

Orthopaedic Connection

Frequently Asked Questions by Gratiot County Herald Readers

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Transforming patient information into patient understanding.

I'm feeling bad because I have not answered questions in awhile. But, there have been a lot of important topics I felt you should know about. So this week and maybe next week I will answer some questions.

Q. Is a low Vitamin D level a risk factor for arthritis?

Our three recent articles about Vitamin D have raised awareness of our readers greatly. No definite link has been found between low Vitamin D levels and the development of osteoarthritis. However, consuming enough Vitamin D may help prevent arthritis from worsening.

Q. Dr. H., does the shoulder have two joints?

Great question. Most people think of the shoulder as one joint. In reality there are two joints in the shoulder area. One is located where the collarbone (clavicle) meets the tip of the scapula (acromion). This is called the AC joint. The junction of the upper arm (humerus) with the scapula is called the glenohumeral joint. Both joints may be affected by injury or arthritis.

Q. What are the most severely injured areas in high school sports?

The knee is the most affected joint in severe injuries, followed by the ankle and the shoulder. Among male students the most severe injuries happen playing football or wrestling and female students experience more severe injuries playing basketball.

Q. What is the connection between arm fractures and hip fractures in elderly patients?

Women over sixty-five are five times more likely than the general population to experience a broken hip in the twelve months after an arm fracture. Older people are at greater risk for fall related fractures because they have osteoporosis and as people age their reflexes slow down. Scary fact: 25% of patients who suffer hip fractures live less than one year.

Q. Are people in their 80's too old for knee replacement?

Patients in their 80's can benefit greatly from total knee replacement. If properly evaluated before surgery, knee replacement can

be done safely. Studies have shown that pain and function are improved remarkably as early as six months and showed long lasting improvement after a two year follow up.

This has been my same experience in patients from my practice.

Well, that's it for now. Hope you all have learned a lot.

Don't forget that answers to all your Orthopaedic Surgery and musculoskeletal questions can be found by logging on to www.orthopodsurgeon.com, which can take you to Your Orthopaedic Connection. Check it out.

Our goal as always is simple - To help people return to more pain free, functional lives.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush