

HEALTH ON TIME™ Orthopedics

time to get hip to joint replacement?

When? If you are considering total joint replacement (TJR) surgery, or arthroplasty, the question to ask yourself is, "When?"

When have your daily activities been overly disrupted?
When is your joint pain costing you too much sleep?
When is the pain simply too much?

Thanks to newer drugs with fewer side effects and less-invasive surgical treatments, pain can be adequately controlled and TJR held off. However, technological innovations are making TJR an option for younger patients. For example, materials such as polyethylene plastics, ceramics and space-age metals that can last twice as long as more traditional artificial joints. And research shows that "Earlier rather than later" might be the answer to "When?"

How Long Is Too Long?

Doctors from the Arthritis Foundation say medical management and physical therapy can help delay a joint replacement, while losing weight is recommended if a person is overweight or obese. The extra body weight particularly stresses the bone and tendon structure of the joints. If a painful joint is discouraging physical activity—and discouraging weight loss—it's a signal to discuss replacement with your physician.

Is the Time Right for You?

Here are some questions to discuss with your doctor when determining whether TJR is right for you:

- ✓ Am I a good candidate for TJR?
- ✓ What are the risks of the procedure?
- ✓ How much will TJR relieve my pain?
- ✓ How long will I be in the hospital—and how soon will I be able to get back to normal daily activities?
- ✓ What is involved in the recovery and rehab process?
- ✓ What type of artificial joint do you recommend?
- ✓ Can I expect the new joint to last my lifetime?

OSTEOARTHRITIS VS. RHEUMATOID ARTHRITIS

Osteoarthritis is the most common type, but you've probably heard of rheumatoid arthritis as well. Both are prevalent kinds of arthritis that cause joint pain.

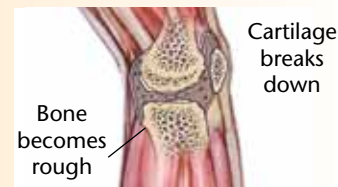
NORMAL JOINT (side view of knee)

The ends of the bone that make up a healthy joint are covered with smooth tissue called *cartilage*.



OSTEOARTHRITIS

Osteoarthritis is the wearing away of cartilage because of age, overuse or injury, obesity, or family history of the disease.



RHEUMATOID ARTHRITIS

The cause is not known, but with rheumatoid arthritis the body's immune system attacks healthy joint tissue, causing inflammation, and subsequent joint damage.



Source: © McKesson Health Solutions LLC

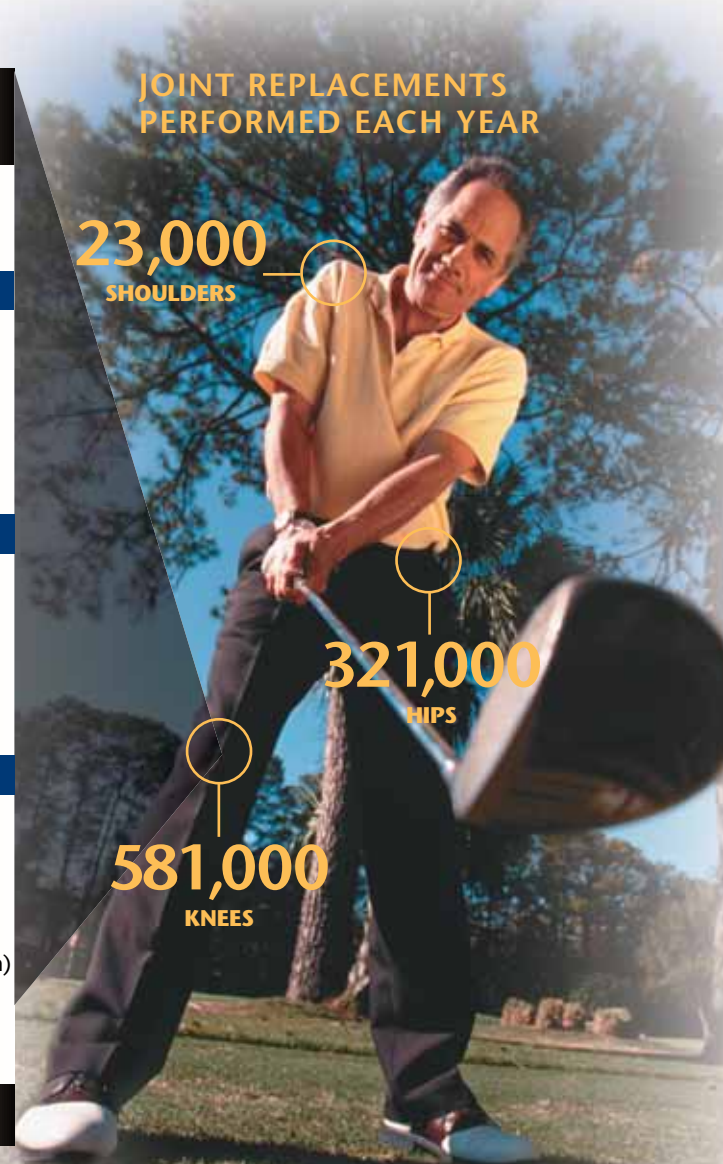
TJR is major surgery. But research from the last two decades shows that in most cases, patients think it is worth the downtime. So, if you, along with your doctor's counsel, determine that the answer to "When?" is "Now!" you can take action to end the pain.

JOINT REPLACEMENTS PERFORMED EACH YEAR

23,000
SHOULDERS

321,000
HIPS

581,000
KNEES



Am I a candidate for joint replacement?

Take our five-minute online quiz to find out at yakimamemorial.org/jointquiz.



joint advantage

RECLAIM YOUR MOBILITY AND LOSE THE PAIN

When knee or hip pain limits your ability to do what you want to, it's time to consider joint replacement. Over the past 40 years, total joint replacement has been proven to relieve severe knee or hip pain and restore function in the vast majority of patients.

According to the American Academy of Orthopaedic

Surgeons, more than 800,000 joint replacement procedures are done in the United States each year.

"Joint replacement surgery is usually performed when arthritis has eroded the cartilage cushioning and protecting the bones that make up joints," explains Robert Greene, MD, board-certified orthopedic surgeon and medical director of the Joint Advantage™ program at Memorial.

Surgeons remove limited amounts of bone and cartilage from the joint and replace them with artificial pieces made of metal, plastic or ceramic materials. The type of material depends on a variety of factors, including the patient's age, how active he or she intends to be after surgery, and the nature of the damage to the original joint. Most replacements last 15 to 20 years and give patients almost the same amount of mobility as a healthy, natural joint.

Memorial's Joint Advantage is a comprehensive program that takes joint replacement patients from

pre-operative education through surgery and then rehabilitation.

Following surgery, patients attend individualized physical and occupational therapy sessions during their stay in the hospital. The sessions are designed to help patients make a safe transition to home.

The healing process continues outside the hospital walls where patients practice routine tasks and therapeutic exercise with specially trained therapists. Care continues at The Springs, where Memorial's outpatient rehabilitation team provides patients with the latest therapy treatments following discharge to help them get back to the lifestyle they desire.

For more information on Joint Advantage, visit yakimamemorial.org/jointadvantage.



Memorial performs over 600 joint procedures each year.

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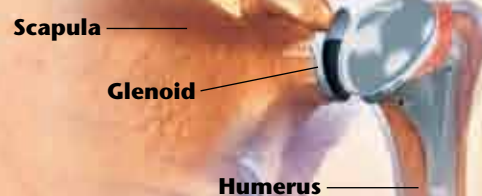
pre-op countdown

- 1 Get in shape.** Ask your doctor for pre-op exercises to strengthen parts of the body you will need to rely on more heavily during your recovery.
- 2 Quit smoking!** Smoking alters blood-flow patterns, which can delay healing and slow recovery. Also, avoid alcohol for at least 48 hours before surgery.
- 3 Schedule dental work.** Have treatments, such as extractions or periodontal procedures, several weeks before or after your surgery. Bacteria that cause a tooth or gum infection can travel through the bloodstream and settle in an artificial joint.
- 4 Consider your mental attitude, and get treatment if necessary.** New research from the American Association of Orthopaedic Surgeons indicates pre-surgery mental status is an excellent predictor of outcome. Depressed patients experienced less improvement in pain relief, function, and stiffness.

SHOULDER REPLACEMENT

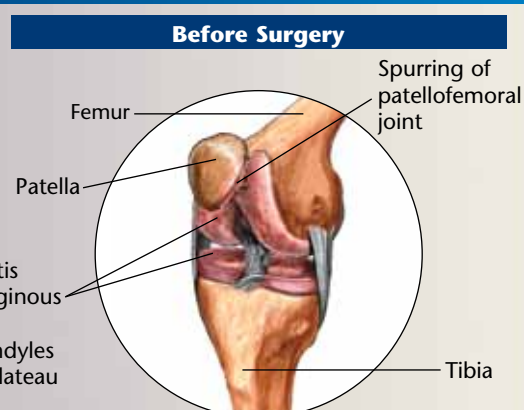
The healthy joint: The shoulder consists of a ball-and-socket joint formed by the head of the upper arm bone, or *humerus*, and a depression, called the socket or *glenoid*, in the shoulder bone, or *scapula*, surrounded by a soft-tissue rim called the labrum.

Your new joint: In shoulder replacement, doctors most often replace the humeral component with one made of metal and a glenoid component made with a high-density plastic. Groundbreaking research recently presented at the American Association of Orthopaedic Surgeons meeting showed for the first time that **93%** of people who underwent total shoulder replacements in the early 1980s and early 1990s were **satisfied with the results** 10 to 20 years later.

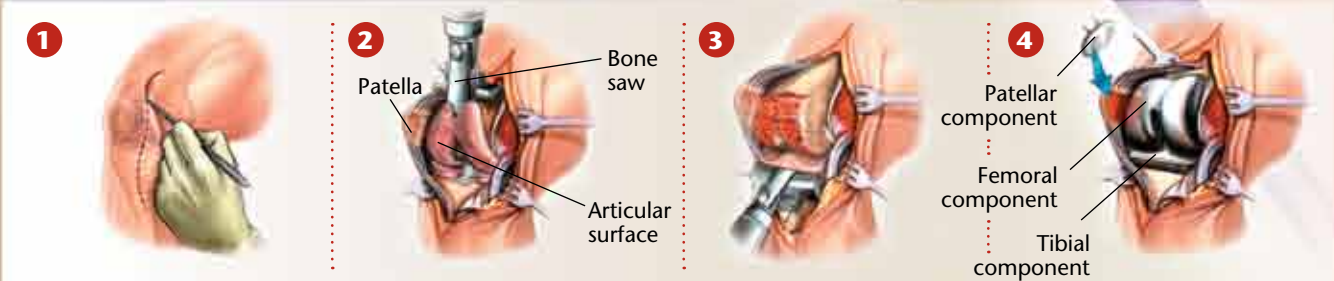


KNEE REPLACEMENT

A total joint replacement is performed to relieve pain in the knee due to thinned cartilage and damaged bone surface—the result of osteoarthritis.



Joint Replacement Procedure



An incision is made to expose the knee joint. The femoral articular surface is resected with a bone saw. The tibial plateau is also resected. The prosthetic knee is secured in place.

what's your orthopedic IQ?

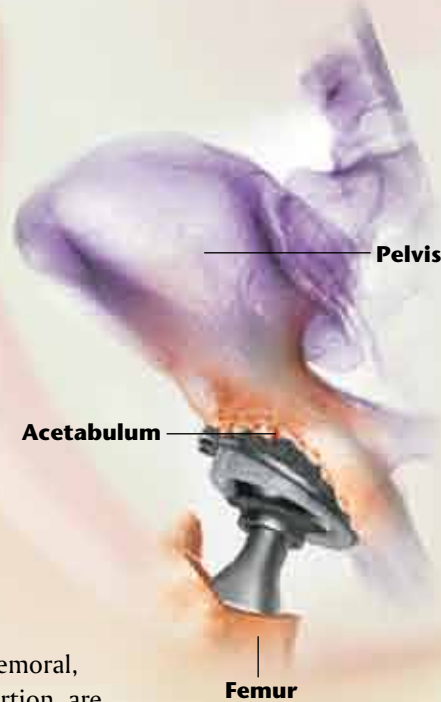
- True or False?** Avoiding exercise is a good way to minimize arthritis pain.
- Smoking has been shown to have the following negative effects on musculoskeletal health:
 - Linked to rheumatoid arthritis
 - Causes fractures to heal more slowly
 - Associated with low back pain
 - All of the above
- True or False?** Arthroscopy was initially used only to plan open surgery.
- What is the approximate financial impact of arthritis on the U.S. economy each year, measured in lost wages and medical care?
 - \$3.3 billion
 - \$90 million
 - \$128 billion
 - \$700 million
- True or False?** Bicycling is an example of weight-bearing exercise, which helps build and preserve bone and avoid osteoporosis.

Answers: 1. False; 2. D; 3. True; 4. C; 5. False. If you got 4 or 5 correct, congratulations! You're ortho aware. 3 or fewer correct? Time to catch up on the basics to help maintain healthy bones and joints.

HIP REPLACEMENT

The healthy joint: The hip joint is formed by the ball at the top of your thigh bone, or *femur*, and the rounded socket, or *acetabulum*, which fits into. Ligaments connect the ball and socket, while cartilage covers and cushions the bones. Like the knees, the hip bears the full force of your weight.

Your new joint: In hip replacement, the worn femoral, or stem portion, and acetabular shell, or socket portion, are replaced with prostheses. Many hip replacements are now "cementless," meaning the artificial joint actually allows bone tissue to grow into the metal, forming a strong bond of scar tissue to anchor the bone.



joint's are jumpin'

post-op gear up

HERE'S WHAT TO EXPECT FOLLOWING SURGERY

DAY AFTER SURGERY

The average hospital stay after joint replacement is three days.



You'll start by dangling your leg over the side of the bed with a therapist supervising. You will try to stand with a walker or crutches and sit in a chair for about an hour. The therapist will help you begin exercising in bed.

DAYS 2 AND 3

Post-op pain tends to recede within a few days.



The next day or two, you will begin to stand and walk in your room, do stretching and strengthening exercises and sit in a chair for 30 to 60 minutes, twice a day. You'll be discharged from the hospital once you can perform basic activities independently.

AFTER DISCHARGE

You'll be able to drive again about six weeks after surgery.



After you leave the hospital you will likely continue physical therapy as an outpatient. A hip or knee patient goes home with crutches or a walker to be used for two to six weeks. After that, a cane can be used.

THREE MONTHS LATER

Nine out of 10 patients experience a rapid boost in quality of life.



You'll probably be ready for normal activities, including golf, exercise, walking, and swimming. But before resuming *any* physical activity, talk to your doctor first—especially if you engage in "stop-and-start" or twisting sports, such as singles tennis or skiing.

DOWN THE ROAD

Research shows that 85 percent of total joint replacement patients are happy with the results of their surgery.



Nearly everyone can look forward to the staying power of a new joint. For example, failure incidence for total knee replacement is about one percent per year following surgery. So, after 20 years, about 80 percent of knees are still feeling like new, according to a recent National Institutes of Health Consensus Development statement.

more options for you!

Orthopedic surgeons with Memorial Orthopedic Health practice the latest surgical techniques while remaining loyal to tried-and-true procedures.

"There have been tremendous advances in technology for joint replacement," says Thomas Eastman, MD, board-certified orthopedic surgeon. "Therefore, patients are encouraged to discuss multiple treatment options with their surgeons."

You can learn more about joint replacement and other orthopedic topics by visiting yakimamemorial.org and clicking on the "Health Information Library." You can also receive a monthly e-newsletter on arthritis and other health issues by clicking on "Free E-Newsletters."



YOUR ORTHOPEDIC HEALTH LIFELINE

0-25 YEARS

Playground accidents lead to orthopedic injuries in children. Splintered wood is one sign of unsafe equipment.

Get milk. After about age 35, a person loses more bone than is gained. So, it's important to build bone mass while you're young.

25-40 YEARS

Pregnant? Back pain is common in pregnant women and can increase as you lift and carry your growing baby. To help relieve back pain, strive to return to your normal weight within six weeks of delivery.

40-55 YEARS

Have your feet measured. Nine out of 10 women are wearing shoes that are too small, which can lead to painful foot deformities.

Prevent golfer's elbow by strengthening the forearm muscles: Try squeezing a tennis ball for five minutes at a time.

55-75 YEARS

10 to 15 minutes of daily sun exposure will help your body make adequate vitamin D, which is needed to absorb calcium. Planning to be in the sun longer? Wear sunscreen!

Men are not immune to osteoporosis. Report loss of height, a change in posture or sudden back pain to your doctor promptly.

75+ YEARS

Each year 1 out of every 3 older Americans falls. Eat breakfast every day to avoid dizziness and losing balance—and injury.

ARTHRITIS About 23 percent of the adult population has been told by a physician that they have arthritis. The most common form, osteoarthritis, affects more men than women and is more common in older age groups.

POSTURE Poor posture can cause excess wear and tear on joints. Choose a chair that supports the thighs, back, and arms comfortably, with 90° angles at the ankle, knee, and hips.

ACTIVITY Regular exercise—30 minutes of moderate activity most days of the week—is important to good health. But vary your workouts to avoid overuse injuries. And don't try to cram a week's worth of exercise into a weekend!

BONE AND JOINT HEALTH

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stroke risk zone

Memorial Orthopedic Health

BIG-CITY SERVICES WITHOUT THE BIG CITY

People from Central Washington work hard, play hard, and live hard. It isn't surprising that sometimes our bodies have a difficult time keeping up with our physical demands.

"It is normal for people with active lifestyles to have bone breaks (fractures), pulled muscles (strain/sprain), and worn-out joints (arthritis)," says George Liu, MD, chief of Memorial's Orthopedic Surgery Department. "Through orthopedic care, we aim to restore function in our patients so they may keep up with their active lives."

Memorial Orthopedic Health has 14 local orthopedic surgeons and physicians on its medical staff, specializing in preserving and restoring the musculoskeletal system of the body. Using both traditional and minimally-invasive techniques, these orthopedic surgeons provide a wide range of specialties that cover a broad range of treatments.

Services include:

- Total joint replacement
- Sports medicine
- Spine surgery
- Hand, elbow and shoulder surgery
- Foot and ankle surgery
- Arthroscopy
- Kyphoplasty
- Trauma treatment
- Setting fractures
- Treatment of tumors/neoplasms

Memorial has a total of 11 operating suites between the hospital and the outpatient Surgi-Center on the Memorial campus. Last year, Memorial performed over 3,700 orthopedic surgical procedures, making Memorial one of the top orthopedic hospitals in Washington State. The hospital's quality outcomes place it among the top 10% in the nation.

For more information about Memorial Orthopedic Health, visit yakimamemorial.org/ortho.

Q&A

My friend had both knees replaced at once. Is that a common practice?

It is almost always technically possible to replace both knees at one time. The question is, does it most benefit the patient?

It requires two to three months to fully recover from one knee replacement procedure—single or double—compared to four to six months total if done separately. The downside of a same-day double surgery is the heightened chance of complications, which might include temporary disorientation after surgery, need for blood transfusion, or severe cardiac complications.

For patients with any history of heart disease or anemia, the choice seems clear. Patients with less cardiovascular risk, however, might go for the shorter recovery period.

Replacing both knees is almost always technically possible. But is it best for the patient?



My knees hurt after I walk a long distance. What can I do to alleviate the pain?



Physical activity has many upsides, but knee pain is a given downside for many people after engaging in long exercise sessions. For serious or acute knee pain, consult a doctor.

In general, to prevent knee pain, plan for regular rest days and be sure to stretch before and after exercise.

To cope with minor discomfort, consider the self-care strategies at right.

SELF-CARE FOR KNEE PAIN

Try gently compressing the knee with an ACE® brand-type wrap bandage or elastic sleeve.

Apply ice to your knee(s) every hour for 15 minutes for several hours.

Keep your legs and knees elevated to bring down any inflammation and swelling.

Ask your doctor about over-the-counter pain relievers, such as ibuprofen, naproxen, or acetaminophen.

Sleeping with a pillow between your knees is another tactic.

breaking news

erasing surgery pain before it starts



A recent article in the *Journal of the American Medical Association* showed that starting a short course of a COX-2 inhibitor, a type of non-steroidal anti-inflammatory drug, the day before a joint replacement was effective in easing pain and improving range of motion during the important first few days following surgery. Additional research is necessary, but doctors may start prescribing a short course of COX-2 inhibitors for patients who experienced high pain levels and/or very slow progression in range of motion in prior joint replacements.

your aching knees

A longitudinal study published in *Arthritis Care and Research* in 2008 indicates that the likelihood of adults developing osteoarthritis in at least one knee is much higher than previously believed. The four-year Johnston County (NC) Osteoarthritis Project followed more than 3,000 black and white women and men over the age of 45 and concluded that nearly half (44.7%) would develop symptomatic osteoarthritis in a knee sometime during their lifetime.



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Emphasis: Joint replacement, bone and soft tissue tumors
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Answers for Aching Joints

Learn about the latest surgical and non-surgical treatments and advancements for relief of arthritis and joint pain.

- Thursday, January 27 6:30–7:30pm with George Liu, MD
- Tuesday, March 22 6:30–7:30pm with Thomas Kennedy, MD

The Springs Rehabilitation and Occupational Medicine
302 South 10th Avenue, Yakima

Register at **(509) 575-8484**.