



HEALTH CARE CHOICES

What You Should Know About Knee Replacements

(NAPSA)—Baby boomers work hard to remain active. Yet when it comes to knee pain from osteoarthritis—a disease affecting 20 million Americans—they often choose conservative care that lessens but does not eliminate joint pain.

While 400,000 Americans each year choose total knee replacement (TKR), it's estimated that more than double that number of people are good candidates for the procedure.

"If you're in pain doing everyday activities like walking or climbing stairs, limiting activity in your life due to knee pain or constantly taking anti-inflammatory drugs, you are a potential knee replacement candidate," said Dr. Chitranjan S. Ranawat, M.D. of Ranawat Orthopedic Center at Lenox Hill Hospital in New York City. "By waiting you are letting the bone that will serve as the foundation of the implant deteriorate, which may reduce your chances of regaining full functionality. Having the procedure sooner rather than later can allow you to get back to the life that you want quicker."

TKR surgeries may be done more often on patients over 65 years old because of misperceptions about the performance of artificial knees. Technology, however, has vastly improved knee replacements letting patients seek treatment options sooner.

A rotating platform knee is the only type of knee replacement that bends and rotates, offering more natural movement. And studies show that even after 20 years, more than 97 percent of the implants are still in use.



Age does not have to be a deciding factor for knee replacements. Sooner rather than later is better, say experts.

The rotating platform knee implant more closely mimics the motion of a natural knee letting it twist and turn, move back and forth, as well as flex and extend. As the only rotating knee implant available in the U.S., it is unique in that it spreads weight bearing over the largest area possible, reducing stresses in the knee.

The performance of knee replacements depends on weight, age, activity level and other factors. There are potential risks and recovery takes time. People with current infections or conditions limiting rehabilitation should not have this surgery. Implant complications include loosening, fracturing or wearing of the components, which could result in pain, stiffness or dislocation of the joint. Only an orthopaedic surgeon can tell if knee replacement is right for you.

To learn more about total knee replacement or the rotating platform knee or to locate an orthopaedic surgeon, visit www.kneereplacement.com or call 1-800-431-5682.