

Orthopaedic Connection

Did You Know.....?

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Transforming patient information into patient understanding.

The Amazing Vulnerable Foot

The structure of the foot and ankle is hugely complex. How it works at all is a wonder.

- 28 bones in the foot
- ¼ the number of bones in the body
- More than 30 joints
- Ligaments, tendons, even muscles galore

Feet of course, bear our entire weight. If in good shape they are a platform that enables standing comfortably even indefinitely. We can walk, run and jump.

And how do we treat our feet? What thanks do feet get? Some of us wear flip-flops for shoes!

Beer May Prevent Weak Bones

Now here is some information you can really use! I picked up on this immediately. A new study suggests that the very high silicon amount in beer is a key for increasing bone mineral density, thus preventing osteoporosis.

Beer made from malted barley and hops had lots more silicon than those made from wheat or corn. As in all things moderate beer intake is advised.

Although silicon contributes to bone health it is way behind the essential Calcium and Vitamin D.

Yoga Reduces Inflammation

Yoga done regularly lowers compounds in the blood that promote inflammation. IL-6 is an important marker of inflammation in the body. It is high in heart disease, stroke and arthritis.

IL-6 is low in persons who do yoga on a regular basis. Yoga is a way to lower risk for developing heart disease, stroke and arthritis.

In addition, Yoga increases flexibility which is an antidote for the stiffness that comes with aging. The stretching and exercise that yoga provides increases flexibility which in turn allows relaxation that can lower stress.

Joint Replacement Is Safe

Any major surgery carries a certain risk as everyone knows (or should know!). That is what the operation permit is all about that you are asked to sign.

Joint replacements are among the biggest surgical procedures I do. A very large study published recently in the Journal of Bone and Joint Surgery found that patients have a 99.9% chance of surviving major joint replacement surgery.

Older Patients Improve Balance with Total Knee Replacement

For older patients a total knee replacement may do more than reduce pain. A new knee joint may also improve balance.

In a large number of patients studied, all showed major improvement in balance measures after several months.

I often close articles with the statement, “Our goal is simple – To help our patients return to more pain free, function lives”.

Major improvement in balance is a BIG functional improvement I would say.

So when I do a total knee replacement and the person has less pain, that is not the only benefit.

Everybody knows that balance problems and increase risk of falls are common in older persons.

It’s nice to know pain can be in most cases eliminated and balance greatly improved by total knee replacement.

Gratiot County Herald Archive and Office Website

I hope what you have read has raised questions. No problem.

Please log onto www.orthopodsurgeon.com. It has a huge amount of musculoskeletal information in the Website and the Archive of all previous GCH articles.

Check it out and be amazed what you can learn.

Good health, good life, all the best to you. Be well.

Dr. Haverbush