

# Health Awareness

## Mike “Coach K” Krzyzewski Reveals Survey Results Demonstrating the Surprising Impact of Joint Pain in the Lives of Those Suffering from Osteoarthritis

(NAPSA)—While many people realize joint pain that results from osteoarthritis (OA) affects physical health, a new online survey conducted by Harris Poll on behalf of *DePuy Synthes Companies* found that joint pain also significantly impacts other aspects of health—how positive people feel and how focused and engaged they are in their lives and in the lives of others—that are also referred to as a person’s emotional, mental and spiritual energy. The survey of 2,626 U.S. adults, ages 45–75, found that:

- Those who have had knee and/or hip joint replacement were more likely to be satisfied or very satisfied with their overall mental health (71 percent) than those with OA who had not had joint replacement (64 percent).

- Nine out of 10 adults who have been diagnosed with OA and have had knee and/or hip joint replacement agree that their lives changed for the better after joint replacement surgery (90 percent).

To raise awareness of the impact joint pain has on *all* areas of a person’s life, *DePuy Synthes Companies* is launching a new educational campaign called *It’s More Than Joint Pain*. The campaign



**Mike “Coach K” Krzyzewski**

hits home for spokespeople **Mike “Coach K” Krzyzewski**, Duke University Men’s Basketball Coach, and **Jack Groppe, Ph.D.**, co-founder of the Human Performance Institute (HPI) and a leader in Energy Management, who are working with *DePuy Synthes Companies* to share their stories. Both treated their severe OA with joint replacement surgery. *DePuy Synthes Companies* and HPI are part of the same family of companies.

### **Online Resource Helps Those with OA Evaluate Its Impact on Their Own Lives**

As part of the campaign, *DePuy*

*Synthes Companies* is launching an online resource, [www.MoreThanJointPain.com](http://www.MoreThanJointPain.com), where those with joint pain can take a short survey to assess the impact joint pain may be having in all areas of their lives, compare their answers to others who have undergone joint replacement surgery, and learn ways to better manage their energy.

“We start each day with a supply of energy, but when you’re constantly fighting joint pain, that energy supply can quickly decline, which can result in you becoming less engaged in your life and in the lives of those you love,” explains Groppe.

“When you’re in pain, it’s all consuming,” said Coach K. “I know because I suffered with severe joint pain for years. Looking back, I wish I would have made the decision to have joint replacement surgery sooner because OA drained my energy and almost cost me my coaching career.”

To find out if joint pain is controlling your life and for tips to help you manage your physical, emotional, mental and spiritual energy, visit [www.MoreThanJointPain.com](http://www.MoreThanJointPain.com).

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### **Important Safety Information:**

The performance of knee and hip replacements depends on age, weight, activity level and other factors. There are potential risks and recovery takes time. People with conditions limiting rehabilitation should not have knee or hip replacement surgery. Only an orthopaedic surgeon can determine if knee or hip replacement is required based on an individual patient’s condition.

### **DePuy Synthes Companies**

*DePuy Synthes Companies* is the largest provider of orthopaedic and neurological solutions in the world. For more information, visit [www.depuysynthes.com](http://www.depuysynthes.com).

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