



HSS/CERT TOTAL JOINT REPLACEMENT REGISTRIES NEWSLETTER

Thank you again for your participation in the HSS/CERT Total Joint Replacement Registries! Since we began recruiting patients in May 2007, we have enrolled over 3000 hip, knee, and shoulder replacement patients. Many of you have already received and completed your 6-month follow-up questionnaires. Your continued participation is essential to our success, since this registry will be the most comprehensive database focused exclusively on total joint replacement patients. Existing studies do not provide adequate prospective data to evaluate long-term outcomes of these surgeries, which are becoming increasingly commonplace. By participating in this study, you are helping us gain a greater understanding of what factors may affect outcomes, and why some patients do better than others in the long term. We have already begun using our data to analyze factors leading to post-surgical complications, in the hopes of better preventing them in the future. So on behalf of the HSS total joint replacement surgeons, **thank you** for helping us continue to give the best possible care to our patients.



Success Stories

“After 2.5 months, I climbed mountains in the Andes in Peru. From Dec. 11 to present I have snow skied everyday for 6-7 hours per day. I have had no limitation—other than being 61 years old. I ski as well as ever—I teach skiing—kids, moguls—half-pipe, steeps, ice, powder—the surgery has been awesome. I spent all Sept & Oct doing 2-3 hours of rehab at the local rec center—swimming, elliptical trainer, weights—it made a world of difference. Hip surgery has been awesome.”

“On a scale of 1 to 10 I would rate my total hip replacement experience a 10. My surgeon... & everyone who cared for me at HSS were wonderful. All did their superlative best to bring me back to the level of health that I hoped & prayed for. I am walking 4 times a week at the ocean boardwalk & am leading a pain free normal life. My heartfelt thanks to all who gave me their very best!! They and HSS definitely deserve the country's #1 rating!!”



“The surgery was a huge success!”

“Overall great results and great progress!”

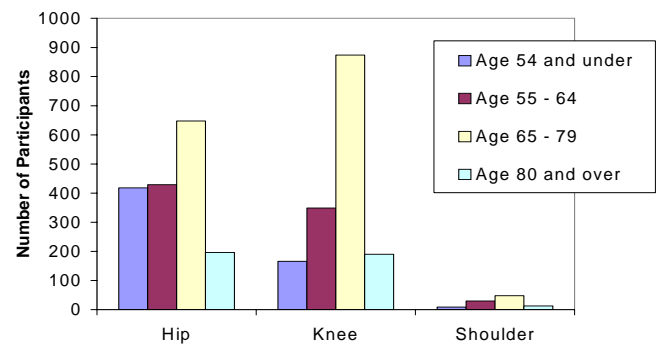
“I am quicker, with greater foot speed & overall strength than I ever was over the previous 10 to 15 yrs. It's been great.”



Who is in Our Registries?

- There are patients from 32 states and multiple foreign countries, including Colombia, England, Israel, and Spain
- While most of our patients are between 65 and 79, HSS does a large number of joint replacements in both younger and older patients: 18% are younger than 54, and 12% are older than 80.

Age of Participants by Joint.



- Most of our patients having hip or knee replacement surgery are only able to walk one or two blocks at a time before surgery.
- Patients having joint replacement surgery are in a lot of pain! Average amount of pain before surgery (0 = no pain and 100 = worst pain):
 - Shoulder Patients = 67.6
 - Hip Patients = 62.5
 - Knee Patients = 57.9
- In the future, we will report on how much pain relief patients have had two and five years after surgery.

Did You Know...?: Arthritis

There are two main types of arthritis: rheumatoid arthritis and osteoarthritis.

Rheumatoid arthritis (RA) is a systemic inflammatory disease that affects 2.1 million Americans, of which 70% are women. Patients with RA present with redness, warmth, swelling and functional limitation in the joints, although many other parts of the body may be involved. These symptoms are caused when the body's immune and inflammatory systems are activated, affecting various tissues throughout the body, and causing fatigue and weight loss. The actual cause of RA is unknown, but it is thought to be triggered by unknown factors in people with a genetic predisposition to the disease. Over the last decade the treatments for rheumatoid arthritis have improved so much that most patients with rheumatoid arthritis today will have such good control of their disease that they will never need their joints replaced.



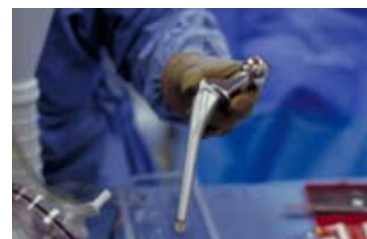
Osteoarthritis (OA) is the most common joint disease in the world. It affects mostly those over 65, but it is becoming increasingly common in younger people – especially those who have had previous injuries, such as an anterior cruciate ligament (ACL) rupture. OA causes serious disability: in the U.S. more than twice the number of people are disabled by arthritis than by cardiac disease. OA results from the chronic breakdown of cartilage. Cartilage is the spongy tissue that coats the ends of bones in joints, acting as a shock absorber. The result can be painful, tender, creaky joints and limitations on joint movement. Although you can't help getting older, you can do some things to prevent OA. The most important thing to do is avoid becoming overweight. This will not only help OA from getting worse, it will lessen the pain in joints that are already involved. Even losing five pounds can help! Also, keeping muscles strong helps stabilize your joints, which can lead to less pain. Talk to your doctor about physical therapy.

Did You Know...?: Total Joint Replacements

Over the past few decades, total joint replacements have become a standard of treatment for advanced arthritis. More and more Americans are turning to joint replacements to improve their mobility. Today, over 200,000 hip replacements and over 380,000 knee replacements are performed each year in the United States. Hip resurfacing (essentially a total hip replacement designed to preserve more bone) has become more common as well, and is sometimes recommended for younger, more active hip replacement patients.

The first modern hip, knee, and shoulder replacements were pioneered in the 1960s – some right here at HSS! Since then, improved surgical techniques and prostheses have made the surgeries increasingly successful.

Today's joint replacement devices look very similar to the structure of the actual joints, and they come in a large variety of sizes and materials so that they can be customized for each patient. Most are performed for patients with severe arthritis. When pain and stiffness progress to the point of limiting one's everyday activities, joint replacements are often recommended. In addition, some patients get joint replacements for other problems such as fractures of the hip or shoulder.



For more information, please visit <http://www.hss.edu/conditions.asp>

Any questions or comments? Let us know!

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THANK YOU FOR YOUR PARTICIPATION!

***LOOK FOR OUR QUESTIONNAIRES ARRIVING IN THE MAIL
6 MONTHS AND TWO YEARS AFTER YOUR SURGERY***