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Hyderabad-based Spine Surgeon wins International and National Laurels

Mediciti hospital's spine surgeon, Dr. Naresh Babu honored with Asia Pacific Orthopaedic Association Spine Award, and Association of Spine Surgeons of India Gold Medal

Hyderabad, March 30, 2010: Spine surgeon Dr. J. Naresh Babu of Mediciti Hospitals has been honored with the prestigious *Asia Pacific Orthopaedic Association International Spine Award* for 2010.

Dr Naresh Babu is the first National Board accredited spine surgeon from Andhra Pradesh. He had his advanced spine training at the famous Rush University, Chicago, USA and at National University Hospital, Singapore. He has been associated with the renowned Mediciti Hospital for over a year now, where much of his pioneering research work has been carried out. It is well known that his research on skeletal fluorosis done at the department received the highest honor of the country, *Silver Jubilee Research Award* from the Indian Orthopedic Association last year. Mediciti hospital has been committed to the patient care and development of research and advancements in all medical and surgical specialities.

The latest recognition for Dr. Naresh Babu comes from the Asia Pacific Orthopaedic Association (APOA), an organization of orthopedic surgeons from the seventeen countries of the Asia-Pacific region. The objective of APOA is to advance research in the field of orthopaedic surgery. The APOA Spine Award is given once in two years to the significant research and clinical work done in the field of spine surgery.

Dr. Naresh Babu received this year's Award for his pioneering work on treating low back pain with minimal invasive surgery. In contrary to the traditional open surgery which involves cutting the muscles and bones, he devised a new surgical technique and approach where in the surgery including placing the screws in to the bone could be carried out without cutting the muscles and bone. This is the first time that an orthopaedic surgeon from the state has been presented with this Award, which he received at the International Spine Training Centre, Chonnam National University, South Korea. He shares the honour with two other spine surgeons – from Japan and Hong Kong.

Along with the APOA Award, Dr Naresh has also just been honored in his own country with the prestigious **ASSI Gold Medal** given by the Association of Spine Surgeons of India (ASSI) for significant research conducted by surgeons less than 40 years of age. At its Annual Conference held in Nagpur earlier this month, the ASSI eminent panel of experts chose Dr Naresh Babu's paper on *Correction of Severe Deformities of the Spine in Children* over 150 other works presented at the Conference. This is also the first time that research conducted in Andhra Pradesh has been recognized with this prestigious award.

For Dr. Naresh Babu, the recent honours come in a long line of awards and recognitions – a total of 10 international and 15 national awards. Amongst others, his work on usage of Nimodipine to increase the blood supply to the spinal disc received the *Euro spine international award* by the European Spine Society at Geneva, while other research on scoliosis correction by key hole surgery received *Young investigator Award* given by the Singapore Orthopaedic Association. He has also bagged the *ISSLS Best Spine Research Award* for his work on disc nutrition

About Medicity Hospitals

The 250-bedded Medicity Hospital is one of the leading hospitals of Andhra Pradesh, with multiple super-specialties. Known for excellence in healthcare for over 15 years and with a bank of full-time dedicated senior consultants, Medicity is also a centre of research and medical education. It was the first in entire Andhra Pradesh to set up a super specialty in the field of Cardio-Thoracic care. Medicity holds DNB accreditation for five specialties.

In an initiative to make quality basic medical care more inclusive and available to larger sections of society, Medicity has introduced a network programme named SHARE (Science Health Allied Research & Education) under which it provides promotive, preventive and curative services, maternal and child health, immunization, control of blindness due to cataract, population control and reproductive health.