



Health Awareness

Alternative To Hip Replacement Surgery Grows In Popularity

(NAPSA)—People who feel like they're much too young—and too physically active—to be suffering from arthritis pain probably also feel they're too young for a hip replacement.

Thanks to a new technology, they may have other options.

With more than 43 million suffering from arthritis, hip replacements have been a common procedure—but a new approach to dealing with constant hip pain may offer a better solution.

An alternative to hip replacement surgery—known as hip resurfacing—is attracting a lot of attention because it conserves more bone, minimizes risk of dislocation and allows patients to resume many of the activities they enjoy without constant hip pain.

In this innovative process, the end of the thighbone, or femur, is capped with a metal covering—a strong cobalt chromium metal—much the same way a tooth is capped. The covering fits neatly into a metal cup that sits in the hip socket.

Because the head of the femur is simply reshaped and resurfaced in this technique—rather than removed—patients have more of their natural bone preserved.

Should the device need replacing at some time in the future, this may provide better options for the surgeon at that time, as a conventional total hip replacement can typically be used, making it an attractive option for younger and more active osteoarthritis patients.



Hip resurfacing: A new treatment for younger, more active patients.

“Hip resurfacing offers the right patient a more conservative bone-preserving procedure than traditional hip replacement. The anatomic nature of these devices enables certain younger, more active patients to get back to most of the activities that are important to them,” said Bernard Stulberg, M.D., Cleveland Center for Joint Reconstruction.

Patients should discuss their physical activity levels, body type, disease stage and lifestyle with their doctor to help determine the best treatment.

“The dialogue between surgeon and patient will be more critical

than ever in determining which anatomic option is right for the patient,” said Stulberg.

The hip resurfacing technique was introduced internationally in 1997 by Corin, the company that pioneered the modern development of this technology. Stryker Corporation, one of the world's leading medical technology companies, is now bringing the resurfacing technology to the U.S.

Hip resurfacing is not for everyone. It's most appropriate for younger, more active patients with:

- good bone quality
- osteoarthritis
- rheumatoid arthritis

Hip resurfacing is not recommended for patients with these conditions:

- an active or suspected infection in or about the hip joint
- poor bone quality, which could not support the implant
- multiple cysts
- any known allergy to metal
- extreme overweight (overload on device that would lead to failure)
- skeletal immaturity
- women in childbearing years
- weak immune system due to disease or certain medications (e.g., corticosteroids)
- kidney failure

Your orthopaedic surgeon is the only person who can advise you if hip resurfacing is right for you.

For hip resurfacing indications, contraindications and risk information, visit www.aboutstryker.com or call (888) STRYKER.