

# Lakeview Community Wellness Center Orthopaedic Connection

## Chapter Two Frequently Asked Questions

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### *Transforming patient information into patient understanding.*

I don't do a lot of frequently asked question articles because there are many important topics to cover. This does not begin to answer all of them, but I hope you will understand.

#### **Q. Does hip or knee replacement (or any really major surgery) cause mental decline in older patients?**

A very important question.

- Answer: Yes. In 10 - 20% of our patients.
- Causes:
  - Not entirely clear, but possibly due to inflammatory response to surgery.
  - Effect of anesthesia
  - Medication given after surgery
- Form of decline
  - Confusion
  - Forgetfulness
- Duration
  - Usually decreases with time. Days or a few weeks.
- Can be very disturbing to the patient and especially the family.

#### **Q. Is my loss of strength in my arms and thighs just the result of getting older?**

Answer:

- Probably
- Age related muscle loss is called sarcopenia.
- Muscle mass decreases 1% a year after 30.
- There are other causes: testosterone deficiency, over active thyroid, adrenal gland, diabetes, tumor.
- It can be slowed by weight training and exercise.
- Good news! It's never too late to start strength and resistance training.

**Q. Which is better for joint injection, Cortisone or Hyaluronice Acid (Supartz)?**

Answer: It can't be answered very simply, but I'll try.

Cortisone (Celestone, Kenalog, etc.)

- Can be injected into most joints as an anti-inflammatory in osteoarthritis and rheumatoid arthritis.
- Can last for weeks or several months.
- Limit injections to three per year in most instances.
- Used as the first line of injection therapy.

Hyaluronic Acid

- Called viscosupplementation
- Restores more normal joint fluid lubrication
- Improves mobility, reduces pain
- Relief 6 months to indefinitely
- Only used for osteoarthritis (OA)
- Used in knee ("off label" in any other joint)
- Given in a series of injections with rare exception
- Way more expensive than cortisone

**Q. How does cold help arthritis flare ups?**

Answer: Cold therapy, strangely is thought to reduce muscle spasms. Cold is noted for pain killing, reducing swelling and lowering metabolic activity. Cold seems to decrease nerve cell activity. Cold decreases muscle spasms by making muscles less sensitive to being stretched.

- **Key Point.** You have to use whatever works best for your body. Don't apply directly to skin or use more than 15 minutes.

Well, I hope this helps and that you learned something.

**Orthopaedic Clinic**

I appreciate your support of the Orthopaedic Clinic at Lakeview Community Wellness Center. All of the Orthopaedic problems I treat can be evaluated there.

Coming clinic dates are October 8 and October 22, 2010. Call 989-463-6092 for an appointment at the clinic or at the office in Alma.

**Office Website and Lakeview Area News Archive**

The office website [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com) has been redesigned and is great. It also has the Archive of every past Lakeview Area News

article from most recent back to the beginning. It is a tremendous collection of information. Please check it out.

Our goal is simple - To help people return to more pain free, functional lives. I specialize in you.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush