



Still Going
STRONG:

**Hip & Knee Replacements
Can Help You Enjoy Life**

People are living longer, more active lives. In fact, life expectancy is higher than ever before in this country. An entire generation of Baby Boomers is transforming society's perception of "The Golden Years" from sedate and tranquil to active and downright fun.

You could say that as life expectancy is on the rise, so are life expectations.

"People are choosing hip and knee replacements much younger than in the past," confirmed **David Huibregtse, MD, Board Certified Orthopedic Surgeon at Dean's Riverview Clinic.** "At the same time, we as surgeons now have the technology to provide better options."

More Common than Ever

According to the American Academy of Orthopedic Surgeons, approximately 500,000 knee replacements and more than 200,000 hip replacements are performed annually, and those numbers continue to rise.

"The most common joint replacement surgery by far is knee replacements," says Dr. Huibregtse. "Hip replacements are second. Shoulders come in a distant third."

Generally speaking, people need one of these procedures because their joint has just "worn out."

Osteoarthritis is mainly caused by an injury, genetics, or simple wear-and-tear on the body. Being overweight can exacerbate any of these other underlying problems.

Each surgery has its own specific procedures, but essentially the worn surfaces of the joint are measured, removed, and replaced with either metal on high-tech plastic synthetic joints or metal on metal. This allows for better movement in the joint, as well as removes the pain of bone rubbing against bone since the cartilage has long-since been worn away.

Better than Ever

"The biggest advances in the last decade or so have had to do with the bearing surfaces (the materials used to make the synthetic joints)," shares Dr. Huibregtse. They last much longer and wear much better. There is a reduced chance of dislocation. And they provide a better range of motion. When it comes to knees, high-flex components allow for easier bending and squatting for activities like gardening and golf.

Partial knee replacements are a great alternative for people who only have arthritis on the inside half of the knee. This smaller surgery allows for quicker recovery.

Along those same lines, hip resurfacing is an exciting option for younger patients. It uses alternative bearing surfaces, which provide greater longevity.

In addition to better materials, surgeons are now able to use smaller incisions, allowing for quicker recovery and shorter hospital stays. Even comfort has not been overlooked. Dean surgeons are using advanced nerve blocks, making you more comfortable in those first few days after the procedure.

The Waiting Game

In the past, it was common – and even encouraged – to wait as long as possible before considering a joint replacement surgery. Now, however, the high-tech advances in materials and procedures allow initial replacements to last longer, as well as open up possibilities for additional replacements (called revisions) down the road.

"The demand for alternative materials and technologies came from younger and more active patients refusing to just sit around and wait," shares Dr. Huibregtse. "In reality, people can really benefit from a greater number of years of relief."

Surgery might be the answer if:

- **Your pain has started disturbing your sleep.**
- **You can't exercise or keep the rest of your body healthy, thus impacting your overall health.**
- **You are missing out on work or other important life activities because of your pain or disability (immobility).**
- **You are healthy enough to experience the benefits of the surgery.**

"There's a very good chance you'll be happy with the results," says Dr. Huibregtse.

Between 95 and 99 percent of hip and knee replacement patients report they are satisfied with the outcome. For so many people, it's about more than pain relief. It's about getting back to the things in life they love to do.

Dr. Huibregtse agrees. "I enjoy helping people get better and return to their activities."

The best part is they can do it all close to home. Dr. Huibregtse offers minimally-invasive surgery and has experience with computer navigation techniques.

"It's exciting for people in this area to realize they have innovative, up-to-date options for hip and knee replacements right here in Janesville," Dr. Huibregtse explains. "They don't have to travel to the big city to get big city technology or skill. And they can still feel the comfort of a familiar face since we work closely with their primary care doctor throughout the process."

For more information on hip or knee replacements, or to learn more about Dean's orthopedic surgeons:

www.deancare.com

Dean Health System is excited about improving our services for you. You will notice some changes to our automated phone system at Dean:

- Some department phone numbers will change.
- Calls will initially be answered by an auto-attendant which will provide options.
- Your call will be routed to the appropriate staff member who is prepared to help you with your specific request.

This new system will connect patients with appropriate staff in a more timely manner, decreasing waiting times and the need to be transferred. If you would like to provide feedback about our new phone system please call **(608) 294-6200**. We look forward to receiving your comments.

SUMMER
Holiday Hours

WE WILL NOT SCHEDULE REGULAR APPOINTMENTS ON THESE DAYS:

- Independence Day** - Friday, July 4th
- Labor Day** - Monday, September 1st

All clinic services will be closed on these days except:

- Riverview Clinic Urgent Care:** Open 7 am - 4 pm
- Riverview Pharmacy:** Open 8:30 am - 4 pm