Pain in the Knees

There are approximately 200,000 knee replacement surgeries done in the U.S. annually. How you know whether you need a total or partial knee replacement depends on consultation with an orthopaedic surgeon who specializes in joint replacement.

Here are some symptoms that warrant a visit:

• Popping with accompanying pain
• Grinding and/or crunching
• Locking, as in the inability to bend or straighten the knee
• Giving-way or instability
• Swelling

Also, location of pain is important when tracking symptoms:

• Front of knee – related to knee cap
• Inside of knee – related to arthritis
• Outside of knee – related to tears, injuries, tendinitis and arthritis
• Back of knee – may be related to cyst development or associated with kneecap pain

To be sure, Dalury will have his team with him – a highly specialized group of orthopaedic clinical professionals each dedicated to giving you a brand new knee.

But a single noteworthy difference will make your experience special.

Housed among typical operating room (OR) paraphernalia is the latest in orthopaedic surgery: a computer-navigated system that will not only visually map the entire procedure as it occurs, but will also have mapped beforehand what the outcome will be.

St. Joseph is an early adopter of the new “intelligent” orthopaedics, a system that is changing the way minimal incision orthopaedic procedures are done giving surgeons the ability to make crucial decisions prior to surgery and to operate with greater precision than can be accomplished with the naked eye.

“This is the dawn of a new age of visualizing the human body for surgery,” says Dalury.

That means that surgeons can gauge the consequences or results of surgical decisions before they are made – not later, when a post-operative X-ray can only provide a retrospective assessment.

Minimal incision surgery is, by its nature, complex since it restricts a surgeon’s ability to see the operative area.

“Computer-assisted technology like this decreases the complexity of total knee replacement by enhancing what we are seeing through minimal incisions, and improving checks and balances,” says Dalury.

For patients, that translates into decreased complications, improved outcomes and improved durability of joint replacement.

For now, the Ci™ System is being used for total and partial knee replacement, but other joint replacement procedures won’t be far behind, according to Dalury. He expects the computer-assisted technology to be standard for hip replacement surgery within the next year or two. And, spine surgery will be next on the horizon.

“It’s a whole new way of doing skeletal surgery,” says Dalury.

If you’re experiencing acute or chronic knee pain and are headed for surgery, you won’t find yourself in just any operating room if your surgeon is Dr. David Dalury at St. Joseph Medical Center.

Computer-assisted knee replacement is wave of the future

Orthopaedic surgeon Dr. David Dalury (left and inset) performs a total knee replacement using the latest computer-navigated system.

Need a Physician?

Call our Doctors Directory at 410.337.1337 or visit sjmcmd.org
Female incontinence common, but treatable

Most of us have seen the “gotta go right now” commercials that slightly poke fun at the issue of incontinence.

It’s good that it puts it out there, says Dr. Marc Siegelbaum, chief of Urology at St. Joseph Medical Center. “But for a lot of people, particularly women, it’s no laughing matter.”

Urinary incontinence (UI) affects about 15-20 million people in the U.S. — women are affected twice as often as men. The prevalence of incontinence increases with age. Up to 30 percent of adults over age 60 have some form of UI. But, says Siegelbaum, “it’s not a condition that should be considered a normal part of aging.”

There are reasons, though, why women experience incontinence more frequently than men. Pregnancy and childbirth, menopause and the structure of the female urinary tract account for most of the difference.

The two most common types of UI are stress and urge incontinence. If a cough, laugh or sneeze, or any movement that puts pressure on the bladder, causes you to leak urine, you may have stress incontinence.

“When I started leaking when working out, that’s when incontinence became a huge issue for me,” she says. “And, I wasn’t going to take it.”

Fortunately for Morrison, surgical treatments for incontinence have never been faster or easier. The most common are “sling” procedures such as the pubovaginal or pubourethral sling. In the past, these slings were created from grafts from another part of the body and anchored with devices that essentially trimmed the position of the urethra.

Considered minimally invasive, advances in the past decade have made these procedures even less invasive, says Siegelbaum. Today, the transvaginal tape (TVT) sling — the next generation of sling procedures — is widely used and appreciated among surgeons and their patients for its anatomically-friendly approach.

“The TVT uses a mesh material instead of anchors and grafts,” says Siegelbaum. “It’s a 20-minute quick-recovery procedure that can be done as an outpatient or outpatient, and increases the level of patient comfort.”

The newest, minimally invasive “sling” procedure has made urinary incontinence a thing of the past for Bonnie Morrison.

Morrison now advocates the surgery to many of her friends. “I’ve become aware of so many women who didn’t know this procedure was available,” she explains. “Some of them have been living with this type of incontinence for as long as 20 years — they thought it was normal.”

“Once we identify the type of incontinence, then we can begin looking at treatments,” says Siegelbaum.

For women with spastic bladders or urge incontinence, simple or more sophisticated bladder exercises such as biofeedback training may help. Numerous oral or topical patch medications are available. For more resistant cases, implantable neurostimulators also can be used.

For stress incontinence, treatments include bladder-control exercises, urethral injections with bulking materials, or minimally invasive sling procedures.

“Tresselmann” and “sling” for moderate incontinence and surgery for severe cases. If the sling doesn’t work, the surgeon can always go back to surgery to remove it if needed.

Learn More!

Urinary incontinence affects 15-20 million people in the U.S. — women twice as often as men. Join St. Joseph at a free lecture to learn more about prevention, diagnosis and treatment of this common condition. Wednesday, March 16, 7 to 8 p.m.

Call 410.337.1479 to register.
When Band Aids Won’t Do

Wound Center offers help for non-healing wounds

St. Joseph’s Wound Center was a turning point for Dolores Medin-Knitz.

“When it comes to wounds, most of us think of cuts or abrasions for which a swift wipe with an antiseptic and a Band Aid to top it off are the rule of thumb. But, as people grow older and suffer from circulatory problems or diabetes, or require surgery or bed rest, a small wound can turn into a very large healing problem.”

And, when the body’s natural healing abilities are in order, that’s usually the case.

But, as people grow older and suffer from circulatory problems or diabetes, or require surgery or bed rest, a small wound can turn into a very large healing problem.

Eventually, she found her way to St. Joseph’s Wound Center through the advice of a friend. Now, Medin-Knitz credits her turning point to Currence and the treatment she received from the Wound Center.

Currence, in turn, attributes the center’s success in healing the “whole” patient. “We look at what is happening to the patient on a total level,” she explains.

The Wound Center staff also has an extensive knowledge of and access to the most advanced wound care technology available, whether dressings, equipment or physical therapy.

“Everything has been so positive for me,” says Medin-Knitz. “They were the only ones to offer the encouragement I needed.”

Wounded Knee and Others

Non-healing wounds are more common than people think. Here are some typical causes:

- People who stand on their feet or sit in place for most of their careers are at risk for leg ulcers
- Wounds caused by diabetes
- Being overweight, which puts excess pressure on ankle valves
- Fragile skin such as occurs with steroid therapy
- Dermatitis

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Checking Up

Regular physicals are best path to good health

Are You Checking Up?

Don’t ignore guidelines for preventing the common conditions below. A primary care physician can help keep you on track. If you have a family history of any of the below, you should see a physician earlier than these age guidelines, says Saba.

Blood pressure: Every 2 years for all ages

Cholesterol: Every 5 years until age 40, then check with your doctor

Colon and rectal cancer: Screenings annually, age 50 and older

Prostate cancer: PSA and rectal exam annually, age 50 and older, 45 for African-American men.

Mammograms: Every 1 to 2 years, age 40 and over

Diabetes: Pre-diabetes screening of overweight people, age 40 and over

Successful lifestyle habits take perseverance combined with education, says Saba. “A lot of people enjoy checking back in with me at regular intervals, so we can adjust their regimen accordingly and make goals for follow-up appointments.”

To go, or not to go? That’s the question many adults ask themselves when it comes to getting regular physical checkups.

But, the American Medical Association and the President’s Health and Fitness Initiative encourage routine checkups and screenings to catch previously undiagnosed conditions or risks of conditions.

“Age 50 is a milestone for regular checkups and screenings, with an emphasis on preventive medicine,” says Saba.

“My job is to tell patients what the prevalence of certain diseases is and what each individual is at risk for down the road; conditions such as a heart attack or stroke.” Saba takes into consideration family history and advocates early base-line screenings.

One of the most valuable contributions Saba believes he can make to a person’s good health is diet, nutrition and exercise counseling. Many health issues are tied to excess weight.

“More than anything else, I help with diet management with my patients,” says Saba.

Saba works closely with his patients to determine goals and then acts as a guide for achieving and maintaining those goals.

Regular physicals are best path to good health

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Diabetes

Cholesterol

Blood pressure

Colon and rectal cancer

Prostate cancer

Mammograms

To go, or not to go? That’s the question many adults ask themselves when it comes to getting regular physical checkups.
HEART MONTH

Heart Risk Screening
Saturday, February 19, 8 a.m. – Noon
Call 410.337.4478 after February 1 to schedule appointment.
Reserve a free assessment of your modifiable cardiac risk factors including cholesterol (Total & HDL), body composition, blood pressure, exercise and smoking habits. Meet with a counselor who will review your results and provide recommendations for risk factor reduction and follow-up. Fasting not required. Participants must be at least 18 years of age.

Heart Hearings
Saturday, February 26, 10:00 a.m. – Noon.
Attend two lectures starting at 10 a.m. Each 40-minute lecture is followed by 15 minutes of Q&A, followed by 15 minutes for refreshments. Participants will have the opportunity to attend both lectures. Refreshments will be served.

Lecture Series
ADHD (Attention Deficit Hyperactivity Disorder) Lecture Series
ADHD is a real disorder that begins in childhood. It can change the way your child thinks, feels, and acts. Come learn more from a psychologist and an educational consultant or a behavioral specialist all specializing in ADHD.
ADHD: Common Traps - Common Sense Solutions
Wednesday, March 9, 7-9 p.m.
Learn how tapping into the inner self can be a powerful tool to survive the changes brought about by illness such as heart disease and heart attack.

TOPICS OF INTEREST

Yoga Classes
Hatha Yoga, Senior Yoga, After Pregnancy Yoga
Please call for times, prices, and registration.

Breast Health, Breast Cancer, and Breast Self-Exam
Breast cancer is the most common type of cancer among women in the country (other than skin cancer). Find out more about this disease and how prevention and early diagnosis can help. Life size models. Registration required.

SCREENINGS

Breast Cancer Screening
For women 40 and older, who have not had a mammogram within the past year and do not have breast disease. This FREE screening includes a clinical breast exam and a screening mammogram. Appointment required.
Saturday, April 2, 9 a.m. – 1 p.m.

Skin Cancer Screening
One person dies of melanoma skin cancer every hour. Protection, prevention, and detection are the key to healthy skin. See how healthy your skin is at this FREE screening. Appointment required.
Wednesday, May 11, 5:00 p.m. – 7:30 p.m.

SMOKING CESSATION

Quit Smoking Around
Learn techniques to quit smoking and maintain a positive behavior change. Meets every Wednesday - 6:7 p.m.
Fee: $25 annually

RAISE
For adolescents who smoke. Required Adolescent Intensive Smoking Education (RAISE)

Helps teens break the formation of a lifelong habit. Screening slide fee.

Registration required.
This three-part series is held monthly. Times vary. January 20, February 17, and March 17, 6-7 p.m.

Breastfeeding Class
A one-time class for expectant parents. A certified lactation consultant will review basic information on breastfeeding, including advantages, how-to,

SPECIAL CONSIDERATIONS AND MORE.
Fee: $20
Saturday, January 9, 1-3:30 p.m.
Saturday, February 12, 1-3:30 p.m.
Saturday, April 9, 1-3:30 p.m.
Saturday, May 16, 1-3:30 p.m.

CPR for Health Care Providers
Course designed to meet the needs of health care professionals who respond to cardiac and respiratory emergencies. Course includes adult, pediatric CPR, FBAD, 2 person Rescue CPR, barrier devices, and AED.
Fee: $45
Saturday, January 8, 9 a.m. – 1 p.m.
Saturday, February 5, 9 a.m. – 1 p.m.

INFANT AND CHILD CPR FOR FRIENDS AND FAMILY
Course provides instruction on infant and child CPR, management of obstructed airway, and general safety issues. Recommended for general public, parents, grandparents, and unlicensed babysitters.
Fee: $45
Saturday, March 5, 9 a.m. – 1 p.m.

CPR FOR HEART SAVES CPR and relief of arrests for adults, infants, and children. Specifically designed for lay rescuers requiring re-certification. (Nursing technicians, licensed practical nurses, police, security personnel) etc.
Fee: $45
Saturday, April 2, 9 a.m. – 1 p.m.

MOTHERING MATTERS
Free support group for new moms and their babies.
Thursday, 10:30 a.m. – Noon

COMMUNITY & FAMILY PROGRAMS

Winter 2005
ST. JOSEPH MEDICAL CENTER / SJMDC.ORG
SMJDC.ORG / ST. JOSEPH MEDICAL CENTER
Winter 2005

HEALTH EDUCATION

Diabetes Self-Management Education Program
This program is an ADA nationally recognized education program consisting of a 1-hour individual assessment and 8 hours of group classes. Fee: May be insurance reimbursable.

LEADERSHIP COACHING
For those who have experienced a fetal loss
Mets first Monday of every month at 7 a.m. (may be in April)
Call 410.337.1109 to register

Widow/Widowers’ Support Group
Six-week Monday series designed for men and women whose spouse died more than three months ago.
Mondays, Jan 10, 17, 24, Feb 18, 25 from 7:30 p.m. - 5:00 p.m.

CHILDREN’S HEALTH

Sudden Cardiac Death: Are You Prepared?
What is it and what do you do? Includes where to find and how to use the automatic external defibrillator (AED).

• The Trauma of Illness and Spiritual Healing
Learn how tapping into the inner self can be a powerful tool to survive the changes brought about by illness such as heart disease and heart attack.

OSTEOPOROSIS LECTURE AND FREE BONE DENSITY SCREENING

One in two women aged 50 and older will experience an osteoporosis related fracture. Learn how you can prevent this common disease and get your bone density screened (ultrasound test of the heel). Also appropriate for young women who may not know how their lifestyle is impacting their bone density. Lite fare provided.
Registration required.
Wednesday, May 18, 6:30 p.m.
Screening and life facts to follow.

OB/PM Tour
Not included. Fee: $20.
Saturday, February 5, 9 a.m. – 1 p.m.

INFANT AND CHILD CPR FOR FRIENDS AND FAMILY
Course provides instruction on infant and child CPR, management of obstructed airway, and general safety issues. Recommended for general public, parents, grandparents, and unlicensed babysitters.
Fee: $45
Saturday, March 5, 9 a.m. – 1 p.m.

CPR FOR HEART SAVES CPR and relief of arrests for adults, infants, and children. Specifically designed for lay rescuers requiring re-certification. (Nursing technicians, licensed practical nurses, police, security personnel) etc.
Fee: $45
Saturday, April 2, 9 a.m. – 1 p.m.

SUGGESTED TOPICS FOR FAMILY PROGRAM CLASSES

Family Programs

Childbirth Classes
Childbirth Review Class
For couples who have completed childbirth classes before.
This 2-hour class provides information on labor and delivery, breastfeeding techniques, and a discussion of sibling preparation.
Fee not included.
Fee: $20
Friday, February 4, 7-9 p.m.
Friday, April 29, 7-9 p.m.

Healthy Pregnancy Class
A class for pregnant or planning to get pregnant in the first 18 weeks of pregnancy. Class topics include nutrition, anatomy, and physiology or pregnancy, relaxation techniques, a tour of the Labor/Delivery area and Mother/Baby Units, and much more.
Fee: $20 a couple
Thursday, February 20, 7-9:30 p.m.
Thursday, March 3, 7-9:30 p.m.
Thursday, April 20, 7:30-9:00 p.m.
Thursday, May 26, 7-9:30 p.m.

Breastfeeding Class
A one-time class for expectant parents. A certified lactation consultant will review basic information on breastfeeding, including advantages, how-to,
special considerations and more.
Fee: $20
Saturday, January 9, 1-3:30 p.m.
Saturday, February 12, 1-3:30 p.m.
Saturday, April 9, 1-3:30 p.m.
Saturday, May 16, 1-3:30 p.m.

Call 410.337.1109 to register or for more information about Family Program classes.

SPECIAL CONSIDERATIONS AND MORE.
Fee: $20
Saturday, January 9, 1-3:30 p.m.
Saturday, February 12, 1-3:30 p.m.
Saturday, April 9, 1-3:30 p.m.
Saturday, May 16, 1-3:30 p.m.

CPR for Health Care Providers
Course designed to meet the needs of healthcare professionals who respond to cardiac and respiratory emergencies.
Fee: $10
Registration required.
Saturday, March 12 and March 19, 9 a.m. – 2 p.m.
Saturday, April 9 and April 16, 9 a.m. – 2 p.m.

CPR FOR HEART SAVES CPR and relief of arrests for adults, infants, and children. Specifically designed for lay rescuers requiring re-certification. (Nursing technicians, licensed practical nurses, police, security personnel) etc.
Fee: $45
Saturday, April 2, 9 a.m. – 1 p.m.
Need a second opinion?

We’ve got more than 1,100 affiliated physicians who are willing to give you one. And, with nearly 50 specialties at St. Joseph Medical Center - from obstetrics and pediatrics to orthopaedics and cardiology - our friendly Doctors Directory representatives are sure to find someone who will meet your individual needs.

Call us. Tell us about yourself. We’ll connect you with the right doctor for you.

Doctors Directory

Call 410.337.1337

February is National Heart Month

Heart disease is the number one killer in the U.S. St. Joseph will offer classes and lectures during National Heart Month in February to help you learn more about diagnosis, prevention and treatment. See page 6 for details about these life-saving events.