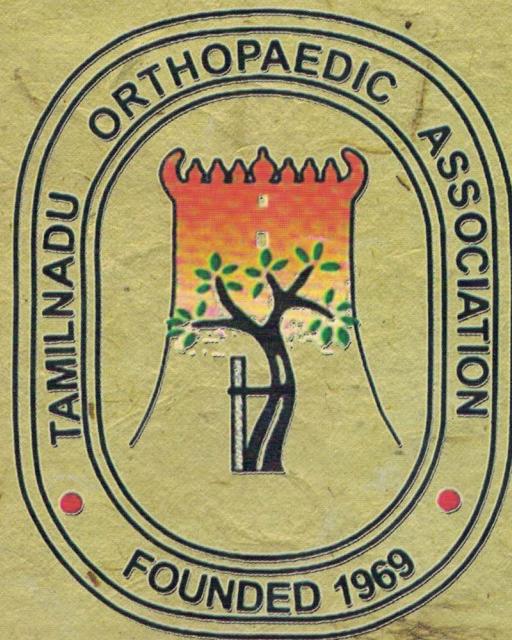




TNOA NEWS

**OFFICIAL NEWSLETTER
OF
THE TAMILNADU
ORTHOPAEDIC ASSOCIATION**



TNOA ELECTIONS 2009

For Details see inside.....

**ISSUE 1 VOL.2
2008 - 2009**

From the President's Desk

Dear Colleagues,

I am extremely happy to pen this presidential communication in this issue of the newsletter. The quality and content of the news letter is greatly improving and I would request you to spend an hour and go through the details for your information. Thanks to the efforts of consecutive dynamic secretaries, the foundation of our association is growing stronger by the year and Dr.Nalli is adding a further feather to the cap of TNOA.



While Tamil Nadu stands as one of the top 5 in the country in Health Care delivery in Orthopaedics, we still need to work hard, in applying newer technologies towards Orthopaedic Education, in Research and documentation. If the stalwarts of Orthopaedics in Tamil Nadu put their mind, heart and hand together, Orthopaedic Registries in subspecialties will not be a distant dream. The future is for development of group practice and sharing responsibilities.

The Coimbatore Orthopaedic society under the able leadership of Dr.K.C.Ramaswamy and Dr.Thirumalaisamy are putting up a great effort to give you the most memorable conference of all times. Please enjoy the academic feast and the hospitality by registering early.

The institution of TNOA foreign fellowship, best zonal award, newer medals and increasing membership make the Tamil Nadu Orthopaedic Association very prestigious and awaiting to be recognised at the National Level.

Herewith I am sending a questionnaire to all the Teaching Staff (Professors, Asst. Professors & Tutors) of Orthopaedics at various Medical Colleges and Institutions recognized for National Board, to take time off and fill in and send back to me for analysis and further action.

Thanking you,

Yours Sincerely

Dr.P.V.Vijayaraghavan

President - Tamil Nadu Orthopaedic Association

Prof. & HOD of Orthopaedics
Sri Ramachandra Medical Centre
Sri Ramachandra University
Porur, Chennai - 600 116.
Phone: 044 24768403 Extn. 383/102/8663
Fax: 044 24765993, Mobile: 09840043415.
Email: aparnaraghavan@yahoo.com

Secretary's Message

Vanakkam.

It is eight months since I took over the office of Secretary, Tamil Nadu Orthopaedic Association. A difficult job indeed, I am fast getting acquainted with the routines. With a little more help from our members I am sure I will be able to perform this difficult task effectively. My only request with our members is to keep in touch with me and kindly inform me of the various events relevant to our Association. This information would be of immense value when we are going to apply for the Dr.A.K.Gupta Trophy for the best state chapter of the Indian Orthopaedic Association. I also would like to appeal to our members to conduct the teaching programmes like conferences, CME programs and workshops under the banner of the TNOA.



This newsletter carries the announcement and schedule of the TNOA Elections. I invite members with good leadership skills to come forward to participate in the elections and actively take part in the various activities of the association. In this way the Association would function effectively and grow faster.

The recently concluded OASISCON 2008 at Puducherry was a resounding success. The quality of lectures and the papers presented were of high quality. There was maximum participation from Tamil Nadu of all the South Indian States. I think we should continue this trend and develop stronger bonds with friends from our neighbouring states. I appeal to our members to actively take part in the forthcoming events like IOACON 2008 at Bangalore and the TNOACON at Coimbatore.

May I take this opportunity to invite our colleagues who have recently qualified to become members of Tamil Nadu Orthopaedic Association and the Indian Orthopaedic Association.

With best of regards,

Dr.Nalli.R.Uvaraj,
Secretary,TNOA.

7-C, Old Tower Block,
Nandanam Extension,
Chennai - 600 035.
Phone: 044-24312641,
Mobile: 94440 32641,
Email: nalliortho@yahoo.co.in

EXECUTIVE COMMITTEE MEMBERS OF TNOA

President:

Dr.P.V.Vijayaraghavan,
Triple C Majesty,
S-2, 48/6, Muthukumarappa Street,
Saligramam,
Chennai ~ 600 093.
Phone: 044-23760062,
Mobile: 98400 43415,
Email: aparnaraghavan@yahoo.com

Immediate Past President:

Dr.M.Chidambaram
58, Nakkeerar Street,
Sivaganga Road
Madurai ~ 625 020.
Phone: 0452-2580844,
Mobile: 94437 94181.

President Elect:

Dr.S.Natesan,
L.K.M. Hospital,
327, EVN Road,
Erode ~ 638 009.
Mobile: 98427 66933.

Vice President:

Dr.P.V.Jayasankar,
Sundaram Medical Foundation,
IV Avenue, Shanthi Colony Road,
Anna Nagar,
Chennai ~ 600 040.
Mobile: 98400 35455
Email: pjayasankar@hotmail.com

Secretary:

Dr.Nalli.R.Uvaraj,
7-C, Old Tower Block,
Nandanam Extension,
Chennai ~ 600 035.
Phone: 044-24312641,
Mobile: 94440 32641,
Email: nalliortho@yahoo.co.in

Immediate Past Secretary:

Dr.R.Selvaraj,
S-9, Dev Apartments,
14, Jayaram Street,
Thiruvanmiyur,
Chennai ~ 600 041.
Phone: 044-24405654,
Mobile: 94440 24564
Email: drselvaraj@gmail.com

Joint Secretary:

Dr.C.Raja Ravi Varma,
W-12/750/2, IV Avenue,
Anna Nagar West Extension,
Chennai ~ 600 101,
Phone: 044-26153532,
Mobile: 98411 31107,
Email: rrvortho@gmail.com

Editorial Secretary:

Dr.B.Pasupathy,
32, I street,
Subramaniyapuram,
Kolathur,
Chennai ~ 600 099.
Phone: 044-26502388,
Mobile: 94440 42388,
Email: drpasu67@yahoo.co.in

Fellowship Secretary:

Dr.Dheen Mohammed Ismail,
B-2, K-19, Anna Nagar East,
Chennai ~ 600 102.
Mobile: 93810 39951,
Email: drndmi@gmail.com

Treasurer/ EC Member-Chennai:

Dr.T.R.Ramesh Pandian,
69, L.H. Nagar,
II Main Road,
Brindavan Nagar,
Adambakkam,
Chennai ~ 600 088.
Mobile: 9444943019,
Email: trrpandian@hotmail.com

EC Member - Chennai.

Dr.G.Mohan,
159/D-5, K.P.Towers,
Arcot Road,
Vadapalani,
Chennai ~ 600 026.
Mobile: 98410 04050,
Email: dr_gmohan@yahoo.com

EC Members - Madurai.

Dr.S.Shanumuganathan,
32-A, Kuruvikkan Salai,
Madurai ~ 625 009,
Phone: 0452-2326111,
Mobile: 98430 52424,
Email: drss@avsshospitals.org.

Dr.J.C.Ganesan,

30, II Street,
Vinayaga Nagar
Madurai ~ 625 020.
Mobile: 98421 03579.
Email: jcganeshan@hotmail.com

EC Member-Coimbatore:

Dr.C.Sugavanam,
Kovai Medical Center & Hospital,
Post Box No. 3209,
Avinashi Road,
Coimbatore ~ 641 014,
Mobile: 98427 04849,
Email: drsugavanam@gmail.com

EC Member – North Zone.

Dr.G.Ashok Kumar,
26-A, Jinnah Street,
Kaveripattinam,
Krishnagiri ~ 635112,
Mobile: 9443268200/98432 50135,
Email: ashokkumar@sify.com.

EC Member- South Zone:

Dr.R.Ramakrishnan,
7-53, A.D.J. Nagar,
North High Ground Road,
Maharaja Nagar Post,
Tirunelveli ~ 11,
Mobile: 94421 80888..

EC Members- West Zone:

Dr.K.Attiyannan,
National Hospital,
333, Brough Road,
Erode ~ 1.
Mobile: 93641 55600,
Email: kattiyannan@gmail.com

Dr.P.Nedunthuraikoe,

2/541/4, Bharathiar Street,
Vanniyan Nagar,
Alagapuram Periyapudur,
Salem ~ 636 016
Mobile: 94432 44058,
Email: dr_koe@yahoo.com

EC Member- East Zone:

Dr.M.Chandrasekaran,
80, Chekkanganni Road,
Kumbakonam 612001,
Phone: 0435-241116,
Mobile: 9443151766,
Email: orthochand@rediffmail.com

EC Member – Central Zone:

Dr.S.Jaikish,
C/o Mr.N.Chelliah,
Ragavendra Nagar,
Bikshander Kovil,
Tiruchirapalli ~ 621 216,
Mobile: 94433 49403,
Email: jaikish@rediffmail.com

Minutes of the First Executive Committee Meeting TNOA

Jenney's Club, Coimbatore, 7.9.2008

The following members attended the meeting.

Dr. P. V. Vijayaraghavan, Dr. Nalli R Uvaraj, Dr. S. Natesan, Dr. P. V. Jayasankar, Dr. M. Chidambaram, Dr. C. Raja Ravi Varma, Dr. R. Selvaraj, Dr. B. Pasupathy, Dr. Dheen Mohammed Ismail, Dr. G. Mohan, Dr. C. Sugavanam, Dr. R. Ramakrishnan, Dr. K. Attiyanan, Dr. S. Jaikish, Dr. S. Shanmuganathan, Dr. J. C. Ganesan, Dr. Ashok Kumar, Dr. P. Nedunthuraikoe, Dr. M. Chandrasekaran, Dr. G. Thirumalaiswamy, Dr. K. C. Ramaswamy.

The President called the meeting to order.

Obituary references:

There were two obituary references.

Dr. G. Sarangapani of Puducherry had passed away on the 24th of May 2008.

Prof. T. K. Shanmugasundaram, doyen of Orthopaedics passed away after a brief illness on the 11th of August 2008.

The President Prof. P. V. Vijayaraghavan and Prof. K. C. Ramaswamy offered condolence and the house observed a minute's silence as a mark of respect to the departed souls. It was decided to add some profiles in the forthcoming news letter.

Achievements by members:

Prof. A. Devadoss, Madurai has been awarded the Degree of Doctor of Science (honoris causa) for significant contributions in the field of Orthopaedics.

Secretary's Report: (Activity Report from April 2007 to March 2008)

Membership:

The Association had a membership of 1044 when the new office bearers took over. Since then around 16 members have been enrolled. The zonal members were requested to put in extra efforts to enrol as many members as possible to both the TNOA and Indian Orthopaedic Association.

Academic Activities:

The following academic activities have taken place.

15 June 2008	Common Orthopaedic procedures and Emergency management of fractures for Family Practitioners, Sri Sakthi Hospital, Tirunelveli. Org. Secretary: Dr. S. Venkatesh Babu.
21 June 2008	Bone Tumour CME- Current Concepts in Bone Tumours, Dept. of Orthopaedics, Madurai Medical College, Madurai. Org. Secretary: Dr. R. Sivakumar.
27,28,29 June 2008	VR Orthocon 2008, Coimbatore, Org. Secretary: Dr. Velasamy Ravendran, Coimbatore.
18 July 2008	CME UNICONDYLAR KNEE REPLACEMENT, Sundaram Medical Foundation, Chennai. Org. Secretary: Dr. P. V. Jayasankar.
18 July 2008	Fracture Fixation Course, Madras Medical College, Chennai, Org. Secretary: Dr. B. Pasupathy.
7 September 2008	CME on Hip Resurfacing, SPOT Hospital, Chennai, Org. Secretary: Dr. B. Vijaya Krishnan.

Meetings attended :

OASISCON 2008 was held on the 23rd and 24th August 2008. Around 250 delegates participated from Tamil Nadu. Around 75 papers were presented from Tamil Nadu. Prof. A. Subramaniam was honoured during the Inaugural function of OASISCON 2008 on 22nd August 2008. Dr. Geethan of Madras Medical College, Chennai

was awarded the best Poster award and Dr.Justin Arokiaraj of Christian Medical College the Post Graduate medal in the OASISCON 2008.

The Executive Committee Meeting , OASIS was attended by Dr. Nalli.R.Uvaraj, Secretary, TNOA and Dr.C.Raja Ravi Varma , Joint Secretary,TNOA at Puducherry during the OASISCON 2008 on 23rd August 2008..

Editorial Secretary's report:

Dr. B.Pasupathy read out the report. He stressed on the need for an Editorial Committee and requested the committee to suggest some names. However it was finally resolved that the President, Secretary and Editorial Secretary would convene a meeting and arrive at a final panel.

Fellowship Secretary's report:

The Fellowship Secretary Dr. Deen Mohd. Ismail read out his report. He pointed out that the criteria for the Foreign Fellowship required some review and the president resolved that a committee comprising of the President, Secretary and the Editorial Secretary would convene a meeting and sort out the issues. There was also discussion about the identification of the original author of a publication for which the president suggested that the said original author provide a proof to the effect. He further said that the current year inland fellowship training centres would either be KMC Manipal or PGI Chandigarh.

Report by Organising Secretary TNOACON 2009:

Dr. G. Thirumalaiswamy presented a detailed report on the arrangements made for the Conference including the various halls, scientific programmes etc. Dr. P.V. Jayasankar pointed out that the first communication did not carry the customary message from the President TNOA and the TNOA Office bearers names. The President informed that the Secretary would prepare a protocol to be followed by Organising Secretaries of the subsequent Conferences and also handover one to the current Organising Secretary as well. It was suggested that the Foreign Faculties could also be requested to act as Judges for medal Papers. The Joint Secretary, Dr. C. Raja Ravi Varma suggested that TNOA PG Quiz shall be given wide publicity in the brochure as well as news letter and be allotted a prime time. He suggested changes in Quiz pattern and was advised to increase the number of teams from various colleges.

Institution of Medal in Hand Surgery:

The proposal from Prof.T.S.Xavier on institution of a separate medal in hand surgery to be awarded during the TNOACON was considered and accepted. The President suggested that the amount already mentioned may be fixed as minimum and if there is more contribution it could also be accepted.

Criteria for "Best Club Award":

The criterias for determining the best zonal club was prepared and presented by the Secretary, Dr.Nalli.R.Uvaraj. After a detailed discussion and with minor alterations it was decided to follow the accepted format for the current year itself subject to approval by the General Body.

TNOA Membership:

As regards members with foreign degrees, it was decided that the State Medical Council Registration certificate shall be obtained from new members.

The request by Dr. K. R. Thiagarajan on his reinclusion in the membership list of the association was accepted. His name has been missing from the membership list of the association.

It was decided to remove the names of the deceased members from the mailing list though it would continue to appear in the members list.

CME Program of IOACON 2008:

Dr. R.Selvaraj read out the report and the various topics selected. He also informed that the Bombay Orthopaedic Society was conducting a on-line quiz programmes for the post graduates.

Report from EC Members:

The EC members Dr.R.Ramakrishnan, Dr.S.Jaykish and Dr.P.Nedunthuraikoe submitted their respective zone s activity report. The others were requested to submit their reports within a fortnight.

Miscellaneous matters:

Dr. Chandrasekar invited the committee members and informed about the CME at Kumbakonam on nerve injuries conducted under the auspices of the TNOA.

Dr. Deen Mohd. Ismail requested that the report by Fellows be published in the news letter.

Dr. Chidambaram suggested that the Trauma Awareness programme be continued and requested that the President be the Ex Officio Chairman of the programme with Dr. Chidambaram as permanent member with Dr. Samson and Dr. P. V. Jayasankar as members.

Dr. Chidambaram expressed his concern on a paper which was not originally approved being presented at OASISCON 2008 at Puducherry in place of another approved paper by a PG from Vellore.

Dr. Natesan stressed that no medal shall be disallowed for want of quality and the best among the papers must be selected for the medal. He also suggested that one person shall present only one paper and anything more than that may be included as a poster with there being no limit on number of posters.

The Secretary, Dr.Nalli.R.Uvaraj suggested that hereafter the Secretary shall collect the marks from the different judges. The medal winners shall be decided after consolidation of the marks awarded by the judges . The Secretary shall display the marks on the screen at the time of announcement of the medal winners..

The Secretary closed the meeting with a vote of thanks.

CONGRATULATIONS!

Prof. A. Devadoss, Madurai has been awarded the Degree of Doctor of Science (honoris causa) for significant contributions in the field of Orthopaedics.

Dr.M.Chandrasekaran of Kumbakonam has been awarded a memorandum by Bharat Vikash Parishath a social service organisation for his service to the poor by way of performing free deformity correction surgeries in polio and cerebral palsy patients

Oasiscon 2008 – medal winners.

Dr.Justin Arockiaraj, Christian Medical College, Vellore was awarded the Post Graduate Medal for his presentation ACL reconstruction - quadrupled hamstrings tendon graft- A prospective follow-up studyf.

Dr.I.Geethan, Madras Medical College, Chennai was awarded the Best Poster award for his presentation Outcome after LisFranc joint fracture dislocationf.

THE TNOA EXECUTIVE COMMITTEE MEETING

7th September 2008 VENUE : Coimbatore

EDITORIAL REPORT

Dear Hon Members of TNOA,

I wish one and all a happy Diwali, Ramzan, X-mas and New year 2009. Last year there was an overwhelming response towards publication by our members. This year also I am expecting the same enthusiasm in publication of articles in TNOA Journal. Early submission of articles will help us to make our job easy. This will improve the quality of the journal. Please, try to submit by online to my email id (drpasu67@yahoo.co.in (or) pasupathy67b@gmail.com). The quality of pictures and our work was made easy in online submission.



During our EC meet at Kovai, we discussed the need of starting Editorial board as the first step to get in to the process of indexing our journal. So, I request our Hon. Members to take active part in the Editorial Board. We are planning to form it with a young active group and experienced senior members. Any willing member can communicate to me by phone or email.

Then, the preparation for the conference at Kovai is going well. I hope with your co-operation we will have good time at Kovai. Along with this I have attached the details of tariff for advertisement in TNOA Journal. Members those who are interested can advertise or mobilise advertisement.

Wish you all the best.

Thanking you,

With warm regards,

Dr.B.Pasupathy - Editorial Secretary.

32,1st street, Subramaniyapuram, Kolathur, Chennai.-99.
Mobile:9444042388.

EDITORIAL SECRETARY'S APPEAL

Dear Members,

Like the previous years, the TNOA brings out the Annual orthopaedic journal for year 2009. This will be circulated to more than thousand orthopaedic surgeons in the state. On behalf of TNOA I welcome advertisement from Doctors, Hospitals, Institutions and pharmaceutical companies. Herewith I include the tariff list for your perusal. You are requested to make your payment in the form of crossed cheque/D.D drawn in favour of The Secretary, TNOA. Kindly, send your D.D/ Cheque along with a covering letter to the effect that the amount is a Donation towards the TNOA corpus fund.

Thanking You,

Yours sincerely,

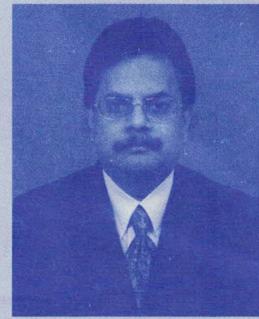
Dr.B.Pasupathy

BACK COVER FULL PAGE COLOUR	RS 25,000/-
FRONT INCIDE FULL PAGE COLOUR	RS 20,000/-
BACK INCIDE FULL PAGE COLOUR	RS 20,000/-
INFRONT OF CONTENT FULL PAGE COLOUR	RS 15,000/-
INFRONT OF EDITORIAL FULL PAGE COLOUR	RS 15,000/-
INSIDE PAGES FULL COLOUR	RS 10,000/-

From the Fellowship Secretary's Desk

Respected Senior Colleagues and dear Friends, Greetings to one and all.

I am very happy to inform you that, Kasturba Medical College, Manipal University, Manipal is selected as the centre for this year's Inland Fellowship training. Candidates selected for the Prof. A.J. Selvapandian TNOA Travelling Fellowship and the Dr. R. Muralidharan ~ Dr. M. Vanasekar TNOA Travelling Fellowship will be trained there.



Our inland fellows will be trained by the eminent faculty comprising Prof. S.P. Mohanty, Prof. Bhaskaranand Kumar, Prof. Benjamin Joseph, Prof. P. Sripathy Rao and Prof. Sharath K. Rao.

I am very grateful to Prof S.P. Mohanty, Professor & HOD, Dept of Orthopaedic Surgery, Kasturba Medical College, Manipal for having kindly consented for this fellowship. I am also extremely thankful to him for arranging accommodation within the campus itself.

Kasturba Medical college is well known for its outstanding research work in Spine Surgery, Arthroplasty, Arthroscopy, Sports injury, Hand Injury, Microvascular surgery, Paediatric Orthopaedics and Trauma.

The Fellowship is for 2 weeks in the 2nd & 3rd Weeks of January 2009. The fellows will have to maintain a log book during their training. One of the fellow is expected to present about his training during the General Body meeting. The application form must be sent in triplicate and must reach me at the following address on or before 31-10-08.

Proof of scientific paper presentations, publications and medal/awards, must be sent in triplicate along with the application. Only xerox copies of the above must be sent.

Candidates who had already undergone TNOA inland fellowship are not eligible to apply for a second time. My mailing address is :

Prof. N. Dheen Mohamed Ismail
Fellowship Secretary, TNOA,
K-19, Anna Nagar East, Chennai-600 102.
Ph Res : 044 26289928 Mob : 09381039951

With regards,

N. Dheen Mohamed Ismail

N. Dheen Mohamed Ismail

TNOA FOREIGN FELLOWSHIP

I am extremely happy to announce that the first ever TNOA Foreign Fellowship has taken off during my tenure as Fellowship Secretary. Prof. Nalli R. Uvaraj had successfully completed his TNOA Foreign Fellowship at Group Hospital Pellegrin of Bordeaux in France under Prof Jean ~ Marc Vital.

He will have the privilege of reading out his report in our next General Body meeting.

The next TNOA foreign fellowship is going to be at Celle, Germany at Allgemeines Krankenhaus under Prof H.J. Oestern. I am extremely grateful to Dr. George of St. Isabel Hospital, Chennai who was instrumental in arranging this fellowship.

Selection Criteria for our Inland Fellowships

(The Prof. A.J. Selvapandian TNOA & The Dr. R. Muralidharan – Dr. M. Vanasekar TNOA Travelling Fellowships)
Basic Qualification : M.S. Ortho / DNB Ortho for The Prof. A.J. Selvapandian TNOA Travelling Fellowship.
D. Ortho for Dr. R. Muralidharan – Dr. M. Vanasekar TNOA Travelling Fellowship.

Age : Upper age limit 45 years as on 30-10-2008.

Any member who had already undergone our inland fellowship cannot apply for a second time.
Only life members of TNOA can apply.

The selection committee shall comprise of the President, Secretary and the Fellowship secretary of TNOA.
Decision of the selection committee shall be final.

Maximum

A. Years after Qualification 10 marks

B. Publications 10 marks

C. Presentations (Including Poster Presentation) 10 marks

D. Special Criteria 5 marks

A. 1 mark per every completed year

M.S. Ortho / Dip NB Ortho for the Prof A.J. Selvapandian TNOA Travelling Fellowship

D.Ortho for The Dr. R. Muralidharan – Dr. M. Vanasekar TNOA Travelling Fellowship

B. Publications

State level publications each 1 mark

National level publications each 2 marks

International level publications each 3 marks

C. Presentations

State level presentations each 1 mark

National level presentations each 2 marks

International level presentations each 3 marks

(Poster presentation will be considered at par with paper presentation)

D. Special criteria

Award winner, Medal winner each 2 marks

(In Orthopaedics only)

(In the event of a tie, age seniority will be considered)

TAMIL NADU ORTHOPAEDIC ASSOCIATION TRAVELLING FELLOWSHIP

Please tick the box opposite the Fellowship Programme you wish to apply for :

The Prof. A.J. Selvapandian TNOA Travelling Fellowship

The Dr. R. Muralidharan-Dr. M. Vanasekar TNOA Travelling Fellowship for D.Ortho Graduates

1. Name : _____

2. Age & Date of Birth : _____

3. Designation/Office Address : _____

4. Address for Communication : _____

5. Post held in Govt. Service /
Private Institution : _____

6. Qualifications (Please enclose necessary evidence)
Degree _____ Date of obtaining _____

University _____

7. TNOA Life Membership Number : _____

8. Papers Presented :
(Please enclose necessary evidence)

9. Papers Published :
(Please enclose necessary evidence)

10. Medals / Awards received :
Related to Orthopaedics only
(Please enclose necessary evidence)

11. Field of interest : _____

12. Details of any previous Fellowship : _____

Declaration I

(For those applying for The Dr. R. Muralidharan - Dr. M. Vanasekar TNOA Travelling Fellowship for D.Ortho Graduates)

I state that I am not at present undergoing or have undergone M.S. Ortho / DNB Ortho Course.

Date : _____ Signature _____

Declaration II

I hereby certify that the information given in this application is true and accurate to the best of my knowledge.

Date : _____ Signature _____

Note : If space provided is inadequate, please provide the information on a separate sheet. The application has to be sent in **triplicate** alongwith three sets of xerox copies of evidences / certificates.

TAMILNADU ORTHOPAEDIC ASSOCIATION FOREIGN FELLOWSHIP,2006.

A Report

The Foreign Fellowship of the Tamil Nadu Orthopaedic Association was introduced in the year 2006. I am proud to be the first foreign fellow of the Tamil Nadu Orthopaedic Association.

At the outset I would like to thank Dr.Dheen Md. Ismail, Fellowship Secretary, TNOA, Dr.R.Selvaraj, (Secretary, TNOA -2006-08), Dr.David .V.Rajan (President , TNOA- 2006-07), Dr.M.Chidambaran (President , TNOA-2007-08) and Dr.S.Sundar (Fellowship Secretary,TNOA-2005-07) for their cooperation in arranging this fellowship programme.

After a great effort, with the help of a few wellwishers I was able to arrange a training programme in Spine Surgery at the Groupe Hospital Pellagrin, Bordeaux, France under Prof. Jean Marc Vital, Spine Surgeon.I would like to thank the International Group for Advancement of Spine Surgery (IGASS) for its help in identifying this spinal centre for my fellowship training.

I left for France from Chennai on the 13th July 2008 at 01.00am by a direct flight to Paris. From Paris I had to take another flight to Bordeaux the fourth largest city in France located 580 kms. from Paris.Bordeaux is well known worldwide for its wine.14th July being the National Day of France I could not attend hospital work . I spent the day taking part in the National day celebrations which was an event I would like to remember.

Groupe Hospital Pellagrin a 300 bedded multispeciality tertiary referral medical centre is located in Bordeaux, France. The Spine Centre at this hospital consist of two units with 40 beds each.I had the opportunity to spend time in the Spinal Unit headed by Prof. Jean Marc Vital.The other consultants Prof. Pointellart and Prof. Gille attached to the same unit and the Asst. Professors and Post graduates were very friendly towards me.There were three other fellows , one from Brazil and two from Argentina working in the same unit.

I reported at the Department of Spine Surgery, Groupe Hospital Pellagrin, Bordeaux on the 15th July 2008 at 8.00 am where Prof. Vital received me and briefed me about the hospital and department routines after which we proceeded to the operation theatre. I almost spent the entire day in the operation theatre observing or assisting spinal surgeries.The day ended at around 6.00 pm after which we had early dinner and returned to my room.This was my routine for the entire two weeks of stay at Bordeaux.

I was able to observe the following spinal surgeries which were very useful in furthering my knowledge in spinal surgery

- 1) Cervical disc replacement for cervical disc disease,
- 2) Surgical decompression for degenerative spinal stenosis,
- 3) Lumbar micro discectomy,
- 4) Transoral odontoid biopsy,
- 5) Anterior cervical fusion,
- 6) Lateral mass stabilization cervical spine,
- 7) Anterior deformity correction for scoliosis,
- 8) Posterior deformity correction for dorsolumbar scoliosis.
- 9) Spinal tumour surgeries.

On Thursdays there was the planning session at 5.00pm. The surgeries to be posted for the next week are planned in detail. This session was very useful and the discussions during the meeting was interactive and interesting. I spent some time in the departmental library every day in the free time inbetween surgeries.

During the weekend I went to Paris to visit my relative. Being my second visit to Paris I spent time visiting places which I had not seen during my last visit. The Musee du Louvre is worth mentioning. There I saw the mummies and Egyptian antic collections in addition to the famous Mona Lisa painting. I also had an opportunity to visit a traditional French village and spent some time in the countryside.

The days being longer during this period of the year in France (Sunset is at 10.00pm) I had a lot of time to go around the Bordeaux city. Bordeaux a city built by Nepolean still maintains its tradition. The people here are very friendly and courteous.

In all my fellowship visit to Bordeaux , France was very memorable both academically and in experience.

Dr.Nalli.R.Uvaraj,
TamilNadu Orthopaedic Association Foreign Fellow-2006.

A.K. Gupta Trophy for Best Chapter Award of IOA.

Dear Members,

Greetings.

I am at present in the process of preparing the report to be presented to the IOA for the A.K.Gupta Trophy for Best Chapter Award of IOA. The last date is 31st October 2008. In this regard I invite information from our members to be included in the report.The information on the following may be sent to me directly with evidence.

1. Achievement of individual members. National and international level.
 - a. Paper presentation in national and international conferences,
 - b. Awards and honours,
 - c. Elected to any high posts,
 - d. Inventing new technique and instrument to improve orthopaedic surgery in India,
 - e. Writing, editing, translating any literature of academic interest.
 - f. Books written by members.
 - g. Details of any welfare programmes conducted for public.
 - h. Any activity conducted based on the president s theme

“ Save bones, Prevent Osteoporosis”

With regards,

Dr.Nalli.R.Uvaraj,
Secretary, TNOA.

BEST ZONAL CLUB OF TAMIL NADU ORTHOPAEDIC ASSOCIATION.

Period: Activities from 1st January till 31st December.

Report to be submitted before 31st January each year. Award will be presented during the TNOACON each year.

Selection committee: The selection shall be done by a committee consisting of 1) The President, TNOA 2) Secretary, TNOA 3) President Elect, TNOA and 4) Vice President, TNOA., 5) Joint Secretary, TNOA.

Criterias to be considered in awarding Best Zonal Club award :

1) Increase in number of members in State Association:

Maximum of 10 points.

Percentage increase in membership of the zone. One mark for every 1% increase in membership.

2) Increase in number of members in IOA:

Maximum of 10 points.

Percentage increase in membership of the zone. One mark for every 1% increase in membership.

3) Academic activities:

Maximum of 20 points.

CME Programmes	: 2 points,
Clinical meetings	: 1 point.

4) Achievement of individual members:

Maximum of 20 points.

Paper / poster presentations	
International	: 2 points,
National	: 2 points
State	: 2 points
Publications	
International	: 2 points
National	: 2 points
State	: 2 points
Books	: 5 points

5) Awards and honours : 5 points for each achievement

Maximum of 10 points.

6) Social activities 5 points for each activity.

Maximum of 10 points.

7) Regular conduct of monthly meetings (Minimum 10)

Maximum of 10 points.

8) Submission of report in EC meetings of TNOA.

Maximum of 10 points.

Total
AN APPEAL

100 points.

Dear Office bearers of Zonal Clubs,

Kindly take note of the various criterias to be taken into consideration for the best zonal club award and send in your final report so as to reach me by 31st January 2009. Also continue informing me of the various activities of the zonal clubs.

Thank You .

Dr.Nalli.R.Uvaraj, Secretary, TNOA.

TNOA – Cholamandalam Ortho PG Fund

The TNOA – Cholamandalam Ortho P G Fund was created by the organizers of the TNOACON 2005 at Cuddalore to provide financial grant to two deserving post graduate students in the State of Tamil Nadu. The selection of recipients every year is based on their academic credentials and research work.

The Heads of the Orthopaedic Departments of Teaching institutions in Tamil Nadu are requested to forward the name of one candidate in their institution based on his research aptitude, work output and academic thrust shown by the candidate. The name along with a brief note on his work and the justification and recommendation of the Head of Department should reach the Secretary, Tamil Nadu Orthopaedic Association on or before 30th November 2008. The awardees shall be finalized by a TNOA committee constituted for the purpose.

TNOA Ortho PG Quiz

Dear Members,

It's thinking time ahead with the on-coming conference in the beautiful city of Coimbatore! Yes, get ready for the quiz. It's gonna be slightly different just to make it a little more interesting and lively. We have proposed to have quick fire rounds, challenge rounds, buzzer rounds, elimination rounds etc and even a round for the learned audience. What is more exciting is there is no cap on the number of teams that can participate from every Institute and that will bring all your friends together to enjoy the fun. Now, all that you have to do is just get hold of the Joint Secretary as soon as you reach the conference venue and whole heartedly register your self for the fun with him!

Bye and see you at Coimbatore!

Dr. C. Raja Ravi Varma
Joint Secretary, TNOA

QUESTIONNAIRE ON TODAY'S ORTHOPAEDIC EDUCATION

To all teaching staff (HODs, Professors, Assistant Professors & Tutors) of Orthopaedics Medical Colleges in Tamil Nadu and recognised Institutions for National Board Training.

1. What is your vision statement for the postgraduate Orthopaedic training in
 - a. Your department
 - b. In Tamil Nadu
 - c. In India
2. Do you think we need to structure the postgraduate curriculum in Orthopaedics. If yes, what are your ideas?
3. Do you think that there is a need for "Training the Trainers" (Faculty Development Workshop) Orthopaedic Teachers in Tamil Nadu
4. Do you think there is a big gap between Orthopaedic Education and Health Care delivery and if so how to bridge the gap?
5. Do you think there is a need to standardize Orthopaedic Education through out the State / Nation? yes how?

6. What in your opinion is the percentage of training given to our postgraduates in terms of

a. Knowledge component

b. Psychomotor skills component

c. Attitude component

7. What do you think should be the duration of postgraduate course

a. Diploma in Orthopaedics

b. Master in Orthopaedics

c. Diplomate NB in Orthopaedics

8. Do you have an Orthopaedic skills lab? Do you think it is essential? If no, why?

9. How do you intend training your postgraduates on multidisciplinary approach?

a. Ortho Anatomy

b. Ortho Pathology

c. Ortho Radiology

d. Plastic Surgery, Neuro surgery, Accident & Emergency

10. Do you think there is a need for postgraduate students to do a dissertation?

11. Do you think the present system of assessment is satisfactory. If not give your reasons and ideas for improving it.

12. How to improve quality in Orthopaedic Education?

13. Do you have a formal academic programme for the postgraduates in your department and if so what are the salient components like seminars, grand rounds, journal clubs, general clinics, small group discussions, special clinics etc.,

14. Does your student maintain a log book? How much value is given to this at the final university exam?

15. How frequently your department meets to consider postgraduate educational issues amongst all faculty members?

16.What is your view on undergraduate orthopaedic education?

17.Do you think Orthopaedics should be made an independent subject in undergraduate education?

18.Are you happy with the present system of not evaluating a UG student in clinical orthopaedic skill

19.What amount of training per week should concentrate on clinical teaching and theoretical teaching
How useful are didactic lecture sessions?

20.What in your opinion are the basic surgical procedures a postgraduate should have done before training is complete?

Note : All the teaching staff (HODs, Professors, Asst. Professors & Tutors) of Orthopaedics at various Medical Colleges and Institutions recognized for National Board, to take time off and fill in and send back to me to address as given below :

Dr. P.V.Vijayaraghavan

President ~ Tamil Nadu Orthopaedic Association

Prof. & HOD of Orthopaedics

Sri Ramachandra Medical Centre, Sri Ramachandra University

Porur, Chennai ~ 600 116. Phone: 044 24768403 Extn. 383/102/8663

Fax: 044 24765993, Mobile: 09840043415.

Email: aparnaraghavan@yahoo.com

Indian Orthopaedic Association

OSTEOPOROSIS AWARENESS PROGRAMME 2008 9-11-2008

Dear Doctor (s),

As you are aware that President theme of I.O.A. for this year is "Save Bones, Prevent Osteoporosis". It was decided in the general body meeting of IOA at Kolkata on 7.12.07 and executive committee meeting of IOA on 6.4.08 at Delhi that I.O.A. shall observe an osteoporosis campaign on 9th November, 2008. At National level a programme is being organized in New Delhi on 9.11.2008.

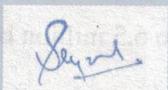
It is requested that Public awareness lectures and rallies should be organized by all state chapters and city clubs all over the country **on 9th November, 2008**. B.M.D. testing camps can also be organized to attract public. It will be feasible to involve ministers/political leaders and media in these programmes so that the event is given good publicity. This activity is a part of social obligation of Indian Orthopaedic Association towards Society.

A leaflet in local language regarding osteoporosis and its prevention may be distributed to the public. A copy of **such leaflet**, prepared by Dr. K.S. Maheshwari of Jamnagar (Gujarat) is **attached herewith** which may be translated in local language with necessary modification if required.

A CD containing lectures on osteoporosis based on I.O.A. white paper on osteoporosis prepared by Dr. S.M. Lakhotia of Kolkata is being sent to all state chapter secretaries. The copies can be given to all city clubs by secretary (state chapter). The lecture is basically for medical practitioners which can be delivered in the meeting of IMA etc.

You are requested to compile a report on activities related to osteoporosis campaign and submit it to **Dr. Ajit Saigal, Chairman, Center State Relation Committee of IOA**. His cell no. is **09415204489** and email: **drajitsaigal@rediffmail.com**

With kind regards,



(Prof. S.C. Goel)
President, IOA



(Prof. R.H. Govardhan)
Hon. Secretary, IOA

Indian Orthopaedic Association

OSTEOPOROSIS AWARENESS PROGRAMME 2008

What is Osteoporosis?

Our body is made up of bones, muscles, fat, minerals and skin. Among these minerals calcium plays a very important role in the formation of the bones. In fact in quantity calcium on one side is equivalent to all other minerals together on the other side. If daily dietary consumption, absorption or metabolism of calcium fails then the calcium from the bones is absorbed into blood. If this happens for a long period then it weakens the bone to reach a stage called Osteopenia. If this continues further on it leads to a serious consequence and a disease called Osteoporosis.

Symptoms of the Disease:-

This disease is called 'Silent Thief' because it silently robs the bones also called "calcium bank" of its calcium. It sometimes is so silent that patient does not get any physical difficulty or complaint for it till advanced stage of osteopenia or even osteoporosis. Backache, fractures with trivial injuries, superficial bone pain should draw ones attention towards this disease and one should get screened for this disease by BMD (Bone Mineral Densitometry) test called DEXA test.

Who can be the victim of this disease?

- Risk of catching this disease increases proportionately with age.
- Women become easy prey to this disease especially after menopause.
- People with past history of fragility fractures or family history of osteoporosis are at risk to have it.
- Long term use of drugs for convulsion, steroids, diabetes, thyroid problems can cause osteoporosis.
- Lack of physical exercise, habit of smoking and drinking alcohol, insufficient diet can lead to osteoporosis as well.
- People with Liver problems, Kidney disease, Rheumatoid (or other) arthritis, Insulin dependent diabetes mellitus, Part of stomach removed, Ovaries removed before menopause, Chronic gastrointestinal disorders are easily susceptible to this disease.

Facts about Osteoporosis:

- Osteoporosis is one of the most common diseases. 1 in 3 women over 50 will suffer a fracture due to Osteoporosis, this increases to 1 in 2 over 60
- 1 in 5 men over 50 will suffer a fracture due to Osteoporosis, this increase to 1 in 3 over 60.
- Approximately 1.6 million hip fractures occur each year worldwide, the incidences is set to increase to 6.3 million by 2050.
- The annual incidences rate of Osteoporotic fractures in women is greater than the combined incidence rates of heart attack, stroke and breast cancer.
- One of three females and one of eight males in India have Osteoporosis
- Osteoporosis fracture occurs 10-20 yrs earlier in Indian compared to Caucasians.
- In India at the moment more than 60 million people are victims of this disease and almost 70% of them are women.
- Human body cannot manufacture calcium so we have to take it orally to keep the bones efficient.
- To await fracture on account of osteoporosis is like waiting for heart attack due to high cholesterol.
- According to latest report dieting is the cardinal cause of depreciation of calcium in the bones. At the same time over consumption of calcium may lead to deposition of calcium in body tissues and formation of stones in kidney.

How much calcium should be taken?

Everyday a body needs 1000mg to 1500mg of calcium.

The following table shows the amount of calcium needed at different ages.

- 1 to 14 years age ————— 1200 mg
- Male of more than 24 years ————— 1000 mg
- Females more than 24 years ————— 1000 mg
- Women after menopausal period ————— 1500 mg

Diagnosing Osteoporosis?

Usually one does not come to know about Osteoporosis until one has got fracture so it can be known through Bone Mineral Densitometry Test (BMD Test). The following people are advised to get their BMD test:-

- Women above the age of 65
- All post menopausal period women less than 65 years and normal menopausal women.
- People living sedentary or an inactive life.
- People on steroid medication for a long period or high dosages.

How can I prevent Osteoporosis?

- Exposure to Sunlight minimum for 30 minutes.
- Diet rich in Dairy products, balanced protein, Sea fish, Soya etc.
- Sufficient Calcium in the diet.
- Regular weight bearing Exercises.
- Stop Smoking or Tobacco in any form.
- Moderation in Alcohol Intake or best avoided.

Dietary Source

Rich Sources:

- Milk – including butter milk, skimmed milk, toned, double toned, cheese etc.
- Fish – small & bony and also dried fish
- Nuts – groundnuts, cashew nuts, almonds, dry coconut, pistachio etc.
- Fruits – guava, amla, dates, figs, apricots, raisins etc.
- Leafy Vegetables – amaranth, fenugreek, drumstick leaves, turnip leaves etc
- Spices – cumin seeds, poppy seeds, mustard seeds,
- Jaggery
- Millets – ragi
- Pulses & legumes – Whole Bengal gram (chola dal), rajmah, Soya beans are also good sources
- Rice is a poor source of Calcium

PREPARED BY: - DR. K. S. MAHESHWARI, M. S. (Ortho), JAMNAGAR, GUJARAT. (9825212034)

**The Tamil Nadu Orthopaedic Association Elections
Notice for the year 2009.**

Elections to the following post are to be held this year:

Vice President - 1 post

Editorial Secretary - 1 post

Fellowship Secretary - 1 post

Executive Committee members:

Chennai - 2 post

Madurai - 1 post.

For the post of Vice President , the member filling the nomination should have previously been a member of the Executive Committee of the Tamil Nadu Orthopaedic Association.

The schedule for the elections is as follows:

06.10.2008 Despatch of II Newsletter of TNOA along with election announcement.

27.10.2008 Last date for filing nominations.

03.11.2008 Last date for withdrawal of nominations.

17.11.2008 Last date for dispatch of ballot papers.

01.12.2008 Last date for request of duplicate ballot papers due to non receipt of original ballot papers.

15.12.2008 Last date for receipt of polled ballots.

21.12.2008 Third Executive Committee meeting, Tirunelveli, Counting of ballot papers.

The member filing the nomination should attach a copy of his biodata along with the application. This should not exceed the size of half page on an A4 size paper.

Kindly fill in the nomination form attached to this newsletter and send it along with the prescribed nomination fee to the Secretary, TNOA whose address is given below:

**Dr.Nalli.R.Uvaraj,
Secretary, Tamil Nadu Orthopaedic Association,
7 C, Old Tower Block,
Nandanam Extension,
Chennai 600035.**

THE TAMILNADU ORTHOPAEDIC ASSOCIATION - ELECTIONS 2009
NOMINATION FORM

Name of Contestant :
Designation :
Post for which contesting :
Life Membership No. :
Address :
Phone No. :
Fax No :
E-mail address :
Nomination Fee Details : DD No. Dt. Amount Rs.
Bank

Proposed by : Name
Membership No.

Seconded by : Name
Membership No.

Signature

Signature

Executive Committee Member TNOA
(only for the posts of Vice President)

Year of Executive membership

Nomination fee of Rs.2000 for the post of vice president and a fee of Rs.1000/ for the other posts. The nomination fee to be paid as a demand draft payable at Chennai, drawn in favour of "Tamil Nadu Orthopaedic Association"

Consent of Contestant

I hereby agree to contest for the post of of the Tamil Nadu Orthopaedic Association and abide by the rules.

Declaration by candidate:

I hereby declare that all the above facts are true and if elected I will abide by the rules and regulations of the Tamilnadu Orthopaedic Association and work for the uplift of the Association and will attend the required meetings and abide by the decisions of the Executive Committee and General Body members. If any information submitted by me is found to be false, I understand that my nomination will be summarily rejected.

Date :

Signature of Contestant

Note :

1. Nomination form is to be completed and mailed to : Dr. Nalli R UVaraj, Secretary, Tamil Nadu Orthopaedic Association, 7 C, Old Tower Block, Nandanam Extension, Chennai 600035.
2. Only those Life Members who are proposed / seconded by another life member of TNOA will be allowed to contest.
3. Only those life members who have served the Association as Executive Committee Member of TNOA will be allowed to contest for the post of Vice President .
4. The member filing the nomination should attach his biodata alongwith the application. This should not exceed the size of half page on an A4 size paper.
5. Last date for filing nominations is 27.10.2008
6. Last date for withdrawal of nominations is 03.11.2008

Report on the progress of preparations for the CME during IOACON 2008 at Bangalore

Most honoured members,

At the outset I must thank the Association for having entrusted me with the responsibility of organizing the CME Program during IOACON for the second successive year.

Various themes were considered, and keeping in view the increasing life expectancy and the difficulties that most of us face in managing old age related problems, the theme was chosen as Ageing bone ~ The Orthopaedic Challenges. The theme is also very much in line with the theme of our IOA President, Dr.S.C.Goel ~ Save Bones ~ Treat osteoporosis.

The topics have been chosen with extreme care to cater to the old age problems. The faculty is comprised of eminent orthopaedic surgeons and other specialists from all over the country. Reasonable representation has been given to most of the State Chapters of IOA.

I must thank Dr.K.Sriram, Dr.Mayilvahanan Natarajan, Dr. R.H. Govardhan, Dr.P.V.Vijayaraghavan and Dr.Nalli.R.Uvaraj for having guided me and helped me in organizing the event.

Hoping to see you in Bangalore on 4th December, the CME day

Dr.R.Selvaraj,

Organising Secretary,
CME ~ IOACON 2008

THE TAMIL NADU ORTHOPAEDIC ASSOCIATION

11, (OLD NO.21/2) ,LAMBERT NAGAR, ALWAR THIRU NAGAR, CHENNAI 600 087

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31.03.2008

To	Expenditure	Rs.	By	Income	Rs.
Salary	26,000		Subscription	129,750	
Meeting Expenses	25,641		Interest Receipts	79,525	
Printing & Stationery	3,600		Miscellaneous Receipt	12,000	
Bank Charges	213				
Journal Charges	53,773				
Financial Assistance	25,000				
Fellowship Award	10,000				
Website Designing & Maintenance	13,108				
Excess of Income over Expenditure	63,940				
		221,275			221,275

BALANCE SHEET AS ON 31.03.2008

LIABILITIES	Rs.	ASSETS	Rs.
Capital Fund :		Fixed Deposits:	
Opening Balance	1,009,898	- Indian Bank	850,000
Add:Corpus Donation	563,000	Cash at Bank :	
	1,572,898	Indian Bank - Beasent Nagar	
Add:Excess of Income over Expenditure	63,940	705855990 -SB A/c	786,366
	1,636,838	Cash on Hand	472
	1,636,838		1,636,838

For TAMIL NADU ORTHOPAEDIC ASSOCIATION

Place: Chennai 87

Date : 27.09.2008



Secretary

AUDITORS' CERTIFICATE

We certify that the above statements have been drawn up in accordance with the day book and ledger produced.



For S. VENKATRAM & CO.,
Chartered Accountants


S. SWAMINATHAN
 Partner.

Place : Chennai 18

Date : 27.09.2008

THE TAMILNADU ORTHOPAEDIC TRUST

NO21/2,LAMBERT NAGAR,ALWARTHIRU NAGAR,CHENNAI -87

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31.03.2008

To	Expenditure	Rs.	By	Income	Rs.
Travelling and Conveyance		2,000		Interest Received	31,009
Audit Fees		2,810			
Prize Distribution		18,200		Excess of Expenditure	
Fellowship Award		20,000		Over Income	12,001
		<u>43,010</u>			<u>43,010</u>

BALANCE SHEET AS ON 31.03.2008

LIABILITIES	Rs.	Rs.	ASSETS	Rs.	Rs.
<u>Capital Fund:</u>			Tax Deducted at Source		15,625
Opening Balance	650,963		Fixed Deposit		
<u>Less : Excess of Expenditure over</u>			- Canara Bank, Ashok Nagar	500,000	
Income	<u>12,001</u>		- Indian Bank, Besant Nagar	100,000	600,000
Closing balance	638,962		Indian Bank SB A/c -705855785		10,630
Creditors	7,500		Interest Receivable		28,232
Audit Fees Payable	<u>8,430</u>		Cash on Hand		405
	<u>654,892</u>				<u>654,892</u>

Place : Chennai - 87
Date : 27.09.2008

For THE TAMILNADU ORTHOPAEDIC TRUST

A. Salw /
Treasurer

AUDITORS' REPORT

We have examined the above statement with the books and vouchers produced and certify the same as correct



**For S. VENKATRAM & CO.,
Chartered Accountants**

Shell

**S. SWAMINATHAN
PARTNER**



Place : Chennai - 18
Date : 27.09.2008

The Journal of Tamil Nadu Orthopaedic Association, 2009

TNOA welcomes scientific material for publication in the
Journal of Tamil Nadu Orthopaedic Association, 2009

Two copies of the manuscript along with print version in MS word on a CD and neat and clear illustrations should be submitted. In case one wishes to send articles on-line, it should be sent in word document format for written materials. Pictures must be sent in a C.D. only by post/courier.

Preparation of manuscript: Type manuscript on white bond paper 22 x 28 cm with liberal margins of at least 2.5 cm. Use double spacing including title page, abstract, text acknowledgements, references, tables and legends of illustrations. Begin each of the following sections on separate pages. Number pages consecutive, in the upper right corner of each page.

Title Page: The title page should contain

1. The title of the article, which should be concise but informative,
2. A short running head or foot line of no more than 40 characters,
3. First name, Middle and last name with initial of each author.
4. Name of Co author(s)
5. Name of department(s) and institution(s) to which the work should be attributed,
6. Disclaimers, if any
7. Name and address of author including phone number/mobile number and e-mail if any, for any clarifications.
8. The source of support in the form of grants, equipment, drugs, none or all of these.

Abstract: An informative abstract of about 150 words must accompany each manuscript, it should be suitable for use by abstracting journals and include data on the problem method and materials, results and conclusion.

Key (Indexing) terms: Below the abstract, provide and identify as such, three to ten key words or short phrases that may be published with the abstract and that will assist indexers in cross-indexing your article. Use terms from the medical subject heading list from the Index Medicus whenever possible.

Introduction: Acquaint the readers with the problem and quote the most pertinent paper. Mention clearly the purpose of the work.

Material and Methods: Explain in detail, elaborately and clearly, your clinical, technical or experimental procedures. Previously published methods should be cited only in appropriate references. Mention the number of patients or cases in words e.g five patients instead of 5 patients.

Results: Describe your findings without comment. Include a concise textual description of the data presented in tables, charts and figures. Please prepare tables/charts as a separate document in word and send as separate folder without mixing up in the word document.

Discussion: Comment on your results and relate them to those of other authors, define their significance for experimental research of clinical practice. Arguments must be well founded.

Tables: Tables should be self-explanatory and should supplement, not duplicate the text. Type each table on a separate sheet with double space. Number tables consecutively with a brief title for each. Give each column a short abbreviated heading. Place explanatory matter in footnotes. If you use data from another published or unpublished source, obtain permission and acknowledge fully. Please prepare tables as a separate document in word and send as separate folder without mixing up in the word document.

Illustrations: Use only those illustrations that clarify and increase understanding of the text. All illustrations must be numbered and cited in the text. Two black and white glossy print photographs of each illustration should be submitted. The following information should be typed on a gummed label and affixed to the back of each illustration; figure number, title of manuscript, Name of senior author, and arrow indicating top. Please do not write in ink at the back of the photograph. All illustrations have to be sent, as separate JPEG image files in a C.D. Colour pictures are also welcome.

A word on scanning or digital imaging: It is preferable to scan pictures in 300 dpi. If pictures already taken have to be chosen please use Photoshop and save as jpeg in minimum 300 resolutions. Digital images may be made in 3.0 or more mega pixels. This will help in prevention of distortion of pictures when enlarged.

Legends for illustrations: Type legends/captions for illustrations double - spaced, starting on separate page with arabic numerals corresponding to the illustrations.

References:

In the text should include only those that are important and have been studied in fully by the authors. References are a must for any article and those without references would be rejected.

Case Reports are welcome and such case reports and other short submission should be sent in the format of a full paper including and abstract and captions.

All submission should be addressed to:

Dr. B. Pasupathy, 32, 1st Street, Subramaniyapuram, Kolathur, Chennai - 600 099, Ph : Resi : 26502388 Mobile: 94440 42388,

e-mail : drpasu67@yahoo.co.in. Online submission shall be made through the email ID as given. **The last date for receipt of articles : 31-12-2008**

Note: Kindly visit the official website of the Tamil Nadu Orthopaedic Association (www.tnortho.org) for details of submission of scientific material for publication in the Journal of Tamil Nadu Orthopaedic Association 2009. We encourage case studies more than single case reports since the TNOA is aiming at making the journal a listed journal.

TAMILNADU ORTHOPAEDIC ASSOCIATION.
CALENDER OF EVENTS (2008-09).

Date	Month	Year	Event.
06	October	2008	Despatch of Second Newsletter,TNOA Elections announcement,Inland Fellowship Announcement, TNOA Journal articles request,Best Zonal Clubs Nomonations request, Cholamandalam Ortho PG Fund Applicants request.
24,25,26	October	2008	FLAP Course for Trauma Surgeons,Sri Sakthi Hospital, Tirunelveli.Org. Secretary: Dr.S.Venkatesh Babu.
27	October	2008	TNOA Elections ~ Last date for filing nominations.
02	November	2008	Madras Orthopaedic Society Spine Course,Chennai Port Trust, Chennai Org. Secretaries: Dr.Nalli.R.Uvaraj, Dr.Karthik Kailash.
03	November	2008	TNOA Elections ~ Last date for Withdrawl of nominations,
17	November	2008	Despatch of ballot papers.
01	December	2008	Last date for dispatch of duplicate ballot papers.
4,5,6,7	December	2008	The 53rd Annual Conference of the Indian Orthopaedic Association, (IOACON 2008)
15	December	2008	Last date for receipt of polled ballots.
21	December	2008	Third Executive Committee Meeting, Tirunelveli,Counting of ballot papers.
31	January	2009	Last date for submission of nominations for Best Zonal Club, Tamil Nadu Orthopaedic Association.
13-15	February	2009	TNOACON 2009, Coimbatore.
14	February	2009	Fourth Executive Committee Meeting, Coimbatore(TNOACON 2009).
14	February	2009	Annual General Body Meeting, TNOACON 2009, Coimbatore.
15	February	2009	Installation of new office bearers, Valedictory Function, TNOACON 2009,Meeting of New Executive Committee.



APPLICATION FORM

No.

MEMBERSHIP OF TAMILNADU ORTHOPAEDIC ASSOCIATION

Name :
Address :

Residence :

Tel :
Clinic :

Tel :
Mobile :
E-mail :
Date of Birth :
Qualification :
Year of Passing MBBS :
University :
Post-Graduate Dip / Degree :
Year of Passing :
University :
Present Post :

Please enrol me as a Life Member / Associate Member of Tamil Nadu Orthopaedic Association

I have enclosed a Draft for Rs. 1,600/- (Life Membership) / Rs.500/- (Associate Membership - only for Postgraduates) in favour of Tamil Nadu Orthopaedic Association, payable at Chennai.

DD No. : Dated : Bank :

Note : The Registration fee of Rs.1600/- for Life membership includes Rs.100/- a contribution towards OASIS(Orthopaedic Association South Indian States)

Place :

Date :

Signature

Address for Communication

Dr. Nalli R Uvaraj

7 C, Old Tower Block, Nandanam Extension,
Chennai 600035. Phone:044-24312641,
Mobile9444032641, Email: secretarytnoa@gmail.com.

For office use :

IOA MEMBERSHIP FORM

The Hon Secretary, Indian Orthopaedic Association

IOA House, Plot No.69,
Thuglakabad Institutional Area, M.B. Road,
Behind Batra Hospital, New Delhi - 110062 India
Phone : 011 - 2606 1434

Dear Sir,

I wish to apply for the LIFE / FULL Membership of Indian Orthopaedic Association

Name (Block Letters) :

Organisation & Address :

Phone No.

Permanent Address :

Email :

Date of Birth :Place of Birth.....

PGDegree / Diploma :Year.....

Institution :

Publication (Attach list) :

I enclose the payment of RsBy cheque / DD No.

Place and Date : Signature

Proposed by : IOA Membership No
(Signature & Name in Block Letters)

Seconded by : IOA Membership No
(Signature & Name in Block Letters)

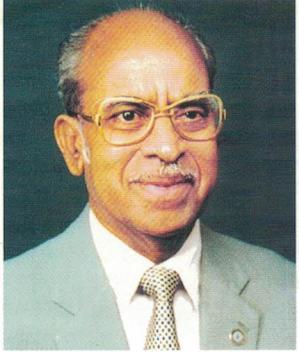
The membership fee w.e.f. 1st January 1997 for Life membership is Rs.3,000/- and full membership fee is Rs.1000/- (yearly). In case of cheque add Rs.40/- please make draft / cheque in favour of Indian Orthopaedic Associationh Payable at New Delhi.

Please send the membership application

- Original application form and Photostat copy of Draft / Cheque to Dr.R.H. Govardhan, Secretary, IOA New Delhi (address above)
- Photostat copy of application form and Original Draft / Cheque to the Treasurer, Indian Orthopaedic Association, 69, Tughlakabad Institutional Area, Behind Batra Hospital, MB Road, New Delhi.

Membership is subject to ratification in the subsequent AGM of the IOA. Allotment of membership number will follow the ratification.

OBITUARY – Shri T K Shanmugasundaram – 11th August 2008



11th August 2008 saw the curtains close on the distinguished life of one of the giants in the field of orthopaedics, traumatology and spine surgery when **Prof T K Shanmugasundaram** passed away after a brief illness. His death has left a void in the hearts of numerous students for whom he was a constant source of inspiration and the orthopaedic community which he influenced tremendously as a teacher, administrator and philosopher.

Prof T K Shanmugasundaram (TKS as he was more popularly known amidst his orthopaedic peers world wide) was born on 8th August 1929 to an illustrious family where he was brought with traditional love critical of an Indian family. He was one of seven children to his parents and always held his parents in such high esteem that in his autobiography 'All my yesterdays', he included a considerable chapter on his father even before his autobiography stating that 'I feel that a life sketch of my father is most appropriate..... for his contributions far outweigh those of his children including me'.

He completed his MBBS from Stanley Medical College in 1953 and subsequently MS in 1957, FRCS (Edinburgh and England) both in 1962 and the MCh (Orth) Liverpool in 1963. After his training abroad in the United Kingdom, he played a considerable and significant role in the development of the orthopaedic specialty in South India, first heading the department in Stanley Medical College and then later as Professor and Head of Dept of Madras Medical College from 1976 to 1981. During his tenure, he was also the Director of the Government Institute of Rehabilitation and artificial limb centre (1979 to 1983), the principal investigator and project director of the famous Madras study of tuberculosis of the spine (a collaborative project of ICMR, India and MRC, Great Britain) (1976-1987) and the principal investigator and Project Director of PL.480 Paraplegia project and ICMR Paraplegia Project (1979-1987). He was the Post graduate Examiner for over 20 universities in India and the National Board of Examinations and also the External Examiner for the University of Malaysia. His authority on the field made him a popular invited guest speaker and orator for many prestigious orations, both nationally and internationally. He also had the distinction of being the President of the Tamilnadu Orthopaedic Association for three years (1973-1976); President of the Indian Orthopaedic Association (1982); President-World Orthopaedic Concern (1996-99), Chairman-Coordinator, International Bone & Joint Tuberculosis Club and Chairman and Vice-President, Indian Red Cross Society, Tamilnadu. In 1998, he was honoured with 'Honorary' Doctor of Science by the Tamilnadu Dr.M.G.R. Medical University.

Apart from being a renowned surgeon, Prof TKS was most respected for being an excellent teacher and a beacon of ethical practice. In his long tenure as an orthopaedic teacher of 30 years and 4 months (the longest in any single specialty in our state so far) he has taught more than 4000 under graduate medical students and 150 post graduate students. His students were fortunate as apart from learning orthopaedics, they could learn much more in the way of 'invisible curriculae' from him. He was a standing role model for punctuality, discipline and patient care. His ward rounds had always the sanctity as he would scarcely hesitate to publicly admonish and rebuke anyone of whatever seniority if any carelessness or callousness in patient care was found. His compassion to the poor patients was always exemplified by the long time he spent on ward rounds in the general wards and then would quickly pass the special wards which housed the rich and the influential, and many times even the ministers in power at that time.

Prof TKS was an embodiment of ethical values to the extent that he was 'second conscience' to all of his students. He was a standing example of how success could be achieved without mixing academic and private practice and was always against practice of over prescription, over investigations, professional kickbacks and dichotomy of fees which made him stand very high in the minds and hearts of generation of students. He was true to the sayings of Mahatma Gandhi, 'Parents are your best teachers; and teachers are your second parents', being a source of great learning, discipline and upbringing for all his students.

His love for 'academic truth' was also legendary and he was never one to shy away from presenting his complications. One could easily see him shrink with horror and despair when he noticed senior members presenting distorted facts and statistics and would not hesitate to publicly admonish them. Amongst his peers, he stood tall being an embodiment of values of ethics and honesty.

Prof TKS was a torch bearer of academics and research. His clinical research on bone and joint tuberculosis, spinal injuries, care, bone tumors and post injection fibrosis of skeletal muscles were presented in more than 80 national and international conferences and published in nearly 80 papers in national and international journals. He often would encourage academic publications amongst his students quoting 'publish or perish'. However, he always placed patient care first in his life and stood as an example to his dictum that in a clinician's life, the three important things are: patient care, teaching and research, and strictly in that order. He would excuse a post graduate for a little delay in academic commitments but never on patient care matters.

Prof TKS was also a intensely family man. His affection and love for his wife Uma was well-known and he could never seriously come out of his shock after her demise a few years ago. The poem he wrote on the occasion of her death 'The Bell rings more' showcased his deep love for her and portrayed the tenderness in his heart which he rarely publicly exhibited. He is survived by his son Vignesh and three daughters Vijayalakshmi, Shalini and Nandini.

His death has left a irreplaceable void in this part of the orthopaedic world and he will always be missed by his students, colleagues and friends throughout the world. His life was one of strict discipline, hard work, honesty, plain living and high thinking and was one that could be emulated by the younger generation. Those who were his students were privileged to be trained by an extraordinary academician, teacher and a noble heart.

'Lives of great men all remind us
We can make our lives sublime
And departing, leave behind us
Footprints on the sands of time'

H W Longfellow.

Prepared By:
Dr S Rajasekaran, Ph.D.,
Director & Head
Dept of Orthopaedic & Spine Surgery, Ganga Hospital
313 Mettupalayam Road, Coimbatore 641043



Prof. A. Subramaniam being honoured by the President, OASISCON Prof. M. Sudhakar Shetty during the Inaugural function of OASISCON 2008 at Puducherry on 22nd August 2008 for his contribution to Orthopaedics in Tamil Nadu.

Prof. A. Devadoss, Madurai being awarded the Degree of Doctor of Science (honoris causa) for significant contributions in the field of Orthopaedics by the Tamil Nadu Dr.M.G.R. Medical University by His Excellency Surjit Singh Barnala , Governor of Tamil Nadu.



Dr. M. Chandrasekaran being awarded a memorandum by Bharat Vikash Parishath a social service organisation for his service to the poor by way of performing free deformity correction surgeries in polio and cerebral palsy patients.

Dr. Nalli. R. Uvaraj with Prof. Jean Marc Vital, Spinal Surgeon during his visit to Groupe Hospital Pellagrin, Bordeaux, France as part of the Tamil Nadu Orthopaedic Association Foreign Fellowship.

