

PRESS RELEASE – 4th October, 2017

South Tyneside Hospital at forefront of knee surgery innovation

South Tyneside District Hospital's growing reputation as a centre of excellence for knee surgery will be in the spotlight at a meeting for members of South Tyneside NHS Foundation Trust.

Consultant Orthopaedic Surgeon and knee specialist Mr Oday Al-Dadah, who will outline the latest innovations which are helping to establish the hospital as an acknowledged leader in the field, said: "We are making great progress in implementing a range of innovative services to enable patients to quickly regain their mobility and independence after surgery."

South Tyneside Hospital was one of the first in the country to successfully treat patients with debilitating knee arthritis by performing partial joint replacement surgery of the arthritic area using minimally invasive techniques which enables them to go home on the same day.

In 2015, Mr Al-Dadah and his team performed the first meniscus transplant operation in the North-East. 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.

For patients with sports injuries, the team are performing cruciate ligament reconstruction and cartilage repair surgery of the knee successfully as day case procedures, enabling them to walk and go home on the day of their operation.

Mr Al-Dadah is the senior knee surgeon in the Department of Trauma and Orthopaedic Surgery at South Tyneside District Hospital. He completed his surgical training in Cambridge, during which time he also completed his doctoral thesis in the field of reconstructive knee surgery, and he has had his research presented and published nationally and internationally. He is Editor-in-Chief of The Knee Journal and is Honorary Clinical Senior Lecturer at the Institute of Cellular Medicine at Newcastle University. He is also the Programme Director of the surgical training rotation for junior doctors at South Tyneside.

Mr Al-Dadah's talk, '*Management and Latest Innovations in Knee Surgery at South Tyneside NHS Foundation Trust: Developing a Centre of Excellence*', will be on Thursday, 19th October at 2.30pm in the Lecture Theatre in the Education Centre at the hospital.

Medicine for Members meetings are an opportunity to find out about the work of South Tyneside NHS Foundation Trust. Anyone wishing to attend is asked to contact the membership line on 0191 202 4121 during office hours or to leave a message. This is also the number to ring if you are not currently a member but would like to find out more about joining. The Trust provides hospital services in South Tyneside and community health services in South Tyneside, Gateshead and Sunderland. Membership is free and is open to residents in all three areas who are over the age of 16. Members receive regular updates about the work of the Trust and are invited to events, meetings and presentations on health issues.

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

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