

HealthNotes

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OMC's Orthopedics Department Offering New Treatment Options

The Orthopedics Department at Olmsted Medical Center (OMC) has a long history of providing a wide range of surgical and non-surgical services to help patients feel better, experience less pain, and get back to doing the things they enjoy. In addition to performing procedures such as total knee and hip replacement surgeries, the Orthopedics Department at OMC also offers newer, cutting-edge treatments that may be beneficial for some patients.

"We take a practical approach when offering new procedures and only offer them if they can truly benefit patients," said Matthew Kirsch, MD. Many of these new procedures are designed to make recovery time easier and faster so that patients can return to their lives sooner.

Four New Treatments

Partial knee replacement—

Although your knee joint may have been damaged due to injury or arthritis, parts of it may still be in good shape. For at least 10 percent of patients, partial knee replacement surgery may be an option, Dr. Kirsch said. With a partial knee replacement, the surgeon removes only the damaged area and replaces it with metal or plastic implants, leaving the healthy cartilage and bone intact. It's done as an outpatient procedure. "For patients who are candidates, the advantages of a partial knee replacement are that it



Jeffrey Beckenbaugh, DO, a board-certified orthopedic surgeon, discusses surgery details with a patient.

often has a more natural feeling than a total knee replacement and recovery can often be much quicker," Dr. Kirsch said.

Hip arthroscopy—With hip arthroscopy, a surgeon makes a few tiny holes around your hip joint and then inserts a small camera, called an arthroscope, through one of the holes. The camera displays images from inside your hip onto a screen. The surgeon inserts special surgical tools through the other holes and uses the image on the screen to guide

them while performing the procedure. Hip arthroscopy may be used to treat various conditions, including a labral tear, an injury that occurs in the cartilage surrounding the hip joint, and bony impingement, in which bone prominences causes the hip bones to rub against each other, causing pain, inflammation, and damage. "It's much less invasive than other procedures to correct these problems. We don't have to dislocate the hip like we might have to with traditional open approaches, so there's less post-

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surgical pain, and recovery is much less painful," said Jeffrey Beckenbaugh, DO. Hip arthroscopy also allows treatment of these hip problems on an outpatient basis, which is an improvement from the traditional open approaches.

Direct anterior total hip arthroplasty—

This is a newer approach that can be used when performing hip replacement surgery. "Traditionally, we go through the side or back of the hip, but with the direct anterior total hip arthroplasty, we access the hip joint through the natural plane between muscles in the front of the hip," Dr. Beckenbaugh said. "As a result, fewer muscles and tendons are affected. This can help patients to get up and move around more easily in the first couple of weeks and often feel less uncomfortable."

Computer navigated total knee

arthroplasty—During knee replacement surgery, surgeons now use computer-navigated technology to help guide them to the exact location where the new knee implants should be placed. "Without navigation, we would need to place a rod inside the thigh

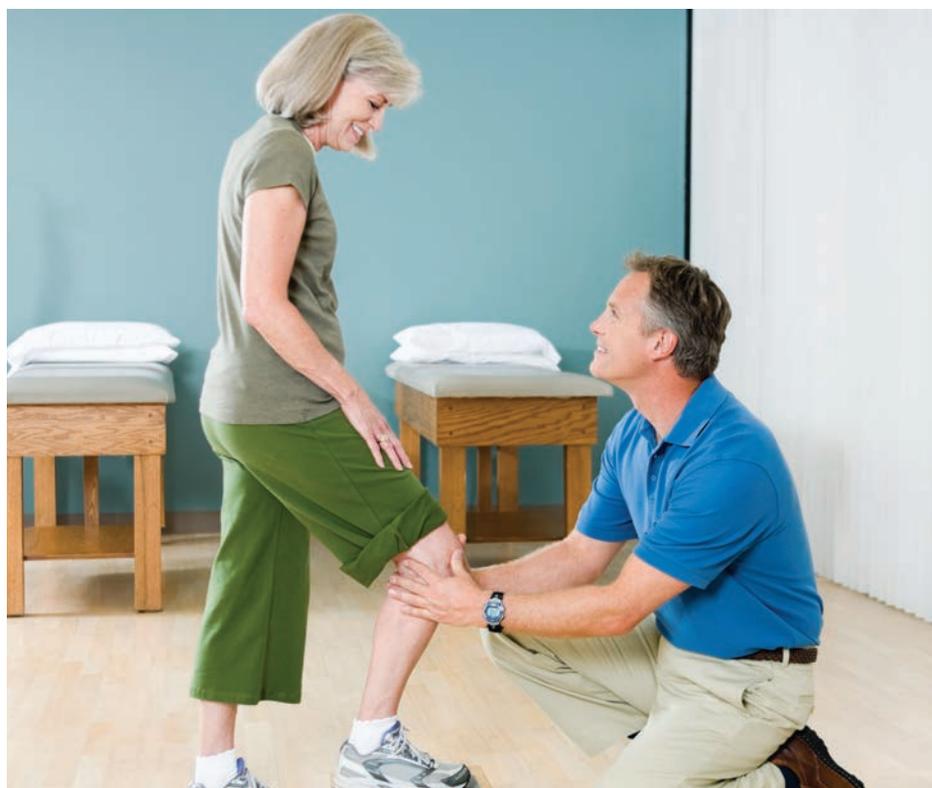
bone to help align our cuts. But, with computer navigation the need for this rod is eliminated and a small pin is used instead," Dr. Beckenbaugh said. "The procedure is much less invasive and may help with pain and recovery afterward."

Relief is Within Reach

If you experience pain, injury, arthritis, or have any other bone or joint problems, you should make an appointment with your primary care provider at OMC to get a referral to the Orthopedics Department. The goal in the Orthopedics Department is to help find the treatments that fit best with your health, lifestyle, and goals, while also providing the greatest relief from discomfort and pain. 🔄



To get more information about all the providers who treat patients in orthopedics, as well as learn about these and other orthopedic services, visit www.olmmed.org/care-treatment/orthopedic-surgery/faqs. To get a referral to an orthopedist, contact your OMC primary care provider for an appointment. If you don't have a provider at OMC, call **507.292.7090** and we will help you find one.



Advanced Wound Healing Clinic at OMC Making a Difference

OMC's Advanced Wound Healing Clinic (AWHC) is staffed with specially trained clinicians and nursing staff dedicated to healing acute and chronic, non-healing wounds. Patients may be referred by their primary care provider, or may contact the AWHC directly to set up an appointment. Patients are assessed to identify the underlying cause of their non-healing wound and a care plan is developed to manage the healing process. Patients can expect to receive compassionate, patient-focused wound care that employs evidence based and technologically advanced treatment options, including hyperbaric oxygen therapy.

Recently OMC's AWHC was awarded the Healogics Center of Distinction and the Robert A. Warriner III, MD, Center of Excellence awards for quality. AWHC achieved outstanding clinical outcomes for 12 consecutive months, including patient satisfaction of 93.9 percent and a wound healing rate of 93.9 percent within 30 median days to heal. 2015 is the third year in a row that the AWHC has received quality awards from Healogics.



To learn more about the AWHC, visit www.olmmed.org/care-treatment/wound or call **507.529.6960**.

The New Face of Prescription Drug Abuse: Older Adults

Does your loved one have a whole shelf full of prescription medications? Keeping track of all these medications can test older adults and their caregivers. And the expanding cocktail of drugs used by older adults poses an even bigger problem. An increasing number of older adults abuse or develop an addiction to their medications, experts say.

By 2020, an estimated 2.4 percent of older adults will misuse or abuse prescription medications. That means 2.7 million people in their golden years will have a drug problem.

Risk Comes with Age

The sheer number of drugs older adults take boosts their odds of abusing them. Aging also changes the way your body responds to medicine. And certain treatments commonly prescribed to older adults carry a higher risk for addiction or dependence. These include:

- pain medications, including opioids
- drugs called benzodiazepines, used to treat sleep disorders and anxiety.

The problem often starts with medication misuse. A patient might take more of a drug than prescribed, combine it with alcohol or other substances, or take a medication for a different purpose other than the one for which it was prescribed. Eventually, your loved one can develop an addiction. At this point, the treatment no longer helps a person's health. Instead, he or she may seek out and misuse medications, despite the negative consequences.

Caregivers Can Help

Prescription drug abuse boosts older adults' risk for falls, confusion, impaired vision, and depression. Addiction can change personalities, break apart families, and steal motivation. And if it leads to overdose, it can even prove fatal.



Caregivers or family members may not recognize the signs of abuse or addiction. Still, you can stay on the lookout for red flags. These include:

- mood changes, including a lack of interest and energy
- frequent requests for refills of certain drugs
- concerns about whether a medication is really working
- complaints that a doctor won't write a prescription—or even moving

from doctor to doctor to get more medication

- using more than one pharmacy.
- If you would like more information on prescription drug use for you or a loved one, contact your primary care provider or a pharmacist at one of OMC's Pharmacy locations:

Southeast 507.292.7255

Northwest 507.535.1974 [↗](#)

OMC Plastic Surgery Fall Solutions

Tuesday, October 4, 2016

5:30 PM

Somerby Golf Club, Byron, MN

RSVP to **507.529.6740**

Join Dr. Babovic and his staff from Olmsted Medical Center's Plastic Surgery department for a seminar featuring non-invasive and minimally invasive methods for achieving a youthful appearance.

To join us, please reserve your seat by **Monday, September 26.**

Call **507.529.6740** for more details.



Keeping Wired Teens Safe in the Digital World



Nearly three-fourths of all teens have smartphones. One in four say they are online “almost constantly.” Today’s adolescents live in the virtual world almost as much as the real one.

With this shift, parents’ fears about tech-related threats have increased. You can’t send your teen back to an analog time—nor should you want to. Teens connect, learn, and develop their identities online and by text. But you can take steps to protect them from inappropriate or dangerous conduct, contact, and content.

1. Talk offline. Have honest in-person conversations with your teens about your values and expectations for technology

use. Explain any concerns you have and what you consider off-limits behavior.

2. Listen, too. Ask your kids what they do and who they interact with online. Give them ample opportunity to confide in you if they feel scared or threatened by something they’ve seen or heard. When this happens, work together to solve the problem—or, if necessary, report it to authorities.

3. Make friends. Seventy percent of teens have more than one social media profile. Create your own account, and make a policy stating you and your child must friend or follow each other on Twitter, Facebook, or any other platform he or she uses.

4. Monitor transparently. Check text or chat logs, browser histories, and files regularly. Announce these audits in advance—then follow through. Look for contacts you don’t recognize, images you don’t feel comfortable with, and mean-spirited comments directed at or made by your child. 



If you have questions or health concerns about your teenager, talk with your OMC healthcare provider. To learn more about the services offered by our providers in Family Medicine, visit our website at: www.olmmed.org/care-treatment/family-medicine/services.

>> RECIPE

Asparagus with Lemon

Asparagus is best when it’s not stored for long. To keep it fresh in the refrigerator, place stalks upright in a glass with an inch or so of water or wrap the ends in moist paper towel.

Ingredients:

2 lbs. asparagus, tough ends trimmed
2 tsp. olive oil
2 tbsp. lemon juice

Directions:

Place asparagus in a steamer basket over boiling water. Cover the saucepan and steam five minutes or until bright green and tender. Rinse asparagus under cold water and drain thoroughly.

Combine oil and lemon juice in a bowl. Pour over asparagus. Season with pepper to taste. Serve at room temperature if desired.

Serves 4. Each serving provides:

Calories 70, Total fat 2.5 g, Saturated fat 0 g, Trans fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Carbohydrate 9 g, Fiber 5 g, Sugars 4 g, Protein 5 g

