

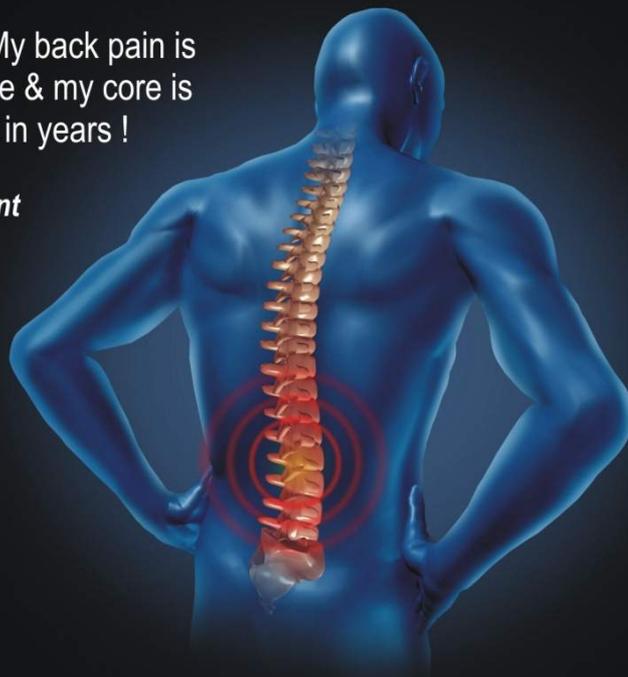
Quicker Recovery

SPINE & BACK SURGERY

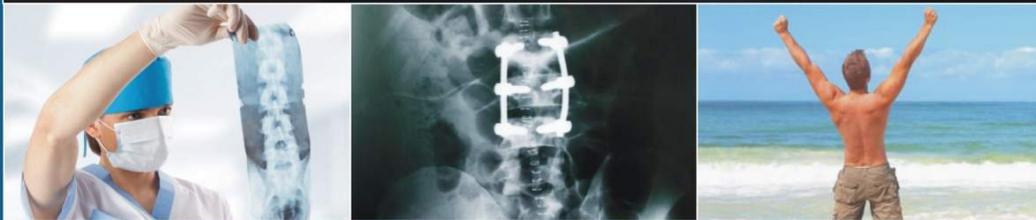
Treatments for : Degenerative disc disease, Spinal arthritis, Back bone spurs, Disc herniations, Scoliosis, Spinal fractures, Spinal tumors, Spinal stenosis, Cervical spine fusion, Lumbar fusion & Other Spinal disorders

"I'm doing awesome. My back pain is almost completely gone & my core is stronger than it's been in years !

- A patient who underwent
Spinal Fusion Surgery



Patient Guide
Authentic Medical Facts



12,000+ Patients Treated Successfully



Dr. Santosh Kumar

MBBS, D.Ortho, M.Ch.[Ortho],
Specialist Orthopaedic Surgeon



POORVA ORTHOPAEDIC FOUNDATION

About Dr.Santosh Kumar



MBBS (JIPMER), D.ORTH (JIPMER); MCh ORTH (SCYHELLS)
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

INTRODUCTION

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

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.

BONE BANK JIPMER

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.

REDISTRAR 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.

Medtronic 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

TRAINING [continued]...

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 Medtronic 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 annual 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



Titles

Part A

1. The Spine & Back : Intro.
2. What Could Go Wrong?
 - Soft Tissue Damage
 - Bone Damage
3. Alarming Statistics
4. The Impact of Spinal Problems
5. Back & Neck Pain – You don't have to live with it
6. Early Intervention is advisable
7. Comprehensive Diagnosis
8. Interventional Pain Management
9. Nonsurgical Treatments
10. Surgical Treatments
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16. Getting Back to Living: Spine Surgery Recovery
17. Rehabilitation
18. Pain Management
19. Testimonials – Spine Surgery
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Part B

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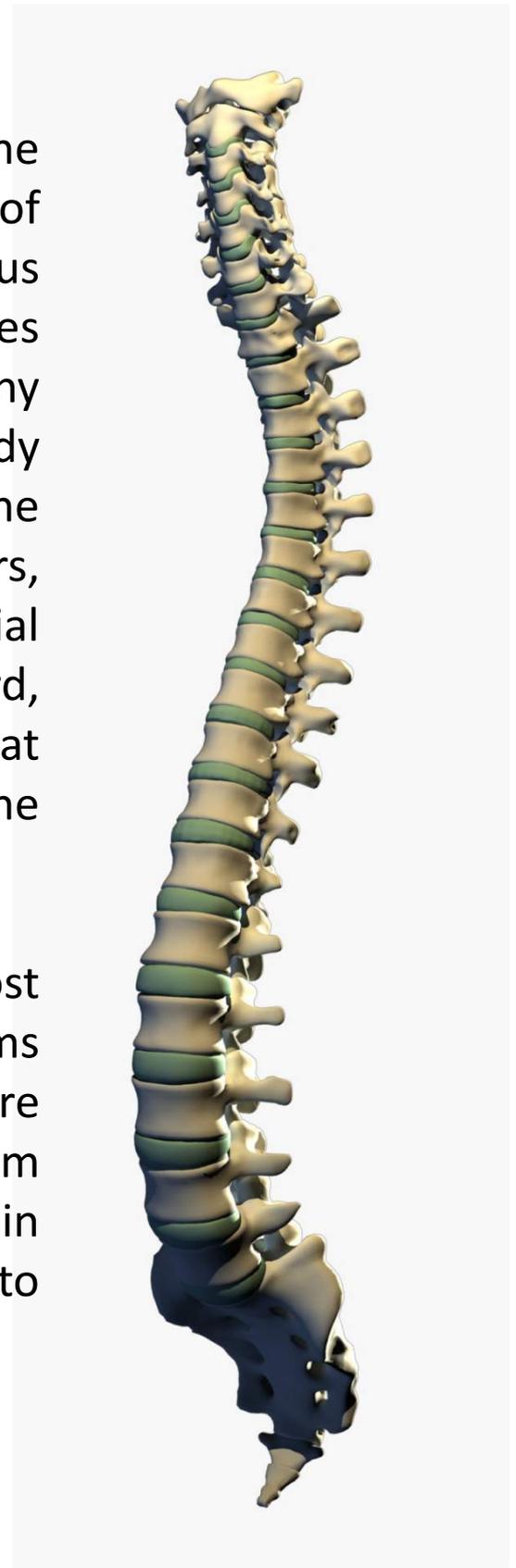
SECTION A



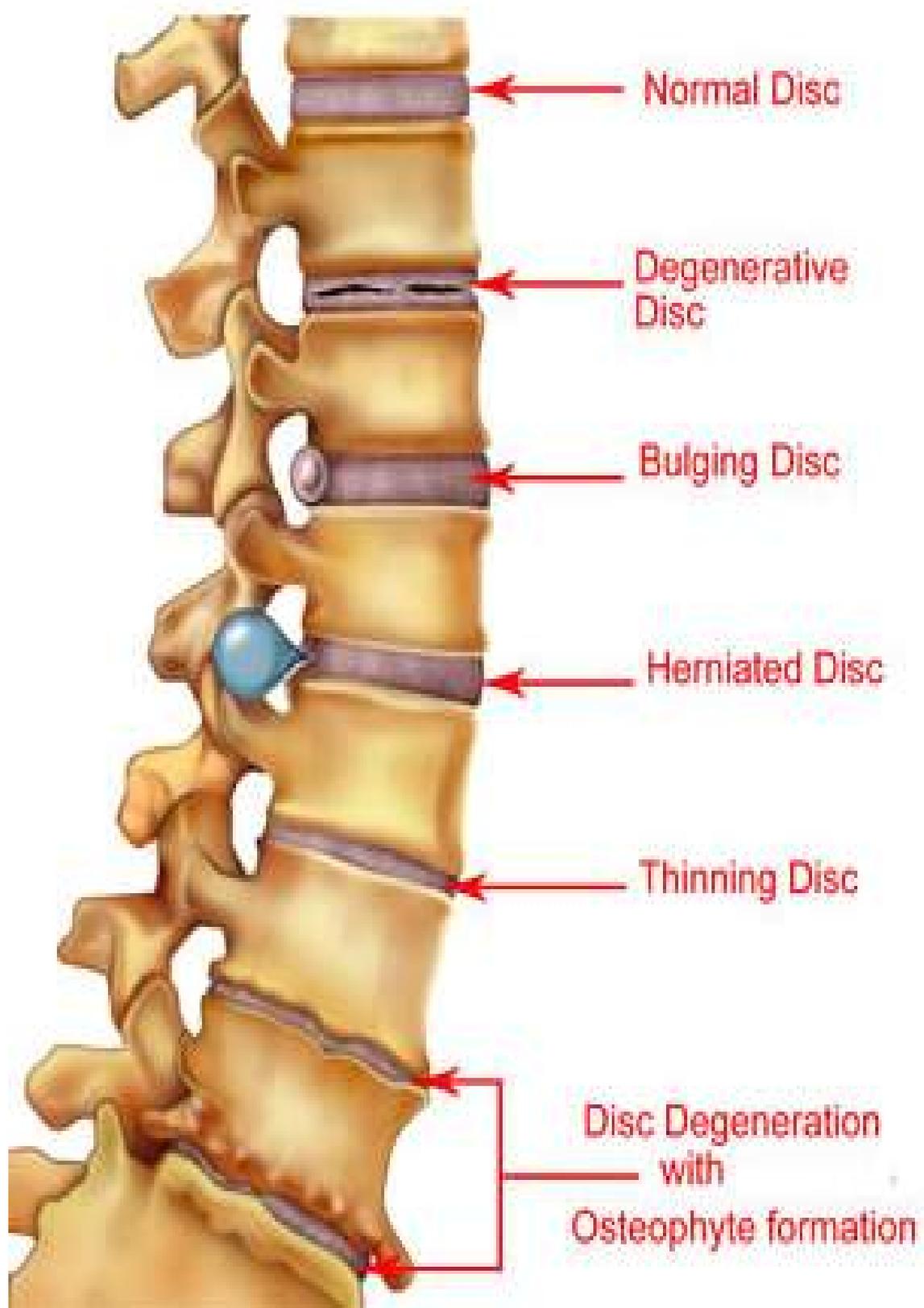
The Spine & Back : An Introduction

The spine, also known as the backbone, is comprised of a series of 24 bones in addition to various tendons, ligaments, and other tissues that run the length of your back. Many of the major muscle groups in the body are also connected to the spine. The spine must support the shoulders, neck, and head, but one of its essential functions is protecting the spinal cord, which is the bundle of nerves that carries signals from your brain to the rest of your body.

Since the spine is one of the most crucial parts of the skeleton, problems with the spine can affect your entire body. Symptoms can range from headaches and fatigue to severe pain that makes it difficult or impossible to live a normal life.



Spinal Conditions



Alarming Statistics

- According to the American Academy of Orthopaedic Surgeons, 80% of Americans will suffer a bout of back pain in their lifetime. It is similar in India too.
- Back pain is the most common cause of job-related disability in America, according to the National Institutes of Health, and costs about \$50 billion a year in treatments.
- Approximately 1 in every 50 people will experience a herniated disk at some point in their life.
- Back pain may occur at almost any time during the life cycle. Studies show that children are at risk, workers are at risk, and active people between the ages of 35 and 55 are at risk. Seniors and elderly people have a disproportionately higher risk for falls, which can result in debilitating neck fractures. Research also shows that genetics may play a role in disc degeneration, which often causes pain.



What Could Go Wrong?

Because the spine is such a complex system, there are many things that can go wrong with it. While there are numerous possible points of failure, they all fall into one of two main categories: soft tissue and bone damage. These are the two most common causes of neck and back pain.

1. Soft Tissue Damage

The soft tissues of the spine include muscles, nerves, and vertebral discs, which are the small pieces of tissue that cushion your spine. Problems with any of these can be painful, but they can also limit your ability to function. Depending on the exact nature of the problem, the treatment for soft tissue damage usually includes physical therapy and rest along with analgesic medications to manage the pain.

In some cases, surgery may be the most effective treatment, but your physician will need to help you make that decision.

2. Bone Damage

Bone damage is another common cause of neck and back pain. Injuries or diseases such as osteoporosis or osteoarthritis can cause this damage. These types of problems can often be treated with braces and medication, but in severe cases, a surgeon may perform a spinal fusion, a procedure that stabilizes the deteriorating bones of the spine with metal rods or plates. This is quite an involved surgical procedure that may require a year or more for a full recovery, but the alternatives may be debilitating pain or even paralysis.

No matter what the underlying cause is, spinal problems can make it difficult or impossible for you or your loved one to live a normal life.



The Impact of Spinal Problems

Because the spine is central to the proper functioning of the body, problems with the spine can affect nearly every aspect of daily life. If you or a loved one suffers from any type of spinal problem, you know just how true this statement is.

In the past, the only option for many people was to stay quiet and suffer through the pain and loss of mobility caused by spinal problems. Thankfully, this is no longer the case because new treatments are available for most spinal problems. There is no reason for spinal pain to control your life. Seeking treatment may not completely restore your mobility, but it may dramatically improve the quality of life for you and your loved ones.

Once you have decided to seek treatment, you will need to speak with a physician about your specific condition and treatment options. Because there are so many possible conditions and injuries that can affect the spine, there are also many treatment options. Your doctor will determine whether a surgical or nonsurgical treatment option is right for you.



Back & Neck Pain :

You don't have to live with it

Many people live with daily back or neck pain, perhaps from a pinched nerve or auto accident. They often assume—incorrectly—that their only choices are to suffer or undergo major surgery.

However we have many levels of treatment options available to alleviate their discomfort. Whether a crushed disc or just chronic, nagging pain, we can treat all spine problems.

Disorders Related to Aging

The Baby Boomer generation is already experiencing age related spinal problems such as spondylolisthesis, disc disease, sciatica, spinal stenosis, myelopathy and radiculopathy. Most conditions respond to conservative treatment. When surgery is deemed necessary, minimally invasive procedures generally result in a much quicker, easier and full recovery.

The majority of spinal disorders can be treated without surgery.



Early Intervention is advisable

After a complete medical history and physical examination, we generally begin with conservative treatment, such as anti-inflammatory medications, muscle relaxants, nerve stabilizers or prescription pain patches.

Team of Physical Therapy Spine Specialists

Physical therapy is often very effective and may include modalities such as heat, cold, massage, ultrasound, electrical stimulation, traction and a specialized exercise program. We have both inpatient and outpatient physical therapy facilities, and our therapists are subspecialty trained to deal with spine problems, including manual therapy. If you prefer, we can also work with a physical therapist near you.



Comprehensive Diagnosis

We work closely with board-certified musculoskeletal radiologists to provide a comprehensive diagnosis. If pain still persists after conservative treatments are exhausted, we will order diagnostic tests, such as x-rays, CT scans, bone scans, MRI or nerve studies.



FACILITIES

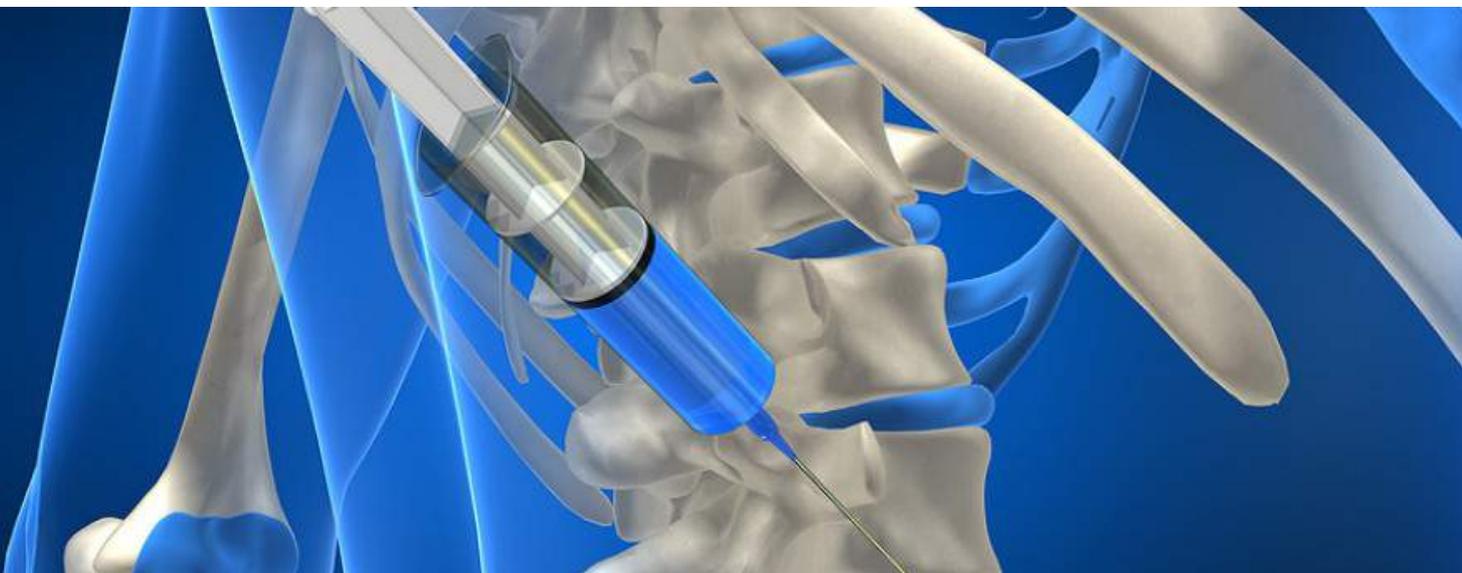
State of the art Equipments & Advanced Diagnostic & Surgical Facilities are available here



Interventional Pain Management

A very small percentage of patients actually require surgery. Many people find relief from pain through non-surgical interventional procedures.

Our specialists in Interventional Pain Management use fluoroscopic-guided injections for non-surgical treatment of back and neck pain. In addition to its obvious therapeutic benefit, an injection can also play a very important diagnostic role in the identification of the source of pain for patients who have had back pain unresponsive to treatment. Epidural or facet joint injections can be extremely effective in relieving chronic pain, sometimes permanently, and various types of nerve blocks may be used to avoid surgery. Spinal cord stimulation may also be an option in select cases.



Nonsurgical Treatments

The thought of having surgery can be very frightening, so it is understandable why many patients prefer nonsurgical treatments when they are available.

Nonsurgical treatments can be effective for certain problems, but they often involve a longer recovery period than surgical options. No matter the issue, nonsurgical treatments typically involve a combination of the following three techniques:

- **Physical Therapy** – Physical therapy and exercise are designed to strengthen the muscles surrounding the spine for better support and increased flexibility. This reduces the risk of injuring your back or worsening an existing injury.
- **Back Braces** – A back brace may be used to stabilize and support your back when your muscles are unable to do so. They are typically worn for a limited time.
- **Reduced Activity** – Reducing your activity level may be required until your body recovers from a spinal problem. Reducing or discontinuing certain activities may give your spine the rest it needs to recover naturally.



Surgical Treatments

Patients who receive surgical treatments for spinal problems often have a shorter recovery time than patients who opt for nonsurgical treatments. This is one major benefit of spine surgery. Surgeries run the gamut from laparoscopic disc repair performed on an outpatient basis to spinal fusion that may require a two-to three-week hospital stay and months of physical therapy. Only a qualified physician can correctly evaluate your spinal problem and design an effective course of treatment. Before making a decision, be sure to discuss the risks and benefits of spine surgery with your doctor.



Spine surgery is one of the most successful surgeries performed in the World.

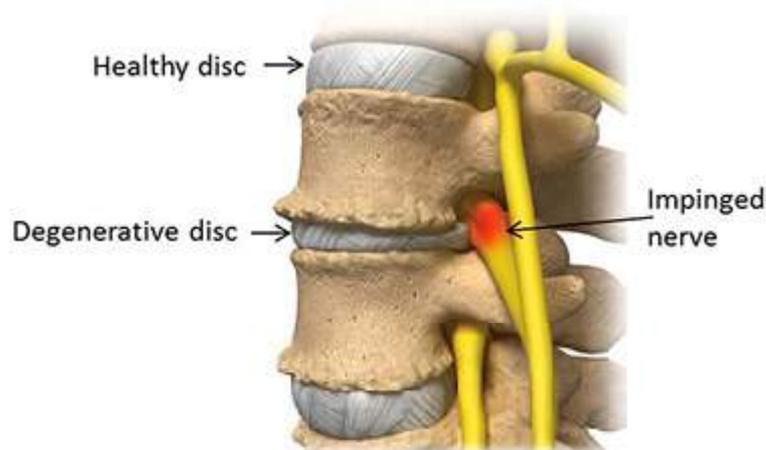
It has undergone massive advancements since its introduction in the 1960s.



Spinal Disorders Treated

We provide a full spectrum of spine care, from conservative measures and pain management to minimally invasive procedures and large scale reconstruction of spinal deformity. Some of the disorders treated here are :

- **Ankylosing Spondylitis**
- **Arthritis**
- **Cauda Equina Syndrome**
- **Cervical Radiculopathy**
- **Compression Fractures**
- **Degenerative Disc Disease**
- **Fractures and Dislocations**
- **Herniated Disc**
- **Low Back Pain / Instability**
- **Myelopathy**
- **Sciatica**
- **Scoliosis**
- **Spinal Cord Injury**
- **Spinal Stenosis**
- **Spondylolisthesis**
- **Torticollis**
- **Traumatic Disorders of the Spine**
- **Whiplash**



Spinal Procedures Performed Here

The following procedures are a sample of the options we provide as treatment for various conditions:

- **Discectomy**

Surgical removal of a herniated disc that is pressing on the nerve root or spinal cord

- **Laminectomy**

Surgical procedure done to relieve pressure on the spinal cord or spinal nerve roots caused by age-related changes in the spine and to treat other conditions, such as injuries to the spine, herniated discs, or tumors

- **Kyphoplasty**

A minimally invasive procedure to alleviate pain from vertebral compression fractures by injecting the collapsed cavity with cement to re-expand and stabilize the space

- **Spinal Fusion**

Fusion of two or more vertebrae in the spine to eliminate the pain caused by their moving against one another

- **Pain Relief with Epidural Injections**

Mixture of an anti-inflammatory mixed with a local anesthetic injected into the space around the spinal cord and nerve roots

- **Vertebroplasty**

A minimally invasive procedure to alleviate pain from vertebral compression fractures by injecting the cement into the fractured vertebra bone to stabilize the spine.



Procedures Done – Detailed List 2

- :
- **Spinal Surgery:**
 - Microscopic lumbar discectomy or decompression
 - Microscopic anterior cervical discectomy
 - Endoscopic discectomy
 - Spinal decompression with or without fusion
 - Endoscopic fusion of spine
 - Percutaneous Endoscopic Lumbar Discectomy

Degenerative Disc Disease

- Minimally-invasive spinal fusion and advanced instrumentation
- Total disc replacement surgery
- Spinal deformity correction and stabilization
- Endoscopic fusion of spine
- Percutaneous Endoscopic Lumbar Discectomy

Osteoporosis of the Spine:

- Vertebroplasty
- Kyphoplasty
- Spondylolisthesis
- Posterior spinal instrumentation

Curvature within the spine- Scoliosis/Kyphosis

- Thoracoscopic deformity correction
- Posterior correction of Scoliosis or Kyphosis with instrumentation

Other Spine Surgeries:

- Tuberculosis of Spine - Thoracoscopic Spinal Surgery with Para spinal abscess drainage
- Spine Tumor Surgery
- Spine Trauma



Minimally Invasive Spine Surgeries

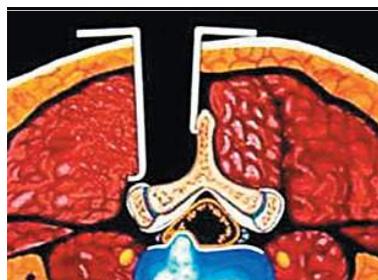
Just as open knee surgery was rendered archaic by the advent of arthroscopy, spine surgery has recently taken a similar leap. When surgery is warranted, the procedures of today barely resemble those of the past. Only 10 years ago, if you had back surgery, you could expect to spend up to a week in the hospital and a year of recovery before returning to normal activities, not to mention a very large scar.

Our highly trained spine specialists are the one of the few surgeons in East India performing advanced, minimally invasive spine surgery. We can repair herniated disks, correct deformities such as scoliosis, and perform spinal fusion for degenerative disks with minimal pain and discomfort to the patient. Most patients can walk the same day as surgery and leave the hospital the following day with only a bandaid

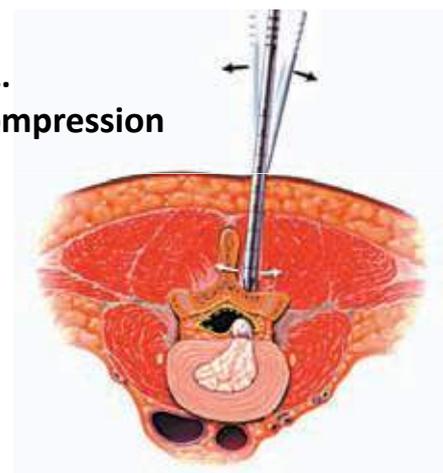
Advantages of Minimally Invasive Surgeries :

- Small incisions
- Small surgical scars
- Less blood loss
- Less trauma to the body
- Less post-operative pain
- Lower infection rate
- Shorter hospitalization
- Quicker recovery

Nerve Root Compression... Microscopic Surgical Decompression



Traditional approaches require large incisions resulting in muscle damage. That delays recovery and can ultimately lead to decreased strength in the back.



A minimally invasive technique achieves a similar goal while minimizing tissue injury and collateral damage.



Is Spinal Surgery Right for Me ?

The decision to have surgery should never be taken lightly because the risk of complications is too high. However, surgery may be the best or even the only option for recovery in some cases. Only a physician is qualified to make the final determination, but the following seven signs are a good indication that it is time to consider spine surgery:

1. You Cannot Function Normally. As our bodies age, a certain loss of function is expected. However, if you are no longer able to function normally, this could be a sign of a medical issue that could be improved with the appropriate treatment.

2. Your Quality of Life is Impacted.

Spinal problems can be painful and significantly limit your ability to participate in daily activities. If pain or reduced function is affecting your quality of life, you should consult a specialist as soon as possible.

3. Other Treatments Have Failed.

Because of the risks involved, surgery is often a last resort. If nonsurgical treatment options have failed, and your condition is not improving, surgical treatments can be effective at relieving a wide variety of spinal issues.

4. You Have a Severe Injury.

In ideal circumstances, you would have plenty of time to consider your treatment options and make an informed decision. Unfortunately, this is not always realistic. If you or a loved one has experienced an injury, surgery may be required on short notice.



Is Spinal Surgery Right for Me ?

5. Your Condition is Quickly Worsening.

If you have a progressive spinal condition such as osteoarthritis, you should regularly consult a specialist to monitor your condition and watch for additional signs of problems. You should discuss future treatment options, including surgery, with your specialist sooner rather than later. If your condition suddenly takes a turn for the worse, you will already know the potential risks and benefits of surgery.

6. You Have a Deformity.

Scoliosis and kyphosis are two common types of spinal deformities involving excessive curvatures of the spine. Some patients respond to physical therapy and braces, while surgery may be the only realistic option for others.

7. You Experience Symptoms of Nerve Damage.

One of the functions of the spine is to protect the spinal cord. When spinal problems put pressure on the nerves, this can lead to irreversible nerve damage. Tingling and numbness in the legs are common symptoms. In severe cases, you may lose control of your bladder or bowels. If you have any of these symptoms of nerve damage, you should consult a qualified specialist right away.



Behind the Procedure: Understanding Spine Surgery

- **Soft Tissue Repair** – There are three types of soft tissue in your spine: muscles, ligaments and tendons, and discs. Overuse or injury can lead to tears and other damage. Surgical procedures to repair this type of damage can be minor and may even be performed on an outpatient basis. One of the most common spinal surgery procedures is repairing a damaged vertebral disc. Your vertebral discs are the pieces of tissue that fit between the bones of your spinal column. They are there to cushion the impact of walking and other everyday activities, to keep the bones of your spine connected to each other, and to increase the flexibility of your spine. When these discs are damaged, usually through injury, they may swell or be pushed out of position. Once out of position, they may be unable to support your spine correctly or put too much pressure on your nerves, causing a great deal of pain.
- **Bone-Related Surgery** – Most problems with the bones in your spine are caused by disease or injury. Osteoarthritis and osteoporosis can both cause the bones in your spine to deteriorate to the point that they can no longer support your weight. If you have scoliosis or some other condition causing excessive curvature of the spine, the resulting deformity could leave you unable to stand up straight. If you have a severe injury to your spine, one or more of your vertebrae may even be broken and require surgical repair. In each of these cases, some variation of a spinal fusion surgery could be the answer.

In a spinal fusion surgery, one or more of the bones in your spine will be immobilized with pins, screws, or rods. This is an involved surgical procedure that requires a lengthy period of recovery. There are several variations on spinal fusion surgeries, and your doctor will determine the surgery that is required based on the extent and location of the damage.



Getting Back to Living: Spine Surgery Recovery

After surgery is over, your recovery is just beginning. There are many factors that govern how long a recovery period will be and how much function may be regained. One of the biggest factors is actually your attitude. Patients who are unwilling to attend physical therapy, do prescribed exercises, or wear back braces when necessary may even be better off not having surgery in the first place.

Finding a great doctor and having your surgery go perfectly are two huge milestones on your road to recovery. Unfortunately, this road may be longer than expected due to challenges you did not anticipate, and there may be times when you feel like giving up. If you can push through these challenges, you will experience your maximum recovery. If you do not, you may not regain as much function as you were hoping for.

The best way to live a healthy life after spinal surgery is by getting plenty of exercise and eating right. If you are overweight, make an extra effort to move toward a healthier weight to decrease the stress on your spine. If you work at a manual labor job, be sure to wear back braces and other protective gear when necessary. Use proper lifting techniques and do not overexert yourself.



Rehabilitation

After you have been treated for your condition, we want to ensure that you heal properly and regain strength. Our rehabilitation team will work with you in a private setting, at your own pace and comfort level, so that you can return to your daily lifestyle. Through exercises and training, our certified physical therapy team is here to help you get back to the things you love.

Your post operative care takes place here



Pain Management

In order to achieve the best results, it is essential that you communicate effectively with your doctors and nurses to choose the method of pain control that will work best for you. We would like to make your hospital stay as comfortable as possible. The amount or type of pain you feel may not be the same as another patient might feel, even for those patients who may have had the same operation.

To maximize the benefits of pain control, you need to work with your doctors and nurses to communicate about your pain. They will ask you to rate your pain on a scale of 0-10 – with zero indicating no pain and ten being the worst imaginable pain. Your nurses will be asking you for your comfort goal. It is unrealistic to certain situations (surgery and certain diseases) to expect that you will have no pain. We would like to have your pain at a level where you are able to walk and do your breathing exercises.

Reporting your pain as a number helps the doctors and nurses know how well your treatment is working and whether it is necessary to make changes. You may also choose to use descriptors, like mild, moderate, or severe.



FAQs on Spine & Back Surgery

Q: How safe is spine surgery?

A: Today, spine surgery is one of the most successful surgeries performed in the World, and has undergone a number of advancements since its introduction in the 1960s. Many procedures have been made minimally invasive, allowing patients to benefit from smaller incision sizes and reduced muscle and tissue interference. These benefits translate to less blood loss during surgery, making the procedure quicker, less painful, with a shortened post-operative recovery period.

Q: How can patients prepare for spine surgery?

A : Making the right decisions for treatment begins with an accurate diagnosis of the condition. Your surgeon will evaluate the patient's orthopedic condition using imaging techniques, such as MRI, X-ray, or electrodiagnostic tests (ECG, EEG). These tests can help assess the severity of the patient's back pain to determine if spine surgery is the right option. After undergoing spine surgery, patients may have difficulty lifting heavy objects for several weeks or months. For this reason, it is helpful to place common items within easy reach and reduce activities that involve bending over. Frequently used items, such as dishes and pans in the kitchen, should be placed in upper cabinets to avoid bending down to reach lower cabinets. Placing toiletries, clothes, and other everyday items on shelves and countertops within easy reach can help the patient recover more quickly to avoid post-operative pain.



Advances in Spinal Surgery

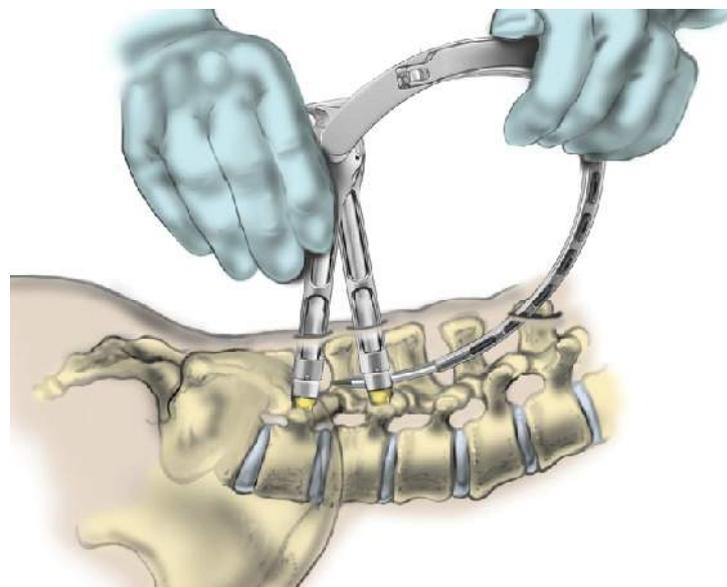
Minimally Invasive Spinal Surgery

- Rhizotomy
- Kyphoplasty or Vertebroplasty

Cervical Disc Replacement

Minimal Access Lumbar Surgery

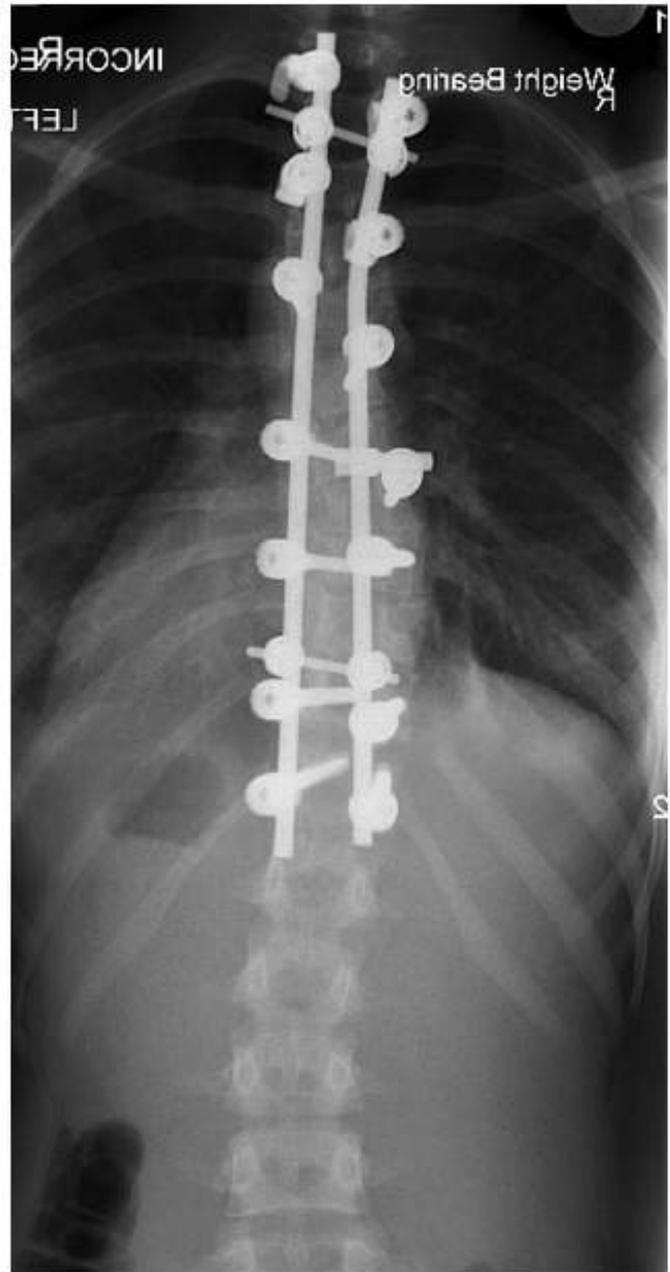
- Discectomy, decompression
- Interbody Fusion
 - TLIF, DLIF
- Pedicle Screw Instrumentation



Before & After - Spine Surgery



Before



After



Testimonials of Patients who have undergone Spine Surgery

“I feel absolutely no effects from the surgery, and it doesn’t restrict my working ability at all,” says Patient A

“I can do skating - a sport I’ve enjoyed for last 30 years, I can play tennis, I can drive four hours to visit my kids in School,” says Patient B after undergoing surgery for Spinal Stenosis.

“I didn’t realize that I had scoliosis because I couldn’t feel it or see it, and it didn’t seem to be causing me any problems.” – Patient C

“I do not have any pain. I can walk, I can drive, I am now 100 percent normal” – Patient D who had Bulging Disc

At home again with her husband, Patient E recovered rapidly with the assistance of a Clinic physical therapist who came to the house. “For my years, I did very well,” she says with pride. [Patient was suffering from Spinal Instability]



Life Changing Experience

“I was so much better after the spinal procedure” she says with obvious pleasure.

“I am now pain-free and can do anything I want.”

– A patient who was suffering from Osteoporosis & who underwent Kyphoplasty.



SECTION B



What The Press Says : Set 1

THE TIMES OF INDIA

21 November, 2013

New surgery boon for knee patients

TIMES NEWS NETWORK

Kolkata: The periods of hospitalization and recovery for knee-replacement surgery patients have come down significantly, thanks to improved techniques and quality implants. Such surgery was conducted on three patients at Belle Vue Clinic on Wednesday.

Earlier, a knee-replacement surgery meant at least six days of post-operative hospitalization and the patient would be able to walk only four days later. But now, patients can stand up within hours of the surgery and start walking on the second day.

While doctors in the city have been performing minimally invasive surgery for quite some time now, minimally invasive computer-assisted total knee arthroplasty was performed on three patients—Sambhunath Bit (52), Meena Devi Chowdhury (65) and Chhaya Chattopadhyay (72)—at Belle Vue on Wednesday.

“Computer-assisted total knee arthroplasty and minimally invasive surgeries have been performed in the city, but independently. Minimally invasive



A patient after surgery

computer-assisted total knee arthroplasty is being done in Belle Vue Clinic for the first time in eastern India,” said Dr Santosh Kumar who performed the surgery, one of them live, on Wednesday.

The conventional procedure enabled the patient to stand up on the third day of surgery, walk on the fourth day and get discharged from the hospital either on the fifth or the sixth day. But minimally invasive surgery enables the patient to stand within a few hours of the surgery, walk on the second day and walk out of the hospital on the third.

The Telegraph METRO

29th January, 2013

Tech boost for surgery

OUR SPECIAL CORRESPONDENT

Hip and knee replacement surgeries in the city will now be more precise and less risky with a new computer-navigated technique that can tell from outside the exact position of bones and the alignment of ligaments.

Belle Vue Clinic on Monday claimed to be the first in the city to introduce the “fourth generation” machine from Germany. The new technique will make the surgeries at least 10 minutes longer. “It has more checks and balances and so it takes more than the standard one-and-a-half hours for other

computer-assisted procedures,” said Santosh Kumar, orthopaedic surgeon and head of the joint replacement surgery unit at Belle Vue.

Computer-navigated surgeries have been conducted in Calcutta since 2006, but the German technology promises to increase the accuracy of knee-replacement surgeries from around 80 per cent to up to 95 per cent, say doctors.

The machine maps the position of bones in the knee joint using sensors. These sensors create a detailed image and provide information on a computer screen that help the surgeon install the implant. “The equipment not only

takes into account the bones but also aligns soft tissues like ligaments. So there is less chance of damage to ligaments and other uncertainties too,” Kumar pointed out.

Buddhadeb Chatterjee, orthopaedic surgeon with Apollo Gleneagles Hospitals, said the software would make things easier for surgeons. “Steps like bone registration are not required. Bone registration is a process in which pointers are rubbed on the bones and the images are transferred to the computer through infrared,” said Chatterjee.

He said the software was more precise and therefore better results were expected.

THE ASIAN AGE

21 November, 2013

Advanced knee surgery raises patients' hopes

AGE CORRESPONDENT KOLKATA, NOV. 20

For the first time in eastern India, Minimally Invasive Computer-Assisted Total Knee Arthroplasty (MICA-TKA) surgery was performed on three patients on Wednesday. The knee surgery reduces recovery time for patients.

The surgeries were performed at Belle Vue Clinic under the supervision of Dr Santosh Kumar. Interestingly, the live surgery performed on the knee of 72-year-old Chaya

Chatterjee was shown on a giant screen at the clinic. It was a unique way to introduce one of the best medical advancements.

This latest (MICA-TKA) procedure enables patients to stand up on his feet on the same day of the surgery, climb the stairs on the second day and are released on the third day. While the conventional procedure takes at least seven days' time for the knee of a patient to function properly.

According to Dr Kumar, the knee transplant is useful

for professionals who need a high performing knee.

“The surgery results in fantastic tackling of knee cap bone which leads to improved and full knee bending.

“With this knee transplant, people now will be able to use public transport, indulge in sports activities and lead a normal life,” said Dr Santosh Kumar, who is also the head of the clinic's Computer-Assisted (Navigated) Joint replacement Centre.

The Statesman

KOLKATA, THURSDAY 21 NOVEMBER 2013

Urgent joint replacement at prominent city hospital

STATESMAN NEWS SERVICE KOLKATA, 20 November

Good news awaits for people requiring urgent joint replacement and expecting a speedy recovery. The Belle Vue Clinic has introduced a minimally invasive procedure, which would take one-and-a-half hours to conduct knee surgeries and more importantly, the patient would be able to stand on his feet on the same day of the surgery.

A team of doctors led by Dr Santosh Kumar, who performed a live surgery before a battery of media persons at the Belle Vue today said, “The minimal invasive technique is less time taking and the patient can stand on his feet on the same day of the surgery and can walk or climb stairs on the second day.”



total knee arthroplasty has been done for the first time in the eastern part of the country. Unlike conventional surgeries where the patient takes a longer time to heal, the latest procedure not only saves time, but also leads to a very minimal blood loss,” said Dr Kumar, the head of computer-assisted (navigated) joint replacement

centre at Belle Vue. He further said, the transplant costs a little more than Rs 1 lakh, and can last for several years. “The treatment is of immense help to those who are at the peak of their professional lives and look for early recovery. They can resume normal life within a few days of surgery.”

THE ASIAN AGE

29th January, 2013

KNEE JOINT REPLACEMENT MACHINE UNVEILED

AGE CORRESPONDENT KOLKATA, JAN. 28

The world's most modern and advanced knee joint replacement navigation machine, OrthoPilot, an innovation to make knee and hip surgeries accurate and mathematical was unveiled on Monday at Belle Vue Clinic.

Made in Germany, the

fourth generation machine is said to be the first of its kind in eastern India. Consultant orthopaedic surgeon and head of KIMS, Hyderabad, Dr Krishna Kiran said: “It's the precision which has enhanced with OrthoPilot. It is more accurate as machine allows error-free surgery.”

hindustantimes

29th January, 2013

NOW, COMPUTERS AID IN JOINT REPLACEMENT SURGERY IN CITY

HT Correspondent

letters@hindustantimes.com

KOLKATA: Belle Vue Clinic installed ‘orthopilot’; on Monday, the fourth generation navigation system that helps doctors eliminates human errors in hip and knee replacement and corrective surgeries.

“The machine's efficiency is much higher than the devices normally used for knee and hip replacement surgeries. Orthopilot is a hi-tech machine for enhancing precision during surgeries,” Dr Krishna Kiran, director, Institute of Computer Assisted Joint Replacement Centre, Hyderabad, said during the launch of the German-manufactured device.

“Prior to computer-assisted devices, we couldn't be certain that an implant would be placed in the optimal position. It allows easy minimally invasive surgery, decreasing recovery time and post-operative pain,” he said.

The increased accuracy also help increase the life of the implants, while causing less blood loss in the patient. In fact, most patients are able to walk one day after the surgery.

Stating that Orthopilot is a powerful surgical tool that combines dedicated software with superior instrument design, knee

surgeon, said Dr Santosh Kumar, head of the institute of Computer-assisted (navigated) joint replacement centre at the clinic.

“It guides a surgeon to make precise cuts in the joints and remove deformities, by using infrared camera. It gives patient specific information during surgery while virtually eliminating expensive and radiation intensive CT and MRI scans before the surgery,” Dr Kumar added.

THE TIMES OF INDIA

29th January, 2013

Orthopilot for accurate joint surgery

Kolkata: Have someone in your family, who needs to undergo a hip or knee joint replacement surgery? Yes, these surgeries are common in the city now but precision levels depend on the surgeon's eyes. Hence, many patients complain of problems post surgery as the replaced knee is misaligned. So, those asked to go under the scalpel may harbour apprehension after hearing tales of misalignment.

But help is at hand in the form of a computer-guided orthopilot. The fourth generation hip and knee joint replacement navigation machine was inaugurated at the Belle Vue Clinic on Monday. Housed in the hospital's Institute of Computer Assisted

(navigation) Joint Replacement Centre, the orthopilot is the first in eastern India.

The institute's head, Dr Santosh Kumar, said: “Orthopilot eliminates uncertainty and enhances precision. It also enhances long term results as deviation from goals during surgery is eliminated and the implants survive 1.5 to two times longer.” According to him, a replaced knee under conventional surgery lasts 8-10 years, while one implanted with an orthopilot stays intact for 15-20 years. The costs under both techniques remain around the same—Rs 1.80 lakh. The same surgery costs Rs 15 lakh in Indian currency in the UK, he said.

News About Dr.Santosh Kumar, About Ortho Pilot & Advanced Procedures Done By Him



POORVA ORTHOPAEDIC

Patients' Experiences [All Ortho Procedures]



**Maya Ghosh, 66 years
Kolkata**

"I had been suffering from knee pain for last one year. It was difficult to walk. I heard of Dr. Santosh Kumar from my friend and got my knee operated. I now can walk. My friend too is well now. Thanks to Dr. Kumar".



Mr Das, Ulta Danga, Kolkata

Operated for Rheumatoid Arthritis of knee. Total knee replacement done in may 2012. Retired but socially very active, was crippled and home bound, till he started moving out after knee replacement. He says, " it feels as if my age has reduced by 20 years".



Prem Lakhani, 75 years, Kolkata

"I had long knee problem . I consulted Dr. Santosh Kumar. I was operated on 7 Jan, 14, detained in hospital for 4 days and started walking within 4 days. No pain and I am walking almost normally. I am back to normal work. Thanks to Dr"



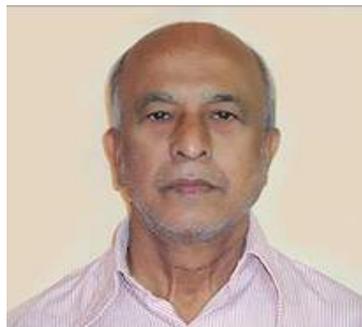
Parbati Roy, 67 years, Kolkata

"I am 67 year. I have been suffering since 2005 and was under medication. In Oct 2013, I was almost crippled. At this stage, one of my cousins suggested for Dr. Santosh Kumar. He operated my right knee and my left knee was operated in next July. Am fine now"



Sister Jaya, Belle Vue Clinic

"Working as in-charge nurse had become so painful till I saw some operated cases by Dr Kumar and their results at our hospital. I decided to go for Knee Arthroplasty(replacement). Am happy that within a month I joined back my work with confidence."



Mr Banerjee, Beliaghata, Kolkata

An retired footballer says, "knee pain and stiffness had crippled my life in sharp distinction to the joy of playing football in my early age, actually I had suffered from ACL injury which accelerated osteoarthritis. I am happy that the joy of movement has been restored".



Arun Kumar Jana, 71 years

"I have been suffering from knee pain since 2005. I got Dr. Santosh Kumar's contact through internet. He advised for knee replacement. Although I was scared by many, yet Dr. Kumar explained all in details and operated. He and his team had been cooperative".



Prof. Malabika Deb

After the knee replacement, I can climb up the stairs and walk. Feeling much better...



A Patient rides a bicycle with ease after undergoing Knee Replacement by Dr. Santosh Kumar using Orthopilot, an advanced computer navigation procedure.

More Patients Experiences & Testimonials can be provided on request



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26	Reliance General Insurance Co. Ltd.
27	Shriram General Insurance Company Limited
28	Royal Sundaram Alliance Insurance Co. Ltd.
29	Tata AIG General Insurance Co Ltd
30	The New India Assurance Co. Ltd.
31	The Oriental Insurance Co. Ltd.
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Consult the Doctor via Online or Video Conference

Dr. Santosh Kumar is available for video conference with the patients for better understanding between the patient and the doctor. What you need to do is to fill in the form in the website [format given below] and submit. You will be intimated duly over phone/through mail the date and time for video conference.



You need to have Skype (free software for video conferencing) downloaded in your computer. Now add Dr. Kumar in the contact with his ID, E-mail and Phone No that will be communicated to you. You should have a web camera attached to your computer. You can interact with the doctor at the pre appointed date and time.

* Name :	<input type="text"/>
* Address :	<input type="text"/>
* City :	<input type="text"/>
* Pincode :	<input type="text"/>
* Phone :	<input type="text"/>
* E-mail :	<input type="text"/>
* Why do you want to go for video conferencing with the doctor :	<input type="text"/>
	<input type="button" value="Submit"/> <input type="button" value="Reset"/>



For Outstation Patients

If you reside outside of Kolkata, you can contact us in either of these ways :



Online Consult with Doctor.

Please check our website for details



Video Conference with Doctor

Kindly go through the Video Conference page



Tele Consult with Doctor

Please call the Helpline numbers



Meet Doctor In Person.

Before surgery / procedure, do meet the Dr in person once.



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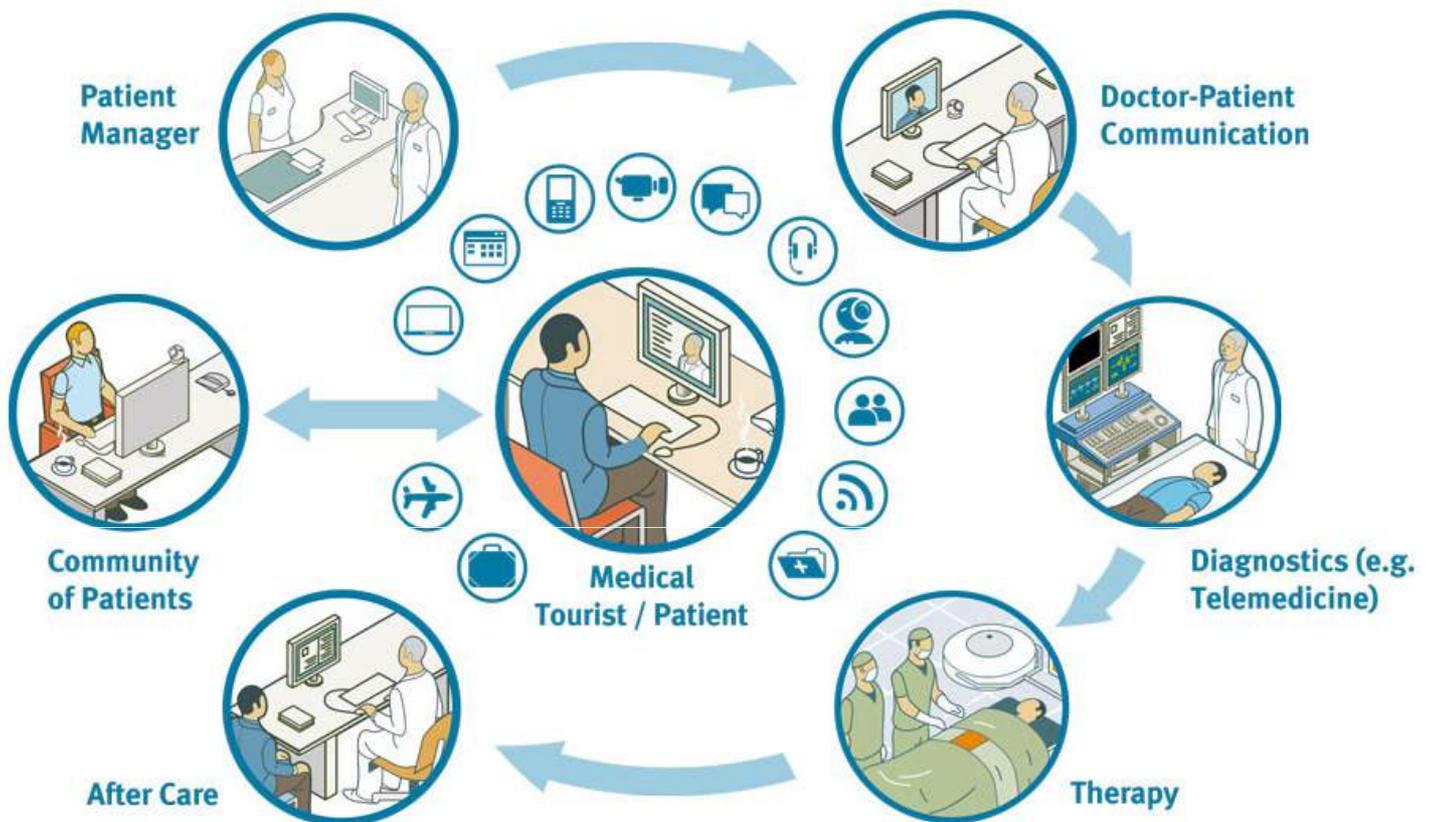


POORVA ORTHOPAEDIC



For International Patients

If you reside outside India, you can contact our Patient Relation Manager who will guide you through these process to make your treatment comfortable.



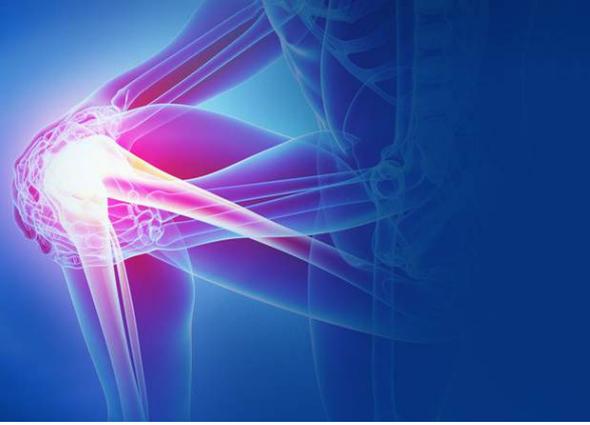
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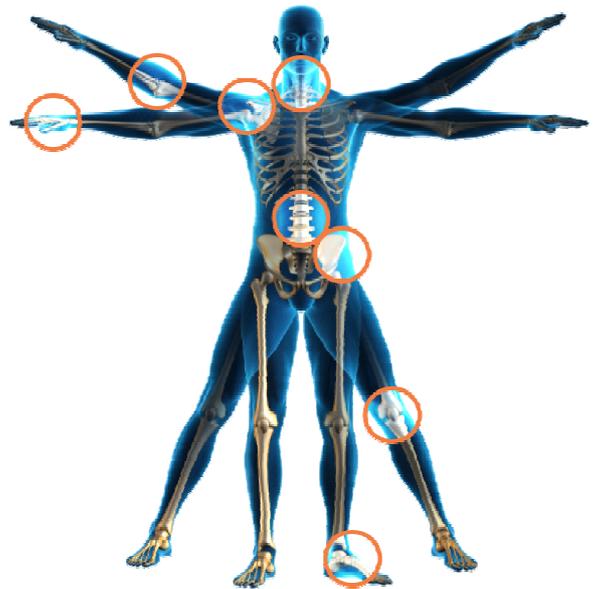
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Or Email : santdr@gmail.com



About the Foundation

Poorva International Orthopaedic Foundation was created as a health charity dedicated solely to help people build, maintain and restore their bone and joint health. We do this by raising and allocating funds for the research, education, treatment and care that help patients to live and move independently - longer and stronger.

We invite you to help us in whatever capacity you can to fight against orthopaedic diseases & disorders. Your participation helps the tens of thousands of people living with pain, isolation, unhappiness and an inability to enjoy life due to bone and joint disorders such as arthritis, osteoporosis and injury.



Founded in 2014, Poorva Orthopaedic Foundation is a national registered charity powered by professional staff and network of volunteers. The Foundation is Kolkata's only health charity dedicated solely to helping people maintain and restore their bone and joint, or orthopaedic health.

What we do

Poorva Orthopaedic Foundation raises money through the trustees' donations and invests those funds in programs to advance orthopaedic research, promote patient and public education, and improve community care.

The Foundation is committed to patient education and to providing patients and their families with accurate, up-to-date information that will make going through orthopaedic surgery a little easier and less frightening.

Our Vision:

To be Patients' voice for bone and joint health.

Our Mission:

To achieve excellence in bone and joint health, mobility and function for all patients through the advancement of research, education, and care.

Our Values:

People: We work in the interest of orthopaedic patients, their families, and the professionals who treat them and for the future of any Individual who may require orthopaedic care.

Making a Healthy Difference: We contribute to the health of our communities and our nation by working with volunteers, patients, professionals, government and industry toward timely and quality access to bone and joint care.

Good Governance: We are committed to excellence in the governance of our organization and will do so ethically, morally, according to the law, and towards the achievement of our Mission.

Help to keep people on the move!





**POORVA INTERNATIONAL
ORTHOPAEDIC FOUNDATION**



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