

**Lakeview Community Wellness Center
Orthopaedic Connection**

**Frequently Asked Questions
by Lakeview Area News Readers**

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Transforming patient information into patient understanding.

I am feeling guilty that I have not answered the questions from readers that are piling up. I might have another FAQ article next week to catch up at least somewhat. OK, here we go.

Q. I have arthritis and would like to know if steroid injections or pills are more effective.

A. I'll assume you mean injection of a steroid into an arthritic joint. I do this, depending on the situation by first removing joint fluid and then injecting the joint with Celestone (my favorite). This can be very effective, but often needs to be repeated. I don't use oral steroids for one joint arthritis. When many joints are affected I might consider oral steroids, but this can have significant side effects that must be considered.

Q. Does groin pain and inner thigh pain mean I have hip arthritis?

A. Maybe. Even probably. Pain in that area is rarely from the back. The most common symptom of hip arthritis is pain in the groin and inner thigh. Other symptoms are:

- Increased pain with activity
- Stiffness of the hip
- Walking with a limp
- Pain is worse in the morning or after sitting
- Increased pain with weather changes
- You have good days and bad days
- You have excessive weight
- Patient is over 50
- Family history of arthritis

An office exam and plain x-rays probably will make the diagnosis. The x-rays must (should) be personally seen by the person who examines you. This always occurs in our office.

Q. Why does heat help an arthritis flare up?

A. No one know exactly how heat helps, but it is thought that heat somehow inactivates nerve fibers that then reduces muscle spasms. Heat may induce release of endorphins which block pain. Heat loosens muscles and increases flexibility. Don't use heat longer than 15 - 30 minutes at a time.

Q. What type of tests do you use to determine presence of arthritis or extent of arthritis?

A. Good question. I do the following.

- Detailed medical history
- Thorough physical exam
- Plain x-ray of joint(s)
- Possibly laboratory tests
- Less probably an MRI x-ray

These can typically give me good information about the presence and extent of arthritis.

Please come back next week for Part II of FAQ.

Orthopaedic Clinic

I appreciate your support of the Orthopaedic Clinic at Lakeview Community Wellness Center. All the Orthopaedic problems I treat can be evaluated there.

Coming clinic dates are October 1 and October 8, 2010. Call 989-463-6092 for an appointment at the clinic or at the office in Alma.

Office Website and Lakeview Area News Archive

The office website www.orthopodsurgeon.com has been redesigned and is great. It also has the Archive of every past Lakeview Area News article from most recent back to the beginning. It is a tremendous collection of information. Please check it out.

Our goal is simple - To help people return to more pain free, functional lives. I specialize in you.

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

Be well.

Dr. Haverbush