

# Ortho-One Orthopaedic Speciality Centre

April 2017

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## Beat the Heat with Healthy Summer Diet

Summer is the hottest season of the year. The highest temperature ever recorded in Coimbatore is 40.4°C (105 °F). It is important to keep ourselves hydrated by drinking plenty of correct liquids especially during this time of the year.



Mrs.Padmini, Dietitian of Ortho-One, highlights certain valuable tips to follow during the summer season.

Water is the best option to quench thirst as it a key ingredient in keeping the body cool. Consume fruits with high water content like watermelon, oranges and papaya. Try to eat the fruits raw, as the water content in fruits are very effective.

Ensure to have a bowl of yoghurt with fruits or raita or a glass of buttermilk post meal. Include mint in your diet as it has a cooling taste. It is easily available and can be used to make chutney, mint rice, and use as dips too.

One can also include fluid-filled vegetables like cucumber and tomatoes which have high water content. These can be consumed as raw salad, juice, raita, vegetable soups as well as eaten in the form of vegetables and chutneys too. Onions have amazing cooling properties as well. Bajra (kambu) is the best food which helps to cool our body.

Following foods that are to be avoided

1. Do not drink chilled liquids.
2. Minimize the intake of dried fruits, instead, increase the intake of fresh fruits.
3. Avoid sugary food products.
4. Minimize the intake of hot, spicy foods and extremely salty foods.
5. Cut the intake of fried foods

6. Avoid caffeine or carbonated beverages, alcoholic beverages, and those high in sugar.



## Shoulder Masterclass

A Shoulder Master Class Training Programme was organized for Surgeons from Coimbatore on 7th April, 2017 (Friday). The Shoulder Master Class showed the different methods that are implemented while performing shoulder surgeries. It showcased live Shoulder Surgeries to enhance training and help young surgeons gain better understanding of surgical techniques. The Shoulder Master Class was convened by Dr. David V. Rajan and Dr. Karthik M. Selvaraj.



Dr. Peter Campbell, Master Shoulder Surgeon from "St. John of God Medical Clinic", Perth, Australia enhanced the surgeons on various techniques and methods used for Shoulder Surgeries.



## Care for your personal Safety

Seat belts will prevent fatal injuries.



## Women's Bike Rally

Women Bike Rally was organized on April 9th, 2017 to ensure Women

Wearing a seat belt while travelling in a car can help reduce the chance of injury or even death, as a result of a crash, by as much as 50 percent.

Wearing a Bike or Motorcycle helmet can prevent the chance of a serious brain injury.

Safety. Around 80 participants from Coimbatore District participated in the event. Ms. Ramya Bharathi Superintendent of Police and Coimbatore City Deputy Commissioner-Mr. Saravanan were the Chief Guests for this event.

Ortho-One served as a Sports Medicine Partner.



## **Ortho-One Orthopaedic Speciality Centre**

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