

Medicos advise for adopting preventive measures to avert threats of backache, spinal disorders:



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MIRPUR (AJK): Dec. 15: Highlighting the common causes of backache and spinal disorders

including age-related degenerative changes, trauma and injuries, muscle weakness, obesity,

sedentary lifestyle, congenital abnormalities, infections and occupational hazards, seasoned medical experts while addressing a seminar, emphasized for adopting possible preventive measures such as maintaining proper posture, regular exercise, safe lifting techniques, weight management, taking frequent breaks, proper sleep care, avoiding smoking, and the importance of early medical consultation to prevent long-term complications to avert the threat of this severe disease.

The day-long seminar on Backache, Spine Disorders was hosted by Pakistan Medical Association, District Mirpur, in Collaboration with Chief Executive Riaz Hospital, Dr. Riaz Ahmed suggesting due preventive measures besides effective treatment methods for better patient care.

The symposium was attended by over 100 senior faculty members, senior consultants, senior doctors, and a large number of junior doctors. The expert panel included Prof. Dr. Zardad, Prof. Dr. Wasim Abbasi, Associate Professor Dr. Ihsan-ul-Haq, Senior Registrar Orthopaedics Mohyuddin Medical College Dr. Waqas Zafar, and Assistant Professor Neurosurgeon Dr. Waqas.

Speaking on this occasion Principal of state-run Mohterma Benazir Bhutto Shaheed Medical College Mirpur AJK Prof. Dr. Faisal Bashir emphasized that such academic programs not only guide and educate young doctors but also provide opportunities to implement modern and effective treatment methods for better patient care. He commended Dr. Ejaz Ahmed, Chief

Executive Riaz Hospital Dr. Riaz Ahmed, and the organizing team for their outstanding efforts to hold the one-day academic and training symposium on backache, spine disorders, and their modern management.

The symposium, graced by internationally-acknowledged Orthopaedic and Spine Surgeon Prof. Dr. Tariq Sohail attended as the guest of honor, was presided over by Principal of Benazir Bhutto Shaheed Medical College, Prof. Dr. Faisal Bashir. Senior Children Specialist Dr. Rizwan Bostan also addressed the ceremony.

In his address of welcome, President of Pakistan Medical Association, District Mirpur, Associate Professor Dr. Ejaz Ahmed Raja expressed gratitude to the guest of honor, senior faculty members, senior consultants, senior doctors, and junior doctors. He highlighted Prof. Dr. Tariq Sohail's outstanding contributions to the field of medicine and his international accomplishments, presenting a brief introduction of the distinguished surgeon.

Dr. Ijaz informed on this occasion that Prof. Dr. Tariq Sohail stands as an internationally renowned Orthopaedic and Spine Surgeon. He is a proud graduate of King Edward Medical College, Lahore, and holds a Master of Surgery in Orthopaedics from the University of Liverpool, UK. He is a Fellow of the Royal College of Surgeons of Edinburgh and Glasgow, as well as a Fellow of the Pakistan Academy of Medical Sciences. Prof. Dr. Sohail has represented Pakistan at over 100 national and

international conferences and has nearly 100 research publications, several textbooks, and notable innovations in spine surgery to his credit.

On this occasion, Prof. Dr. Tariq Sohail presented some of his authored books on Orthopaedics and Spine Surgery as gifts to the medical college library, which were received by Principal Prof. Dr.

Faisal Bashir.

Prof. Dr. Tariq Sohail delivered a comprehensive lecture on backache (spine disorders), sharing modern diagnostic and treatment approaches. The expert panel highly appreciated his teaching style and scholarly contributions.

Dr. Riaz zahmed, while addressing the ceremony, expressed heartfelt appreciation to all participating doctors. He highlighted the importance of continuing such academic and training activities in the future.

Guests were presented with souvenirs and while young participant doctors were awarded special certificates in recognition of their efforts and contributions to the successful organization of the symposium.