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## Editor role for top knee specialist

South Tyneside District Hospital's growing reputation as a centre of excellence for knee surgery has been given a boost with the appointment of its knee specialist as Editor-in-Chief of an international academic journal for health professionals.

Mr Oday Al-Dadah is the youngest Consultant Orthopaedic Surgeon in the country to be awarded the prestigious post at 'The Knee' journal, leading an international faculty of knee specialists on the editorial board who critically appraise high quality research submitted for publication from academic centres all over the world. This means he is in the privileged position of being aware of research before it is even published, allowing him to provide the very latest in evidence-based clinical practice for his patients.

He has also been appointed as an executive committee member of the British Association for Surgery of the Knee, which is made up of the country's leading knee specialists who set the standards for clinical excellence for knee surgery in the UK.

Mr Al-Dadah, whose specialist interest is reconstructive knee surgery and who has had his own Doctorate thesis research published and presented nationally and internationally, said: "I feel personally honoured to have been given the opportunity to help to educate the health community throughout the world about the medical advances being made in this extremely important and interesting field. I hope it is also a reflection of the increasing esteem in which South Tyneside NHS Foundation Trust is held as we move towards being acknowledged as a leader in the field of knee surgery."

He added: "We are making great progress at South Tyneside District Hospital in introducing innovative services to enable our patients to quickly regain their mobility and independence. We recently performed the first meniscus transplant operation in the North East."

The surgery, which was done arthroscopically (keyhole), represents the cutting edge of super-specialised reconstructive knee surgery.

Mr Al-Dadah said: "The meniscus functions as a shock absorber in the knee and is the most commonly injured structure. When it is torn it causes pain, which often requires surgical removal. In cases where the tear is extensive, almost the entire meniscus is removed which, in turn, can cause further pain and increase the risk of developing arthritis in future. A meniscus transplant can be very beneficial in these complex and difficult to treat cases.

“We are also successfully performing cruciate ligament reconstruction and cartilage repair surgery of the knee for patients with sports injuries who are then able to walk and go home on the same day of their operation. For many patients who have debilitating knee arthritis, we are performing partial joint replacement surgery using minimally invasive techniques, which allows them to rehabilitate quicker than conventional, total knee replacements and even to go home within 48 hours of their operation.”

**ends**

*Pictured above: Consultant Orthopaedic Surgeon Mr Oday Al-Dadah*

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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