

Frequently Asked Questions By Lakeview Area News Readers

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Transforming patient information into patient understanding.

To all of our newspaper friends, it's time to answer some questions that have come up since we last had this feature.

- Bill from Lakeview asks, "Do men get osteoporosis?"

Good question, Bill. Yes they do. You will be surprised to learn that one in five men will get some degree of osteoporosis. 30% of hip fractures and 20% of vertebral fractures are in men. These usually are the result of osteoporosis. The risk of these fractures increases substantially with heavy alcohol intake.

- Agnes from Edmore asks, "Does arthritis affect just the bone in the joint?"

A very good question. Arthritis greatly affects the muscles and tissue structures around a joint causing swelling, stiffness and inflammation and of course, pain. So the bone wears out, gets rough and knobby, but tissues are greatly affected too.

Key Point. Muscle weakness plays a role in determining how severe the arthritis in the knee will be. It is not always clear if muscle weakness comes first or after the arthritis has set in. At any rate the weakness contributes to progressive muscle damage.

Proper exercise reduces pain and improves mobility. Exercise not only improves strength, but increases flexibility and decreases fatigue and depression.

- B.J. from Big Rapids writes, "Is Osteoporosis a normal part of aging?"

It doesn't have to be. Not everyone has it as they age. If a person has built strong bones through exercise and healthy nutrition while they were young osteoporosis may not take over.

But you have to continue good bone health during adulthood by nutrition, Calcium, Vitamin D and plenty of weight bearing exercises.

- A.W. From Canadian Lakes asks, "Are patients who undergo hip and knee replacements susceptible to mental decline following surgery?"

Yes, in 10 - 20% of patients it occurs to some degree. This needs explanation, however.

- It is not clear what causes it.
- Possibly due to inflammatory affect of surgery, or perhaps due to anesthesia.
- Some patients no doubt had some decline before surgery that was not apparent.
- Mostly it takes the form of forgetfulness.
- Usually improves in time.
- May be due to medication given after surgery which gets better with cessation of the medication.

Some really good questions! Thanks for asking.

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 Friday September 18 and Friday October 2, 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.

Our goal 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