



WELL BEING

NEWS LETTER

For Emergencies
contact

95857 22000

97879 22000

97861 22000

VOLUME - 01
ISSUE NO: 6

For Private Circulation Only

**September
2025**



Dr. B.R.J. Satish Kumar
MBBS., MS(Ortho)., DNB(Ortho).,
F.Ped.Ortho(S.Korea)
Chief Orthopaedic Surgeon

Dear Readers,

Greetings and welcome to the September edition of our newsletter from the **BRJ Ortho Centre & MAK Hospital** family!

As we move forward into the new month, our commitment, under the steadfast leadership of Dr. B.R.J. Satish Kumar, remains firmly rooted in safeguarding your health and providing compassionate, personalized medical care: a mission we have proudly upheld since 2014.

This month, we are pleased to highlight our specialized expertise in joint replacement surgeries and a few of our recent community engagement efforts.

For individuals suffering from chronic joint pain caused by conditions like arthritis, total knee replacement surgery can be a life-changing solution. This procedure involves replacing damaged joint surfaces with advanced prosthetic implants to restore proper alignment, reduce pain, and significantly improve mobility. At BRJ Ortho Centre & MAK Hospital, we offer these advanced surgeries to help you reclaim your active lifestyle. We also perform a range of other joint replacement procedures, including total hip replacement, total shoulder replacement, and total elbow replacement, for patients whose joints have been affected by wear and tear, fractures, or other conditions.

In this issue, we are honoured to share the inspiring journey of Mr. Suresh Kumar, who underwent a successful bilateral total knee replacement at our hospital. His story is a powerful reminder of how this procedure can dramatically enhance a patient's independence and overall well-being.

Beyond our surgical expertise, we are proud to continue our commitment to community service. This month, we highlight our recent Mega Medical Camp in Anaikatty, We also held a successful dental camp at Brindavan Matriculation Higher Secondary School and a free Medical Camp for Adhivasi individuals at the Keez Pilloor dam site. These events exemplify our dedication to bringing essential healthcare to underserved communities.

We are deeply grateful for the trust you place in us as your healthcare partner. Thank you for being an integral part of our healthcare family. We wish you a safe and healthy month and look forward to continuing to serve you with the highest standards of care.



Dr. S. Bhagavath Kumar
MBBS, MS (General Surgery)
Mch (Plastic Surgery) Fellow
(Hand and Microsurgery)
Chief Plastic Surgeon

Sincerely,
Editor, BRJ Ortho Centre & MAK Hospital Newsletter

Total Knee Replacement

Total knee replacement surgery involves replacing the damaged joint surfaces with advanced artificial surfaces called prosthetic implants. This restores proper alignment, reduces pain, and significantly improves joint mobility.

Benefits of Total Knee Replacement

Minimally Invasive Techniques: We prioritize smaller incisions and faster recovery times for optimal patient outcomes.

Advanced Pain Management : Our experienced team ensures comprehensive pain control throughout your surgical journey.

Highly Qualified Surgeons: Renowned orthopedic surgeons with extensive experience perform all procedures

Personalized Treatment Plans: We create a customized approach based on your individual needs and medical history.

Expert Physiotherapy and Rehabilitation: Our dedicated team guides you through post-surgical rehabilitation to regain strength and flexibility

Surgeries for Arthritis

Alignment Correction Surgery – Osteotomy for Knee Arthritis

Total Hip Replacement – Both Cemented and Uncemented

Total Shoulder Replacement – Standard and Reverse Types

Total Elbow Replacement

Reclaim Your Active Lifestyle

Chronic knee pain caused by arthritis or worn-out joints can significantly restrict your mobility and quality of life. At BRJ Ortho centre & MAK Hospital Coimbatore, a leading center for joint replacement, we offer advanced total knee joint replacement surgery designed to restore pain-free movement and empower you to return to the activities you cherish. These artificial joints can be implanted at knee, Hip , shoulder and elbow joints replacing the damaged ones.

Understanding Knee OsteoArthritis (OA)

The knee joint, a complex structure bearing significant weight, relies on cartilage for smooth movement. Over time, this cartilage can deteriorate due to OA, leading undergoes wear and tear in all people resulting in what is called as oosteroarthritis. This wear tear phenomenon may start early or may be accelerated in some individuals resulting in early appearance of pain due to arthritis. This arthritis happen commonly due to wear and tear at old age, other reasons like joint fractures, ligament instability etc can promote arthritis. Excess body weight will produce more symptoms in hip and knee arthritis

Symptoms of Arthritis

General - pain , movement restriction and stiffness are common symptoms; In case of knee feeling of locking or giving way (Instability) can happen. There can be swelling and heaviness around the joint.



Dr. B.R.J. Satish Kumar
MBBS., MS(Ortho)., DNB(Ortho).,
F.Ped.Ortho(S.Korea)
Chief Orthopaedic Surgeon

Treatment Options for KNEE OA

BRJ Ortho centre & MAK Hospital employs a comprehensive approach to knee OA management:

Non Surgical

Pharmacological Management - Including pain relievers and anti-inflammatory medications. Cartilage nourishing vitamins and calcium are generally added

Physical Therapy: Deep heat therapy and massage therapy to relieve pain; Tailored exercise programs to strengthen muscles and improve flexibility.

Assistive devices – Like knee cap / shoulder brace or using a walking stick

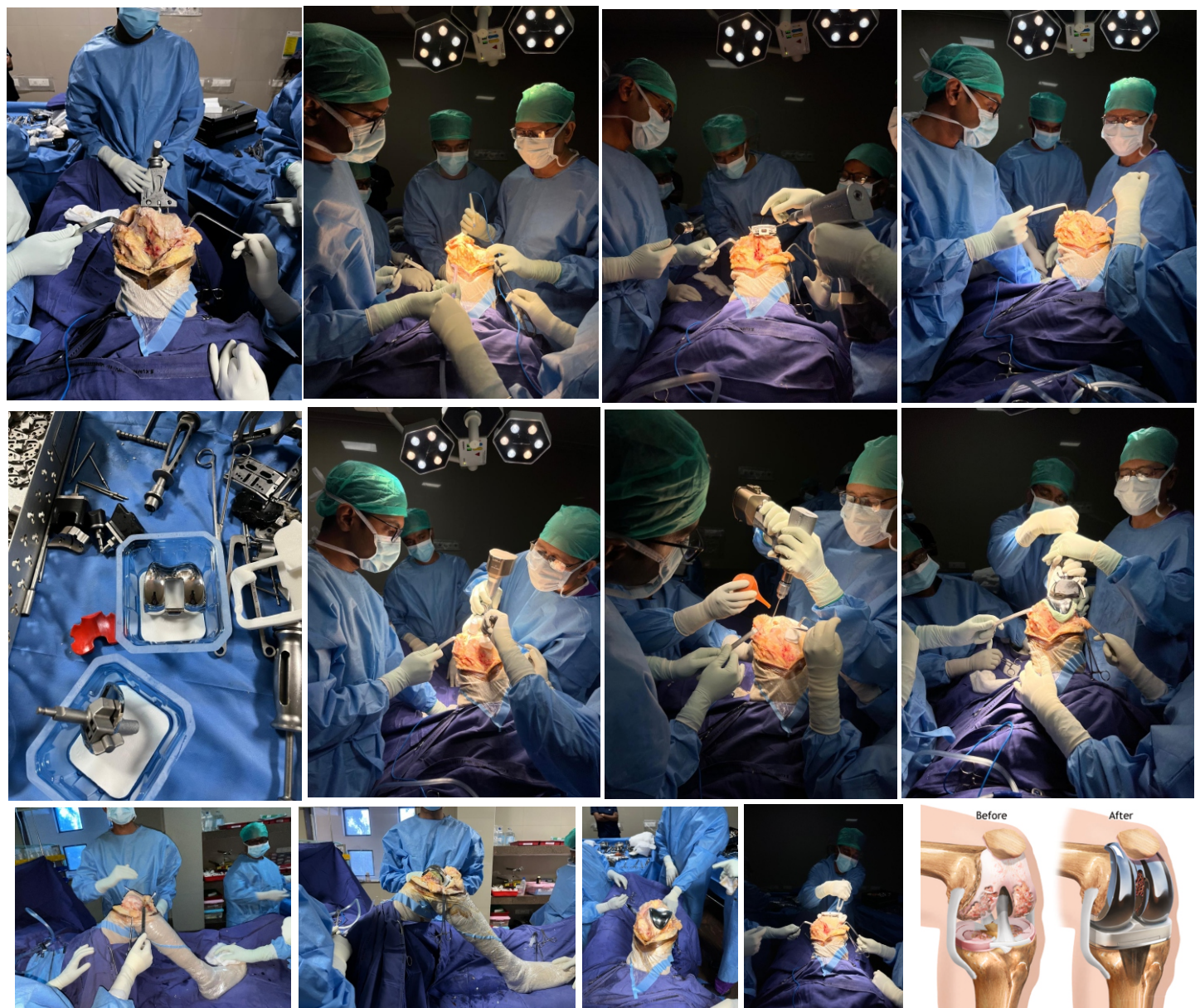
Lifestyle Modifications: Weight management by diet management

Surgical

Artificial Joint Replacement:

If conservative treatments fail to provide adequate pain relief and daily activities get limited, artificial joint replacement is the most effective course of action.

Among all joints, Knee is the most commonly affected with arthritis, and so the most common joint to be replaced by artificial one.



New Lease on Life: Mr. Suresh Kumar's Successful Bilateral Total Knee Replacement

We are thrilled to share the inspiring journey of Mr. Suresh Kumar (Name changed), a 69-year-old gentleman from Ooty, who recently experienced a life-changing transformation at our hospital. For over a decade, Mr. Kumar endured debilitating knee pain caused by severe osteoarthritis, particularly exacerbated in the last 18 months. This condition significantly hindered his daily life, making simple activities like walking, squatting, and climbing stairs incredibly challenging.

Upon admission, Mr. Kumar was diagnosed with Bilateral Severe Osteoarthritis of the Knee with Valgus Deformity, a condition that severely compromises joint function. Recognizing the profound impact on his quality of life, our Chief Orthopedic Surgeon, Dr. BRJ Satish Kumar, determined that bilateral Total Knee Replacement (TKR) was the most effective solution. TKR is a highly successful surgical procedure designed to alleviate pain, correct deformity, and restore mobility by replacing the damaged knee joint surfaces with artificial implants.



Mr. Kumar underwent two meticulous and successful knee replacement surgeries. The first procedure addressed his right knee, followed by the left knee in a subsequent operation. During these procedures, advanced Biorad PS Genius implants were utilized. The surgeries involved precise steps, including the removal of damaged bone and cartilage, careful preparation of the bone surfaces, and the secure implantation of the femoral and tibial components, ensuring optimal alignment and stability. This intricate process is vital for achieving a well-functioning, pain-free joint. Our expert surgical team Dr. BRJ Satish Kumar, Dr. Thiaghu, Dr. Suka Sekar, Anaesthesiologist Dr. Mujeebur Rahman, ensured the highest standards of care throughout both operations.



While Mr. Kumar's primary challenge was his knees, a pre-operative assessment also identified a complex urological condition, a Pan Bulbar Stricture. Under the skilled care of Urologist Dr. N. Dhinakar Babu, a Trocar Suprapubic Cystostomy (SPC)

procedure was performed to address this, ensuring comprehensive care for our patient.

Post-surgery, Mr. Kumar received dedicated post-operative management, including comprehensive pain control, infection prevention, and nutritional support. A cornerstone of his recovery was the tailored physiotherapy program. This vital rehabilitation focused on gradually increasing his mobility, strengthening the surrounding muscles, and teaching him how to use his new knees effectively, starting with supervised walking with walker support and progressing through targeted exercises.



We are delighted to report that Mr. Kumar's general condition improved remarkably, a testament to his resilience and the dedicated care provided by our multidisciplinary team. He was discharged with a renewed sense of hope and the ability to look forward to a more active and pain-free life. Mr. Kumar's story is a powerful reminder of how Total Knee Replacement can dramatically enhance a patient's independence and overall well-being.



Brindavan School Hosts Dental Camp

In a successful dental camp at Brindavan Matriculation Higher Secondary School, over 500 students received free check-ups. The camp was inaugurated by Principal Dr. J. Mary Breetha. Dentists Dr. Sanjith, MDS, and Dr. Meenakshi, BDS, screened the students for various dental issues. The event, organized by BRJ Ortho Centre & MAK Hospital, aimed to promote good oral hygiene and was a great success.



Independence Day Celebration

BRJ Ortho Centre & MAK Hospital commemorated India's Independence Day with a heartfelt celebration. The day's events began with the hoisting of the national flag by Dr. B.R.J. Satish Kumar, who addressed the gathering. The ceremony was attended by various heads of departments, staff members, and patients, all of whom shared in the patriotic spirit.

Following the flag hoisting, sweets were distributed to all attendees, marking a sweet end to the morning's program. The celebration served as a reminder of the nation's freedom and the hospital's commitment to serving the community with dedication and care.



Medical Camp Serves Adhivasis

BRJ Ortho Centre & MAK Hospital, in partnership with Sri Ramakrishna Vidyalam, organized a free medical camp at the Keez Pilloor dam site near Periyanaickenpalayam. The camp successfully provided health services to over 100 Adhivasi individuals, with Dr. Ashok Surya, MBBS, treating patients. Services included general check-ups, orthopedic consultations, and the distribution of free medicines. The collaborative effort highlights a commitment to bringing essential healthcare to remote and under served communities.



BRJ Ortho Centre & MAK Hospital Hosts CME on Osteoporosis




BRJ Ortho Centre and MAK Hospital successfully hosted a Continuing Medical Education (CME) on "Osteoporosis Diagnosis and Treatment". The event, held at Swaad Mantra Mahal, Tiruppur was a great success, with a large turnout of Clinical Practitioner for Physiotherapists.

The CME featured a comprehensive talk by Dr. B.R.J. Satish Kumar, Chief Orthopaedic Surgeon, who shared his expertise on the latest advancements in the field. The session provided valuable insights to the attendees, followed by a networking lunch.

This event, organized by our Hospital, reinforces the commitment to medical education and providing **"Better Care Better Results."** The organizers expressed their appreciation to all attendees for making the CME a success.



FOLLOW US
ON SOCIAL MEDIA

-  BRJOrthoCenterMAKHospital
-  brjorthocentremakhospital/?hl=en
-  BRJOrthoCentre

BRJ Ortho Centre & MAK Hospital

(Surgical Multispecialty Hospital)

Low Impact Workouts to Ease Arthritis Symptoms



Swimming



Walking



water
Aerobics



Yoga



Tai Chi



Cycling

Patient Testimonials

“

Sakthivel M

I have admitted my grandfather 97 yrs old in BRJ Hospital for left leg fracture under the guidance of Dr Satish kumar surgery was done and now he is recovered well. I have been there for a week at that I feels like a home where the staffs doctors are friendly nature. Inside canteen food is also good. Overall excellent support



”

“

Prakash Mariappan

I had a very good experience at BRJ Hospital. I admitted my father for surgery, and I am truly grateful for the exceptional care we received. Dr. Satish and Dr. Vijayaraj, who performed the operation, were incredibly professional, skilled, and compassionate throughout the entire process. Their attention to detail and clear communication gave us complete confidence. The hospital staff were all very friendly and helpful, and the facilities were clean and well-maintained. I highly recommend BRJ Hospital to anyone seeking top-quality medical care.

Thank you to everyone at BRJ Hospital for making my father's recovery smooth and reassuring.



”

Editorial Board:

Dr. B.R.J. Satish Kumar, Dr.A. Mujeebur Rahman , Dr. S. Bhagavath Kumar
Mr. V.K. Uma Maheshwaran , Mr. K.S. Guru, Mr. R. Ananth, Mr. R. Ravindran, Mr. M.Vairavan

Owned and Published by: Dr. B.R.J. Satish Kumar, Published from: **BRJ Ortho Centre and MAK Hospital**
Mettupalayam Road, Near Fertilizer Company Bus Stop, K.K Pudur, Coimbatore - 641 043, India