SCIENCE | TECHNOLOGY | LIFESTYLE | NEWS

FROM THE OFFICE OF Dr. Peter J. Curcione
www.bone-fix.com

InMotion

FALL 2010

RELIEVING PAIN. RESTORING MOBILITY. RETURNING YOU TO YOUR ACTIVE LIFESTYLE.

FROM DR. CURCIONE

OUR SEMINARS RESUME - JOIN US AND BRING A FRIEND!

As we step into fall, our monthly seminars on the benefits of the anterior approach to hip replacement will resume. Last year, several hundred people attended my free seminars throughout the year, learning more about the options for hip replacement and the many

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NEW STUDY: HOME EXERCISE PROGRAMS

NEW STUDY SHOWS BENEFITS OF STICKING TO YOUR EXERCISE PROGRAM FOR PATIENTS WITH OA

Are you keeping up with your home exercise program? There is new incentive to keep osteoarthritis patients up and moving!

A new study shows that patients with hip and/or knee osteoarthritis (OA) who kept up with their self-directed, home exercise program demonstrated greater improvement in the areas of pain control and physical function than patients who did not maintain their prescribed home exercise plan.

The study, reported in the August issue of Arthritis Care & Research,

Arthritis Care & Research
STUDY RESULTS

involved 150 patients receiving exercise therapy for osteoarthritis of the hip and/or knee. Patients

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STAFF FOCUS

TORI STOUT, MEDICAL ASSISTANT

As a medical assistant, Tori Stout is at the side of both Dr. Curcione and his patients to assist with exams and follow-up visits. “From making post-operative calls to patients to providing them with all of their necessary medical forms, prescriptions and other documentation, I make sure their care and treatment plan keeps moving,” says Tori. A long-time Lehigh Acres resident, Tori is already familiar to many patients so there is a bond and trust there. “I like that we know each other by name and that many times, patients know my family. Most importantly, I like to see them walk away from our office with a smile,” she adds. Outside the office, Tori and her husband enjoy fishing, hunting and spending time with their three children.

PATIENT TESTIMONIAL: THOMAS GIBSON

Another patient finds the answer they were looking for!

When 60-year-old Thomas Gibson began experiencing pain while golfing, the 60-year-old Lehigh Acres man wisely listened to the advice of friends as well as to the warning sign of pain.

"The pain started in my gluteus muscle and continued to increase over time," said Gibson. "And as the pain grew worse, so did my golf game. My body and my friends were telling me it was time for me to get help."

Initially, Gibson, age 60, visited a chiropractor for pain relief treatment. When the pain continued, Gibson made an appointment to see Dr. Curcione, who had previously treated him for a torn rotator cuff.

Following an exam and x-rays, Dr. Curcione diagnosed Gibson with osteoarthritis in both hips. Together, Dr. Curcione and his patient discussed the options, but surgical and non-surgical.

"First I tried cortisone shots, but the relief was temporary and lasted only a few days," said Gibson. "Walking and bending was becoming more difficult and on a scale of one to ten, my pain level reached as high as a nine. I went back to Dr. Curcione for a follow-up visit and we discussed the plan for surgery."

Dr. Curcione recommended Gibson as a candidate for the anterior approach to hip replacement.

"When symptoms can no longer be controlled through non-operative treatments, hip replacement surgery may be the best option," said Dr. Curcione. "The anterior approach to hip replacement offers a less invasive, less painful option. We call it the 'muscle-friendly' approach because we do not surgically detach the muscles or tendons. Patients usually get moving and back to their normal routines much faster compared to traditional hip replacement surgery."

To learn more and prepare for surgery, Gibson attended one of Dr. Curcione's free seminars, as well as a pre-operative class offered at The Joint Academy at Lehigh Regional Medical Center.

"Both classes were very informative," said Gibson. "I really felt that this was the best option for me and I was confident that Dr. Curcione could help me. Since the pain and diagnosis was more severe in my left hip, I opted to do that one first. "

At the end of June, Gibson underwent the anterior approach to hip replacement. After a brief hospital stay, Gibson was discharged home. Days later, he began physical therapy several times per week. He continues therapy at home on his own.

"The surgical pain was brief and my hip pain is completely gone," said Gibson. "In fact, both hips feel better. I'm back to golfing 18 holes again and I must say that my game has improved tremendously. Most importantly, I can bend over, tie my shoes and function normally again. You can't put a price on the simple tasks that we do every day."

BENEFITS OF HOME EXERCISE PROGRAMS

CONTINUED FROM PAGE 1

were evaluated at baseline and at three, 15, and 60 months of follow-up.

All of these outcomes were significantly better in patients who kept up with the recommended home exercises and who were more physically active.

"Better adherence to home exercises and being more physically active improves the long-term effectiveness of exercise therapy in patients with OA of the hip and/or knee," said Dr. Pisters, the study's author. "Future research should focus on how exercise behavior can be stimulated and maintained in the long term to improve outcomes for patients with OA."

FROM DR. CURCIONE

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benefits of the anterior approach. Most importantly, I was able to answer questions and alleviate some of the fears people have about hip replacement surgery. I was also able to meet and connect with many new patients who are once again enjoying their favorite activities and living pain-free.

As always, please check out my blog, Facebook and Twitter pages for more information and testimonials from my patients. Visit my website at www.bone-fix.com for links to these sites and more.

To make an appointment or attend a free educational seminar, please call my office at 239-368-8277.

PATIENT SAFETY

DEPUY VOLUNTARILY RECALLS HIP IMPLANTS

DePuy Orthopaedics Inc., the provider of the ASR Hip System has voluntarily recalled the ASR™ XL Acetabular System and DePuy ASR™ Hip Resurfacing System used in hip replacement surgery due to the number of patients who required a second hip replacement procedure, called a revision surgery.

DePuy is advising patients with an ASR device to visit their surgeons for evaluation of their implant performance. Yearly monitoring is recommended to ensure the ASR hip replacement is functioning well, even in the absence of symptoms.

A limited number of Dr. Curcione's patients received the recalled implants and have been notified. Dr. Curcione and his staff are currently working with these patients and DePuy to take the next steps to ensure patient safety. Dr. Curcione discontinued use of these implants in 2009.

Patient safety continues to be our top priority and the practice will continue to monitor and provide any updates on this and other products that may impact patients.

Patients in the U.S. and Canada can contact DePuy by calling 888-627-2677 Monday-Saturday, 8 a.m. to 9 p.m. EST. Patients in other countries can place a collect call to the U.S. at +1 813-287-1651 24 hours a day, seven days a week. For more information, visit http://www.depuy.com/corporate-information/depuy-divisions/depuy-orthopaedics-inc/landasr.

FEATURED CONDITION:
JOINT PAIN

YOUR HEALTH SERIES

UNDERSTANDING AND TREATING JOINT PAIN

It's estimated 70 million people in the U.S. have some form of arthritis. Osteoarthritis is one of the most common types resulting in wear and tear that deteriorates the "cushion" in your joints.

The joint is formed by the ends of two or more bones that are connected by thick tissues. The bone ends of a joint are covered with a smooth layer called cartilage. Normal cartilage allows nearly frictionless and pain-free movement. When the cartilage is damaged or diseased by arthritis, joints become stiff and painful. Every joint is enclosed by a fibrous tissue envelope or a capsule with a smooth tissue lining, called the synovium. The synovium produces fluid that reduces friction and wear in a joint. The pain may be so severe, a person will avoid using the joint, weakening the muscles around the joint and making it even more difficult to move.

When is total joint replacement necessary? The goal is to relieve the pain in the joint. A physical examination, and possibly some laboratory tests and X-rays, will show the extent of damage. Total joint replacement will be considered if other treatment options will not relieve the pain and disability. One of the greatest medical advances of our time, joint replacement surgery is improving the lives of millions of patients by easing pain, improving range of motion, and increasing activity levels.

KEEP IN MIND: QUESTIONS FOR THE SURGEON

Below are some questions to ask your surgeon about joint replacement surgery:

- What are the major and/or most frequent complications of surgery?
- Is the skill and experience of the orthopaedic surgeon more important than the device or procedure?
- Can you give me any information on outcomes and complication rates?
- If I do not have surgery, what is the risk?
- Which device would you choose for yourself, if you needed a total joint replacement now, and why?
- How much pain can I expect, and how will it be managed in the hospital and after I go home?
- How long will the device last, and what can I do to make it last as long as possible?
- What are the pros and cons of minimally invasive (mini-incision) surgery? Does it really make a meaningful difference in the result, or does it pose unnecessary risks?
- Should I believe what I see on TV or read in the ads in magazines?
- What will I be able to do/not do after my total joint replacement?
- Is therapy necessary after surgery?
- How long will I be in the hospital?
- How many total joint replacements do you and your hospital do each year?
- Will I be able to contact you after the surgery if I have a question or problem?

For more information, call 239-368-8277 or visit www.bone-fix.com.

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The latest news from Dr. Peter Curcione **InMotion**

FREE EDUCATIONAL SEMINARS — ANTERIOR APPROACH TO HIP REPLACEMENT

DATE AND TIME	LOCATION
Thursday, October 21, 5:30-6:30 p.m.	**Gulf Coast Medical Center,** 13681 Doctors Way, Fort Myers, FL 33912
Thursday, December 16, 5:30-6:30 p.m.	**Gulf Coast Medical Center,** 13681 Doctors Way, Fort Myers, FL 33912

To attend, please call 239-368-8277, ext. 2302. Refreshments will be served. Space is limited.

For future seminar dates, times and locations, visit www.bone-fix.com or call 239-368-8277, ext. 2302.

Dr. Curcione is a board certified orthopaedic surgeon and an osteopathic physician. His training and specialties include:

- Minimally Invasive Anterior Approach to Hip Replacement
- Custom Fit Knee Replacement
- Partial Knee Replacement
- Advanced Arthroscopic Surgery of the Knee and Shoulder
- Hand Surgery
- Sports Medicine
- General Orthopaedics

Dr. Peter J. Curcione www.bone-fix.com

ATHLETIC ORTHOPEDIC AND RECONSTRUCTIVE CENTER
A World Class Orthopedic Center

Visit Dr. Curcione's blog at www.topbonedoc.com and follow him online on Facebook and http://twitter.com/topbonedoc.

facebook
twitter

LOCATIONS

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