

CADENCE



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JANUARY 17, 2021

BOS website

♪♪ Quarterly Newsletter of the Bombay Orthopaedic Society ♪♪

EACH DAY PROVIDES ITS OWN GIFTS ! ~ MARCUS AURELIUS



Green Bee Eaters - Photography by Dr Mangal Parihar

>> page 9

From the desk of the President



Dear Friends,

Greetings from Bombay Orthopaedic Society! As we are slowly recovering from the effect of the pandemic, we present to you our second edition of the Newsletter, which covers life beyond Orthopaedics!! I hope you have enjoyed our virtual clinical meetings, master series, and online Instructional Courses as well. But let us end this year with a physical WIROC- that is WIROC Unlocked.

About a year passed away, we look back and realize that we have not met each other even once! Now we have two most important events where we can meet and greet each other- our Annual general Body Meeting (AGM) and WIROC. We have a tremendous response of receiving 252 abstracts for 'WIROC Unlocked'! Now while we are designing an excellent academic programme, I would urge you to register for this meeting in large numbers and take advantage of our reduced early bird residential registration before 31st December 2020. Moreover, we may hold our AGM during WIROC to avoid two gatherings during this unprecedented time, lest the government permit.

So till then, stay safe, stay healthy.

Prof. Shubhranshu S. Mohanty,
President, BOS.

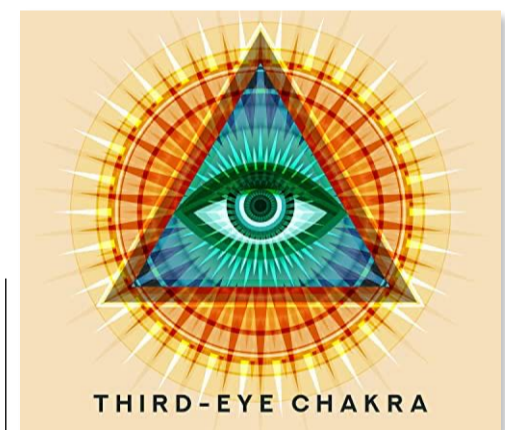
Register for
WIROC
unlocked
19-21th March 2021
Mumbai



On Teaching

By Dr Aseem Parekh
A requiem for the death of orthopaedic "teaching."

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3RD-I

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Orthopedics needs to open its third eye - the 3RD -I: the time is now!

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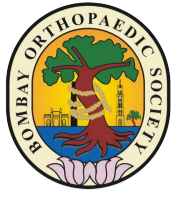


Lights, Camera

By Dr Sidney Dsa

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A REQUIEM FOR THE DEATH OF ORTHOPAEDIC TEACHING



INVITED EDITORIAL

Prof. Dr. Aseem Parekh

Requiem (noun)

Definition

A mass for (the repose of the souls of) the dead

An act, or token, of remembrance

(Musical: Verdi)

(L) quies= rest. (quiescent)

As there appears none quite so motivated as will arrange for some such; I write this as an eulogy.

To eulogise a person or thing or sequence for its own sake is mere sophistry.

I have ample reason to "believe" that it has largely been put to rest, and will die with me.

I seek no remembrance, no funeral meeting, no prayers, no eulogies, no epitaphs, no obituaries and no monuments.

For when my work here is done, I will go and make myself useful elsewhere. I have no intention whatsoever to drift around currents which are of no interest to me.

For its not the current which passes me by, it is I who direct the current.

These words could very well describe the surgeon-practitioner- teacher-academic- Guru of Orthopaedics.

A life spent teaching orthopaedics is a life spent teaching life!

And to play "Requiem" is not to mourn, for mourning is in sorrow.

My requiem, though it may appear maudlin , is a slow dance of celebration, dignified, measured and with direction; to be celebrated as movement to music , suffused with intoxicants like the all permeating though not all pervasive attar of roses.

And the nourishment that knowledge gives the "self " of the teachers "soul" (and there is such a thing) is the true elixir, the holy water, the zam zam- the GANGAJAL of wisdom which must of necessity be rationed, lest the seeker (the student) lose his sanity at the first



interaction with a veritable fount of wisdom- which can only grow in & of itself in its size, its content, its reach- yet its clarity remains the same - for clarity is the basis for approaching any and all forms of "difficulties ", every conundrum.

And dilemmas cease to be, Hobsons' choices are no more choices, life is painfully clean and pleurably complete-all in the same moment.

Out of this pain and pleasure and complete clarity , with the ying and the yang in perfect concert , fresh life flows....

What the teacher is today, the student will be tomorrow, perhaps more - and this hope of the student outplaying the teacher/GURU "in", to use a cricketing metaphor, "every department of the game" is what every teacher, coach, guide, mentor lives for.

It is the raison d'etre of the GURU.

The Requiem!

For that which was, and is no more.

The founts we drank at greedily, and the founts we created and keep alive through all the seasons for all these years will likewise soon be no more.

Like the oh so many water fountains in this city from which the BOS takes it name; these too have been peremptorily shut down, some have voluntarily shut themselves down, and the remaining MAGIC will no doubt go the way these things go.

"Suddenly, as rare things will, it vanished ." (Elizabeth Barrett Browning)

A REQUIEM FOR THE DEATH OF ORTHOPAEDIC TEACHING



🌹 INVITED EDITORIAL

Prof. Dr. Aseem Parekh

And while I am one of the last, I am by no means the least, for I have reason to believe the greats who inspired me to soar at even greater heights than they are even as I write this smiling on me

I've done well by them, and I've carried their torch aloft high and bright, yet the time is not far when I will, " to the sound of trumpets cross over to the other side " (Revelations 1:9 , 1:1).

While my ears will resound to the triumphal celestial music; what will I

leave behind me when Pegasus wings me away?

This – my requiem, and words to sing it by; at your merry making with the brethren.

Which will be the words I have penned as my epitaph too, the only obituary a life well lived requires.

"He did the best he could- always."

Finis 🌹

Prof. Dr. Aseem Parekh is the Head of Department of Orthopaedics at the T. N. Medical College & BYL Nair Ch. Hospital, Mumbai. He has been the past president of BOS in the year 2016-17

IMAGING CORNER



Dr. Manit Gundavda and Dr. Manish Agrawal, PD Hinduja Hospital, Mumbai

A lady, 54y presented with knee and thigh pain after exertion on a trekking trip. Initially the pain was conservatively managed, however while she was comfortable in bed; persistent pain on walking for >6 weeks led her to getting investigated and presented with these radiographs.

We asked:

Is the radiological finding incidental and the pain due to exertion?

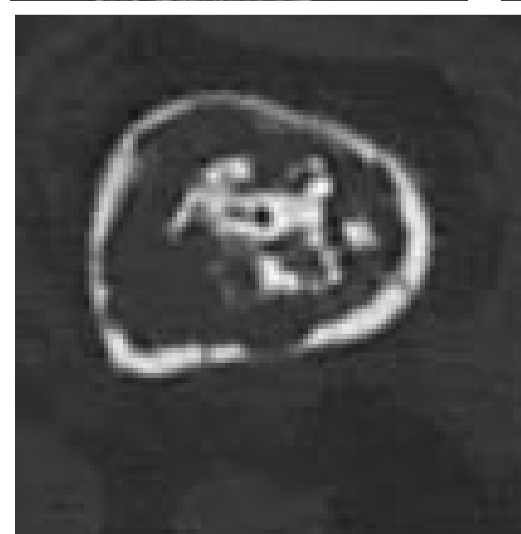
What is the possible diagnosis from radiology?

What is the appropriate treatment?

There is clearly an osteolytic lesion with cortical thinning from internal scalloping, more obvious on the lateral view. The pain may be attributed to the weakening of the bone.

The calcification on radiograph suggests a **chondroid lesion**. The size of the lesion, **severe endosteal scalloping**; >2/3rd length of the lesion and cortical break are highly suggestive of a chondrosarcoma.

The PET revealed a **high metabolic SUVMax value of 20.0** which is suggestive of a **high grade chondrosarcoma**. This lesion underwent an intercalary resection with wide margins and reconstruction with an allograft combined with autograft fibula after a needle core biopsy confirmed the diagnosis.



Orthopaedics needs to open its third eye . The time is now!

Dr Vaibhav Bagaria



We are at crossroads. The human race is challenged from time to time, and its resilience is tested by natural and manmade calamities, wars, newer diseases, and pandemics. This time is no different, and healthcare today is facing a tumultuous and yet exciting time. A time which seemingly devastating is also promising and enigmatic, like the beautiful universe

that holds us. We today are a billion hyper-connected people in a trillion-sensor economy, paradoxically and painfully devoid of the blessings which we deeply aspire – definitive knowledge and unconditional enjoyment of our authentic selves. How can Medicine as a sacred discipline and India as a nation lead the way to two fundamental dreams of human civilization – the dream of eternal health and happiness?

The third eye (also known as the inner eye) is a mystical and esoteric concept referring to a speculative invisible eye, which provides perception beyond ordinary sight. The third eye is often associated with clairvoyance, the ability to observe chakras and auras, precognition, and out-of-body experiences. People who claim to have the capacity to utilize their third eye are sometimes known as seers. It is believed that an individual can open his third eye with intense meditation, focus, and determination. But what about nations and various disciplines? How do they open their third eye? More specifically, how does Orthopedics and India as a nation open their 3rd eye?

The answer lies in the question itself – by opening itself to the third eye – this time to an acronym 3RD-I; Research Development and Innovation! A fundamental shift in attitude is required to attain this objective. Coming from an orthopedic background, we can vouch that while most of us succumb to finitude. A tiny minority of us who dream and look beyond infinite enthusiasm can find ways to open their 3RD-I in the most unlikely places and situations. Many of us already know the story of how X-rays were invented and penicillin discovered. We don't have to go that far in history to understand the anatomy of success. I have two little stories to tell from our orthopedic domain.

The first story is of the famous Micheal Urist and his discovery of bone morphogenic proteins (BMP). Can we imagine who could be the mentor for the Prof who was the Editor of CORR for nearly four decades? – it was a physiologist! In 1962, Prof Urist successfully used bull bones to repair the broken hips of more than 50 elderly Los Angeles people, assuring The Times: “Their hips are now as strong as oak, even stronger than natural hips.” At the time, Urist predicted animal bones would replace the use of metal pins to repair human bone fractures. But at the same time, he stepped up his research to find BMP, the “glue” that would help build natural human bone around more refined metal pins. The story inspires us to keep our minds

open and forge a robust interdisciplinary bond to translate basic research into the realm of clinical practice.

Another story is closer home. It's about how with a bit of luck and communication, we came to transcend disciplinary boundaries to find a way to incorporate an engineering concept into orthopedics seamlessly. This story is from a relatively small city of Nagpur where a chance meeting of an orthopedic surgeon with an engineer helped kick start 3D printing services for orthopedic surgeons. It laid the foundation for many research and developments include patient's specific jigs and opening up the possibility of a first metal printing service bureau for the country. The two critical elements here were luck and communication. The first meeting was coincidental as a patient and doctor but later forged into friendship and co-researchers. The second element – communication is perhaps the key. Articulating the problem in simple terms and providing the right direction is the key. Innovations do take time, teamwork, perseverance, and the ability to build an interdisciplinary team seal the deal.

These stories had a few common traits: the power of imagination, perseverance, and the habit of seeking the truth. It is a common human tendency and more profoundly so in our nation and our discipline to find quick fixes. No! India and Medicine do not need Jugaad; we need systemic investments of time, energy and enthusiasm, and a culture that promotes people, communities, nations, and discipline to open their 3RD-I. Today the future of orthopedics probably lies in between the two discoveries that I described above. The two frontiers are joining hands – biology with biomechanics. The era to come will be an era of improved prosthetics and orthobiologics. While 3D printing tissue will gain accurate biological structures like bone, cartilage, and ligaments, orthobiologics will ensure that they function and have a very similar vitality. Other areas that are likely to power orthopedics in coming decades include big data, artificial intelligence, and newer polymer-based implants. Research in each of these sectors has vast untapped potential.

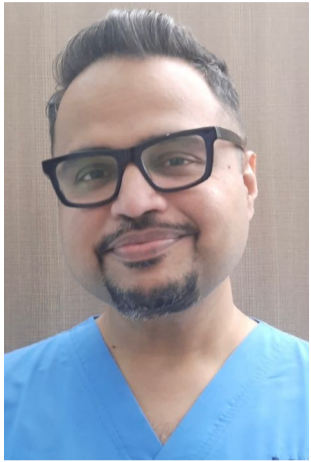
India and Orthopedics both are grossly underrepresented in the number of Nobel prize winners, and there is no better time to change that than now. Today, my plea is that the time is 'now' for each of us to open our 3RD –I. We have only one life to know whether we were right or wrong! Research, Develop, and Innovate for health and happiness.

Join the revolution!
Stay Blessed!!!

Dr. Vaibhav Bagaria is the Director of Department of Orthopaedics at the Sir HN Reliance Foundation Hospital, Mumbai. He is also the president of SICOT India.

Parte Effectus Ia Pandemic

Dr Swapnil Keny



The turn of this decade has been a learning experience. An experience which has taught adaptability, resilience and perseverance to humanity. **The pandemic has challenged the limits of human tolerance**, the bounds of modern medicine and has reiterated the Darwinian concept of 'survival of the fittest'.

As our lives slowly but steadfastly get back to nature's new norms, we can't but express our deepest gratitude to the 5th estate, the World Wide Web. While the world was marooned to the confines of closed spaces, the internet in general and social media in particular were the thin threads of hope which we hung on to. Whether it was witnessing generations been wiped out by this holocaust of nature, understanding evolving situations or communicating with friends or peers on trends and developments, our 'online' existence was constantly revolving between our personal and professional realms.

Under such gloomy circumstances, vanguards of academics took it upon themselves to educate the masses on a plethora of scientific forums. As the fad dies down considerably, **it's time to sit back and ponder on whether, that which was being dished out was indeed an attempt at education or an agenda with questionable motives.**

The science of orthopaedics, in generic terms, remains fairly constant, despite changing concept and evolving methods. If we are to take a sneak peek into the recent history of orthopaedic literature, there are examples of gold standards being challenged and described as outdated by the new kid on the block – be it implant, technique or procedure. Then surprisingly enough, the challenger is seen to plummet down from the peak of glory in a very short period. A fairly recent case in point would be the metal on metal cups in total hip arthroplasty and the various non fusion options for the degenerative spinal disorders. To cut a long story short, every challenge, before it is allowed to become a gold standard has to undergo a rigorous baptism by fire. **Scrutiny by peer review, then acts as the guardian of sanity and sanctity in science.**

But what if such a guardian was not watching the flood gates of online academics. **Would we, by design, accept and embrace such concepts, methods and sermons passed down to us?**

The unfortunate part of online teaching is that the forums are open to the same whims as social media platforms. Branding and marketing on social media today, is driven by 'Online Influencers'. These are groups with vested commercial interests, who make us believe in products and services which may be mediocre or even below the required norms, but are painted in vibrant colours to appear attractive and believable. This internet hype unfortunately can be considered as the biggest chink in the armour in the field of science, medicine and orthopaedics.



While we rejoice the boons of the world wide web and social media, **certain self-censorship measures need to be built up in our scientific immune system.** Measures to accept, science and only science, challenge questionable concepts and relinquish mediocrity. **For merit to prosper in the science of orthopaedics, we need to not only evaluate the challenger in the most stringent manner, but also try and mitigate the forces of the influencers who commit academic murders in the first degree by being the fore-bearers of vacuous content.**

Science is and always should be gauged by the superlative excellence of merit. The scope and life of mediocrity, as reflected in history, is limited. It is destined to be the Frankenstein's monster.

Dr. Swapnil Keny is a pediatric orthopaedic surgeon at the Sir HN Reliance Foundation Hospital, Mumbai. He is also the current Hon. Secretary of BOS and Editor of Cadence.



Dr. Sidney Dsa



So, I am finishing my noon OPD, winding up some indoor case sheet works, when I get a call from one of my old fitness clients, Vinayak. He tells me he has something exciting to share and offer. He knew my working style, area of interests, and ideology. He was working with Endemol Shine India for a long time. They are the **producers of shows like Khatron Ke Khiladi (KKK) and**

Bigg Boss. He shared that they were about to start shooting for the new Indian edition of KKK, and for that, they needed a strong medical team, which will also establish Covid guidelines for the show. And I Said, "So?" **He said he wanted me to lead it, and he knew I was the right person for this role.**



Ok. So now, this was something I was never expecting in my life. I was elated but at the same time tensed too as it was natural to think I would fit the bill. He said that they would just take a small interview and a decision making test. I went without preparing for it and gave the interview and took the tests honestly. Things went well. **"Sir, you are in." I get the call. "The shoot starts in a few days."**



Lights. Camera. Action ...

I can't believe that I **mentored and monitored 33 death-defying stunts successfully.** Contestants like Jay Bhanushali, Ali Ghoni, Nia

Sharma, Karan Wahi went through free falls, extreme temperatures, electric shocks, and were hanging upside-down in cold water. At the start of every stunt, my hands would tremble, and with sweaty palms, I was giving clearance and a nod to go ahead. One mistake on my part and the celebrity contestant would be in a dangerous situation. **There were instances of injuries as well, but I was glad my team handled the situation well.**



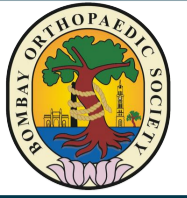
I am happy I managed to provide the show with my Orthopaedic, Fitness, and Nutrition skills and smoothed the process of the shoot.

I will always remember what **Rohit Shetty** said on the last day as we wrapped up, **" Doctor, Thanks."**

I am humbled and feel good that I was given such an opportunity to display my strengths and interests, which were channelized well and appreciated. Special thanks to the stunt team for providing me the support I needed.

Dr. Sidney Dsa, is a BOS Member. He practices in Navi Mumbai. He is also a Nutrition Expert and founder of RED Fitness health Solutions.

UPCOMING MEETINGS



It gives us great pleasure to invite you at the **WIROC UNLOCKED 2020**, the 55th annual meeting of the **Bombay orthopaedic society**.

Though most conferences in the last few months have been virtual, we certainly yearn for the good old days when meetings used to be held and attended not just for their academic content but also for the social interactions and camaraderie.

With this in mind, the organising team of WIROC 2020 has decided to organise the first physical Orthopaedic conference post-lockdown as **WIROC UNLOCKED 2020** on **19th to 21st March 2021** at the **Renaissance convention centre, Mumbai**.

The organizing team of WIROC-UNLOCKED has utilized the presidential theme of **“Plan your work and Work your plan”** not just in the academic content but in meticulously planning the conference in adherence to all the safety norms.

We have received more than 290 abstracts in various categories. The response to registrations has also been very encouraging. This year we have been able to provide you with absolutely **jaw-dropping rates for registrations especially the residential ones** and we wish that you avail of the same.

We would like you to come with friends and family to the peaceful and serene environs of the **Powai lake** and enjoy your weekend in the lap of luxury with academics and leisure- something which you may have missed this past year...

Hope to see you soon at WIROC UNLOCKED...



Dr Mandar Agashe
Org. Secretary



Dr Satish Mutha
Org. Secretary



Dr SS Mohanty
Org. Chairman

Virtual Courses



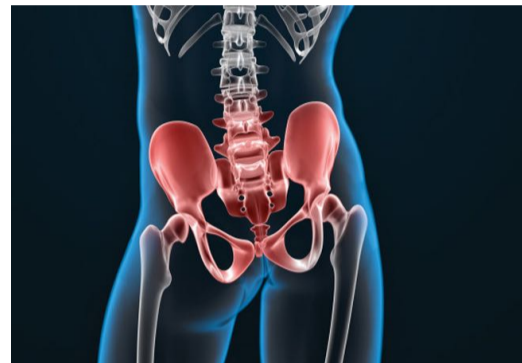
Foot and Ankle Course

Jan 23-24, 2021

Registration Rs 1770

Convener - Abhishek Kini
(9920861187)

Co-Convener - Ashish Jain



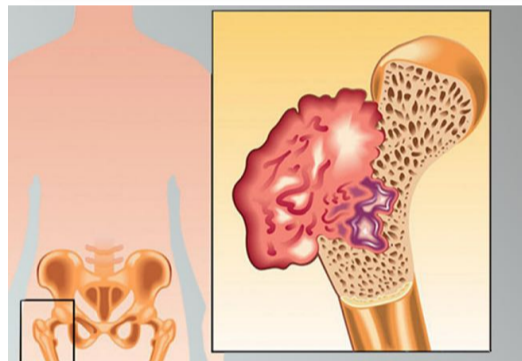
Pelvi-acetabular Course

Jan 29-30, 2021

Registration Rs 1770

Convener - Harshad Argekar
(9820654780)

Co-Convener - Abhijit Kale,
Jairam Jagiasi



Ortho-Oncology Course

Feb 4-6th, 2021

Registration Rs 1770

Convener - Dr. Mishil Parikh
(9820800648)

Co-Convener - Haresh Manglani



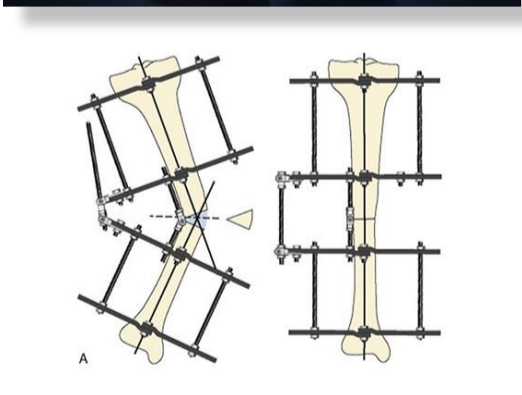
Technology Skills Course

Feb 12-13th, 2021

Registration Rs 2360

Convener - Ashok Shyam
(9833110366)

Co-Convener - Neeraj Bijlani



Basic Ilizarov Course

Feb 19-20, 2021

Registration Rs 1770

Convener - Milind Chaudhary
(+91 9822466838)



Basic Pediatric Ortho Course

Feb 26-27, 2021

Registration Rs 1770

Convener - Tushar Agarwal
(8779432854))

Co-Convener - Atul Bhaskar,
Jaideep Dhamele



Advanced Arthroscopy Course

Mar 12-14, 2021

Registration Rs 2360

Convener - Roshan Wade
(9820050701)

Co-Convener - Pradip Nemade,
Sandeep Biraris

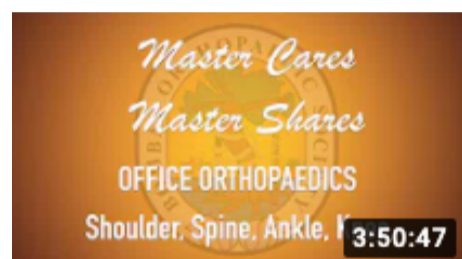
BOS ACTIVITIES SO FAR



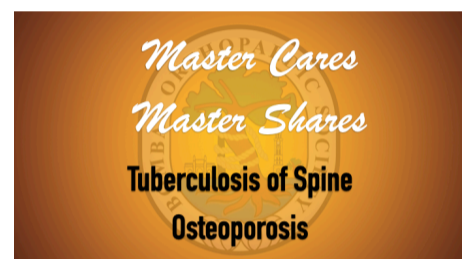
Click on the link (pictures) to watch the recordings!
Subscribe to the BOS Youtube Channel and get uploads



MASTER CARES MASTER SHARES



May 2020
Office Orthopedics



Jul 2020
TB and Osteoporosis



Sept 2020
Peripheral nerve injuries in the upper limb



Nov 2020
Angular deformities of LE in children

UPCOMING Masters Meeting
7th March 2021
Hinduja Hospital

CLINICAL MEETING



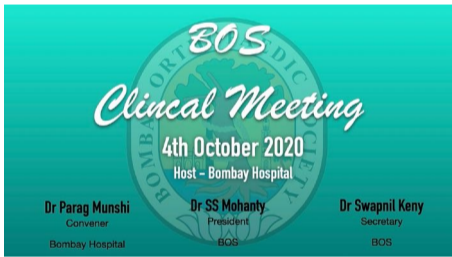
April 2020
Invictus 2.0



June 2020
Clinical Meeting Nair Hospital



Aug 2020
Clinical Meeting KEM Hospital



Oct 2020
Clinical Meeting Bombay Hospital



Dec 2020
Clinical Meeting JJ Hospital

UPCOMING Clinical Meeting
7th Feb 2021
RN Cooper Hospital

VIDEO JOURNAL CLUB



Tibial Plateau Fractures - Dr Vivek Shetty



Pink Pulseless Hand - Dr Sandeep Patwardhan



Dual Mobility Acetabular Cups - Dr Nikhil Pradhan



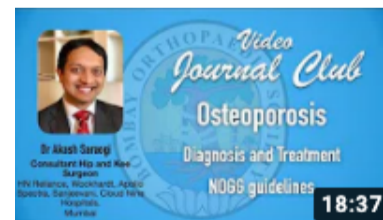
Complex Regional Pain Syndrome - Dr Rohan Habbu and Dr Parag Lad



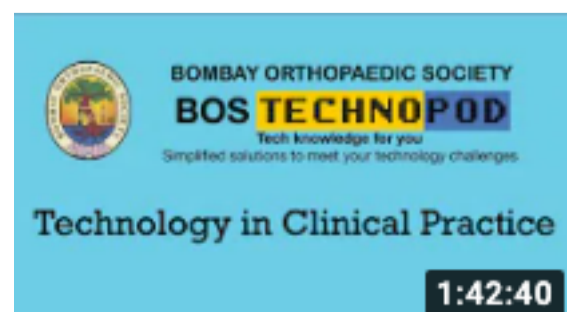
Calcaneal Fractures - Dr Abhishek Kini



Frozen Shoulder - Dr Dipit Sahu



Diagnosis and Treatment of Osteoporosis - Dr Akash Saraogi



BOS Technopod Series

Topics related technology and computer skills

To watch the playlist [click here!](#)

Click below to watch recorded sessions

1. Online Security (Oct 2020)
2. Social Media (Nov 2020)
3. Digital Art (Dec 2020)

NATURE PHOTOGRAPHY

Colors are the smiles of nature - Leigh Hunt



Dr Mangal Parihar

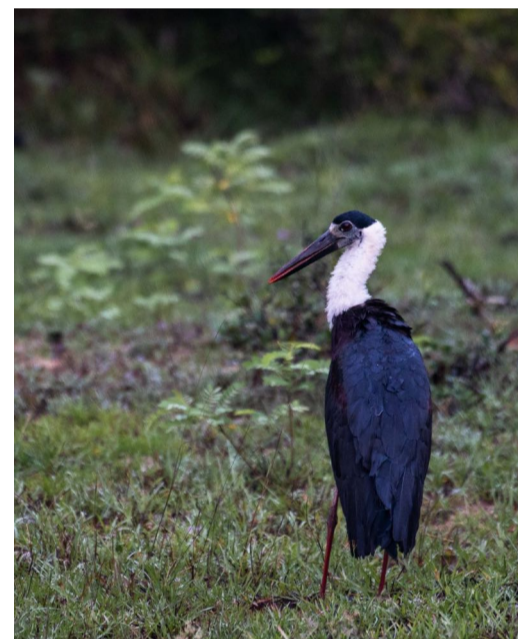
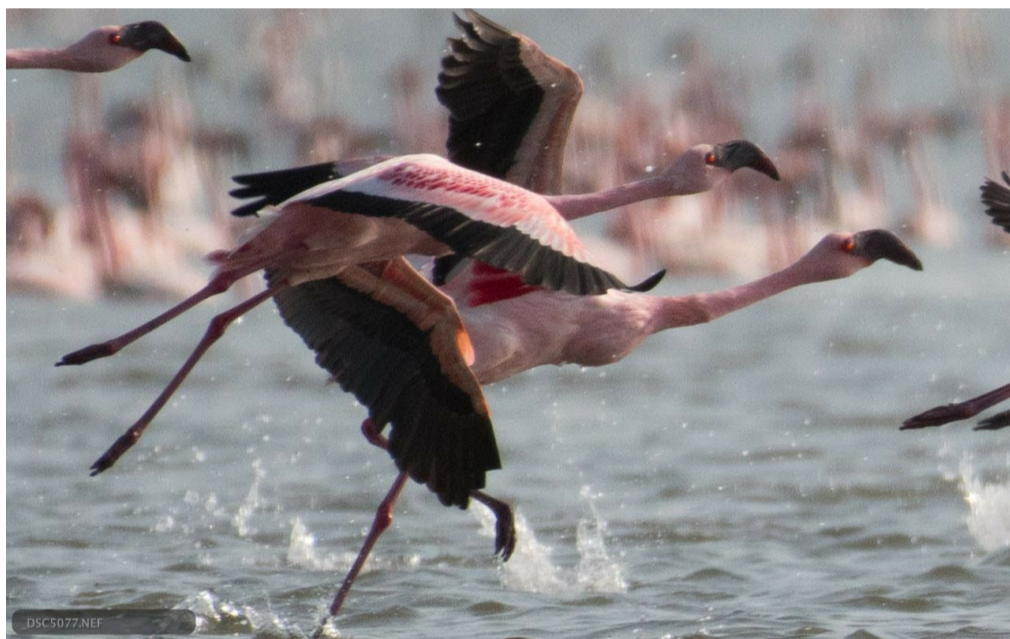
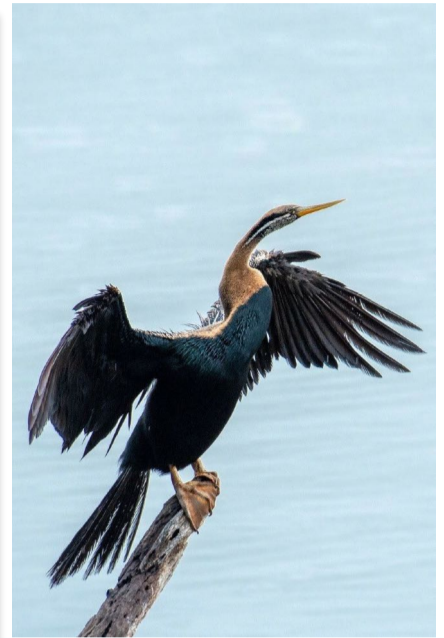
Senior BOS member
Kartak Orator 2019

Photographer
And a Birder

**'Hope' is the thing
with feathers –
That perches in the
soul –
And sings the tune
without the words –
And never stops – at
all ...**

-Emily Dickinson

Dr Mangal Parihar, a senior BOS member, is an alumni of the KEM Hospital, Mumbai and practices in South Mumbai.



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