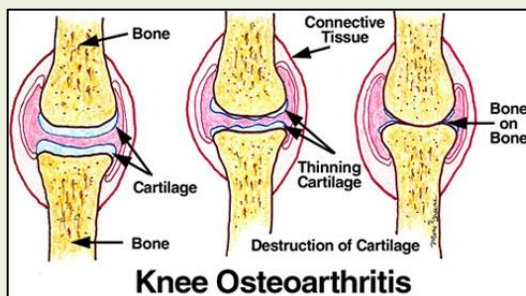


A Primer on Osteoarthritis

What is osteoarthritis?

Osteoarthritis, or OA, is a degenerative condition of joints, especially the knee joint, hip joint, spine etc. In OA there is progressive loss of the protective covering of joints called cartilage.



What are the causes of OA?

The most common cause is old age due to wear and tear in day to day life (degenerative). Other causes are trauma, joint infection, other forms of arthritis like Rheumatoid Arthritis, or joint deformities.

How can OA be diagnosed?

An Orthopaedic Surgeon should be consulted whenever somebody experiences pain in the joints which increases when taking rest, sitting cross-legged, squatting, or climbing stairs and which decreases as the patient starts walking on flat surfaces. The Orthopaedic Surgeon will perform thorough examination of the affected joint and will prescribe the relevant X-Rays in order to make the diagnosis.

What is the treatment for OA?

Depending upon the severity of the OA different modes of treatment are available including medications, physiotherapy, injections into joints, and even joint replacement operations.

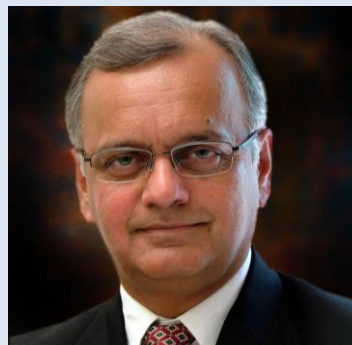
Can OA be prevented?

Lifestyle modification, weight reduction, regular exercises, etc. can help in prevention of OA.

- **The Intermed Orthopaedics & Physiotherapy Team**

Edited by Byron Dawson

A message from CMO Dr. Rohit Jaswal



Dear Friends and Family of Intermed,

As the year begins to wind down and the holiday season approaches, let us take a moment to consider the gift of good health and how we can both enjoy it ourselves and share it with those we care about.

Many of us will be rushing to make appointments and meet with family and friends. In the haste, we often forget to take time for ourselves and our health. Be sure to mix in some healthy fruits and vegetables into your holiday meals and take it easy on the sugary sweets. An after dinner walk can be a great way to spend some quality time with the family and burn off a few of those extra holiday calories.

Cooler weather can also lead to several seasonal conditions including influenza and the common cold. To avoid these diseases, practice good hygiene habits including frequent hand washing, especially after contact with others. Exercising is also a great way to help your body grow strong enough to fight off infections such as these.

The holiday season is a time of joy and a time to reflect on the year past. At Intermed, we have made great strides in promoting a healthy community and look forward to bring Intermed's vision to an even wider population in the next months.

- Dr. Rohit Jaswal

In the Community

On 31 August, Intermed hosted a health camp at Garjia Apartments in Delhi. It was one of our most successful camps to date as over 60 residents were on hand to take advantage of the incredible offers from Intermed including Blood Pressure and BMI monitoring, Blood Sugar Checks, and consultations with the dental and dietary staff.



Health camps are a big part of Intermed's business model and are instrumental in spreading the Intermed name and good will out into the community. Each camp requires hours of planning, setup and recruitment for which the Intermed marketing team deserves much credit.

In the News

[Home Healthcare is an Emerging Field in India, Experts Say](#)

"Patients can have regular checkups which would prevent cardiovascular problems."

[Surya Namaskar: 12 Yoga Poses for Weight Loss](#)

"These powerful yoga poses have a great impact on the heart, liver, intestine, stomach, chest, throat, and legs"

[India Ranks Lowest in Good Quality Healthcare](#)

"The public health system is in jeopardy due to decades of appallingly low public investments, inadequate and antiquated infrastructure, severe shortage of human resources and inadequacies in government policies."

Tips for a Healthy Diwali

As the year begins to wind down and the holidays approach, everyone gets busier and busier. Many times, we do not take the time to look after our own health during these festive times of year. These simple tips will keep you from putting on the extra holiday pounds and keep you safe.

Eat Smart. Instead of gorging on sugary sweets, try to eat several healthy snacks including fruits, vegetables and yogurt throughout the day.

Stay Hydrated. Many times our bodies confuse thirst for hunger, so stay hydrated to avoid those food cravings.

Be Fire Safe. Know where to find fire extinguishers or water if things get out of hand.

Get some Earplugs. Loud celebrations and fireworks can cause hearing damage, so make sure to protect yourself.

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