your mother, mother-in-law, wife, sister, daughter, friend or a relative.

Says joint replacement surgeon Dr Sanjeev Jain, "Women's health should be the top most priority in every family because she is the backbone of a family and the one who runs the show. If one looks at bone and joint health, then Osteoarthritis (OA) is a common disease and one of the leading causes of disability. Incidence of knee OA is rising by increasing average age of general population and common in 70 per cent of women. India may become the osteoarthritis capital of the world with over 60 million cases by 2025. So, imagine the number of women that are going to suffer by then. Another important fact is that the number of younger women from ages of 40 to 60 is increasing and due to painful osteoarthritis

problems, the most active time of their life becomes non-productive. One even can't measure kind of depression they undergo due to inactivity. I am sure these shocking statistics will definitely ask you to think that whether the important women in my life will have this disabling problem and if yes, then whether you can bring happiness in her life by alleviating disabling pain. Before this thought starts troubling you let's have an idea about this painful condition Osteoarthritis and how you can help in managing and bring back quality of life to a woman you love the most."

This condition is age-related degeneration of surface of knee joint known as cartilage. The magnitude of damage could be mild to severe where a woman can't even stand or walk. In early stages, management of this condition includes medication, physiotherapy and supportive therapy. In moderate stage depending up on involvement of knee joint a time buying surgery could be advised.

In the advanced stage, everything comes to a halt. "Whether it is a home-



Dr Sanjeev Jain

maker, teacher, banker, actress, architect, social work, in the hotel industry, corporate, doctor, engineer, lawyer, pilot, policewomen or armed forces, sports-women, politician, etc women have an edge all over. It would be unimaginable to imagine what would happen to the world if women stop functioning due to their suffering. Total Knee Replacement Surgery is the best gift for these women. It will not only help them be completely and permanently pain-free but also improve active independent quality of life. When this happens, just think about the gradient of happiness within them, their family, society, nation and the



entire world," he says.

Darshit Mehta, a Ghatkopar resident, says, "My mother was suffering from severe knee pain since the last 10 years. We couldn't see her in pain while walking and climbing the stairs. We met Dr Sanjeev Jain and after meeting him got a lot of positive vibes. We decided that we would treat our mother with Dr Jain and he operated on both her knees simultaneously. Now my mom can walk, climb stairs and do her routine chores. This was the best gift we could give to our mother and celebrate Women's Day."

Thane resident Vijay Sarda gifted his

wife Neelam, a pain-free active life after both side total knee replacement surgery. He says, "The tradition of giving and taking gifts continues since ages in different cultures, various forms and in all countries according to their customs. In Indian culture, gifts may be given and taken on different occasions i.e. Raksha Bandhan, Diwali, Christmas, birthdays, Eid etc. by different people. I believe the best gift a husband/brother/friend/son can provide to his/their loved ones, mainly women on the occasion of Women's Day, is not the precious diamond but good health and mobility. A son must see the reason that why his

mother is not that swift as earlier, may be she is suffering from backache, a brother must observe why his sister does not visit him regularly, maybe she cannot walk due to knee pain and a husband must understand why his wife is reluctant to open the coffee jar in the morning, it may be due to arthritis. Therefore, a man must understand this and realise that the gift of mobility is one of the best things he can give a woman."

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IF ONE LOOKS AT BONE AND JOINT HEALTH, THEN OSTEOARTHRITIS (OA) IS A COMMON DISEASE AND ONE OF THE LEADING CAUSES OF DISABILITY. INCIDENCE OF KNEE OA IS RISING BY INCREASING AVERAGE AGE OF GENERAL POPULATION AND COMMON IN 70 PER CENT OF WOMEN. INDIA MAY BECOME THE OSTEOARTHRITIS CAPITAL OF THE WORLD WITH OVER 60 MILLION CASES BY 2025. SO, IMAGINE THE NUMBER OF WOMEN THAT ARE GOING TO SUFFER BY THEN