

Argus Orthopaedic Zone

Myth Busters

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Transforming patient information into patient understanding.

I hope you are wondering about this curious title. If you are that's good because I have your attention. It is a change from what I usually write for you. Someone suggested to me recently that I write an article from time to time to combat misinformation and clarify certain topics about which there may be confusion.

I also will have a feature called Frequently Asked Questions that I think has a place too as I get asked a lot of questions. Well, here goes with Myth Busters I.

- **M.B.**

Dr. Haverbush doesn't write these articles himself.

Grr. This got me upset when I heard this. I felt I should make this the first Myth Buster because I think it is very important.

Every word you read here and every word on my website articles is written by me alone. I knew all those English classes in college would help someday.

I take the time to write the articles. I am very busy, but I want people to learn and I am using my considerable experience in Orthopaedic Surgery and my writing skills to do it. What you read comes from knowledge and experience. It doesn't come from a book. There, I feel better!

- **M.B.**

A fracture is worse than a break.

I love this one as an Orthopaedic Surgeon. Often when I am explaining an injury to a patient or concerned group of relatives someone says, "thank goodness it is only a break and not a fracture". They mean the same thing and I use the terms interchangeably. We'll never be able to stamp it out. Probably a fracture sounds more medical than "a break", so a fracture is thought to be more serious by patients.

It is certainly true there are an endless number of ways bones are fractured and some are more serious and hard to heal than others.

- **M.B.**
Patients can get all the medical information they need from the Internet.

Medical information, yes. Patient understanding, no. You can get a ton of information online. How often do you know the person who wrote it or how accurate it is? 99% of the time you don't know.

In the office or hospital as a surgeon, I am taking care of one patient at a time. As a writer who is a doctor (surgeon) I have the opportunity to educate and help a much larger group of people every week or in the case of my website, 24/7.

You can be informed and misinformed almost equally online. Knowing something about who is giving you the information is invaluable.

- **M.B.**
Lyme disease is named after the Lyme tick.

Nope. Lyme disease gets its name from Lyme, Connecticut where the illness was first identified in 1975 after a mysterious outbreak of arthritis among children in the area. It is a bacterial infection spread to humans through deer tick bites. It is easily treated by antibiotics, if caught early.

Diagnosis is tricky because symptoms mimic other diseases. One symptom that involves our practice is arthritis involving pain and swelling in one or more large joints especially the knee.

Lots more Orthopaedic information available on our office teaching website www.orthopodsurgeon.com, which can take you to Your Orthopaedic Connection. We never close. Open 24 hours.

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

