

Frequently Asked Questions

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Wish us Happy Birthday! We are one year old today! This is the fifty second article that I have written for Lakeview Area News. Fifty two consecutive weeks our article has appeared in Lakeview Area News with no end in sight. I said originally I have an endless number of things to write about that pertain to Orthopaedics and the musculoskeletal system of the body.

This week and occasionally in the future we need to cover some things that I often get asked about in person, phone calls to the office and E-mails.

Arthritis. Genetic?

There is no direct genetic link or arthritis gene that causes osteoarthritis. But, some patients have a genetic defect in their collagen production that causes their joints to break down and leads to early arthritis.

Body build and weight play a role in arthritis and are to some extent genetically determined.

Perhaps the most important factor is a person's response to injury. Repeated small trauma to a joint can lead to injury of the joint. A person's healing of injury is genetically influenced.

It is the person's ability to repair damage that will determine how trauma affects a joint.

By this mechanism genes exert and influence the development of arthritis.

What causes arthritis inflammation?

When the joint surface wears away in arthritis and bone is exposed, pressure on the bone surface will cause pain. The bones rubbing together cause debris, which causes the joint lining or synovium to become inflamed, sore and swollen. This causes the joint to become painful.

Most arthritic joint? Knee.

It is vulnerable to trauma and excessive weight. Joint instability in the knee caused by trauma leads to osteoarthritis.

What is a trigger point?

An area in your soft tissues i.e. muscles, ligaments and tendons that becomes painful to pressure. Pain sometimes stays at that certain point or can radiate away from it. If in muscle it can be caused by chronic tightening. No one knows why they occur. Treatment is usually injection of a local anesthetic and a cortisone like preparation. Acupuncture or trigger point massage can be helpful.

Internet. Misinformation?

My take is this. The Internet, *Information Superhighway* is absolutely awesome. Wonderful. I love it. But it causes me problems because there is such a vast amount of information available. An internet search produces information, but not necessarily understanding. Our patients have facts, but not usually wisdom or understanding about a subject and even worse they don't realize what they don't know. I try to clarify things for my patients in the office, in articles like this and on my office website www.orthopodsurgeon.com / Your Orthopaedic Connection.

All Orthopaedic Surgery problems can be evaluated by Dr. Haverbush at the Lakeview Community Wellness Center in Lakeview or at the office in Alma at 315 Warwick Dr., Alma, Michigan.

Please call 989-463-6092 for information or to schedule an appointment.

Future Lakeview Community Wellness Center Clinic dates are February 6 and February 20, 2009.

Please don't forget there is a wealth of accurate information about all the Orthopaedic conditions I treat on the office teaching website www.orthopodsurgeon.com. Please log on and check it out.

We are happy to answer questions from readers. You can e-mail me at orthopodsurgeon@hotmail.com or write to me at 315 Warwick Dr., Alma, Michigan 48801.

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

Be well.

Dr. Haverbush