

6<sup>th</sup> GM, Oct. 8,

The guest speaker Dr. Raymond Yeung Yuk Nam was briefly introduced as the orthopedic surgeon that looked after Catherine Ku's fracture. Dr. Raymond Yeung Yuk Nam spoke on "Hard Skeleton". The talk was very technical with many illustrations. The subjects touched on included:-

[Download here for a summary of the talk]

- i. "Micro" or "laparoscopic" surgery in orthopedics.
- ii. Reconstruction of the semilunar cartilage and cruciate ligaments in the knee joints
- iii. Injury to the Achilles Tendon (Tendo calcaneus or Tendo Achilles)
- iv. Degenerative joints condition
- v. Ortho-Plastic surgery – artificial knee joint replacements and semilunar cartilage replacement
- vi. Osteoporosis – causes, nutrition and treatment, including food supplements.
- vii. BMI – ideal is 18 – 23.  
Obesity and back pain
- viii. Glucosamine – chicken legs, oxtail soups, etc
- ix. Hyaluronic Acid and bone formation
- x. Osteoporosis - Male and female
  - Old age
  - Postmenopausal with lack of estrogen
- xi. Osteoporosis in the elderly person resulting in
  - a. Reduced height (old ladies)
  - b. Fracture (prone to fracture)
  - c. Curved backs
- xii. Prevention of Osteoporosis
  - a. Diet – milk, bean curd, sesame seeds
  - b. Sun light
  - c. Avoid alcohol and cigarettes
  - d. Exercise – weight bearing exercises

This informative talk was followed by sharing by Serrans Peter Tam, Joyce Chang, Stella Li, Vincent Jim, Wilfred Lee and Francisca Lo.