



## Aching Joints?

### Learn the Latest in Orthopaedic Care



Today's seniors are more active than ever, but as the nation's population ages, more and more people will find they need the care of an orthopaedic specialist to maintain their healthy, on-the-go lifestyle.

"Orthopaedists are doctors who specialize in the care of bones and joints," explains Catherine Humphrey, M.D., Chief of Orthopaedics at Highland Hospital. "Our primary mission is to keep people as mobile and as active as they want to be." Highland Hospital is best known for its joint replacement and geriatric fracture programs, but it has a comprehensive array of orthopaedic specialty services geared toward people of all ages, with a special focus on the unique needs of seniors.

#### Bone and Joint Health

A variety of factors can affect the health of your bones and joints:

- **Age.** "The basic wear and tear of living can result in degeneration of joints, whether in the bones, tendons or ligaments," explains Allen Boyd, M.D., Director of Highland Hospital's Evarts Joint Center. "Nonsurgical treatments can help," Dr. Boyd adds, "but when these are not effective, total joint replacement may be an option to restore mobility and address chronic pain."
- **Disease.** Osteoporosis and osteopenia, cancer and rheumatic diseases such as osteoarthritis are just a few of the conditions that affect bone and joint health. As part of the University of Rochester Medical Center's nationally renowned Orthopaedics program, Highland providers participate in research to advance treatments and can offer patients the latest options for care.
- **Anatomical abnormalities.** Some people are born with mild deformities in their joints, which may exacerbate wear and tear from everyday activities, making the joint more prone to pain and problems over time.

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*Highland Hospital Chief of Orthopaedics Catherine Humphrey, M.D., leads a team of specialists who can address a variety of concerns, from sudden injury to degenerative joint disorders.*

# Comprehensive Orthopaedic Care at Highland Hospital

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## When You Should Seek Treatment

Although aches and pains may be a part of growing older, Dr. Humphrey offers a rule of thumb for when patients should see a doctor about joint or bone problems. "I tell patients if they are feeling pain or discomfort that interferes with their daily activities, it's time to consult a specialist." Dr. Humphrey adds that pain isn't the only telltale sign: "In many cases, seniors will say they aren't feeling pain, but, for example, they don't put weight on one leg. I tell patients that if you are modifying your life or holding back, your body is trying to tell you to see a doctor."

## Complete Care, Community Setting

"Highland Hospital is a small community hospital, but when it comes to orthopaedics we are a world-class, university-affiliated academic medical center with experts in every possible area," Dr. Humphrey says. Leading the way with advanced procedures and comprehensive care, the Orthopaedics



Department at Highland treats all aspects of bone and joint health, from emergency surgeries, to joint replacement, to non-invasive therapies. Among the treatments provided are:

- **Traumatology.** "As a traumatologist, I take care of fractures," Dr. Humphrey explains. "Whether the fracture occurs through high-energy trauma or low-energy falls, my job is to fix broken bones and get people back on their feet."

*The Everts Joint Center at Highland Hospital has earned "center of excellence" honors from the Joint Commission, a national accrediting body for hospitals.*

- **General orthopaedics.** "A general orthopaedic specialist can often manage a condition effectively over time with early, noninvasive treatments and rehabilitation," says Irvin Oh, M.D., a foot and ankle surgeon who also provides general orthopaedic care at Highland. "I help patients recognize if a problem gets to a point where more specialized attention or surgical treatment is needed."

- **Total hip care.** "We have a comprehensive approach to hip care," Dr. Boyd says. "We offer everything from hip arthroscopy, which enables a surgeon to use a scope to view and repair some hip disorders, to total joint replacement, to complex revision surgery – the replacement of existing artificial joints. And Highland is the only joint center in Rochester offering anterior hip replacement, an approach that can benefit some patients."

- **Knee care.** According to the American Academy of Orthopaedic Surgeons, 1 in 20 Americans over age 50 has an artificial knee.\* Highland offers the latest treatments including total joint replacement, arthroscopic knee surgery and knee osteotomy to realign the bones around the knee.
- **Shoulder and elbow care.** "Shoulder joint replacement is the fastest-growing joint replacement in orthopaedics," says Ilya Voloshin, M.D. "It can make a tremendous difference in mobility and pain relief for patients who have injury or degeneration of a shoulder joint."

"Many seniors experience a loss of mobility due to injury or arthritis but decide to just live with it. They don't realize that if they don't promptly address an injury such as a rotator cuff tear, they can end up with an irreparable condition," Dr. Voloshin adds. "We have a comprehensive shoulder team that can manage everything from rotator cuff tears to complex shoulder reconstruction, including the newest options in shoulder arthroplasty."

- **Geriatric Fracture Center.** Highland Hospital has gained worldwide recognition for its Geriatric Fracture Center, which has advanced the care of geriatric fractures by pioneering a team approach: an orthopaedic surgeon and geriatric medicine specialist partner on each case to address not only the fracture, but the patient's overall health. This method has been shown to reduce patients' length of hospital stay and improve their long-term outcomes. "We manage the complex needs of our elderly patients and the unique challenges that their fragile bones present," says co-director Stephen Kates, M.D. Dr. Kates, GFC co-director Daniel Mendelson, M.D. and others from Highland have taught Highland's approach to hundreds of physician colleagues in Europe, Asia and South America. The techniques perfected at Highland are now being adopted by hospitals around the world.

*continued on page 7 ...*

*Highland's innovative approach to geriatric fractures has improved patient outcomes; at right, Stephen Kates, M.D., Co-Director of the Geriatric Fracture Center.*



*"Highland takes a comprehensive approach to orthopaedic surgical care; our surgeons specialize in both upper and lower extremity joint replacement."*

*– Allen Boyd, M.D., Director of the Everts Joint Center at Highland Hospital*



*“With our comprehensive orthopaedic services, patients have a single place where they can come to get first-rate care in a comfortable community setting.”*

# Latest Robotic Surgery Advance: Virtually Scarless Surgery

Highland Hospital recently became the first hospital in the region to offer virtually scarless gynecologic surgery with the use of Single-Site™ Instrumentation on one of its two daVinci® surgical robots. Gynecologic surgeons Oona Lim and Coral Surgeon performed the region's first single-site robotic hysterectomy, leaving only an incision of 2.5 cm (less than an inch) inside the woman's navel.

The single-site technique is more advanced than traditional four-incision robotic procedures used to date. It has received FDA approval for benign gynecologic procedures as well as cholecystectomy (gall bladder) surgery.

## Smaller Incisions, Easier Recovery

"This is an exciting addition to the capabilities that robotic surgery gives to surgeons and their patients," says Dr. Lim. "With robotic surgery, we're able to make smaller incisions so there's less blood loss during surgery and fewer complications. Patients go home the next day. They require less pain medication and their recovery time is better, so they can return to work and to their lives much faster."

"The single-site approach takes the many benefits of robotic surgery a step further by reducing the number of incisions from four to one," adds Dr. Surgeon. "This is much more than a cosmetic improvement for the patient. The more incisions you have, the more post-operative pain the patient can experience. The location of incisions also is a factor; incisions that are lateral (on the side of the body) tend to cause more pain than those that are medial (in the center of the abdomen). So using the navel as the port of entry reduces the likelihood of pain and improves the patient's recovery."

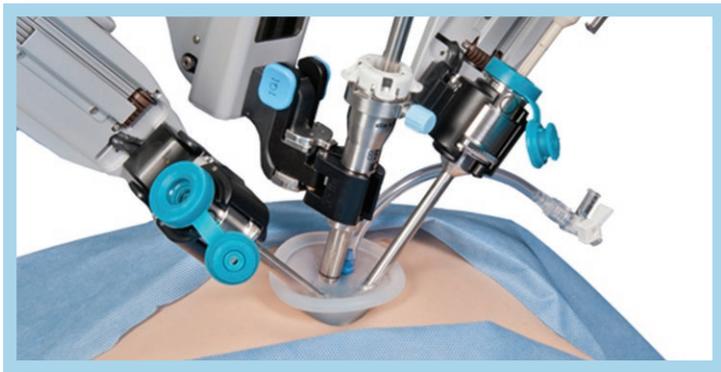
Traditionally, robotic surgery is performed by a surgeon who sits at a console controlling the movements of four robotic arms inserted through ports placed in the patient's body through four half-inch incisions. Three of the arms are fitted with a variety of instruments and the fourth controls a high-definition, three-dimensional camera that transmits images to the console. At the console, the surgeon controls the movement of the robotic arms and performs the procedure.

With Single-Site™ Instrumentation, procedures are conducted through just one port inserted through the patient's navel. This technology allows all the instruments for surgery – including a three-dimensional camera, three surgical instruments and one assist instrument – to pass through a single incision. The more slender instruments, along with the benefits of robotic assistance, promise to make the surgery even less invasive for the patient.

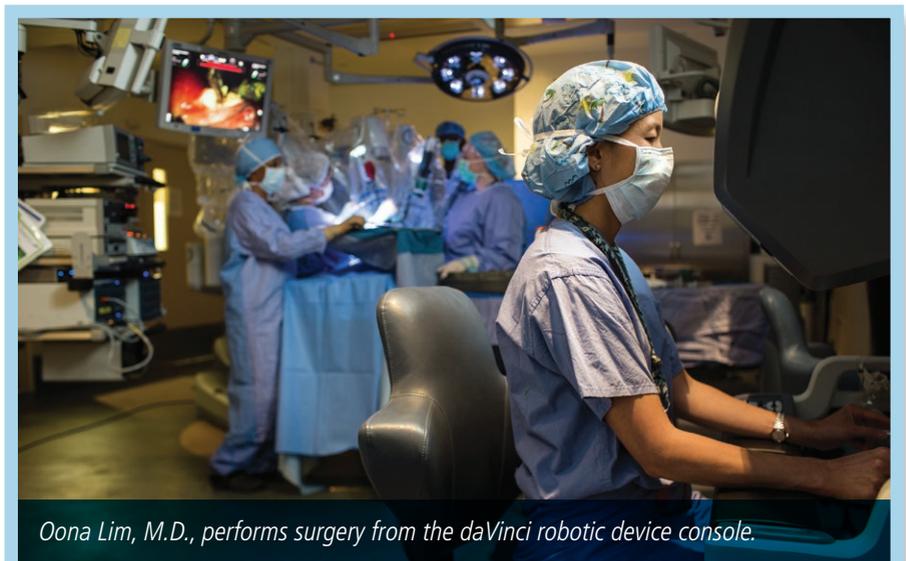
## One of the Top Hospitals for Robotic Surgeries

Highland is recognized for its leadership in robotic procedures; it leads the state in the number of minimally invasive, robotic surgeries for gynecologic cancer performed each year. Highland uses robotic technology for gynecologic, colorectal, urology, gall bladder and Nissen Fundoplication procedures.

For more information about robotic surgery at Highland, visit our website: [HighlandHospital.org](http://HighlandHospital.org).



Latest robotic advance: surgery through one tiny incision in the navel.



Oona Lim, M.D., performs surgery from the daVinci robotic device console.



# Recognizing Stroke Can Save a Life



Adam Kelly, M.D.

A recent National Stroke Association Survey found that one in three Americans can't name a single stroke symptom. Stroke occurs in all age groups, in both sexes and in all races in every country in the world. Stroke strikes a person every 45 seconds and can be fatal; by learning the causes and symptoms, you can help reduce your risk and take quick action in the event of a stroke.

## Know the Signs

A stroke occurs when blood circulation to the brain fails, caused by either blockage of a blood vessel or by bleeding into the brain. Blockage of a blood vessel in the brain or neck, called an ischemic stroke, is the most common type of stroke. Bleeding into the brain or the spaces around the brain causes the second kind of stroke, known as hemorrhagic stroke.

"Recognizing the signs of stroke is critically important – it can help someone suffering one to seek immediate treatment," says Adam Kelly, M.D., Highland Hospital Chief of Neurology. "As alarming as the stroke statistics are, it's important for people to remember that we have more tools available than ever before to treat stroke. The quicker we begin treatment, the more effective that treatment can be. Blood clot-busting drugs (thrombolytics) must start as soon as possible after a stroke. Rapid treatment improves a patient's chances of survival and can reduce complications in the stroke."

Call 911 immediately if you or a loved one experiences signs of a stroke, including:

- Sudden numbness or weakness, especially on one side of the body;
- Confusion or trouble speaking or understanding speech;
- Sudden trouble seeing in one or both eyes;
- Difficulty with walking, dizziness or loss of balance or coordination;
- Sudden, severe headache with no known cause.

## Preventing Stroke

Some treatable risk factors for stroke include:

**High blood pressure.** To lower your blood pressure, maintain proper weight, exercise regularly and reduce your salt intake. Medications are also available. Ask your doctor about the best strategy for you.

**Smoking.** Cigarette smoking injures blood vessels and can lead to plaque in the carotid artery, the main neck artery supplying blood to the brain. Blockage of this artery is the leading cause of stroke in Americans. Quitting smoking can reduce your risk of stroke, as well as lung disease, heart disease and cancer.

**Heart disease.** Coronary artery disease, valve defects and irregular heartbeat could result in blood clots that may break loose and block vessels leading to the brain. Talk to your doctor about whether medications or aspirin therapy might work for you.

**Transient ischemic attacks (TIAs).** TIAs are episodes of stroke symptoms that last for a short time – usually minutes or hours. They should never be ignored because they can be a precursor to a stroke.

No one is immune to stroke. Be sure to know the warning signs and action to take, and talk to your health care provider about reducing your risk.

\* Source: American Stroke Association, [www.strokeassociation.org](http://www.strokeassociation.org).

## Every Minute Counts

To help remember the most common stroke symptoms and seek prompt medical treatment, think of the acronym FAST:

**Face.** Does one side of the face drop when asked to smile?

**Arms.** When raising both arms, does one arm drift downward?

**Speech.** Is speech slurred or incorrect?

**Time.** Call 911 immediately for evaluation and treatment.

# Can Protecting Your Heart Also Help Ward Off Alzheimer's?

Many conditions that damage the heart or blood vessels also appear to increase the risk of developing Alzheimer's disease or another type of dementia, called vascular dementia.\* That's a decline in thinking skills caused by blocked or reduced blood flow to the brain, which deprives brain cells of vital oxygen and nutrients.

Lifestyle factors that raise your risk of heart disease and may also increase your chance of developing Alzheimer's or vascular dementia include:\*\*

- Lack of exercise
- Smoking
- High blood pressure
- High cholesterol
- Poorly controlled diabetes
- A diet lacking in fruits and vegetables
- Lack of social engagement

## What's the Connection?

Although researchers are still working to understand Alzheimer's disease, studies suggest that many people who have features in the brain that are a hallmark of Alzheimer's may not develop symptoms unless they also have vascular (blood vessel) disease. So, researchers theorize, controlling cardiovascular disease risk factors may be helpful in protecting brain health. If you can prevent vascular disease, there may be potential for also preventing Alzheimer's in some cases.

## Protect Heart and Brain Health

You can take steps to protect your heart and brain health with these guidelines.

### Use up as many calories as you take in to maintain your weight.

If you need to lose weight, use up more calories than you eat. Also, choose your calories wisely. The American Heart Association (AHA) suggests that every day, you aim for at least 4½ cups of fruits and vegetables, three one-ounce servings of whole-grain products and less than 1,500 mg of sodium. Every week, eat at least two 3½-ounce servings of fish and four servings of nuts, legumes and seeds. Limit sugar-sweetened beverages to no more than 36 ounces a week and processed meats to no more than two servings. Keep saturated fats to no more than 7 percent of your total calories.

**Get at least a half hour of physical activity most days.** The AHA suggests at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise. You don't have to exercise 30 minutes at a time. Two or three 10 to 15 minute segments a day are also beneficial. Include moderate to high intensity muscle-strengthening activity at least two days a week.

**Quit smoking if you currently smoke.** Knowing why you want to quit and getting assistance with quitting can help you stick to your plan. That may include counseling, education or medications.

**Control your blood pressure, cholesterol and blood sugar.** Good diet and exercise habits can help keep all of these in check. In addition, working closely with your health care provider can help you keep your levels under control.

Scientists don't have all the answers about how to prevent Alzheimer's or other types of dementia. But living a heart-healthy lifestyle is certainly good for your heart, and it may benefit your brain, too!

\* Source: Alzheimer's Association, [www.alz.org](http://www.alz.org).

\*\* Mayo Clinic, [www.mayoclinic.com](http://www.mayoclinic.com).

*Controlling cardiovascular disease risk factors may be helpful in protecting brain health.*



# 10 Simple Resolutions for a Healthier Body and Mind

It's that time again – a new year, a fresh start! Resolutions to exercise more and lose weight are popular. These are big goals, and sometimes it's tough to stay on top of them when you're busy. If you have the determination to achieve them, that's great! However, if taking smaller steps to improve your health and well-being is more your style, these simple lifestyle changes can help you move in a positive direction.

**1. Eat more fruits and vegetables.** You've probably heard this a lot, but how much is the right amount? The United States Department of Agriculture (USDA) "MyPlate," which replaced the food pyramid, recommends making half your plate fruits and veggies. To view the daily recommendations of fruits and vegetables for your age, plus the valuable nutrients and health benefits fruits and vegetables provide, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).



**2. Drink more water.** Do you drink six to eight 8-ounce glasses of water a day? You may not think about drinking water during the cooler months of the year, but your body depends on water to survive. Water helps your cells and organs function properly, regulates body temperature and moves food through your intestines. Try replacing an extra cup of coffee or a can of soda with a glass of refreshing water instead. Keep a reusable water bottle with you as a reminder.

**3. Take breaks from sitting.** Spending hours each day at a desk or behind the wheel doesn't do your waistline or heart any favors. Over time, it can contribute to weight gain and heart disease.\* Stand up, stretch and walk around – often. Park farther away, take the stairs, refill your water bottle, sit on a stability ball, talk to co-workers instead of emailing them, use a bathroom on another floor – whatever it takes to help you move more.

**4. Cut back on sodium.** The average American gets 3,400 mg of sodium or salt a day, but 1,500 mg or less is recommended.\*\* Too much sodium can lead to fluid retention and increases pressure on your heart and kidneys. Limit your sodium intake by using less table salt and reading food labels, as sodium lurks in many processed foods. Talk to your doctor about how much sodium is appropriate for you.

**5. Make time to listen to music and laugh.** A recent study showed that one-hour music and laughter sessions lead to a drop in blood pressure (readings were taken before and after the sessions). Cortisol levels (markers for stress) also decreased.\*\*\* Lift your mood and help your heart by listening to music during your commute, going to a concert, watching funny videos, or taking in a comedy show or movie.



**6. Floss your teeth every day.** Flossing helps reduce plaque buildup and keeps your gums healthy, which can help you avoid painful and expensive dental procedures. Not only can healthy gums keep your teeth in good shape, they can benefit your whole body. Flossing regularly may help reduce your risk of pneumonia and diabetes complications.\*\*\*

**7. Grow a garden.** Big or small, vegetables or flowers, gardening can be a rewarding activity. It can help you spend time outdoors and appreciate nature, enjoy nurturing something and seeing it grow, be physically active if you need to water and weed the garden, and provide nutrition if you grow fruits and vegetables. The National Gardening Association at [www.garden.org](http://www.garden.org) can provide inspiration to get started!





**8. Wear a helmet.** Don't take chances when you bike, skate, ride a motorcycle or participate in any other activity that could spell disaster for your head (or life) if you're injured. Make sure everyone in your family protects their skull and brain with a helmet. Set a good example for your children by wearing a helmet yourself.

**9. Tell someone why you love them.** Saying "I love you" is special, but take it a step further. A note or letter that includes the reasons why can be one of the most meaningful and uplifting gifts you can give a grandparent, parent, spouse, child or other significant person in your life.

**10. Schedule your annual checkup.** Your doctor is your partner in your overall health and well-being. Seeing him or her at least once a year helps you understand important numbers, make sure your prescriptions are correct, know when to have screenings that can help save your life and more. By following your healthy resolutions, you'll have good news to share!

\* Source: *European Heart Journal*.

\*\* Source: American Heart Association, 2010 Dietary Guidelines.

\*\*\* Source: MedlinePlus, [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus).

*Your doctor is your partner in your overall health and well-being. See him or her at least once a year.*

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## Anterior Hip Replacement Surgery

The direct anterior approach to hip replacement surgery is a relatively new procedure that may offer advantages for some patients; at Highland Hospital, Christopher Drinkwater, M.D., and Gillian Soles, M.D., offer this option to patients in the Rochester region.

Direct anterior hip replacement uses a special surgical table and instruments that allow the surgeon to precisely position your hip for surgery.

"With this technique, we make an incision – about four inches in length – on the front (anterior) of your hip," Dr. Drinkwater explains. "Using this front approach, the surgeon can access the hip without detaching muscle from the pelvis or femur. Gluteal muscles – most important for hip function – are also left undisturbed."



Christopher Drinkwater, M.D.

Not all patients are candidates for this type of surgery; your surgeon will recommend the best option for you.

### Who Should Consider Joint Replacement?

How do you know whether you're a candidate for hip or knee replacement surgery? According to the American Academy of Orthopaedic Surgeons, you may benefit if:

- Hip or knee pain limits everyday activities such as walking or bending.
- Pain continues while resting, either day or night.
- Stiffness limits your ability to move or lift your leg.
- You have little pain relief from anti-inflammatory drugs or glucosamine sulfate.
- You have harmful or unpleasant side effects from your hip or knee medications.
- Other treatments such as physical therapy or the use of a gait aid such as a cane don't relieve pain.

As with any surgery, there are some risks to consider. Talk to your surgeon about any concerns or questions you may have.

### To Learn More

For more on the orthopaedic services Highland offers, including surgical and non-surgical treatments, rehabilitation services and our affiliation with University of Rochester Medical Center Department of Orthopaedics, visit [HighlandHospital.org](http://HighlandHospital.org) or call (585) 275-5321.

\* Source: American Academy of Orthopaedic Surgeons, [www.aaos.org](http://www.aaos.org).

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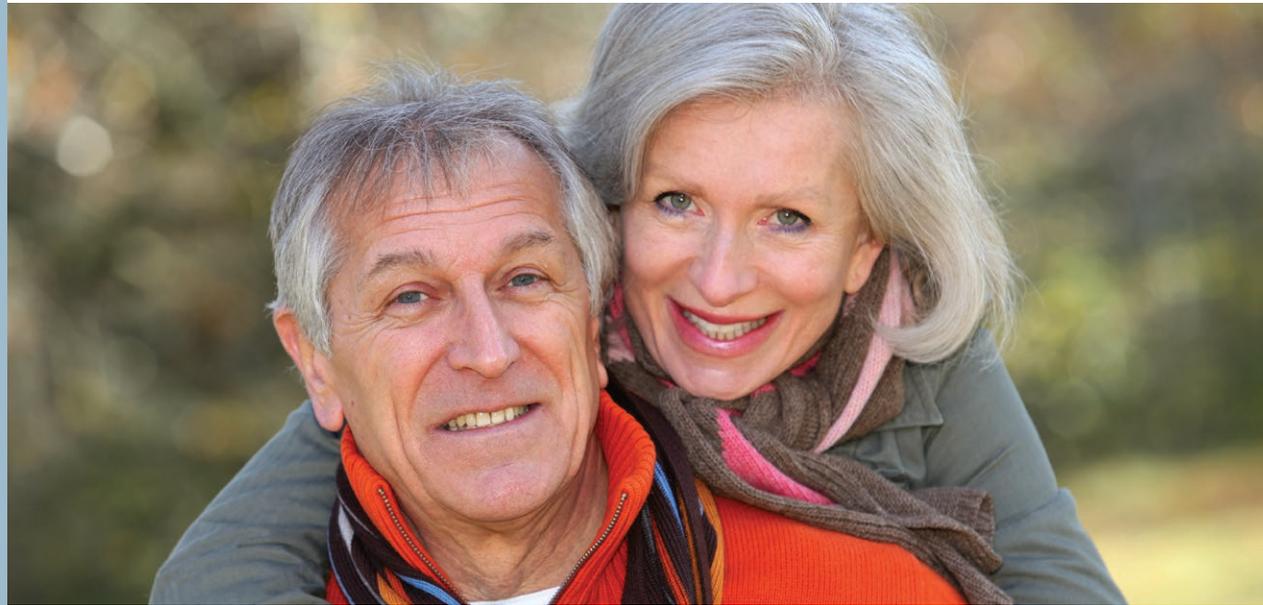
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## Diabetes: The Good, the Bad and the New

As people get older, their risk for type 2 diabetes increases. In fact, about one in four people over the age of 60 in the U.S. have diabetes. The good news is that we learn more and more every day about how to live better and longer lives with diabetes. Join our Senior Health Dinner Lecture to learn about progress in diabetes management and nutrition.

## Senior Health Dinner Lecture

**February 27, 6 p.m. – 8 p.m. at Mario's, 2740 Monroe Avenue**

### Presenters:

- Letitia A. Valle, M.D., Endocrinologist at Highland Hospital
- Susan Rowe-Calcagno, R.D., from Diabetes HealthSource

Cost is just \$5 and includes a dinner buffet. Pre-paid reservations are required.

**RSVP by February 20, 2014**

Call **(585) 275-8762** or visit **HighlandHospital.org**