

## From Editor Desk....

In today's era of modern medical technologies, the health facilities have been developed and grown to such an extent, that the vaccine and treatment for pandemic which previously took 3 to 4 years to develop, are been developed in just 6 to 8 months time. Hence, post covid era will show sustained and long lasting effects not only due to covid disease alone, but will also show the complications and side effects of covid treatment as well. With the kind of scattered health facilities and mixed pathies present in our country, it is quite evident that there is lack of protocol and guideline based treatment.



The use of inadvertent, irrational, suboptimal and prolonged steroid therapy, along with other complications, is also associated with severe orthopaedic complications, among which the most common are osteoporosis, fragility fractures and avascular necrosis of femoral head. Hence we orthopaedic surgeons in near future will see a pandemic of these post-covid infected cases presenting to us after the treatment with steroids. Hence we should be aware, suspicious, prepared for prompt diagnosis and judicious early treatment of these cases. We should also be aware and prepare ourselves with newer modalities of diagnosis, instruments, equipment and treatment guidelines of these complications

Post steroid osteoporosis, skeletal fragility fractures and avascular necrosis can lead to rapid deterioration of health status, decreased quality of life, increases dependency and economic burden. Fragility fractures, particularly hip fractures are also associated with high rates of mortality, and morbidity, which is preventable if we could reduce them.

Contrary, to the fact that these were the pathologies seen in elderly patients, after the post steroid treatment in covid patients, these pathologies will be at rise in early age groups as well, and if we are not aware, suspicious and prompt enough to diagnose them in even these younger age group, we are likely to miss them or can have delayed diagnosis when they present to us with complications.

The orthopaedic surgeons should be prepared, aware and cautious, to deal with the forthcoming pandemic, which is just about to come after the end of second wave of the covid. If we can diagnosis and treat the patients early before the occurrence of fragility fractures or the need for joint replacement, we could and of multi successfully say that we orthopaedic surgeons have dealt with this pandemic successfully. "It is better to prevent and prepare rather than rent and repair"

With these words, I wish you all a happy healthy knowledgeable life ahead.

You shall be reading this edition which during this testing times has come out as a collection of articles from different aspects of Orthopaedics.

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