

HIP ARTHRITIS



**Advanced Treatment Options
At Affordable Cost**



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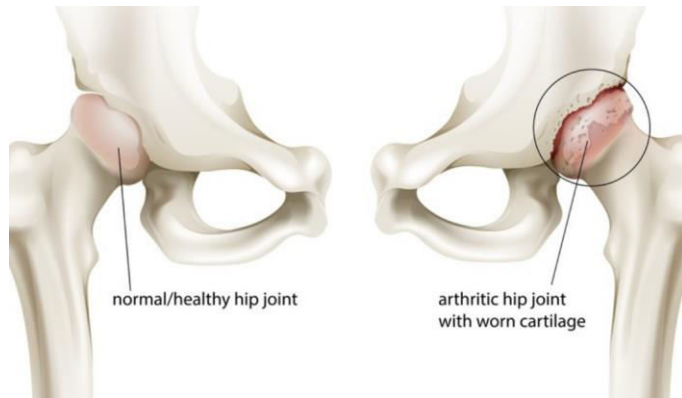
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OVERVIEW

Hip is one of the largest and flexible joints of our body. Hip arthritis causes lifestyle problem as patient suffers from severe pain in the hip. Osteoarthritis is the most common type of hip arthritis. It occurs mostly around the age fifty but younger people can also have this disease. The cartilage in the hip joint gradually wears over time in osteoarthritis. It is a degenerative disease indicated by the deteriorated cartilages and bones spurs.



SYMPTOMS & CAUSES

The common symptoms of hip osteoarthritis are hip pain and slow rate of motion. The list of common signs and symptoms are stated below:

Back or thigh pain

The patient generally suffers from pain in the buttock, groin, and thigh. Stiffness in the joint can occur at different times like sitting for a long period of time, getting out of bed and similar to this kind of activities. The pain increases when someone tries to take part in intense activities like sports. The pain settles down with rest.



Declined range of motion

The ball and socket joint helps the joint to remain flexible in movement. However, a patient suffering from hip osteoarthritis feels difficulty in stretching the legs forward and backward.

Pain in hip joint

People suffering from hip osteoarthritis feel difficulty in daily routine which requires bending. Getting out or in from chair or car, putting socks are some cases where the patient feel severe pain.

Swelling of hip

It is a chronic symptom where the hip constantly swells up due to friction between the pelvic bones and the femur. This causes the weakening of the surrounding muscles that support hip joint. Henceforth, pain occurs gradually as the swelling increases.



Causes

There is no exact cause but the probable causes and risk factor associated with it are listed below:

- It has been found that over the time as age increases hip osteoarthritis also starts increasing. Generally, persons above the age of forty-five are prone to hip osteoarthritis. Persons above the age of sixty and seventy are highly prone to have hip osteoarthritis.
- Heredity and congenital disorder is a possible factor causing the disease. According to the research of Centers for Disease Control and Prevention, fifty percent of hip osteoarthritis is affected by heredity. The figure does not necessarily mean fifty

percent of all cases are inherited. The patients may acquire such disease as a result of poor alignment of bones, dislocated hip, metabolic disorders, and many more.

- In most cases, women are affected by hip osteoarthritis. Although percentage of affected men is low when compared to women.
- As stated by Arthritis Foundation, the hip bears six units of pressure for every gain in the unit. Henceforth, excess weight of body leads to hip osteoarthritis. Thus, weight loss may reduce the risk.
- Joint surgery or broken hip may lead to hip osteoarthritis after some years. Sports person of high impact sports such as football, hockey and similar to this is at high risk of having hip osteoarthritis.

DIAGNOSIS & TREATMENT

Diagnosis:

The diagnosis is based on numerous factors which include knowledge of history or background, the age of the person and symptom. Hence, several tests are required rather than single test to know the intensity of the pain.

The physical tests which are required to know the intensity of the pain are X-rays, MRI and laboratory test.



- X-rays help to identify the gap between the femur and the acetabulum of the pelvic bone and bone spurs (osteophytes). It is necessary to do X-rays as the hip joint is

deep inside the body. Normally osteophytes occur as a result of aging but the pain may increase when bones attempt to balance the loss of cartilage. The X-rays of affected person always shows the loss or narrowing of the joint space. It is important to note that a patient may or may not feel the pain even if the X-ray image shows hip arthritis.

- MRI is suggested when the image of X-rays is not clear to determine the impact of the disease. MRI is required to know more details on soft tissues such as ligaments, tendons, muscles, and bones.



- The lab test is necessary to know the other problems causing the disease such as infection or gout.

Treatments:

Depending on the patient condition the specialist doctor suggests treatment. It may be surgical or non-surgical. Both these ways of treatment are discussed below.

Non-surgical methods

- Modification of certain activities of daily life can lessen the pain. For instance, jogging, climbing stairs, playing tennis or golf aggravates the pain. Hence, a patient suffering from such disease is suggested to move in activities which require less stress on the hip. This may include cycling or swimming.

- Physical therapy can be helpful to gain flexibility in muscles of hip and legs. The doctors can suggest certain daily routine or activities to improve strengthening of muscles.
- If the recovery of the patient is not done with the above-stated methods doctors are likely to suggest medications. Analgesics drug can reduce the pain with certain side effects. Nonsteroidal anti-inflammatory drugs are useful for the patients having moderate to severe pain. These drugs are often used as pain removal for such diseases. Corticosteroids are powerful agents helpful in reduction of hip pain.



Surgical treatment

Surgery is prescribed by the doctors when non-surgical treatments do not produce the desired result and the pain sustains.

- **Arthroscopy** is used for removal of bone spurs or losing the pieces of cartilage. Hip arthroscopy is a surgical procedure performed through very small incisions to diagnose and treat various hip conditions



- In order to align bones in perfect order, the **osteotomy** is done. A hip osteotomy is a surgical procedure in which the bones of the hip joint are cut, reoriented, and fixed in a new position.



- Apart from this, **arthroplasty**- which is a **total hip replacement**, is done in extreme conditions. In arthroplasty, an artificial hip joint is placed in the body of the patient.



Proper recovery time is needed after the surgery.

In most cases, surgery relieves the pain of osteoarthritis and makes it possible to perform daily activities more easily.

FOR DETAILED INFO ON HIP JOINT REPLACEMENT, VISIT :
WWW.HIPREPLACEMENTSINDIA.COM

FAQS



What is Hip arthritis?

Osteoarthritis is the most common type of hip arthritis. It occurs when an injury to joints cause breakdown of cartilage. This breakdown causes pain and swelling among patients.

How many people have Hip arthritis?

The exact figure is not known. However, in recent studies, it has been found that hip replacement surgery has grown significantly over the years worldwide .

Who does Hip arthritis affect?

The factors which increase the chance of hip arthritis include overweight, poor biomechanics, and stresses on joints.

What causes Hip arthritis?

The factors that can contribute to osteoarthritis are joint injury, older age, and overweight. In addition, other factors such as heredity and putting excessive weight on the joint by physical activities increases the chance of hip arthritis.

What are the symptoms of Hip arthritis?

The major symptoms associated with hip arthritis are hip pain, stiffness in joint at the time of getting out from bed in the morning, feeling of crunching in the bones, and inability in hip movement.

How Hip arthritis is diagnosed?

There is no single test to determine and diagnose hip arthritis. It is diagnosed generally through X-rays, MRI and lab test. Narrowing of joints and bone spurring is detected with the help of X-rays.

What are the treatments for Hip arthritis?

The main aim of the doctor in osteoarthritis is to improve the muscle flexibility. Treatment includes suggesting rest and caring of joints, medications which includes non steroidal anti-inflammatory drug and surgery.

Does Hip arthritis put you at risk for other serious conditions?

The other factors which can affect you after having hip arthritis are sleep disruption, reduction in productivity, decreased rate of daily work such as cooking and dressing. It can bring anxiety and depression in your life.

Where do I get support if I am living with Hip arthritis?

Nowadays many hospitals and clinics are providing treatment and solution on Hip arthritis. Many such patients also visit our centre and we take pride in saying that we have one of the highest high success rates in treatment of hip arthritis.

TESTIMONIAL



Patient 1 :

“Thank you Dr.Santoshkumar. You gave us life back. Everyone in the team are helpful. Thank you for being with me every time I feel pain & for giving me a new life after successful surgery.”

Patient 2 :

“Medications suggested by doctors are apt to control my pain. Now I am aged 55 with a great feeling after hip arthritis treatment.”

Patient 3 :

“Overall treatment on hip arthritis is pretty good. Dr. Santoshkumar’s approach to patients has been excellent. Also his encouraging words are worth mentioning.”

SPECIALIST DOCTORS



Dr. Santosh Kumar MBBS, D.Ortho, is a certified orthopedic surgeon, with expertise in treatment of Arthritis of Joints. He is focused on Knee, Hip & Spinal Surgeries, Osteotomy, Joint replacement and preservation, Arthroscopy, Minimally invasive joint replacement ; joint replacement revisions, etc

QUALIFICATION ::

MBBS (JIPMER), D.ORTH (JIPMER); MCh ORTH (SCYCHELLS) Head : Department of Computer Assisted Joint Replacement Surgery : BELLE VUE CLINIC JOINT REPLACEMENT SURGEON, ARTHRITIS FOUNDATION,INDIA Subspecialty- Knee Joint- Total Knee Replacement, Knee Arthroscopy. Fellowship in Joint Replacement, Max Hospital, New Delhi TRAINED IN COMPUTER ASSISTED JOINT REPLACEMENT FROM AUSTRIA Trained in Revision Knee and Hip Replacements Trained in Complex Joint Replacement from the DELTA FOUNDATION of AUSTRALIA

Dr Santosh Kumar and his team are leading knee specialists in Kolkata. He is one of the best doctors in Knee replacement today. Knee replacements are routine in Kolkata (Calcutta) today and Dr Santosh Kumar has been instrumental in making international quality knee surgery affordable to the mass. HE HAS EXPERIENCE OF MORE THAN TWO THOUSAND KNEE REPLACEMENTS

GRADUATION :

MBBS – from Jawaharlal Institute of Post Graduate Medical Education and Research (JIPMER, Pondichery) Directorate General of health Services, Govt. of India from 1995 to 2001. HOUSE JOB in Department of Orthopedics, JIPMER from April 2001 to June 2002.

POST GRADUATION :

In charge bone bank JIPMER from April 2004 to March 2005. TRAUMA COURSE online of ADVANCED TRAUMA LIFE SUPPORT at CMC Vellore January 2005. Clinical Research Fellow in Orthopaedic Oncology at JIPMER Hospital from April 2005 to June 2005.

BONE BANK JIPMER :

D Orth from Jawaharlal Institute of Post Graduate Medical Education and Research (JIPMER, Pondichery) Directorate General of health Services, Govt of India from 1st April to 31st March 2005.

REGISTRAR ORTHOPEDICS

Whole time registrar in Orthopaedics at Bhattacharyya Orthopaedics and Related Research Center (P) Ltd., Narayanpur, Kolkata – 136 from 1st July 2005 to 31st June 2007.

MCh ORTH

Passed MCh ORTH from the University of Seychelles American Institute of Medicine, March 13th 2008. MCh Thesis : a study into the controversial aspects of interlocking nail of femur.

TRAINING :

DELTA COURSE for advanced aspects of complex primary and REVISION knee replacement. At MAX Hospital , New Delhi in Sept, 2008. FELLOWSHIP in KNEE REPLACEMENT in Max Hospital, New Delhi from Sept, 2008 with Dr. S.K.S. Marya for total of 54 knee replacement surgeries. AO SPINE Training in Bombay July 2009. AO TRAUMA Training 8th to 10th Oct, 2009, Kanpur DELTA COURSE for Advanced Aspects of Complex Primary and Revision Knee Replacement, at SUN SHINE Hospital, Hyderabad in Nov, 2009. Ranawat joint replacement course in Jan 2010 Kolkata Trained in complex joint replacements, at Bangkok. Jan 2011 by DEPUY institute at Bangkok Trained in revision joint replacements by DE PUY institute at Chennai, June 2011. Medtronics Academy course in cervical spine in October 2011 Trained in computer assisted knee replacement at Fortis Chandigarh in Jan 2012 AO advanced trauma course in March 2012 at Kolkata

Trained in complex joint replacements in USA , PHOENIX, by KLEOS foundation (Smith and Nephew educational body) April 2012 Trained in minimally invasive spine surgery by Medtronics Academy foundation May 2012 Trained in computer assisted navigation technology for knee replacement in Vienna Austria, in June 2012.

PAPERS PUBLISHED / PRESENTED :

Bilateral fracture dislocation of Hip, pipkin 1 – its management and the result – published in the West Bengal journal of orthopaedics – vol 20, number 2, September 2006, myself as Primary author. The role of total hip replacement in ankylosing spondylitis patients – under consideration for publication in the Indian journal of orthopaedics. OPPONENSPLASTY – a method to reconstruct the post polio paralytic thumb – presented at the midcon 2005, West Bengal Orthopaedic Association. Follow up of 24 total hip replacements in ankylosing spondylitis patients presented at the annul conference of the West Bengal Orthopedics Association 2006.

AWARDS RECEIVED:

Dr.Santosh Kumar received Certificate of International Excellence in Minimally Invasive Computer Assisted Joint Replacement Surgery by the ASCULAP ACADEMY, Germany

ABOUT :

Poorva International Orthopaedic Foundation was founded by Dr. Santosh Kumar, an eminent Orthopaedic Surgeon, as a non profit organization whose primary function is to effectively promote, support, develop and encourage research and education concerning minimally invasive orthopaedic surgery and advancements in musculoskeletal diseases. The Foundation is additionally committed to initiatives that educate individuals of all ages who are passionate about a healthy and active lifestyle and engage in self directed practices to maintain that lifestyle. The aim of the Foundation is to discover new modalities for the treatment of orthopaedic injuries and musculoskeletal disease, to promote injury

prevention, and to explore minimally invasive treatments that guarantee shorter recovery time and faster return to daily activities.



The Foundation presently renders service in Eastern Indian States like West Bengal, Orissa, Bihar, Jharkhand, the north eastern states of India, Bangladesh and Indians / Expats living in USA, UK, Australia, Middle East, etc

COST & FINANCE



COST :

The costs involved in OPD [Out Patient Department] are as below :

Particulars	For Indian Patients Price In Indian Rupees.	For International Patients. In US Dollars .
One Time OPD Consultation on Medical Camp Days	FREE	FREE
One Time Online Consultation on Medical Camp Days	FREE	FREE
Email Consultation with Dr.Santosh Kumar	Rs 300	\$ 5
WhatsApp Consultation with Dr.Santosh Kumar	Rs 400	\$ 6
Video Consultation with Dr.Santosh Kumar	Rs 500	\$ 8
OPD Consultation with Dr.Santosh Kumar in person	Rs 600	\$ 10
Priority Consultation with Dr.Santosh Kumar in person	Rs 750	\$ 12
Consultation for Corporate / Institutions / Societies	Rs 1,000	\$ 16
Consultation for Government Bodies / Charities	FREE	FREE

CAHLESS TREATMENT, INSURANCE & MEDICLAIM :

Patients can avail Cashless Treatment, Insurance or mediclaim facilities whatever is applicable. Major Insurance plans are accepted here.

FINANCE :

For the benefit of our those patients & clients who do not have health Insurance, we have tied up with some banks & financial institutions that offer Medical Loan / Personal Loans for treatments with us. This covers the OPD consultation, diagnosis, procedure, medicine, etc. A personal loan is one of the best ways to pay for the medical treatment. There are no collateral or down payment required and the money you receive can be used to pay for the procedure itself, along with any unexpected fees.



They advise, in order for your loan application to have the best chance for success, you need to have the following documents ready when you apply: Income proof, ID proof, Address proof.



At present this facility is available for Indian Patients only.

For more details, pl call us at **+91-9836365632**



CONTACT

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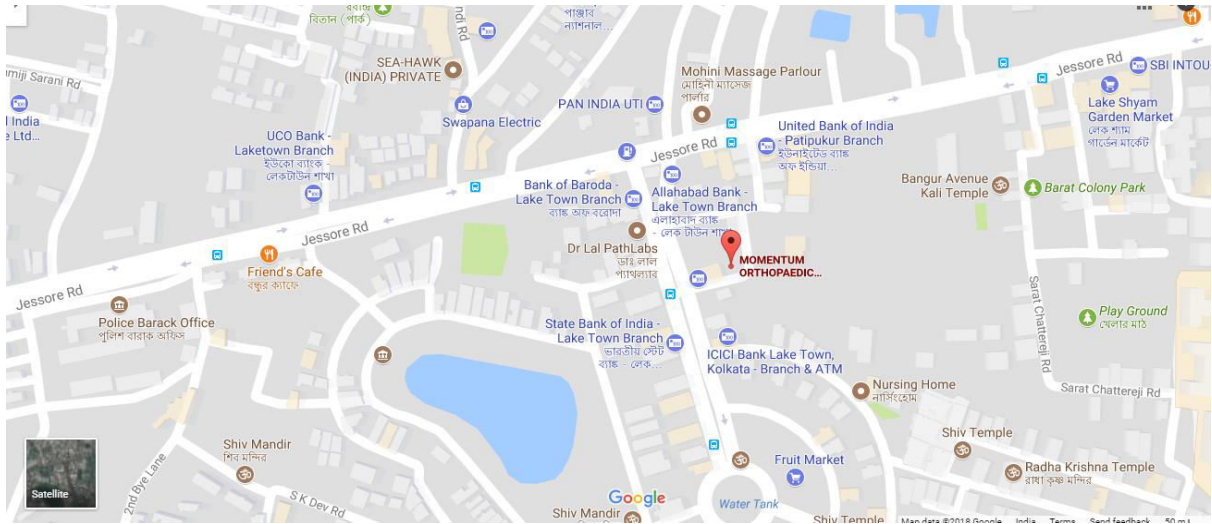
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www.hipreplacementsindia.com

www.mykneemylife.org

www.poorvaorthopedicfoundation.org

www.poorvaortho.tv



**Having Any Doubt On
Hip Arthritis ?
Ask To Dr. Santosh !**



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