Dear Colleagues and POA Members,
Assalam o Alikum,
I am grateful to all POA members to have shown confidences in me to lead the most progressive academic society in Pakistan. I am lucky to have a team of very committed members in the Executive Board who are keen to lift the status of POA to a new height.

The board has agreed in principle to work on following projects in 2018.

1. Create POA research cell:
   a. MOU between POA and national research organization.
   b. Promote research and paper writing.
   c. Facilitate National registries in orthopaedic sub-specialties.

2. Academic collaboration between POA and international Orthopaedic Association:
   Few of the association we plan to communicate are as follows.
   c. Hong Kong Orthopaedic Association.
   d. Turkish Orthopaedic Association.
   e. Chinese Orthopaedic Association.
   g. Srilanka Orthopaedic Association.
   h. Indonesian Orthopaedic Association.

3. POA funded national fellowships: Many new fellowship centers have been recognized in 2017. We plan to maintain high standard of training. We also want to encourage high volume centers to apply for recognition of their department for fellowship.

4. POA funded international fellowships: We plan to create opportunity of short and long international fellowship for surgeons who have gain experience in their field of interest nationally. Preference will be given to doctors who have published papers in international journals.

5. POA funded paper presentation at International Orthopaedic congress: We want to encourage young surgeons to submit research papers at international congress. POA will partly finance on submission of documents of acceptance of papers at approved international orthopaedic congress.

6. POA e library: This will have all major orthopaedic text book as well as text book in sub specialty. We also plan to have availability of orthopaedic journals.

7. Liaison with PMDC to include orthopaedic as MBBS examination subject:

8. Liaison with CPSP to reduce period of general surgical training:

9. Development of faculty in orthopaedic sub specialties: We expect that these faculties will represent Pakistan at regional and international congress. At present we have selected faculties in the fields of arthroplasty, spine and trauma who are invited as international faculty. We plan to increase this team significantly.

10. Development of infra structure at orthopaedic department at all district level hospital: Provincial board members will collaborate with health department and provincial government.

   Above list is an ambitious target. I am sure with your support most of the targets are achievable. We have already started working on many projects mentioned above.

   If you feel you can contribute in any of the projects mentioned above then please communicate to us. May ALLAH give us Hidyat, Barkat, Istiqamat and strength to achieve above mentioned targets.

Best regards,

Prof. Syed Shahid Noor
President, Pakistan Orthopaedic Association
Chairman, International Liaison Committee
The election of POA was held at Pak Orthocon, 2017 on November 18, 2017. Prof. Muhammad Amin Chinoy acted as election commissioner. Along with Dr. Muhammad Shoaib Khan as his secretary, Dr. Naeem Akhter and his team helped him in conducting the election. Following members became the members of Executive Board 2017-2018

**President**
Prof. Syed Shahid Noor

**Secretary General**
Dr. Haroon ur Rashid

**Treasurer**
Dr. Naeem Akhter

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Dr. Zamir Ahmed Soomro (S)

**Joint Secretary(s)**
Dr. Muhammad Javed (P)
Dr. Naveed Ahmed Solangi (S)
Dr. Wali Muhammad Khan (KP)
Dr. Karim Buksh (B)

**Executive Members**
Dr. Ijaz Amin (P)
Dr. Zamir Hussain Tunio (S)
Dr. Sikander Hayat (KP)
Dr. Attiq ur Rehman (B)
Dr. Faaiz Ali Shah (KP)
Dr. Abdul Hameed Kakar (B)
Dr. Shoukhat Hayat Khan

**President Elect**
Prof. Muhammad Arif Khan

**Immediate Past President**
Dr. Zia Ullah Bajwa

**Editor in Chief, JPOA**
Dr. Asadullah Makhdoom
Deformity correction and planning workshop arranged by department of Orthopaedic surgery SMBB Medical University CMC Larkana in collaboration of Pakistan Orthopaedic Association and ASAMI Pakistan held at department of Orthopaedic CMC Larkana on 29th Dec: faculty from AKU Karachi, LUMHS, Jamshoro and SMBB Medical university conducted full day activity, it was well attended by senior professors, senior consults, younger consultants, post graduates and orthopaedic surgeons from northern region of Sindh like GMC SUKKUR, Khairpur medical college, GIMC GAMBAT, SMBB Medical university, Jacobabad and Shikarpur participated.
POA Arthroscopy Forum conducted One Day Hands on Workshop "Basic Knee Arthroscopy"

The department of orthopaedic surgery dow medical college and civil hospital karachi in collaboration with POA Arthroscopy Forum conducted one day hands on workshop "Basic Knee Arthroscopy "on saturday 6th January 2018.

The course director was Prof. Ghulam Mustafa Kaim Khani and coordinator were Dr. Mehtab Peervani, Dr. Irfan Muhammad Rajput. There were about 30 participants from different postgraduate institutes. the faculty were Prof. Saba Sohail (Radiologist), Prof. Imtiaz Hashmi, Dr Khalid Mehmood Shah, Dr Naveed Balouch and Dr Muhammad Sufyan.

the aim of the workshop was to understand the arthroscopic knee anatomy, identification of basic knee pathology on MRI and to improve arthroscopic skills.

This workshop was CME activtiy earned 6points.

The department of orthopaedic surgery dow medical college and civil hospital karachi in collaboration with POA conducted a one day hands on workshop on Recent advances in management of fractures around the elbow joint on saturday 6th may 2017.

The course director was Prof. Ghulam Mustafa KK and coordinator were Dr. Mehtab Pervani, Dr. Adeel Ahmed Siddiqui and Dr. Jagdesh Kumar. There were about 30 participants from different postgraduate institutes. the faculty were Prof. Zaki Idrees, Prof. Maratib Ali, Prof. Aneesudin Bhatti and Prof. Kamran Ahmed ,Dr. Ather Siddiqui, Dr. Amir Jalil and Dr. Kamran Butt.

The aim of the workshop was to understand the basic concepts of mangement and complex fractures around adult and children.

The skill stations were disigned for application of locking plates around elbow on saw bone model. this CME activity earned 6points.

Inauguration of POA funded CPC Room & C-Arm and Arthroscopy Tower at Allied Hospital, Faisalabad

Prof. Ajmal Yasin Chairman, 29th Pak Orthocon 2015 organized a very successful conference at PC Hotel Lahore. From the saving of Orthocon and with the approval of Executive board of POA following activities are performed at Allied Hospital, Faisalabad
1. Construction of state of art Orthopaedic conference room.
2. Purchase of image intensifier
3. Purchase of Arthroscopy tower

Prof. Syed Shahid Noor, Prof. Sardar Fareed Zafar and Prof. Ajmal Yasin inaugurated the Orthopaedic conference room and orthopaedic equipments on Saturday, January 20, 2018.
1st Announcement

Nov. 15-18, 2018
Movenpick Hotel Karachi

32nd INTERNATIONAL
PAK ORTHOCON 2018

Extending Standard Musculoskeletal Care to Less Privileged Areas

Awards for POA Fellowships  Prizes for Best Paper

Last date for Manuscript Submission: 30th April 2018

Organizing Committee

- Prof. Syed Shahid Noor
  President
  Pakistan Orthopaedic Association

- Dr. Haroon Ur Rashid
  Secretary General
  Pakistan Orthopaedic Association

- Prof. Muhammad Arif Khan
  Coordinator

- Prof. Charagh Muhammad Khan
  Patron in Chief

- Prof. Alamgir Khan
  Patron

- Prof. Masood Ahmed Qazi
  Chairman

- Prof. Ifthikhar Ul Haq
  Secretary

For Registration & Contact:
Farhan Noor
Email: tanoor@hotmail.com
Cell: +923469800088

32nd PAK ORTHOCON 2018 SECRETARIAT

Quetta Office: Department of Orthopaedic Surgery, Civil Hospital Quetta
Karachi Office: POA Office, Room No. 2, PMA House, Aga Khan III Road, Karachi
This was a two day conference with an aim to spread awareness about latest surgical techniques in management of cancer. Both days of the scientific program were dedicated to multidisciplinary sessions involving medical personnel, clinical oncologists, radiation oncologists, basic scientists, oncology nurses and oncological surgeons.

There were a total of 26 pre-conference workshops & symposiums. These were mostly hands-on skills training workshops focusing on the post graduate residents and giving them a chance for close faculty interaction. In addition, this year we involved our collaborating Departments of Nursing, Oncology, Pathology and Radiology for providing us scientific support and related oncology experts to add value to our conference. Eminent international (24) and national (62) faculty were invited as guest speakers.

This year, the European Society of Surgical Oncology (ESSO) & American Society of Clinical Oncology (ASCO) were the main collaborating proud partners of our conference. The scientific program comprised of two plenary sessions and one combined AKU, ESSO & ASCO session.

The conference APP was purchased to bring the whole conference activity on the smart phone. This year we organized a Facebook Live Awareness Session as part of public awareness session. Our surgical faculty of different sub-specialties addressed difficult oncology issues, on-line, from questions being asked by general public at large. A unique compilation of cancer related experiences of different patients and faculty members was also published in the shape of story book under the name of ‘The Struggle within! Stories of Battles against Cancer’.

We received an overwhelming response when a total of about 720 surgeons, residents, medical students & nurses registered for the conference and it various workshops. All participants and the international faculty spoke very high of our organizational ability and scientific content. They were all praises for our university.

This meeting fulfilled our objective of providing our surgeons a flavor of oncology which can then help them improve their clinical practice. I am sure our brilliant residents will get many new and leading ideas placing them in a much better position to enter future independent practice.

Department of Surgery plans to continue this activity as an annual academic event.

Dr Masood Umer
Chairman,
3rd Annual Surgical Conference, AKU

Media Coverage
The course started at 8:20am with recitation from Holy Quran. After introduction a pre-workshop assessment test was carried out followed by the first lecture on Clinical examination of knee joint by Dr. Zahid Askar. MRI of knee was discussed by Rashid Nazir it was an interactive lecture and participants took great interest in it.

Third lecture was by Sajjad Orakzai on the Arthroscopic anatomy of knee, but Dr. Sajjad Orakzai also discussed about knee arthroscopy instrument and imaging system, while Dr. Shams Tabraiz talked about knee arthroscopy portals. Dr. K. M. Shah talked on the Basic principle of Knee, Arthroscopic examination. After tea, a hands-on workshop on imaging system and portals placement was conducted on mannequins.

The workshop 1 was followed by lunch and prayer break and then the afternoon session on day 1 included lecture on meniscal injury by Dr. Malik Javed Iqbal which was followed by another hands-on workshop on basic principles of Arthroscopy and loose body removal. The first day also had clinical case presentation session and the first day program concluded with tea at 5:00 pm.

The second day of the workshop program started at 08:35am with lecture on examination techniques for the cruciate ligament by Dr. Masood Umer. The lecture on conservative VS surgical management after ACL deficient knees was given by Dr. K. M. Shah while operative techniques for ACL reconstruction was discussed by Dr. Suhail Amin. Dr. Sumair Nasim Qureshi explained the post-operative Rehab after ACL reconstruction Dr. Zahid Askar elaborated on posterior cruciate ligament injuries- rationale of treatment.

The lectures were followed by 2 sessions of hands-on workshop and pr-workshop assessment test – discussion. At the end of the workshop attendance certificate were distributed and workshop was finished at 04:00pm.

Pakistan Orthopaedic Association (POA)
Fourth Basic Trauma Workshop at Larkana by POA-Trauma Forum

Three Basic Trauma Workshops were held last year in Quetta, Bahawalpur and Peshawar. The last workshop from the current plan the Fourth Basic Trauma Workshop was organized at Chandka Medical College Larkana under the auspices of Trauma Forum Pakistan Orthopedic Association. It was a two day educational activity held at the Department of Orthopaedic surgery CMC Larkana on Mar 2nd & 3rd 2018. The workshop was targeted at trainee residents and junior surgeons in Orthopedic Surgery and was rated highly by the attendees on all previous occasions. Department of Orthopedic Surgery CMC Headed by Prof Jagdish Kumar and Dr Zamir Soomro who coordinated the workshop. It was well attended by the local trainees and young Orthopedic Surgeons from CMC Larkana, GMC Sukkur, Khairpur Medical College; Gambat Institute of Medical Science, Jacobabad and Raheem Yar Khan. The activity was inaugurated by Prof K Das Principal Chandka Medical College. Prof Asadullah Mahar, Principal Khairpur Medical College was the guest of honour and decorated the faculty with Sindhi Cap and Ajraks. Faculty comprised of local medical teachers and senior faculty members from all over the country. Prof Muhammad Idrees (Peshawar), Prof AsadUllah Mahar (Khairpur), Prof Faisal Nazeer Hussain (Lahore), Dr Amanullah Khan Kakar (Quetta), Dr Irshad Bhutto, Dr Zamir Soomro, Dr Kazim Najad (Karachi) and Col Asim Naqvi (Pannu Aqil) instructed in the course. Prof Brig Suhail Amin (Rawalpindi) the Course Director introduced the audience to the POA trauma forum and its objectives. He welcomed the participants and told them that the course curriculum was divided into five modules. The strength of the workshop rested in imparting skills rather than knowledge. Supervised opportunity was provided to the participants to practice their skills on saw bones hands on. Participants were given sumptuous dinners at famous restaurants on both nights by the hosts. The participants rated the workshop very high and as fruitful in their feedbacks at the end of the workshop. Many Pharmaceutical companies participated in the exhibition and various activities. Special visits to Garhi Khuda Bakhsh and Moenjo Daro were arranged later.
The POATF board meeting was held on March 2nd attended by most office bearers. After passing minutes of last meeting the agenda was discussed completely. Chairman and Course designer Prof Brig Suhail Amin presented the plan of the Advanced Trauma Care Workshop in Orthopedics to serve as second tier training to be offered to those who have attended the basic training. It was decided to first hold only two advanced workshops this year and remove its short comings before embarking upon a regularly running program of both workshops. Financial matters and drive to increase membership was also discussed. The meeting ended with a word of thanks by Dr Kazim Najjad the General Secretary of the forum.
Arthroplasty

Prof. Dr Muhammad Umar
Consultant Orthopaedic Surgeon, Institute of Orthopaedics, Karachi

Prof. Syed Shahid Noor.
Head Department of Orthopaedic, Liaquat National Hospital and Medical College, Karachi

Prof. Shahzad Javed
Consultant Orthopaedic Surgeon, Gharki Trust Teaching Hospital, Peshawar

Dr. Israr Ahmed
Associate Professor, Hayatabad Medical Complex, Peshawar

Deformity Correction & Bone Regeneration

Dr. Asadullah Makhdooom
Incharge Prof. Khaleeqe Ahmed Siddiqui Ilizarov Surgery Unit Liaquat University of Medical & Health Sciences Jamshoro, Sindh,

Dr. Muhammad Shoaib Khan
Associate Professor, Khyber Teaching Hospital, Peshawar

Dr. Mehtab Ahmed Pirwani
Associate Professor, Dow University of Health Sciences, Karachi

Hand Surgery

Prof. Tahseen Ahmed Cheema
Consultant Orthopaedic Surgeon Quaid e Azam Medical & Dental College, Bahawalpur

Col Khalid Masood
Consultant Orthopaedic Surgeon Hand & Upper Limb Centre, CMH, Lahore
Paediatric Orthopaedic Surgery

Prof. Anisuddin Bhatti
Ex-Head of Orthopaedic Department
Jinnah Postgraduate Medical Centre, Karachi

Prof. Rana Dilawaiz Nadeem
Head of Orthopaedic Department, Mayo Hospital, Lahore

Dr. Atiq uz Zaman
Consultant Orthopaedic Surgeon, Ghurki Trust Teaching Hospital, Peshawar

Dr. Sikandar Hayat
Associate Professor, Khyber Teaching Hospital, Peshawar

Spine

Prof. Amer Aziz
Head of Orthopaedic Department, Ghurki Trust Teaching Hospital, Lahore

Prof. (Brig.) Muhammad Asad Qureshi
Advisor and Head, Department of Spine Surgery, CMH Rawalpindi.

Prof. Muhammad Arif Khan
Head of Orthopaedic Department, Hayatabad Medical Complex, Peshawar

Prof. Khalid Hussain
Consultant Orthopaedic Surgeon, Doctors Hospital, Lahore

Prof. Muhammad Ayaz Khan
Head of Orthopaedic Unit II, Khyber Teaching Hospital, Peshawar
Trauma

Prof. Zaki Idrees
Consultant Orthopaedic Surgeon
Liaquat National Hospital & Medical College, Karachi

Prof. Riaz Ahmed Shaikh
Head of Orthopaedic Department, Benazir Bhutto Medical College & Hospital, Rawalpindi

Prof. Irfan Mehboob
Head of Orthopaedic Department, Lahore General Hospital, Lahore

Dr. Muhammad Iqbal
Associate Professor, Mayo Hospital, Lahore

Dr. Naeem Ahmed
Consultant Orthopaedic Surgeon, Ghurki Trust Teaching Hospital, Lahore,
POA Fellows

Dr. Ranjeet Kumar  
Karachi  
Fellowship Arthroplasty in Institute of Orthopaedics Surgery, Karachi

Dr. Hidayatullah  
Peshawar  
Fellowship in Deformity Correction and bone regeneration in Khyber Teaching Hospital, Peshawar

Dr. Muhammad Zeb Tunio  
Larkana  
Fellowship in Deformity Correction and bone regeneration in Liaquat University of Health Sciences, Jamshoro

Dr. Muhammad Sought Katto  
Karachi  
Fellowship in Deformity Correction and bone regeneration in Dow University of Health Sciences, Karachi

Dr. Asadullah Jan  
Peshawar  
Fellowship in Hand Surgery National Hospital Bahawalpur

Dr. Wahid Bukhsh  
Quetta  
Fellowship in Hand Surgery in Hand Upper Limb Centre, CMH, Lahore

Dr. Muhammad Salman  
Peshawar  
Fellowship in Paediatric Orthopaedic Surgery in Khyber Teaching Hospital, Peshawar

Dr. Muhammad Saqib  
Peshawar  
Fellowship in Paediatric Orthopaedic Surgery in Khyber Teaching Hospital, Peshawar

Dr. Adeel ur Rehman  
Lahore  
Fellowship in Spine Surgery in Ghruki Trust Teaching Hospital, Lahore

Dr. Aimal Sattar  
Peshawar  
Fellowship in Spine Surgery in Khyber Teaching Hospital, Peshawar

Dr. Muhammad Sheraz  
Rawalpindi  
Benazir Bhutto Hospital Rawalpindi
Friendly Match Among the POA Members

Friendly match among the POA members was organised by Dr Naveed Ahmed Solangi, joint secretary Sindh under the umbrella of POA with the help of Dr Imran Shah & Dr Junaid Shah at Asgher Ali Shah stadium, Karachi. Large number of POA members participated with family. Winner & Runner teams were awarded with trophies. Match was enjoyed by families. In the end, dinner was served.

3rd KMC Illizarov Course

Department of Orthopaedic & Trauma, Khyber Teaching Hospital, Peshawar

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3rd KMC Illizarov Course
Organized by Department of Orthopaedics & Trauma, Khyber Teaching Hospital, Peshawar

In collaboration with Pakistan Orthopaedic Association & ASAMI Pakistan

Date: 6-8th April, 2018
Course Director: Dr. Muhammad Shoaib Khan
Course Coordinator: Dr. Sikander Hayat
Course Contents: Interactive lectures, hands on saw bones workshop, Deformity correction including FOOT
Registration: Consultant: 15,000/- Trainee: 5,000/-

Venue: Khyber Medical College, Peshawar
International Faculty: Dr. h. Abderrahman Eid (Egypt)
National Faculty:
- M. Sajid
- H. Arif
- A. Shamsi
- A. Aftab
- A. Ahmed Khan
- N. Hafeez
- M. Hyder
- M. Liaqat
- M. Khan
- M. Sajid
- M. Riaz
- M. Sajid

Last Date of Registration: March 26, 2018
Information & Registration: Dr. Muhammad Yasir
0332 5161712
**Fellowship Report**

**Young Ambassador from Pakistan to 20th Biennial Congress of Asia Pacific Association**

10th – 14th April, 2018 Antalya, Turkey.

I had the distinguished honor to represent Pakistan on the 20th Biennial Congress of APOA in Antalya Turkey from 8th – 14th April, 2018.

Asia Pacific Orthopedic Association is a regional orthopedic organization with 19 chapters and 58,000 members. This makes it currently the largest existing orthopedic body.

Pakistan orthopedic association (POA) became a chapter of APOA in 2016. Soon afterwards active participation in academics, leadership and fellowships began. I came to know about this fellowship opportunity through official email of POA. I applied like many others with my letter of intent and got selected to represent Pakistan for the week long Young Ambassador Program.

The week started with two days of hospital visits to Antalya University Hospital (Antalya Egitime Ve Arastirma Hastanesi), its orthopedic operation theatres and wards. It was remarkable to observe the updated and efficient healthcare system in Turkey. We were hosted by the Head of Department Dr. Ozken Kose and his team. The Department specialized in the areas of Traumatology, Arthroplasty, Sports Medicine, Spine, Hand, Pediatrics and Deformity correction. The Orthopedic operating suit consisted of 8 modern fully equipped operation theatres. The operation list had a wide variety of complex and routine cases performed by a team of specialists and residents. Their dedication and focus towards optimum patient care was inspiring.

Following days we joined the program of 20th Biennial Congress of APOA. The APOA congress from 11th till 14th April was homed at a luxurious resort, Sueno Congress Centre at Antalya. Pakistani delegates had the third largest foreign attendance at the congress. It was commendable that eight key note speakers and twenty presenters from Pakistan spoke in the congress and our senior faculty chaired various sessions as well.
The YAP (young ambassador program) was led by Dr. Jamal Ashraf who is the General Secretary of APOA. Under his dynamic leadership YAP was well organized and well attended. A total of 9 young ambassadors representing Australia, Bangladesh, Hong Kong, India, Japan, Indonesia, Malaysia, myself from Pakistan, and Turkey participated. Two EFFORT fellows one from Netherlands and one from UK and two SICOT fellows both from India also joined the young ambassador program at APOA. In the young ambassador session during the congress we presented our scientific papers. Coming from different backgrounds we shared our local experiences and had productive discussions and liaisons. Many social events were arranged for the young ambassadors as well. We had tour of Old Town of Antalya, Aspendos Roman Theatre, and Duden waterfalls. A special dinner of young ambassadors with the presidents of chapters of APOA, its executive body and invited Presidents of orthopedic bodies like EFFORT and PAN Arab Association was another highlight of the program. The young ambassadors were awarded certificates on the Gala Dinner by President APOA David Choon.

The “Young Ambassador Program” by APOA during its 20th Biennial Congress at Antalya, Turkey remained a memorable event both in terms of scientific and social value. The hospitality showed by Turkish people was indeed matchless. The ever smiling faces of Turkish people, their generous tea and coffee services, delicious sweets, and warmth shall be cherished for long.
Department of Orthopaedics BVH/CHB Bahawalpur Seminar on Arthritis N Joint Replacement Surgery on 1st September, 2018

Department of Orthopaedics BVH/CHB Bahawalpur has conducted a seminar on ARTHRITIS N JOINT REPLACEMENT SURGERY on first September 2018 CME Accredited with 6 credit hour. It consists of two Sessions. In Session I, PRESENTATION on Osteoarthritis covering its pathophysiology & Management ranging from Non Operative to less invasive and finally Joint Replacement Surgery. In Session II, Rheumatoid Arthritis Discussed in detail from Diagnosis of Polyarthritis to use of Biological. Physiotherapist told about Role of exercises.
New Trend by Launching “Pledge a Plant” campaign in July 2018 throughout Pakistan

Pakistan Orthopedic Association is one of the fast growing and dynamic associations of medical community in Pakistan. POA is involved in educational activities like conferences and workshops of different subspecialties of orthopedics different parts of country.

This year Our Secretary General Haroon ur Rashid set a new trend by launching “pledge a plant” campaign in July 2018 throughout Pakistan. This campaign became so popular among medical community that other associations and NGOs also got involved. 12th August was celebrated with a bike rally to Karachi Zoo and about 100 tree were planted by cyclist in collaboration with POA. On 14th August flag hoisting ceremony was arranged and was attended by people of all walks of life along with senior members of POA. Almost all members had a chance to plant a tree. On 14th August the slogan of “Let Us Make Pakistan Lush Green” by planting at least one tree was given and in almost all cities of Pakistan this campaign was a success.
**DISTALGESIC**

**OFFERS RAPID RELIEF FOR LONGER DURATION OF TIME**

**PROVIDES MULTIMODAL ANALGESIA IN MODERATELY TO SEVERE PAIN**

**PROVIDES EFFECTIVE PAIN RELIEF IN BOTH ACUTE AND CHRONIC PAIN**

**HAS SUSTAINED EFFICACY, SAFETY AND TOLERABILITY**

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**Atcomid (Lacosamide)**

50mg 100mg Tablets

**NEUROPATHY MAKES LIFE MISERABLE...**

- Novel AED with dual mode of action
- Approved by U.SFDA as monotherapy and adjunctive therapy in partial onset seizures.
- Proven efficacy in diabetic neuropathic pain.
- Minimal drug-drug interaction.
- More favorable safety and tolerability profile.

---

**Syngab (Pregabalin)**

Capsules 25mg 50mg 75mg 100mg

**Get Back to Life...**

**Benefits:**
- Diabetic Neuropathic Pain
- Generalized Anxiety Disorder (GAD)
- Fibromyalgia
- Adjunctive in Epilepsy

---

**ATCAM (Lornoxicam)**

8mg

**THE FAST & SAFE WAY TO MANAGE PAIN & ARTHRITIS**

- Ensures faster absorption due to embedded sodium bicarbonate
- Better analgesic and anti-inflammatory effects as compared to other NSAIDs
- Found safe in patients with impaired renal & hepatic function
Dear colleagues,

Pakistan Orthopaedic Association has progressed a lot during the last few years. The number of academic and social activities has increased over the years. Perhaps our Association has become one of the most active and vibrant among our sister associations. We all must be proud of this. The purpose of publishing newsletter by POA was to present the reports of these activities to our community.

This is issue of POA newsletter under present executive board. Although the pervious issue of this year was published recently, I was amazed to see the amount of work and activities done in few months time. There were workshops and courses arranged all over the country. We may have not been able to cover all happening but at least you will see the glimpses of what is going on in Orthopaedic community.

I am thankful to the Executive Board 2018 for their help and input in bringing out this issue. I am also thankful to all my colleagues for sending us the reports of their respective activities. I appreciate the help extended to me by Syed Saad Admin Officer POA.

Hope you must be preparing for participating in upcoming Orthocon at Karachi.

Dr. Wali Muhammad Khan
Editor, Newsletter
Joint Secretary (KP)

Correspondence for POA

POA Office: Shop # 9 Sabba Complex – I, Abdullah town, WadhoWah, Nasim Nagar Chowk, Qasimabad, Hyderabad
Room # II, PMA House, Aga Khan III Road, Karachi. Tel: 0332-3779085 & 0213-2294825.
PMA House, 2nd Floor, PMA Trade Centre, 66- Ferozpur Road, Lahore. (In Active)
Email: pakistanorthopaedicassociation@gmail.com
Website: www.p-o-a.org

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