



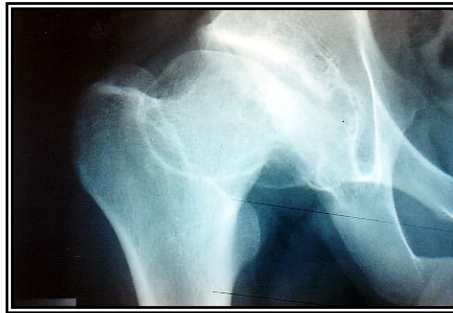
# Ortho Update



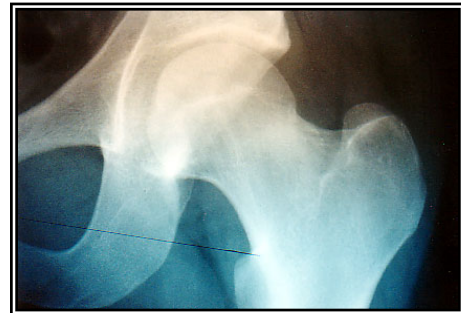
November 2004

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excellence."

## TOTAL HIP REPLACEMENT IN A 20 YEAR OLD?



**Arthritic Hip**



**Normal Hip**



**X-Ray of Ultramet metal on metal total hip**

### **What was Dr. Haverbush thinking?**

A 20 year old patient was recently referred to me by Dr. Tubbs, who had severe arthritis of the hip secondary to congenital dysplasia.

His pain was unremitting and function was decreasing almost monthly.

**“Perfection is our goal.”**

He had been unresponsive to medical treatment and limitation of activities did not significantly reduce the pain. He was unable to work, had significant pain even at rest and was unable to walk any distance without increasing pain.

In his words he said, “I can’t take this any more.”

There are many things on the treatment menu, so to speak, but none of them appeared to be an answer to this young man’s problem.

- Use a cane or crutches?
- Take anti-inflammatory medication indefinitely, which probably wouldn’t help much anyway.
- Take Vicodin (inevitably leading to addiction)
- Go on disability

Actually, none of the above, as I’m sure you would agree, is a very satisfactory solution to his problem.

So, what is the answer?

When we first started doing total hip replacements at the Cleveland Clinic, the Clinic was one of four centers in the United States approved to do the procedure.

The FDA section that deals with equipment and implants had decided that the procedure could not be done on anyone under the age of 65. This remained in effect for a long time, but was gradually modified and changed.

Fortunately for our 20-year-old patient, he did not have this problem at that time.

Total hip replacement pioneered by Sir John Charnley in England has been one of the major contributions to Orthopaedic Surgery in the history of our specialty. Literally hundreds of thousands of patients over the years - perhaps numbering in the millions - have been given their life back and are able to do daily living activities now in complete comfort that previously were associated with agonizing pain.

Sometimes, as in this case, the arthritis is so severe that nothing short of a total hip replacement will help the patient.

If we had to rely on the same type of implants that we put in older people, it would certainly be a concern about doing a joint replacement on someone 20 years old.

Over the years prosthetic materials and implants have been improved tremendously.

The implant of choice in a patient of this age needing a total hip replacement is an entirely metal prosthesis which completely bypasses the polyethylene liner which is part of the hip socket.

Polyethylene wear debris has been the Achilles heel of total joint replacement for decades.

Thanks to biomedical engineers at De Puy Orthopaedics, Inc., we now have an all metal prosthesis that has the capability of lasting indefinitely.

**"An educated patient is our best outcome."**

Working closely with De Puy Orthopaedics, Inc., we are able to offer patients this completely new kind of hip which is entirely metal. The extremely smooth polished joint surfaces and a larger femoral head component reduce wear to such a degree that it becomes reasonable to do a total hip replacement in someone of this young age.

We feel that you need to know what is available and what we are able to do for your patients, even in this very young age group, who have disabling arthritis of the hip.

It is important to note that this breakthrough surgery is available at Gratiot Community Hospital right now.

There is no need to refer these patients to a large institution. In most cases, the patient and family would prefer to remain in the community if surgery can be done locally.

It is our hope that this information can be of use to you in your practice. Please contact our office if we can be of help to you.

Thomas J. Haverbush, M.D.

# Online Orthopaedics

**THOMAS J. HAVERBUSH, M.D, P.C.**

**Web Site Address is:**

**[WWW.ORTHOPODSURGEON.COM](http://WWW.ORTHOPODSURGEON.COM)**

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