



## Weston Medical Education Foundation of India

Office No:- 99,9th Floor, Kalpataru Avenue, Opp. ESIC Hospital, Kandivali (East) , Mumbai -400101.

M: 9920154297 | W: [www.wmefi.co.in](http://www.wmefi.co.in)

# ORTHO SUMMIT

14th & 15th December 2024 at Barsha Beach Resort, West Bengal

The "ORTHO SUMMIT" convened in Barsha Beach Resort, West Bengal, orchestrated by the esteemed Weston Medical Education Foundation of India. This gathering aimed to amalgamate the expertise of Orthopaedists and general physicians from across India, fostering a dialogue on the intricacies of managing Advances in OA management and its associated complications.

"During the CME, Weston Medical Education Foundation of India emphasized the essential role of such events in bridging the gap between cutting-edge research and everyday medical practice, ensuring wider access to knowledge for the benefit of all doctors and their patients."

**Total Participants:** 15 distinguished participants

### EXPERT

#### Faculties:

- Dr. B B Chandra
- Dr. Sudipta Nayek
- Dr. Debasis Seth
- Dr. Arijit Sano
- Dr. Sumit Mitra
- Dr. Kausik Patra



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### AGENDA

**DAY 1 - 14<sup>th</sup> December, 2024**

**Time: 05:45 p.m. to 9:00 p.m.**

Topics	Speaker	Timings
Welcome Note	WMEFI	05:45 p.m. to 06:00 p.m.
Pharmacological Interventions: NSAIDs and Beyond	Dr. B B Chandra	06:00 p.m. to 06:45 p.m.
Role of Native Collagen Type II and Combinations in management of Knee Osteoarthritis	Dr. Sudipta Nayek	06:45 p.m. to 07:30 p.m.
Denosumab: Role in Management of Osteoarthritis	Dr. Debasis Seth	07:30 p.m. to 08:15 p.m.
Discussion on the Session		08:15 p.m. to 09:00 p.m.

**DAY 2 - 15<sup>th</sup> December, 2024**

**Time: 09:30 a.m. to 12:30 p.m.**

Topics	Speaker	Timings
Role of S Etodolac in management of Osteoarthritis	Dr. Arijit Sano	09:30 a.m. to 10:15 a.m.
Intra-Articular Therapies: Hyaluronic Acid and PRP	Dr. Sumit Mitra	10:15 a.m. to 11:00 a.m.
Patient-Centered Approaches in OA Management	Dr. Kausik Patra	11:00 a.m. to 11:45 a.m.
Discussion on the Session		11: 45 a.m. to 12:30 p.m.
Vote of Thanks		WMEFI



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### Summary of CME

#### Day 1:

- **Pharmacological Interventions: NSAIDs and Beyond: Speaker: Dr. B B Chandra**

Dr. B B Chandra explored the foundational role of Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) in managing osteoarthritis (OA), focusing on their efficacy in alleviating pain and inflammation. The session also delved into advanced pharmacological approaches, including COX-2 inhibitors and emerging drug therapies that offer improved safety profiles for long-term use. Dr. Chandra emphasized the need to balance efficacy with gastrointestinal and cardiovascular risk considerations, highlighting personalized treatment strategies for better patient outcomes.

- **Role of Native Collagen Type II and Combinations in Management of Knee Osteoarthritis: Speaker: Dr. Sudipta Nayek**

Dr. Sudipta Nayek discussed the therapeutic potential of Native Collagen Type II and its combinations in OA management, particularly for knee osteoarthritis. The presentation underscored its unique mechanism of action in modulating immune responses and promoting cartilage health. Clinical evidence was shared to demonstrate its benefits in reducing joint discomfort and improving mobility, offering an alternative or adjunct to traditional OA therapies.

- **Denosumab: Role in Management of Osteoarthritis: Speaker: Dr. Debasis Seth**

Dr. Debasis Seth introduced Denosumab, a monoclonal antibody traditionally used in osteoporosis management, as a promising agent for OA. The session highlighted its role in targeting bone remodeling and subchondral bone changes, critical factors in OA progression. Dr. Seth emphasized ongoing research and clinical data supporting its potential to delay disease progression and enhance joint health.



### Day 2:

- **Role of S Etodolac in Management of Osteoarthritis: Speaker: Dr. Arijit Sano**

Dr. Arijit Sano presented the specific benefits of S Etodolac, a selective NSAID, in managing OA-related pain and inflammation. The discussion focused on its pharmacokinetics and safety profile, making it a suitable option for long-term use. Comparative studies with other NSAIDs were reviewed, showcasing its efficacy and reduced gastrointestinal side effects.

- **Intra-Articular Therapies: Hyaluronic Acid and PRP: Speaker: Dr. Sumit Mitra**

Dr. Sumit Mitra provided insights into intra-articular therapies, such as Hyaluronic Acid (HA) injections and Platelet-Rich Plasma (PRP), as innovative approaches to OA management. These therapies were highlighted for their ability to provide symptomatic relief and potentially delay surgical interventions. Dr. Mitra shared practical considerations, patient selection criteria, and clinical outcomes from recent studies.

- **Patient-Centered Approaches in OA Management: Speaker: Dr. Kausik Patra**

Dr. Kausik Patra emphasized the importance of a holistic, patient-centered approach to OA management. This includes integrating pharmacological treatments with lifestyle modifications, physical therapy, and patient education. Dr. Patra underscored the value of shared decision-making and individualized care plans to enhance adherence and improve overall quality of life for OA patients.

- **In the end of this CME, the Weston Medical Education Foundation of India extended, its sincere vote of thanks to the attending delegates and acknowledged the academic industry partners for their valuable support and contribution to the success of this event.**

1. **La Renon Healthcare Pvt. Ltd. (Platinum Sponsor)**
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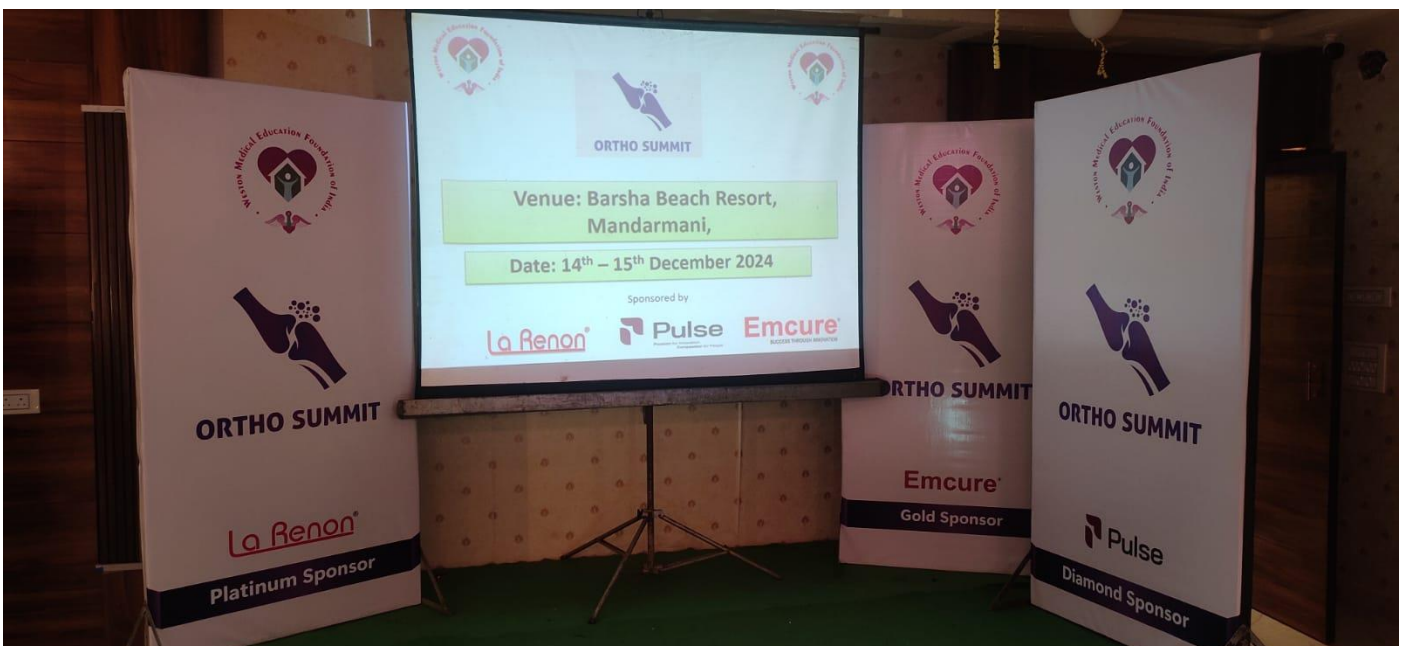


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### Photos of CME







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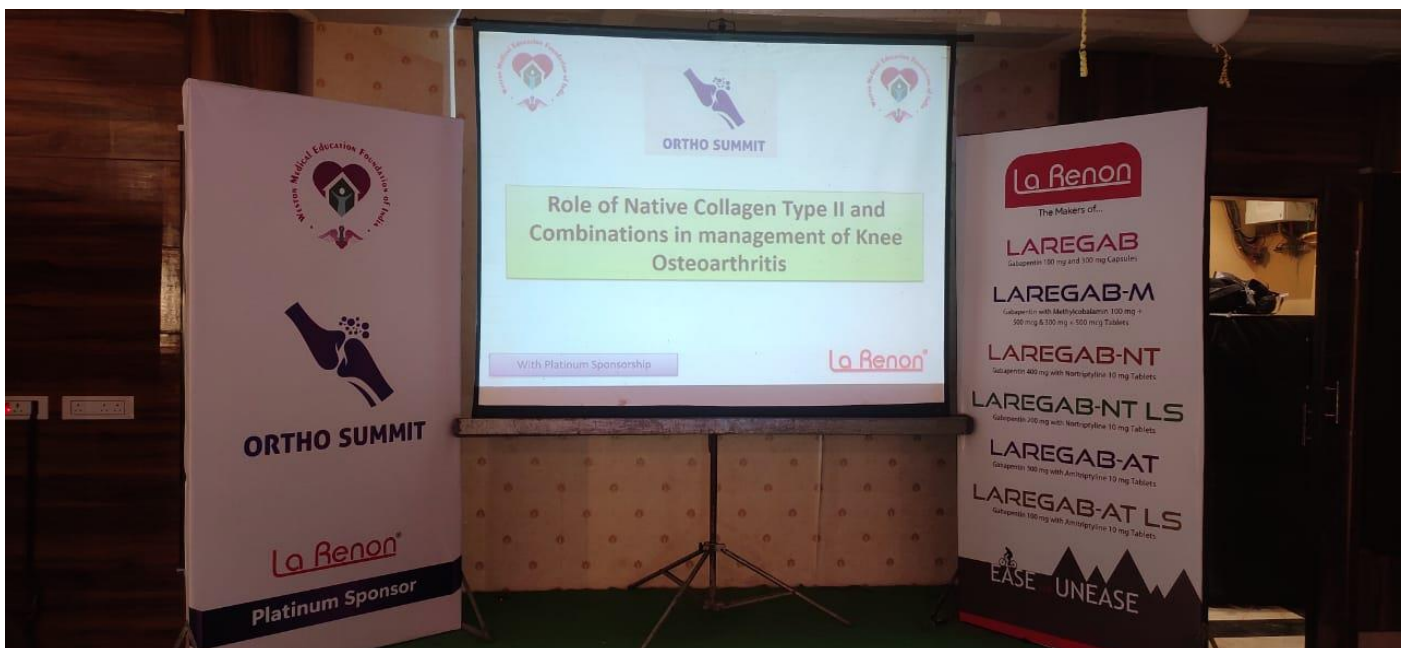
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### Lecture on Denosumab: Role in Management Osteoarthritis



### Lecture on Role of Native collagen type II and Combinations in management of Knee Osteoarthritis





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### Lecture on Pharmacological Interventions: NSAIDs and Beyond



### Lecture on Intra-Articular Therapies: Hyaluronic Acid and PRP





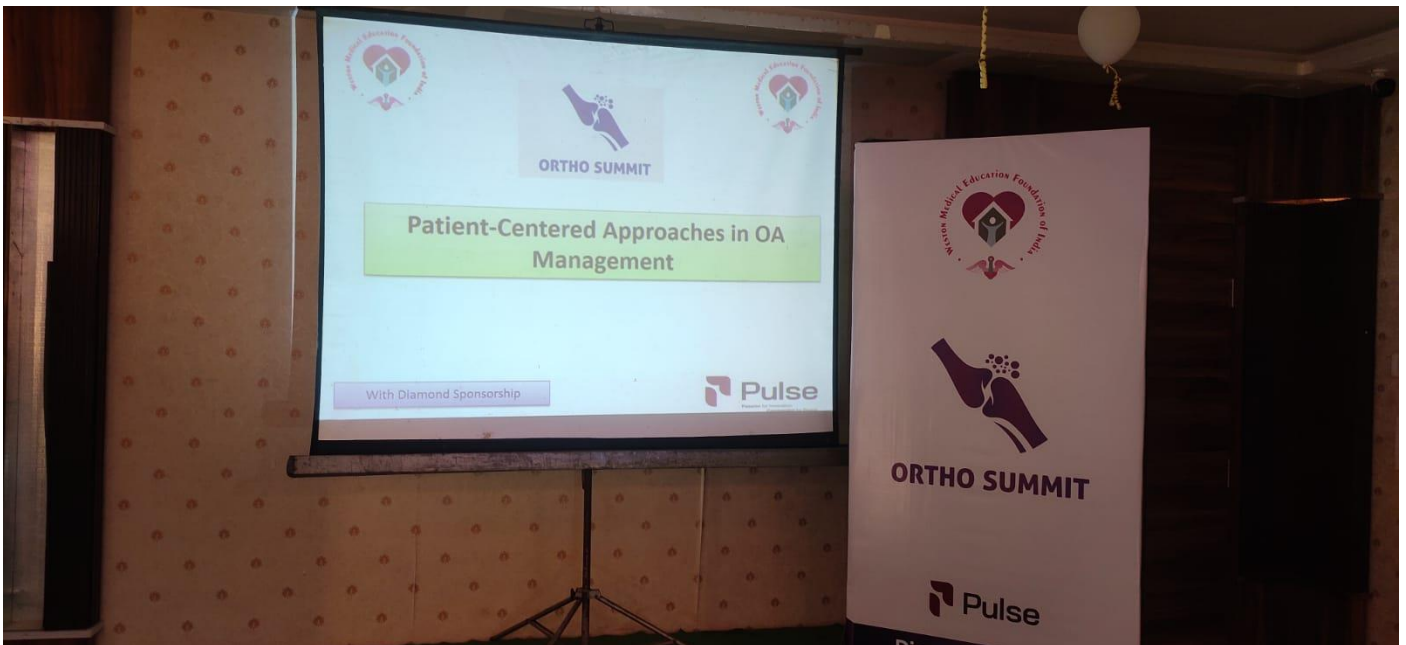


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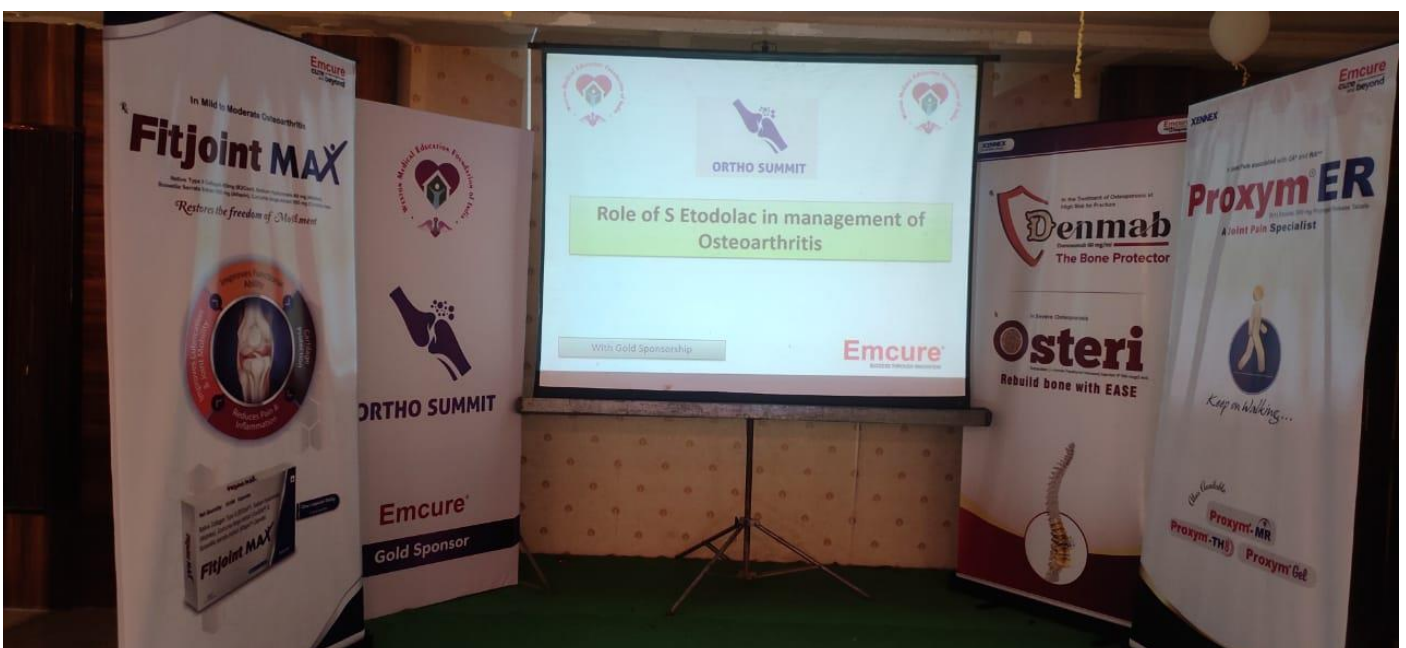
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### Lecture on Patient-Centered Approaches in OA Management



### Lecture on Role of S Etodolac in management of Osteoarthritis







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### Registration Counter







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