



# Central Health Board of Khoja Shia Ithna-Asheri Supreme Council

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## CHB NEWS FLASH

### Orthopedic Camps in Dar, Arusha & Moshi

“With advancing age, osteoarthritis is the most common medical problem observed in geriatrics that leads to reduced quality of life and limited mobility. A significant medical advancement in joint replacement surgery offers patients with advanced arthritis or other diseases and injuries to the joints the hope for a pain-free existence and a return to normal activities”.

#### Prevention is better than cure

Besides the financial implications for treatment, one cannot claim or be certain that the surgery would bring the body or body parts to its original status, hence healthcare, physical exercise, diet and maintaining BMI (Body Mass Index) to recommended levels is extremely important. In recent years we have seen several of our community members traveling abroad for partial or total joint replacement surgeries. With growing population, aging and sedentary lifestyles, the demand of such surgeries is ultimately going to increase however not all can afford to travel abroad for treatment.

On invitation from CHB, Dr. Dimple Parekh, an Orthopaedic Consultant/Surgeon from Parekhs Hospital in Ahmedabad, India after the medical council conference in Kenya visited Tanzania. In Dsm he screened 164 Orthopaedic patients from 24<sup>th</sup> to 27<sup>th</sup> April, 2009. The camp was organized by Central Medical Board in collaboration with the Central Health Board at Ebrahim Haji Charitable Health Centre. Majority of patients seen suffer from Osteoarthritis & Osteoporosis. Few patients may require surgical treatment while many were advised conservative treatment, physiotherapy and exercises. We wish to thank the staff and volunteers for organizing the camp proficiently.



CHB, CMB Members & EH Administrator, Abbas Manji with Dr. D. Parekh in Dar Es Salaam.

## Dr. Parekh's visit to Moshi and Arusha – A brief report of the two camps



After Dar es Salaam, CHB in collaboration with Medical Board of Moshi KSI Jamaat organized an Orthopedic Camp which was held on 28<sup>th</sup> April, 2009 at Jaffery Charitable Medical Services in Moshi. This was the first of its kind organized by CHB in Moshi. This event was open to all communities in Moshi Municipality and overall turnout was very impressive. 50 patients from various communities took part in the camp out of which 35% were from our community and the rest from other communities. Various cases were seen by Dr. Dimple Parekh in one day camp. CHB wishes to record all the arrangements made by Br. Alihussein Sheriff for hosting Dr. D. Parekh in Moshi.

In Moshi, out of the total participants, 35 were female and the rest male patients. Majority of the medical problems were age related osteoarthritis and a few spinal, rheumatism and infectious. 12 patients were advised for various orthopedic surgeries. Out of these, 11 patients were candidates for knee replacement surgery; of which six patients are from our community. Half of the patients seen require regular physiotherapy, this shall be arranged locally elsewhere since Jaffery Dispensary lacks this facility. It is through such programs we can identify various needs and since physiotherapy unit does not require a huge investment, it is prime time for the Moshi Jamaat Medical Board to think about it.



At Arusha, the camp took place at Ithna-Asheri Charitable Hospital, on 29<sup>th</sup> April 2009. A total of 55 patients were screened and some patients who required further treatment were advised to undergo surgery. At this camp, it was noted that mainly female participants took part, depicting that women have more problems related to Osteoarthritis and joint pains compared to men in Arusha. Our deep appreciation goes to Br. Rizwan Peera for excellent organization of the camp in Arusha.

CHB would like to thank most sincerely Africa Federation, KSI Jamaats and Medical Boards of Nairobi, Dar es Salaam, Moshi and Arusha for supporting the above program. We also wish to thank the Management and Staff of Ebrahim Haji Charitable Health Centre of Dsm, Jaffery Charitable Medical Services of Moshi and Ithna-Asheri Charitable Hospital of Arusha for organizing the Orthopaedic Camps, and our thanks to Dr. Dimple Parekh for his time and services rendered to our community at these camps and for the lecture he delivered at Imambargha in Dsm.

**“Community's health – CHB's priority”**