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New Hip and Knee Joint Implant Technology Being Used at McLaren

"The day after surgery my pain went away."

— Betty Lavigueur

Orthopedic surgeons at McLaren Regional Medical Center are among the first in the country to use new joint replacement products that offer distinct advantages for patients. These products include the M2a-Magnum™, for total hip replacement and the Oxford® Unicompartmental Knee System for partial knee replacement surgery.



The new hip technology is significant because it can be inserted with less invasive techniques and is bone conserving. It is also a good option for younger patients with hip arthritis because of the potential for longer wear. The new knee technology conserves more of the patient's own knee and ligaments, allowing for more natural function following surgery.

The most common reason joints are replaced is osteoarthritis, which is a disease that involves the breakdown of cartilage in one or more joints. Cartilage is a strong, smooth material that caps the moving surfaces of the bones in the joint, allowing bone surfaces to glide against each other when people move. When the cartilage breaks down or wears away, the bones grind against each other, which can cause pain and limited joint movement.

Betty Lavigueur, age 67, of Clio, knows all too well about osteoarthritis. She has had both hips replaced. Her left hip was replaced in November 2005 and her right, in April of this year. Her right hip was replaced with the M2a-Magnum™. Prior to surgery she had constant pain, making everyday activities difficult.

"I couldn't sleep, and even washing dishes was uncomfortable if I had to stand for too long," stated Betty. "The day after surgery my pain went away. I can now sleep on either side, do dishes, laundry and most of the things I couldn't do before. I'm pleased

Betty Lavigueur, age 67 of Clio, is back to doing everyday things after her two hip replacements.

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with my whole experience, and I had wonderful nursing care at McLaren.”

Betty's M2a-Magnum™ is a metal-on-metal hip replacement developed by Biomet Orthopedics. Traditionally, hip replacement implants feature a metal ball that moves against a polyethylene (plastic) cup. Metal-on-metal implants feature a metal ball that moves against a metal cup. The more active a person is, the more movement and friction are placed against the hip implant. Because metal resists wear better than polyethylene, the M2a articulation is better able to resist wear. The Magnum system also allows the largest possible femoral head implant (the “ball” of the “ball and socket joint”) to be used. The benefits are twofold, according to surgeons who use the system.

“First, it allows for the greatest possible hip arc motion,” says Sidney Martin, M.D., orthopedic surgeon with Family Orthopedic Associates. “The bigger the ball, the greater the motion, and the Magnum has the biggest ball possible. Secondly, it can make the hip much more stable, helping to prevent painful

dislocations, which could require additional surgery. We believe that this latest generation of hip replacement will become the standard of care for hip joint replacement.”

Dr. Martin is also pleased with Biomet's Oxford Knee System®, a unicompartmental knee replacement which replaces just one side of the knee. “By retaining all of the undamaged parts of the knee, the joint can bend better and function more naturally,” he said.

Unlike total knee replacement involving removal of all the knee joint surfaces, a unicompartmental knee replacement replaces only one side of the knee joint. Knee osteoarthritis usually occurs first in the medial (inside) compartment as this side of the knee bears most of the weight. In a healthy knee, the meniscal cartilage serves as a shock absorber between the ends of the bones. The Oxford® knee has an artificial meniscal bearing designed to glide freely throughout the knee's range of motion to more closely replicate normal movement. The plastic component allows all surfaces of the implant to fit one another

in all positions resulting in improved durability.

After decades of playing hockey, including several years with the Flint Generals in the 1970's, Mike St. Cyr, age 52 of Swartz Creek, is all too familiar with knee pain. He experienced bone touching bone in his right knee, causing a throbbing pain. He began having trouble going up stairs. After walking for a length of time, his right leg would begin to bow out. St. Cyr finally decided to have knee surgery in October 2005, when he received the Oxford® knee replacement. He started skating again in February, 2006.

“My therapists at McLaren's Rehabilitation Center at Bristol Place were excellent, and my recovery was very quick,” stated St. Cyr. “I am happy to say I am pain free, walking a straight line and back to skating. I couldn't play hockey for two years but I'm going to play this fall for the Raincheck Hawks, of the 40 and over league.”

For now St. Cyr is planning for his daughter's upcoming wedding and enjoying plenty of golf. ■

McLaren Pacers Ran in 2006 Crim

The self-entitled “McLaren Pacers” eagerly anticipated their team debut at the Crim Festival of Races. The crew of ten from MRMC ran together under McLaren's Joint Express program logo. Members include Cindy Weller, Sharon Oakes, Ken Deighton, Denise and Clint Hnilica, Rickie Wilson, Sherry Bowman, Marcie Gould, Larry Turnage, and Pat Hatcher. Congratulations to the Pacers and all other MRMC staffers who participated in this year's Crim! ■

Physical Therapy Staff Plays Special Role in the Crim

This August marked the eighteenth consecutive year in which many of McLaren's physical therapy employees have made a direct commitment to the Crim Festival of Races and its wheelers. About forty-five physical, occupational, and recreational therapists, speech-language pathologists, and therapy management staffers helped a total of twenty wheelers, including ten in wheelchairs and ten on handbikes. The highly skilled therapy staff were readily available throughout the race to make last minute modifications to wheelchairs, give the wheelers crowd access, provide any needed taping, and make repairs to any equipment. Aside from this immediate race involvement, volunteers also promoted their cause and educated the community by providing information at the Fitness Expo before the race. ■



Front (l to r): Denise Hnilica, Marcie Gould, Sherry Bowman, Back row (l to r): Clinton Hnilica, Cindy Weller, Rickie Wilson, and Sharon Oakes were seven of the ten runners to represent McLaren's Joint Express program at the 2006 Crim 10K Road Race. Team runners not pictured are: Ken Deighton, Larry Turnage and Pat Hatcher.

McLaren OR's Own Green Thumb

Imagine walking through an acre of aromatic roses and vivid lilies, hostas and sparkling ponds blending into a wholly natural setting. Over three hundred people recently shared in this experience firsthand, compliments of avid gardener, Cathy Hipps, RN.

In the past, MRMC's Operating Room nurse has taken part in Mid-Michigan's Pond and Garden Tour as a "scoper-outer", while maintaining a garden on her property for personal pleasure. This year, however, she decided to expand her role by generously exhibiting her garden on the tour, inspired by a charitable purpose.

"I participated because the money is raised for a good cause." Cathy said. "It goes to local schools for them to purchase much needed materials."

Of the 12 residences on the tour, Cathy's was the only Flushing property. Surrounded by a white picket fence, the cottage-like home has belonged to Cathy and her husband since 1976. For her first 15 years as a gardener, Cathy used regular chemical methods. About 10 years ago, at the realization that the crickets were no longer chirping, she conducted Internet research on the organic approach. Canola oil and natural products soon took the place of harmful insecticides, and Cathy has never looked back.

The Hipps's property is divided into four zones, which additionally feature two ponds and two fountains, a 46-foot-long stream, several hand-planted trees, and a newly-paved, handicap-accessible pathway running throughout the cultivated area. Cathy maintains all of the water features, consciously using environmentally-friendly chlorine to keep the water crystal-clear. She even has fish in the ponds, which function as a part of a natural biofiltration system. The stream is surrounded by sand and grass, which promote a natural appearance. "It is important to me that everything blend together naturally," Cathy explains. "I

didn't want a visitor to be able to pick any one thing out as being less authentic than another."

Cathy has learned a lot from experience in the past 25 years. In the spring, before she executes the planting process, Cathy finds it helpful to draft a plan for the yard. She used to buy and plant annuals but has since taken a more practical and efficient strategy by using perennials, as well. Some of her flowers include roses, tulips, hastas, bleeding hearts, and her personal favorite, pink lilies. Throughout the summer, Cathy enjoys moving the planted flowers around the yard for variety. Often, she will keep journals and, in subsequent years, compare the garden's habits, like when the roses bloom.

It is safe to call gardening Cathy's full-time hobby, as she works in her yard from January to November. During the spring, she consistently puts in 40 hours per week. Once the garden is created, she spends at least 20 hours every week maintaining it. In the fall, she cuts everything down and plants over 1,000 bulbs, all in preparation for the following year. To Cathy, gardening is therapeutic and can also be a stress relief. Incredibly, when she is not in the OR at McLaren or



Cathy Hipps stands before the late-blooming Rose of Sharon in her backyard paradise.

getting down in the dirt in her backyard, Cathy finds time to study toward her BSN. She also enjoys writing in her spare time.

During the pond tour, Cathy was invited to become a member of the prestigious Ladies Gardening Society and, also, to display her garden as a Master Gardener in the future. Cathy is taking master gardening classes and consistently tries to outdo herself with an improved garden every year. "I love gardening," Cathy says, "And I like to look out the window and see pretty things." Judging from the reactions of visitors who have seen her garden, Cathy has painted herself an exquisite landscape to share and enjoy. ■



Hipps' garden bursts with life in springtime. In foreground, bleeding hearts are reflected in the koi-filled pond.

Lifeline Service Aids Those at Risk of Falls

Do you encounter aging patients or have family members who are at risk of being seriously injured from a fall? For those with the desire to maintain independent living and have peace of mind, knowing that help is immediately available if needed, the Visiting Nurse Services of Michigan (VNSM) offers Lifeline. Lifeline is a personal emergency response service that offers assistance at the touch of a button. Now the Lifeline service is available to physicians, office staff and their family members at a special discounted rate. Betty Bodis, 81, is still able to enjoy her dream home on Central Lake in Northern Michigan due in large part to Lifeline. Her family signed Betty up with Lifeline when she refused to move into an assisted living facility or live with another family member. Bodis wears the discretely designed alert button on a pendant around her neck. It is always on her and within reach. On several occasions, Bodis has experienced the benefits of being a subscriber to Lifeline.

While in her home, Bodis' automated lift chair "locked" in the reclined position. She was unable to get out of the chair or reach a telephone to call for help. When she pressed the button, a Lifeline representative was able to speak to her through the unit to assess the situation. Lifeline called her son who worked two blocks away to come assist her. In another instance, Bodis fell while getting out of bed in the middle of the night. The fall left her wedged between the bed and her nightstand with her walker on top of her. Although there was a phone next to her bed, she was

unable to reach it. She pressed the button and received an immediate response.

"I really thought I was going to die," said Bodis. "If I didn't have the button around my neck, no one would have known I was trapped on the floor until the next morning."

Where telephones and cellular phones have limitations of accessibility and reception, Lifeline is available to help with different types of emergencies anywhere in the United States. Trained representatives assess the situation and can either alert the subscriber's "first responder" for assistance or call an ambulance depending on the level of assistance needed.

The Lifeline 9500 Telephone with Reminders allows people to be more compliant with their medication management and their disease process. Reminders can be daily, weekly or occur just once. Examples of a few may be, reminding the patient to take their daily medication, check their glucose, weigh themselves or reminding them

of an important doctor's appointment. These messages can be added to the Telephone Reminder unit with ease remotely.

For any MRMC employee, volunteer, physician, or physician's office staff who is interested in the service for a member of their family, special discounts are now available.

- A 10 percent discount on the monthly service fee; free initial activation (up to a \$75 value)

For more information about special discounts available for employees, call (866) 402-2345. ■



Betty Bodis, 81, is still able to enjoy her dream home on Central Lake in Northern Michigan due in large part to Lifeline.

Connection

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MISSION: McLaren Health Care Corporation, through its affiliates, will be Michigan's best value in healthcare as defined by quality outcomes and cost.

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