

Superb care is priceless. Your support makes it possible.



Nick Lopardo
Hip Replacement Patient & Donor
Back on the Golf Course

I have suffered from osteoarthritis for 25 years, due to genetics and a college football career. I had hip pain and trouble moving freely.

As a Boston banker who traveled far and wide, I had extreme difficulty with airplanes, cabs, and long meetings. I put off corrective surgery because I dreaded the down time.

I had right hip replacement surgery at Lahey in 2007. The entire Orthopaedic Surgery team from surgeon to nurses, to the assistants, made it a great experience.

In March, with my Lahey orthopaedic surgeon on the greens with me, I played my first pain-free round of golf in years. Now, I can comfortably pursue business ventures on and off the golf course!

Dear Benefactor,

At the Lahey Clinic Department of Orthopaedic Surgery, a team of experts works together to treat all types of bone and joint disorders, ranging from arthritis to sports injuries and trauma. Families know that their friends and loved ones can rely on Lahey's orthopaedic experts to provide high-quality care for each patient, from the initial consultation through treatment and recovery.

Every day, Lahey's clinicians and surgeons collaborate as a multidisciplinary team to improve the quality of life for patients needing care in the area of foot or ankle surgery, hand surgery, joint replacement, orthopaedic trauma, shoulder or elbow surgery, spine surgery, and sports-related injuries.

Our partners in collaboration include specialists from Diagnostic Radiology, Physical and Occupational Therapy, Internal Medicine, Endocrinology, and Anesthesiology and Interventional Pain Management. Going forward, our vision is to grow this team and expand our facilities, through resources donated by grateful patients and friends, into a state-of-the-art Lahey Clinic Bone and Joint Center.

We hope you enjoy learning about how your contributions have made a difference in the very distinctive way we care for patients at Lahey.

Orthopaedic Surgeons Win Lahey Research Award

Chairman William Healy, M.D., and Richard Iorio, M.D., of the Department of Orthopaedic Surgery, were honored in 2008 with Lahey Clinic's sixth annual Research Award for excellence in medical research. Healy and Iorio have a long history of studying patient outcomes in joint replacement.

Among a number of active research studies are those examining work force and cost issues in total joint arthroplasty, athletic activity after joint replacement, femoral neck fracture treated with total hip arthroplasty, isolated acetabular revision operation, design of a new femoral stem for tissue preserving hip replacement operations, and comparison of cobalt chromium and titanium femoral stems.



William Healy, M.D., (right) and
Richard Iorio, M.D.



Miriam Mincieli
Joint Replacement Patient & Donor
Bowling at 94 years of age

If it were not for Lahey, I would have spent the last 20 years in a wheelchair. Instead, I am one of the leading scorers in the men’s and women’s senior bowling league in Peekskill, NY.

At 94 years old, I also still grow a flower and vegetable garden. I previously enjoyed a 30-year career working for the New York City Department of Parks and Recreation.

Back in 1989, I was having knee problems and was frustrated at having to slow down. Family members in Massachusetts knew Lahey physicians and made sure that I came to the Clinic for a double knee replacement. The outcome was so terrific, that I returned in 2001 for a hip replacement.

This year marks the 20th anniversary since Lahey put me back on my feet!

For more information about Orthopaedic Surgery at Lahey, please visit

www.lahey.org/orthopaedicsurgery

To discuss making a gift to support Orthopaedic Surgery at Lahey, please contact

Philanthropy Office
781-744-3333

Advances in Medical Treatment: *Hip Arthroscopy*

Femoro-acetabular impingement (FAI) is a condition where there is abnormal shape of the femoral head (ball) and acetabulum (socket). Because of the abnormal shape, there is increased friction in the joint which can cause damage to the cartilage in and around the socket, leading to early arthritis. During normal activities, including sitting and walking, patients with FAI may experience aching pain or possibly sharp pain with a catching or popping sensation.

Richard M. Wilk, M.D., vice chairman of Orthopaedic Surgery at Lahey Clinic, is among the first orthopaedic surgeons in New England to treat FAI through advanced arthroscopic techniques. Hip arthroscopy is a minimally-invasive procedure that enables treatment of various disorders through several small incisions rather than more invasive “open” surgery. These small incisions are used as portals to insert the surgical instruments into the hip, allowing Dr. Wilk to view the inside of the joint, correct the abnormalities that are causing the pain, and possibly delay the need for hip replacement.

After hip arthroscopy, patients leave the hospital the same day and the recovery can be much quicker than with traditional surgical procedures. Patients with FAI can anticipate relief of pain and a return to activities—with improved quality of life.

Advances in Medical Research: *Patient Outcomes*

Clinical trials yield important information about whether a specific treatment did what was expected. Yet while clinical trials are the foundation of medical progress, the concept of analyzing health outcomes is relatively new. Outcomes research takes a broad look at a treatment’s effect on patients.

Surgeons in Lahey’s Department of Orthopaedic Surgery are very familiar with the concept of outcomes research. For 20 years, they have been studying patient outcomes with the goal of improving orthopaedic care, specifically in the area of total joint replacement. Their goal is to capture information related to both surgical outcome and patients’ perspectives of their health.

Today, the department’s joint replacement outcomes database includes data relating to more than 7,000 patients. Patients understand the importance of filling out their forms, and about 99 percent of those who have total knee or hip replacement at Lahey participate in the outcomes research by completing the questionnaire at each follow-up visit. Keeping track of patients through the years has allowed Lahey’s surgeons to make changes in their practice and to publish scientific studies for the wider community of orthopaedic surgeons.

<p><i>Lahey orthopaedic surgeons have published numerous studies based on the analysis of data collected over time. Among their findings:</i></p>	<ul style="list-style-type: none"> ■ Many patients can safely participate in sports after total joint replacement (arthroplasty).
<ul style="list-style-type: none"> ■ For hip replacement, femoral stems made of titanium result in slightly less pain than cobalt-chromium femoral stems. 	<ul style="list-style-type: none"> ■ In a comparison of cemented and cementless fixation in revision total hip arthroplasty, cementless fixation looked better at long term follow-up.
<ul style="list-style-type: none"> ■ Patients with displaced femoral neck fractures of the hip can recover better if they receive a total hip replacement (rather than a partial repair). 	<ul style="list-style-type: none"> ■ Patients face a growing epidemic of total joint arthroplasty volume and possible lack of adult reconstruction surgeons. A U.S. total joint replacement registry could allow the identification of flawed implants vs. those with best rate of survival, thus controlling revision surgery volumes.