

Knee Replacement Surgery! What Women Need to Know

It seems like we have been talking about knee problems for several weeks now, but it's because so many people have knee trouble. It is the most common problem bone doctors like me treat. No question.

Martina McBride has a great song titled "This one's for the girls". I should have used the title "This one's for the ladies". Gentlemen, see you next week!

Ladies, have you noticed that knee pain has caused you to reduce or give up doing things you love to do? It may have happened slowly over the years and you have accepted the daily pain and restrictions on your activity. You're not alone.

Studies show women wait longer than men to seek treatment and are more likely to be unable to perform daily activities when they do seek treatment for knee problems.

Why Women Wait

There are many reasons why women wait. They are more concerned that the recovery period will prevent them from caring for their loved ones. They worry about recovery impacting their family life. Women in general seem more curious about procedures and want more information so they can make an informed decision about treatment. Doctors (not me of course!) have been slow to recognize this and often don't give women the useful information they need.

First, take an honest look at your pain. Do you experience pain trying to sleep, getting in or out of a car, kneeling, standing, walking up or down stairs or rising from sitting.

If some of these are answered yes, we need to have a talk. I try to answer all the questions that women have and they usually ask more than men.

They have more concerns about anesthesia and pain management. Women ask about resuming activities, what will rehab be like, what kind of home assistance will be needed, how soon can activities be resumed?

If you have arthritis as the cause of your knee pain it comes from the knees not being able to cushion your body from the impact and stress caused by movement of arthritic knees. Arthritis diminishes your quality of life, reduces independence and make it difficult if not impossible to do the things you want to do, like gardening, walking or simple everyday activities such as climbing stairs.

As I have written before there are always options of treatment for the knee conditions we treat.

If it's arthritis and the arthritis has become severe, nothing but a knee replacement may help.

The sad thing about women waiting too long is that they have suffered needlessly when help is available. Furthermore it has made the surgery more difficult and lastly the result that they get after surgery is not as good as someone who had it done earlier. So women you do pay a price for waiting too long.

If you think you have a problem it's better to have it checked and treated sooner than later.

Knee problems or any Orthopaedic Surgery condition can be evaluated by Dr. Haverbush at the Lakeview Community Wellness Center.

Future clinic dates are Friday, April 18, May 2, May 16, 2008.

Please call 989-463-6092 to schedule an appointment. Be well.

Dr. Haverbush