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MARRIAGE WITHIN FAMILIES CAN CAUSE BONE DEFORMITIES

by Mohammed Yacoub

Shantigram (Puttapparti): Marrying within close family and well knit groups might have been the order of day few ages ago and is still prevalent in many families across India and neighbouring countries. However, many such families are unaware about the health risks ranging from neurological disorders, blood disorders and physical deformity caused by this practice.

Dr Mohammed Mofakhkharul Bari, Founder and Director of Bari-Ilizarov Orthopaedic Centre, the only recognised Ilizarov Centre in Bangladesh in an Exclusive Interview to Express said with the right kind of approach in this method, there can be 95 to 100 per cent success rate.

Who are more prone or predisposed to limb deformity?

There are many reasons and conditions that cause limb deformity. Bony deformity may be the result of trauma. Fractures that heal at an odd angle are an example of this. Conditions like 'Blounts Disease' may cause bony deformity and bone growth problems. Hypophosphatemic Rickets can cause osteomalacia, commonly referred to as "thinning of bones" due to the lack of ability to absorb calcium. Patients with rickets may have severe 'bowing' of the shin-bones. Acondroplasia is another condition that causes short stature. This apart, 'Enchondromatosis' is the broad title given to a group of conditions that may affect the growth at the ends of bones. Interestingly these can be corrected. If pa-



Q&A Dr Mohammed Mofakhkharul Bari

tients are referred to doctors soon, the results are fast. Many such conditions can be prevented if the marriages in close knit groups and communities are avoided as many deformities are confined to such groups.

How does one gets diagnosed in Ilizarov method?

An expert in Ilizarov method can identify the area where a person has to be operated on just by seeing the patient. The second best option is due to technology. The deformities are diagnosed through X-rays, blood tests or other tests.

Are there challenges that one comes across specially in case of people with diabetes and hypertension?

This technique can be performed even if a person is suffering from such conditions and comes with the worst possible gangrene. The doctors should work on Surgical management of open fracture with compromised soft tissue has always remained a challenge for orthopaedic surgeons.

"New blood vessels has to be introduced in such cases. The body controls angiogenesis by balancing stimulatory and inhibitory factors. Disease occurs when this delicate balance is disturbed. Hence doc-

tors ensure to increase this factor in case a patient with gangrene is being operated.

How do you prepare a patient for surgery?

Treatment involves a large multidisciplinary group of professionals who aim to give you a high standard of health care. Education and support are offered long before the date of surgery.

In many cases the patients complain of infection post the operation. What do you have to say about this?

By and large in developing countries, patients in government institutions are more prone to hospital acquired infections due to maintenance issues and commitment to serve. Before and after the surgery, the patients should be kept away from the general public and large number of relatives who are potential infection virus and bacteria carriers. Once the wounds heal, the patient can even move around carefully.

Your reaction about the conference and free medical treatment at Sathya Sai Hospitals?

The conference was great. It gives experts like us an opportunity to share and also take knowledge from others in the field. And on the concept on 'Free Health For All' at Sathya Sai Hospitals here, it is a noble cause, as many such surgeries are very expensive and the poor cannot afford.

Your take on Ilizarov technique?

It is the concept through which any type of bone deformity, be it by birth and post trauma like accidents, can be corrected.