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Life Is Hip

for fitness expert
after mini-posterior
hip replacement

CANCER SCREENING
IN TIME SAVES LIVES

PAGE 4

A CROSS-COUNTRY
KIDNEY TRANSPLANT
JOURNEY

PAGE 10



SNEEZING AND WHEEZING?

Don't let your allergies take the bloom out of enjoying the season. **See page 14.**




UNIVERSITY of MARYLAND
ST. JOSEPH MEDICAL CENTER




Life Is Hip for Fitness Expert

Minimally invasive
posterior hip
replacement has
excellent results
with a fast recovery

Lydia Haskell, International Federation of Bodybuilding and Fitness champion, professional fitness instructor and former NFL cheerleader, is used to overcoming obstacles. At age 5, an accident on her tricycle turned into a nightmarish staph infection that spread to her hip bone and almost took her life. “To save me, the doctors had to cut out a chunk of my hip, and they said I’d never walk again,” she recalls. But, after six months in a body cast, Haskell proved them wrong. Not only did she walk again, at age 6 she began dancing, and never stopped.

 Lydia Haskell is back to teaching fitness classes, thanks to treatment at UM SJMC.



 Haskell with her doctor David Dalury, MD, of Towson Orthopaedics Associates, a partner of UM St. Joseph Medical Center.

AGE-RELATED ARTHRITIS

In 2010, Haskell achieved her lifelong dream of opening her own fitness center, called The Fitness Rave, in White Marsh, Md. But her schedule of teaching 14 fitness classes a week took a toll on her previously injured hip, causing age-related arthritis and pain. One of her fitness students, who works for board-certified orthopaedic surgeon David Dalury, MD, of University of Maryland St. Joseph Towson Orthopaedics Associates, and clinical professor of orthopaedics at the University of Maryland School of Medicine, noticed Haskell limping and, when she heard Haskell's story, recommended she consult Dr. Dalury.

"I'd been to doctors before who told me it was a miracle I was walking and that I was too young for hip surgery, prescribing heel lifts instead," says Haskell. "I always thought I'd be more limited after a hip replacement, but Dr. Dalury helped



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“Now I’m back and better than ever thanks to Dr. Dalury and UM St. Joseph.”

me let go of that. Now, I’m back and better than ever thanks to Dr. Dalury and UM St. Joseph.”

WALKING IN TWO DAYS

Dr. Dalury explained that Haskell was indeed a good candidate for hip replacement at age 50. “The X-rays showed that I had zero range of motion in my hip joint, and I was causing more strain to the rest of my body to compensate,” Haskell says. “Once I met and talked with Dr. Dalury, there was no doubt in my mind that I was going to be OK and that I should have hip replacement surgery. He said I’d be walking in two days and back to my work in four weeks, and he was right.”

“Her hip was very stiff, and she had a large number of bone spurs,” Dr. Dalury says. “One leg was shorter than the other from her old accident, so I was able to correct that too and give normal length to her leg and more flexibility than she’d had previously.

“There aren’t many things in the practice of medicine that are as durable and predictable as hip replacement. That’s why it’s considered one of the best surgeries invented during the 20th century,” explains Dr. Dalury.

MINI'S MERITS WITH MAX RESULTS

"There have also been great advances in surgical technique for hip replacement in the last decade," adds Dr. Dalury. "Lydia had a mini-posterior hip replacement, which uses a small incision of about 4 inches in many cases at the back of the hip. This is very good if women don't want the scar to be seen when they wear a bathing suit. However, what's most important is what's done under the skin. The press talks about the benefits of a direct anterior approach to hip replacement, but I prefer the mini-posterior. Not only does minimally invasive surgery have excellent comparable outcomes to the anterior approach, I find that it is quicker, easier and has fewer complications when compared to the direct anterior approach."

The mini-posterior approach is also "muscle sparing," explains Dr. Dalury. The surgeon gently separates the muscle, instead of cutting through it, to perform the replacement.

Dr. Dalury chose to use a titanium hip replacement with a ceramic ball for Haskell, because of her high activity level. "You wouldn't know that she's had a hip replacement, to look at her," Dr. Dalury says. "She's a healthy, young woman with no restrictions."

Total hip replacement surgery takes approximately 45 minutes and usually requires a one-night hospital stay, according to Dr. Dalury. "Patients are usually fully weight bearing the day of surgery and progress to using a cane within a few days. In a week to 10 days, they can drive a car."

UM St. Joseph is known for its clinical excellence in pain control for patients after joint replacement surgery. Not only do patients awaken from surgery virtually pain-free, but, says Dr. Dalury, "50 percent of patients do not need to take pain medications within three days of surgery."

BETTER MOTION THAN EVER

After surgery, Haskell healed and grew stronger with the support of a month of expert physical therapy at the Towson Sports Medicine's Bel Air location. She is happy to report, "I returned to teaching fitness classes in eight weeks. I had to get back to work. I have more than 1,000 members at The Fitness Rave. The whole experience at UM St. Joseph was wonderful. I had to get the best in hip replacement because my hip was such a mess from my old accident. Now, I'm back to teaching better than ever and pain-free. Sometimes I think I was put in Maryland to see Dr. Dalury."

Dr. Dalury, who has devoted his career to the best practices in joint replacement, finds his work extremely satisfying. "It's very rewarding to be able to make a real difference in people's quality of life through total hip replacement." ♦



THE ADVANTAGES OF MINI-POSTERIOR HIP REPLACEMENT

- Minimally invasive surgery
- Muscle-sparing procedure
- Small scar at the back of the hip
- Recovery time equal to anterior
- Fewer complications
- Less blood loss
- Many surgeons believe it is the simplest, easiest approach



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