

SPRING 2010

InMotion

RELIEVING PAIN. RESTORING MOBILITY. RETURNING YOU TO YOUR ACTIVE LIFESTYLE.**FROM DR. CURCIONE**

ANSWERS TO YOUR QUESTIONS

During one of my recent seminars, an attendee asked me how long a hip implant might last. While the answer varies and is based on the type of implant, age and activity level of the patient, recent studies show that hip implants can last 20 to 30 years. Another guest asked if he was too old for an implant. My response is that surgery is more dependent on overall health and the condition of the joint than on the patient's

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IS TOO MUCH EXERCISE

BAD FOR THE KNEES?



A new study presented at the annual Radiological Society of North America conference is getting lots of attention from the orthopaedic community and in the media. The study suggests that high levels of physical activity boost the risk of internal knee damage that could lead to arthritis. The authors examined knee scans and questioned patients about their activity level.

HERE IS A SUMMARY OF THEIR FINDINGS:

- High levels of physical activity may result in knee damage and eventually arthritis for middle-aged men and women.
- MRIs showed evidence of knee abnormalities, including cartilage damage and ligament lesions, in active adults with no pain or other symptoms.
- Osteoarthritis affects 27 million Americans.

If you are concerned about knee pain, osteoarthritis or your activity level, call our office to discuss your concerns, 239-368-8277.

STAFF FOCUS

DAN DELMONT, P.A.

Most patients and families spend time during their office visits with Dan Delmont, Dr. Curcione's board certified physician's assistant. Dan has been working with Dr. Curcione since 2002 and is responsible for evaluating and treating patients in the office, as well as assisting Dr. Curcione in the operating room. "The most rewarding part of my job is to help our patients return to their normal activities, whether it's participating in sports, riding a bike or just being able to walk without pain," says Dan.

Outside the office, Dan enjoys running and spending time with his two young sons.



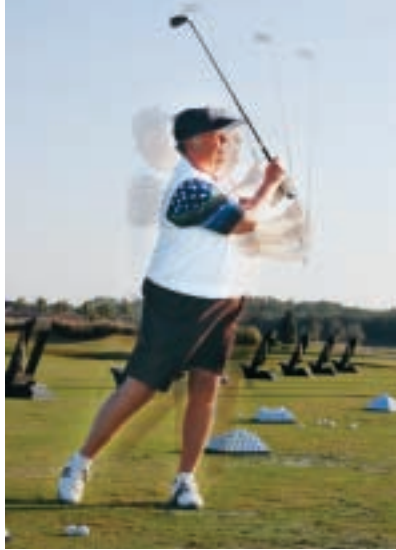
PATIENT TESTIMONIAL: WILLIAM FAY

Knee replacement patient is back in the swing of things

After years of suffering from knee pain, William Fay, age 69 of Fort Myers, underwent a total knee replacement.

“Before surgery, I walked with a limp, could no longer play golf and lived in chronic pain. As a traveling pastor, I found it difficult to stand through sermons,” said Fay.

“Following surgery and recovery, I’m golfing, preaching and enjoying my life again. I’m grateful to Dr. Curcione and his staff for their skill and compassion.”



age. Regardless of how old you are, all of my patients are offered a complete diagnostic consultation and a comprehensive discussion of treatment options.

These are just two of the many questions that patients are asking as they consider their choices for treatment of joint pain. Check out my blog, Facebook and Twitter pages for more answers to many frequently asked questions or visit my Website at www.bone-fix.com.

As always, to make an appointment or attend a free educational seminar, please call my office at 239-368-8277.

STEP WISELEE: PREVENTING FALLS

FALLS ARE A SERIOUS PROBLEM IN LEE COUNTY. FALLS ARE THE MOST COMMON CAUSE OF ACCIDENTS IN PEOPLE OVER 65 YEARS OF AGE AND THE LEADING CAUSE DEATH TO THE INJURY.

In fact, 94 people died in Lee County in 2008 due to falls. People living with orthopaedic conditions are especially at risk of falls and fall-related injuries.

The Lee County Injury Prevention Coalition is stepping up to help residents and their loved ones prevent falls and fall-related injuries and deaths through a community-wide campaign, appropriately named “Step WiseLee.”

STEP UP AND DO YOUR PART

Falls are not a normal part of aging. But according to the Centers for Disease Control (CDC), they are more common among the elderly population and the leading cause of injury deaths. Hip fractures and head traumas are the most serious injuries resulting

from falls. The CDC recommends taking the following steps to reduce the risk of falls:

- Remove throw rugs or use double-sided tape or non-stick pads under rugs
- Eliminate clutter in walkways such as cords, wires, shoes, clothes, books, etc.
- Keep items you regularly use within reach and stored safely in cabinets and drawers
- Have grab bars installed in showers, bathtubs, next to toilets and in hallways
- Use non-slip mats in bathtubs and shower floors
- Have handrails and lights installed on staircases
- Add nightlights in bathrooms and hallways
- Wear shoes both inside and outside the house and avoid

going barefoot or wearing slippers

- Schedule an appointment annually to have your vision checked
- Encourage seniors to participate in regular exercise such as walking or water aerobics to maintain balance and muscle tone
- Have health care provider review medications

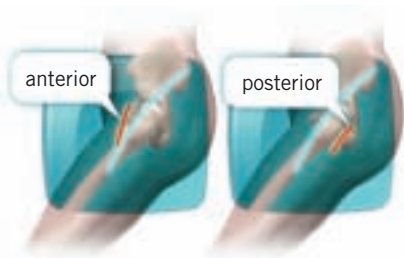
By working together, we can reduce the number of falls and fall-related injuries and deaths in Lee County. For more information, visit www.StepWiseLee.com.



DR. CURCIONE CONTINUES INFORMATIONAL SEMINARS



Dr. Curcione describes the benefits of the anterior approach to hip replacement to more than 70 seminar attendees at Gulf Coast Medical Center.



The benefits of anterior approach to hip replacement include:

- “Muscle-friendly”
- Less invasive
- Less pain
- Less scarring
- Faster recovery

See upcoming seminars listed on back page or call 239-368-8277, ext. 2302.

FEATURED CONDITION: ARTHRITIS OF THE KNEE



IF YOU’RE SUFFERING FROM KNEE PAIN, YOU’RE NOT ALONE. ALMOST ONE IN THREE AMERICANS OLDER THAN AGE 45 REPORTS SOME TYPE OF KNEE PAIN, AND IT’S A COMMON REASON THAT PEOPLE VISIT THEIR DOCTORS OR THE EMERGENCY ROOM.

Knee pain may be the result of an injury, such as a ruptured ligament or torn cartilage. Or, certain medical conditions, including arthritis.

There are three basic types of arthritis that may affect the knee joint. Osteoarthritis (OA) is the most common form of knee arthritis. OA is usually a slowly progressive degenerative disease in which the joint cartilage gradually wears away. It most often affects middle-aged and older people. Rheumatoid arthritis (RA) is an inflammatory type of arthritis that can destroy the joint cartilage. RA can occur at any age and generally affects both knees. Post-traumatic arthritis can develop after an injury to the knee. This type of arthritis is similar to osteoarthritis and may develop years after a fracture, ligament injury or meniscus tear.

TREATMENT OPTIONS

Treatment of arthritis and other causes of knee pain depends upon the diagnosis and severity of the condition. When medications and other non-surgical treatments are not successful, surgery may be recommended.

Advances in knee surgery include custom knee replacement. Using this new technique, surgeons can match the fit and placement of the total knee implant to the patient’s unique anatomy. The custom knee replacement affords surgeons the ability to preserve more of the patient’s own bone and ligaments resulting in a better fit and alignment.

“Each patient’s knee is different and a person’s age, size, gender and lifestyle can have a major impact on the success of knee replacement surgery,” says Curcione. “Even slight variations in the way the implant fits can lead to pain, stiffness, instability and potentially shorter implant life. This new technique is designed to prevent all of these complications.”

With custom knee replacement, an MRI or CAT scan of the patient’s knee is performed a few weeks before surgery and sent to the implant manufacturer. A computer program then generates custom cutting guides that are manufactured and shipped to the surgeon for use during surgery. During traditional knee replacement, any custom fitting occurs during surgery.

“Rather than creating the implant to custom fit the patient during surgery, the implants are made in advance,” says Curcione. “For surgeons, this means increased focus on making the placement as accurate and stable as possible. For patients, the potential benefits include less time under anesthesia, shorter hospital stay, a more natural fit and a quicker recovery.”

KEEP IN MIND

More than 540,000 total knee replacements are performed in the U.S. each year, and this number is expected to grow to 3.4 million by 2030. This growth is fueled by several trends including increasing obesity rates and a growing baby boomer generation that wants to stay active later in life.

3400 Lee Boulevard, Suite 105
Lehigh Acres, FL 33971

The latest news from
Dr. Peter Curcione **InMotion**

FREE EDUCATIONAL SEMINARS

ANTERIOR APPROACH TO HIP REPLACEMENT

DATE AND TIME

LOCATION

Thursday, April 15, 5:30-6:30 p.m.
Thursday, May 20, 5:30-6:30 p.m.

Gulf Coast Medical Center, 13681 Doctors Way Fort Myers, FL 33912
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To attend, please call 239-368-8277, ext. 2302. Refreshments will be served. Space is limited.

For future seminar dates, times and locations, visit www.bone-fix.com or call 239-368-8277, ext. 2302.



Dr. Curcione is a board certified orthopaedic surgeon and an osteopathic physician. His training and specialties include:

- Minimally Invasive Anterior Approach to Hip Replacement
- Custom Fit Knee Replacement
- Partial Knee Replacement
- Advanced Arthroscopic Surgery of the Knee and Shoulder
- Hand Surgery
- Sports Medicine
- General Orthopaedics



LOCATIONS

LEHIGH ACRES:
3400 Lee Boulevard
Suite 105
Lehigh Acres, FL 33971
239-368-8277

FORT MYERS:
3210 Cleveland Avenue
Fort Myers, FL 33901
239-936-6778

Visit Dr. Curcione's blog at www.topbonedoc.com and follow him online on Facebook and <http://twitter.com/topbonedoc>.

