

Mr Rajiv Bajekal

Total Orthopaedics London

Our ethos/mission statement is:

Total Orthopaedics ethos is excellence through innovation, quality and commitment to our patients, delivered by teamwork.

Why are we different?

- ✓ Multi-specialty in Orthopaedics
- ✓ Foot and Ankle, Hip and Knee, Spine, Hand & Wrist, Elbow & Shoulder, Trauma & Sports.
- ✓ six days a week service
- ✓ same day appointments & diagnostics
- ✓ 5 star service with affordable self-pay packages
- ✓ Remote Consultations- Trust e Doctor



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Case 1

- 66/m
- Low back pain
- Insidious onset
- Worsened over 3 week
- Type 2 diabetic
- Some weight loss

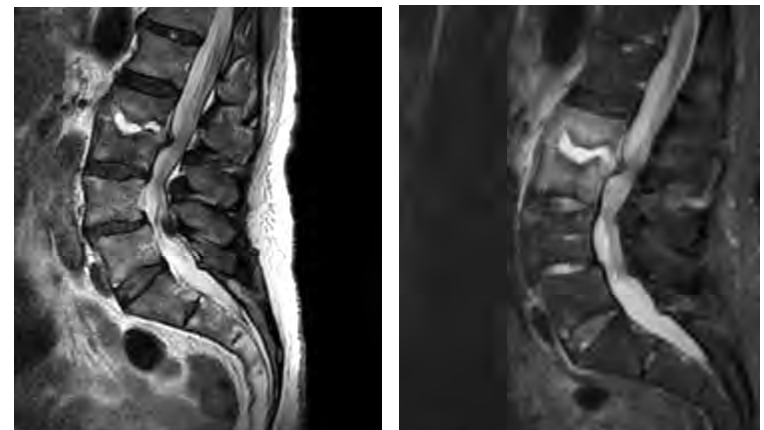
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Initial xrays:



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MRI – t2 & stir - 3/52 symptoms



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CT - Assess extent of stability



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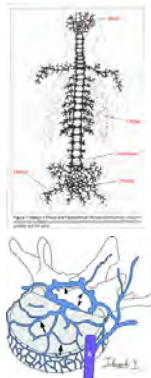
Post brace and 4/52 abx



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Salient points

- Area affected
 - Lumbar spine (common 48%), followed by
 - thoracic (35%) & Cervical
- Batson vein plexus (valveless vein plexus – Pelvic / Lumbar spine)
- Organisms
 - Gram +ve : Staphylococcus aureus
 - Gram –ve : E coli, Pseudomonas
 - Anaerobic (Diabetic)
 - Fungi (Immunocompromised, IV drug user)



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Salient points

- High risk
 - obese, malnourished, immunocompromised, diabetic,
 - tobacco & IV drug user, chronic steroid therapy,
 - elderly, rheumatoid arthritis, renal failure, long time IV line.
- Algorithm for evaluation
 - Lab test – Full blood count, ESR, C-reactive proteins & blood culture.
 - Imaging studies
 - Biopsy (closed or open)
 - X-ray, MRI and bone scan
 - Urine – culture and sensitivity

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Rx

- IV antibiotics for 6 weeks + (CRP, ESR)
- Treatment of underlying disease process
- Nutritional support
- Spinal Orthosis
- Surgery
 - Failure of medical management
 - Drainage of abscess
 - Neurological deficit
 - Spinal Instability & Pain

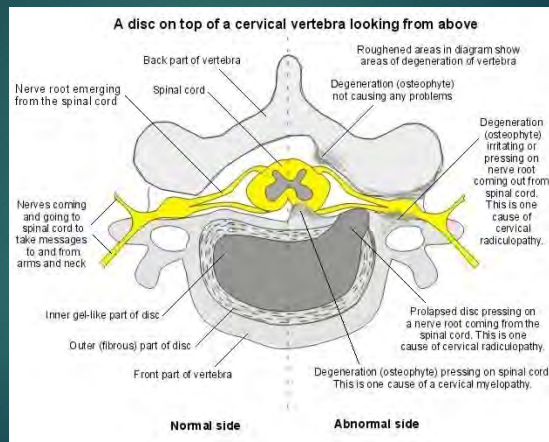
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Case Discussion 2

74 YEAR OLD MAN
LOW BACK PAIN AND CLAUDICATION
WALKING DISTANCE LIMITED TO 50 YDS
PINS AND NEEDLES HANDS
CLUMSINESS
BALANCE PROBLEMS

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Myelopathy and Radiculopathy



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What do we not want to miss

- ▶ Myelopathy/cervical cord compression
- ▶ Why?
- ▶ Usually progressive
- ▶ Never gets better
- ▶ Can be arrested surgically if picked up early

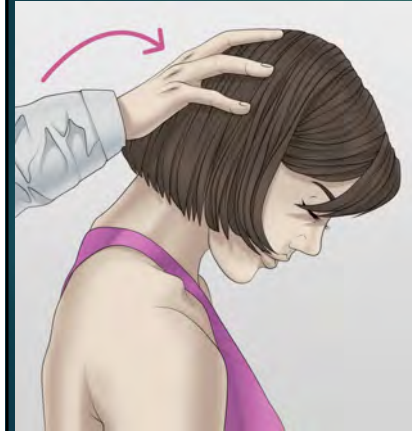
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HISTORY

- ▶ Pain
 - Radicular or axial
 - Diffuse/vague
 - May be in conjunction with radiculopathy- careful examination can reveal problem
 - Shooting down back
- Fine movements of fingers
- Broad based gait

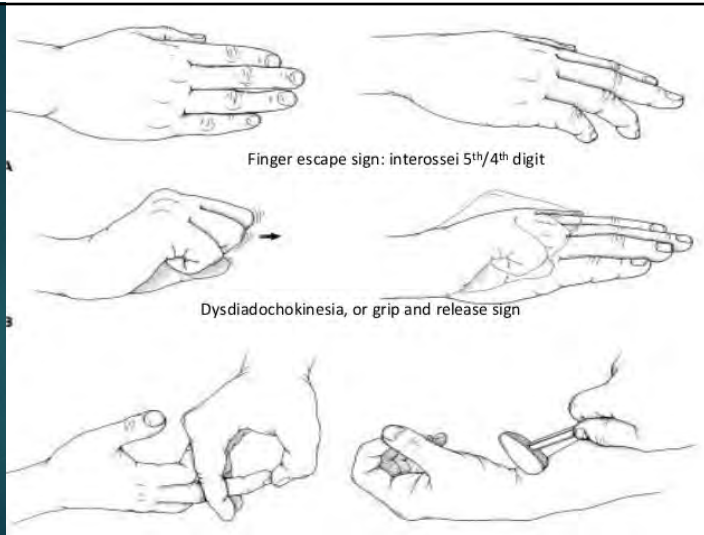
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Lhermitte's sign



- ▶ Electric shock down the back on flexion of neck
- ▶ Also positive in MS
- ▶ B12 deficiency

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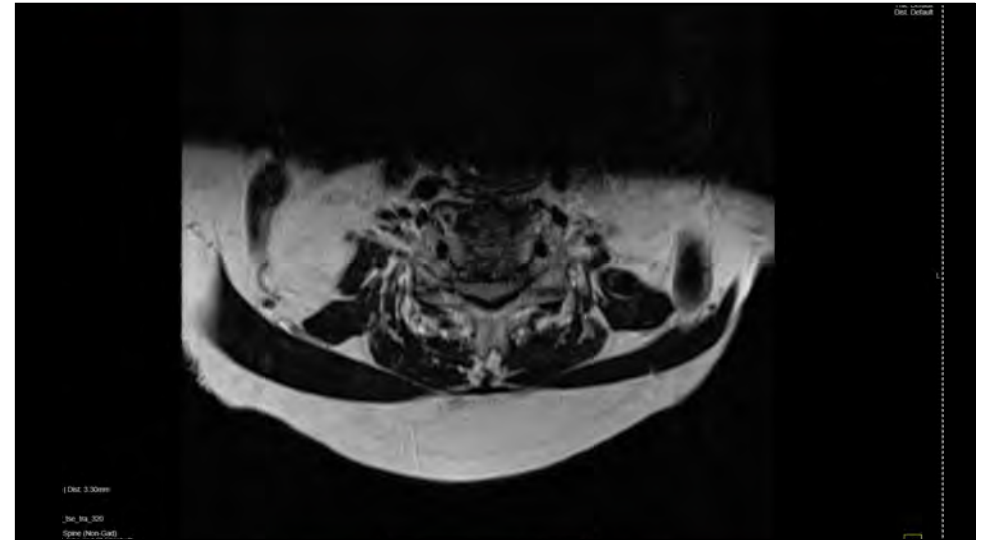
Myelopathy

- ▶ Increased tone in lower limbs
- ▶ Babinski positive- upgoing plantars
- ▶ Clonus
- ▶ Broad based gait

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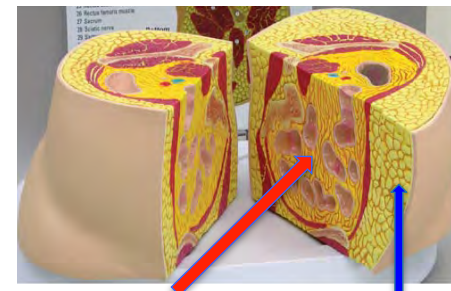


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INTRA-ABDOMINAL FAT



**INTRA-ABDOMINAL FAT
PRODUCES
INFLAMMATORY CYTOKINES!**

**SUBCUTANEOUS
FAT PRODUCES
ESTROGENS!**

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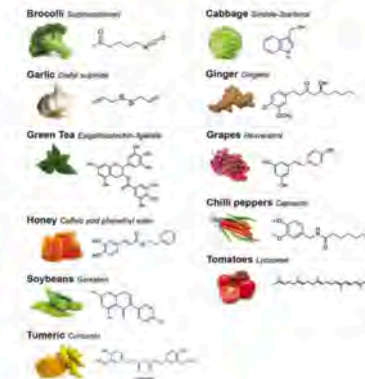
Processed food

- Nothing good removed and nothing bad added
- **Water- this is removed as it can be stored easily**
- Fibre- mainly in the bran of grain, legumes, fruit and vegetables- good for microbiome and minimum of 30 grams/day required
- **Vitamins- Contained in germ of grain**
- Minerals
- **Phytonutrients**
- Anti-oxidants
- **Some processed foods still considered green light foods**
- E numbers, chemicals are added- food with a label!

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Phytochemicals

- Phytochemicals give plants their distinctive color, smell, taste
- Provide MANY health benefits
 - Especially for fighting cancer!
- 1000's discovered so far!



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Gut and Microbiome

- 99 trillion bacteria, viruses, fungi and archaea
- 99% of our genome is from our gut bacteria!
- Varies between 500 species and 1500 species of bacteria
- They thrive on Prebiotics (fibre)
- Convert fibre and complex starches to short chain fatty acids (postbiotic)
 - acetic, propionic and butyric acid- signalling and protective – diabetes/Coronary artery disease
- Antibiotics destroy microbiome
- 70% of immune tissue GALT (gut associated lymphoid tissue) is in the intestines
- Single layer of epithelial cells between food and blood- like cling film

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Eat the Rainbow

Anti cancer, anti heart disease , anti arthritis, anti aging



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