

## Arthritis Awareness Walkathon 2010

Arthritis is a painful condition which restricts a person's mobility and lifestyle. To make matters worse this crippling condition does not spare any age. Arthritis affects over 360 million people worldwide and about 150 million people in India constituting 15 percent of the population. Rheumatoid Arthritis affects around 10 million Indians close to 1% of the population. According to the 2007 TNS Arogya Study Osteoarthritis has overtaken hypertension as India's No. 1 ailment. By 2011 we will have 66 Million people who are 65 years+ who will be at an enhanced risk of Osteoarthritis.

SPARSH Foundation in Association with Indian Orthopaedic Association (IOA), Orthopaedic Association of South Indian States (OASIS), Karnataka Orthopaedic Association (KOA), Bangalore Orthopaedic Society (BOS), Karnataka Rheumatology Association (KRA), Sri Vivekananda Yoga Anusandhana Samsthana (SVYASA) University and Bangalore Physiotherapist Network (BPN) is conducting Arthritis Awareness Walkathon on 10<sup>th</sup> October 2010 on the eve of World Arthritis Day.

The main aims of conducting this walkathon are:

1. To create awareness of arthritis in all its forms among the medical community, people with arthritis and the general public
2. To influence public policy by making decision-makers aware of the burden of arthritis and the steps which can be taken to ease it.
3. To ensure all people with arthritis and their caregivers are aware of the vast support network available to them

### Program Schedule:

Date	: 10 <sup>th</sup> Oct 2010, Sunday
Time	: 7am – 8:30am
Route	: Attached
6:30am	: Assemble at Kanteerava stadium (Kasturba Road Entry )
7:00am	: Flag off of Walkathon
7.30 am to 8:30am	: Walkathon event

**Nearly 3,000 people are expected to participate in this mega event.**

**Kindly Register Yourself Before 8<sup>th</sup> Oct'2010 and get Complimentary goodies**

To Register PI Call Mr Sreedhar on 9980020658 or 9008475000 or Ms Blessy on 9980909849 Or e-mail [drchandrakar@sparshhospital.com](mailto:drchandrakar@sparshhospital.com) or Better still! Call us to your organization if you are interested in more information / for being a sponsor / for Walkathon mass registrations.

## About Arthritis

Arthritis is not a single disease. There are over 100 various types of arthritis, most common being Osteoarthritis and Rheumatoid arthritis. Any age group can develop arthritis most common in age >60 years and commonly affects females. Arthritis is the nation's leading cause of disability. Arthritis symptoms, such as pain, limited range of motion, and fatigue leads to decreased physical activity, which is a risk factor for other diseases like diabetes, heart disease, and obesity. Early diagnosis and appropriate treatment are essential to manage arthritis and prevent permanent disability. Arthritis can lead to deformity, disability, reduced life expectancy and even death. People don't talk about arthritis or realize how serious it is. If we want to find a cure for arthritis, we need to start talking about arthritis and its cure to a larger audience beyond just healthcare professionals and patients.

## About SPARSH Foundation

SPARSH Foundation is the charitable wing of SPARSH Hospital. With a mission to truly improve the quality of health care and make it affordable to the masses, SPARSH foundation has undertaken numerous initiatives.

***The SPARSH Guru Namana*** - Around 100 retired school teachers with crippling arthritis and with no insurance cover underwent total joint replacement surgery and subsequent post operative care completely free of cost. The surgeries were done at SPARSH Hospital from 5<sup>th</sup> September till 11<sup>th</sup> September 2010. All these teachers will be joining the Walkathon.

***Hejje Guruthu*** - This program focuses on the identification and correction of club foot in children. Having changed the lives of over 400 children in Karnataka, the foundation is taking it upon itself to eradicate this condition in children of Karnataka.

***Children in Need*** - This program funds children requiring complex and extensive surgical intervention. This initiative gained global attention when Lakshmi Tatma, who was born with 8 limbs underwent a 27-hour surgery and was nurtured back to normalcy.

***SPARSH Vachana*** - Under this initiative every year 30 Surgeons from India and across the globe dedicate their time to perform free complex Orthopaedic surgeries on 200 children within 7 days.

Move.Support.Inspire!

**Come, “Let’s Work Together” and “Let’s Walk Together” to create awareness about arthritis and to overcome arthritis with knowledge and courage.** (We request you to call your friends and family members to join “**Arthritis Awareness Walkathon 2010**”).

## Walkathon Route

Registration starts at 6.30 am - Flag Off of “Arthritis Awareness Walkathon 2010” at the Kanteerava Stadium – 7 am – Walk through Cubbon Park as shown below and end the Walkathon at Kanteerava stadium around 8.30 am

