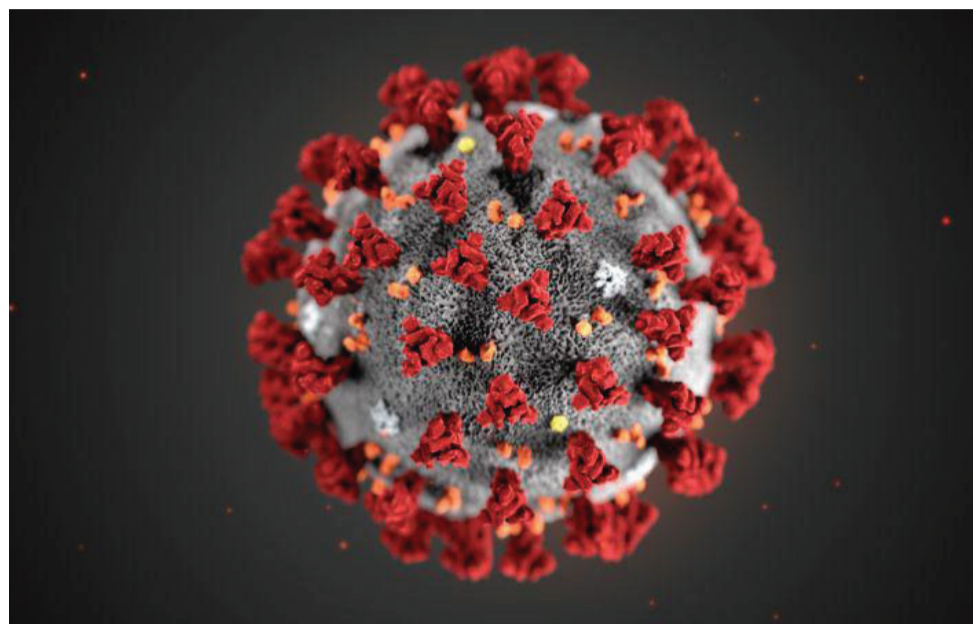


Ortho-One Orthopaedic Speciality Centre



MAY 2020



THE NEW NORMAL - PART 1

The "New Normal" must be a familiar term amongst us now after lock-down. Already we are seeing glimpses of the "new normal" in living along with Covid-19.

Is this new normal going to continue and if so, for how long?

Will we ever get to see the old routine again? These are some of the questions, foremost in our minds these days.

As of now the new normal is going to continue. For how long is an answer we don't have. Two points that we need to consider in this context are

- Ecological Balance
- Global Syndemic

The Ecological System is usually in a stable equilibrium. But we have gone a long way in altering that equilibrium. Nature has a way of balancing itself and it is now undergoing a correction. If we don't go along with nature, a larger correction is bound to happen.

Considering the history of evolutionary relationships between humans and pathogens, humans have lived in a state of evolved dependence with microbes that were important for good immune function.

Human civilisations have passed through the age of pestilence and famine, followed by receding pandemics to the current age of degenerative and man-made disease such as diabetes, autoimmune and inflammatory diseases. These chronic diseases are attributed to environmental hazards, nutritional and behavioural patterns associated with industrialisation and urban living. If this scenario continues there might be a stage of emerging infectious disease or age of obesity and inactivity.

The age of pestilence and famine (acute infectious disease) was won over by lifestyle changes, sanitary improvement, pasteurisation and antibiotics usage which in turn contributed to the current chronic

disease epidemic, as a result of diminished exposure to environmental microbes during childhood and pregnancy that has resulted in immune-regulatory failure manifesting as chronic diseases.

This has prompted regulatory bodies like US and EU to regulate the use of antibiotics in live stocks, use of chemicals in anti-bacterial soap which may disrupt normal development and metabolism of reproductive system or promote drug resistant infections.

The current scenario has the combination of these two trends, acute and chronic diseases in synergistic interaction leading to GLOBAL SYNDemic, wherein synergistic effect of two pandemics namely chronic disease like diabetes, cardiac disease and acute disease like COVID-19 have a multiplicative impact rather than an additive impact.

It has been proved that vaccination alone cannot eradicate disease without addressing other health determinants. To overcome the current global syndemic a broader scale intervention targeting multiple causes for the eventuality is call for, keeping in mind the longstanding balance between humans and non pathogenic microbes.

Dr. Santosh Sahanand, Medical Superintendent Ortho-One.

LOCKDOWN HOME PHYSIO PROGRAM FOR ACHES AND PAINS



Every Saturday at 4.30 pm Ortho-One has been organizing a few online physio sessions. Few topics covered so far were on Shoulder, Knee Arthritis, Heel Pain, Paediatric Flat Foot, Fall prevention Strategies for Osteoporosis and elderly etc. Many participants were benefited from these programs.

However our in-house Fitness Program will resume shortly once the lock down is lifted. In the meantime, do check our website for some exercise videos <https://www.ortho-one.in/videos> You can also join our exclusive live sessions on Saturdays. Please do check our Facebook page for more details regarding these sessions <https://www.facebook.com/OrthoOne>



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