

ORTHO CONCLAVE

16th July 2016 at Massoorie, Uttarakhand

“ORTHO CONCLAVE”:

“ORTHO CONCLAVE” was held at Polo Grounds, Shilong, Meghalaya, India. under the banner of Asian Society of Continuing Medical Education.

The sole objective of the CME was to update the knowledge of Orthopedics and General Practitioner on Newer technique – Olecranon Osteotomy, Nucleoplasty and Importance of Vitamin K2 and Vitamin D.

The Introductory speech was given by Asian Society. He emphasized the main role played by Asian Society of Continuing Medical Education and how important it is to spread the knowledge known to select few to the practicing Doctors at large.

The CME was started by live lecture and followed webinar (Video recorded lecture).

The CME was attended by 22 Doctors all round India.

Date: 16th July 2016.

Places and Venues:

- Massoorie, Uttarakhand, India

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Speaker's Name (s):

- Dr. N. Somashekar Reddy
- Dr. Faizal M Ikbal
- Dr. Dennis Goodman

TOPICS –

- 1) New Technique – Olecranon Osteotomy.
- 2) Nucleoplasty – An Alternative Approach to Disc Prolapse.
- 3) Role of Vit K2 in Osteoporosis and Cardiovascular Health.
- 4) Vitamin D Oral solution: Novel drug delivery system to improve absorption.

Summary of talk:

Summary of Dr. N. Somasekhar Reddy talk on **New Technique – Olecranon Osteotomy:**

He started his talk by giving brief on Olecranon osteotomy and later talked on the technique of Olecranon Osteotomy.

Olecranon Osteotomy is a well-established technique, providing access to the distal humerus for reduction and fixation of intra-articular fractures. The sigmoid notch of the proximal ulna articulates with the trochlea of the distal humerus and has two articular facets separated by the bare area.

Technique of Olecranon Osteotomy –

The fascia and muscle are elevated from the proximal ulna and the capsule of the elbow joint is opened both laterally and medially. The ulna nerve is identified and protected. A swab is pushed through, which is very easy when the distal humerus is fractured. The swab then indicates the narrowest part of the ulna and, therefore, locates the bare area, allowing for a safe osteotomy with protection of the articular surface. The osteotomy is completed with the use of an osteotome.

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Dr. Faizal M Ikbal delivered a lecture on **“Nucleoplasty – An Alternative Approach to Disc Prolapse”**

Nucleoplasty therapy is a recently developed technique for the treatment of pain coming from a spinal disc. A special probe is inserted into the spinal disc and is used to remove a small amount of disc tissue from the disc nucleus and then to applied controlled thermal energy or heat to the disc. This causes the pressure within the disc wall to decrease and allows the disc to bulge or protrude less.

It is usually performed as an outpatient procedure. It is performed under sterile conditions. The patient lies face down on an x-ray table. Local anesthesia and mild sedation will be used to make the patient more comfortable during the procedure. Using x-ray guidance, an introducer needle is inserted into the sidewall of the disc. Then the nucleoplasty device is passed through the needle and positioned in the internal portion of the disc under x-ray guidance. Once in proper position, the device is used to cut a small portion of disc material out of the center of the disc and then heat the tissue immediately around the area where tissue has just been removed. When done, the device and needle are removed and an adhesive bandage is placed over the needle insertion site.

Dr. Dennis Goodman delivered a lecture on **Role of Vitamin K2 in Osteoporosis and Cardiovascular Health and Vitamin D Oral Solution: Novel Drug Delivery System to improve absorption:**

Osteoporosis and cardiovascular diseases present similar etiopathogenic mechanisms. Vitamin K2 deficiency could be responsible of a disrupted calcium regulation and that low levels of this vitamin are connected with an enhanced risk of heart disease and atherosclerosis, because of a lack of calcium in bones and an excessive storage of calcium in arteries.

Vitamin K2 sustains the lumbar bone mineral density (BMD) and prevents osteoporotic fractures in patients with age-related osteoporosis, prevents vertebral fractures in patients with glucocorticoid-induced osteoporosis, increases the metacarpal BMD in the paralytic upper extremities of patients

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with cerebrovascular disease, and sustains the lumbar BMD in patients with liver-dysfunction-induced osteoporosis.

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