

TNOA BONE HEALTH AWARENESS FORTNIGHT

(Initiated and Started in the year 2016)



Dear Members,

Awareness days are usually mooted to bring about certain awareness in the general public and in turn bring about change in the community. Health care professionals usually do clinical practice to treat a particular illness and are doing fine. However their responsibility doesn't end here. If they inculcate the idea of imparting knowledge in the population regarding preventive aspects of the same illness then this leads to good health of the society.

Keeping the above in mind, Orthopaedic community and particularly TNOA in the past has undertaken several service projects which were very much successful and continue to do so.

Continuing the tradition, first time ever TNOA likes to conduct "**TNOA BONE HEALTH AWARENESS FORTNIGHT 2016**" between **10th October – 23rd October**. The reason being many of the designated awareness days fall in these two weeks.

12th October – World Arthritis Day - Future in your hands (Growing burden of degenerative and inflammatory joint diseases, early intervention, lifestyle modification and patient education)

16th October – World Spine Day – Straighten Up and Move (Creating awareness about spinal health, posture-related disorders, occupational hazards and preventive spine care).

17th October – World Trauma Day – Life is precious (Addressing the increasing incidence of road traffic accidents, injury prevention, emergency care and the importance of timely orthopaedic intervention)

19th October – World Pediatric Bone and Joint Day – It's In Your Hands, Take Action! (Focusing on early diagnosis, congenital and developmental disorders and ensuring a healthy musculoskeletal future for children)

20th October – World Osteoporosis Day – Love your bones and protect your future (Awareness regarding the risk of fractures and preventive measures)

With these awareness programs in line, it is a fortnight of possibilities where every Orthopaedic Surgeon can be involved in one form or the other. TNOA is the only state to do this collective observance and reaffirms to commitment its service education and excellence in orthopaedic care benefitting children, adults and elderly alike.

Long Live TNOA

Prof.Dr.R.Sivakumar

TNOA President 2016 – 2017

Prof.Dr.Antony Vimalraj

TNOA Secretary 2016 - 2017