

Argus Orthopaedic Zone

What If I told You.....

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Transforming patient information into patient understanding.

Our goal is simple – To help our readers be as smart as a tree full of owls! So I am starting an occasional article called “What If I Told You.....” I hope you find it interesting and educational. Here goes, owls!

What if I told you

Field Turf may be safer than grass. It is a football artificial surface designed to have the same characteristics as natural grass. (Alma College has it on its football field.) A three year study at 24 universities showed that there were 10% fewer injuries on field turf. Over time, field turf may even show a higher percent of protection from injury. Amazing.

What if I told you

Don't take Celebrex (anti-inflammatory medication) and Aspirin together. You are taking lower dose (81mg) aspirin to thin your blood. If you also happen to take Celebrex, don't take them together as you lose the aspirin effect to protect your heart. Take aspirin first and then Celebrex at least 1 hour later.

What if I told you

Vitamin D helps prevent falls. A study showed that taking 1000i.u. or more of Vitamin D per day reduced the risk of falling by 20% in persons aged 65 and older. Hmm – is there a message out there? Anyone paying attention?

What if I told you

Your risk of a fracture doubles with opioid use. Common oral narcotic medications are Vicodin, Percocet, Codeine, etc. The risk increased as the amount of medication increased. The point is doctors should be aware that every time they give their patient Vicodin (or similar) there is a risk the person will wipe out and sustain a fracture. 34% were of the hip and pelvis.

What if I told you

An immobilized right leg badly affects driver's braking time. My patients in casts and braces on the right leg often ask me “Can I drive?” A study of this recently showed that braking response time is significantly increased for drivers with a cast or controlled motion ankle brace on the right. If you do it you are putting yourself and others at risk.

What if I told you

Taking a hyaluronic acid pill won't provide the same relief as an injection. I have used Supartz lubrication injections in knees for several years and I know it provides pain relief of osteoarthritis. Patients read ads that say a pill does the same thing. It doesn't, because hyaluronic acid is a very complex molecule and it is not absorbed from the intestine. So the only way it has a chance to work is if it is injected into the knee.

Well, there you have it; the first installment of “What If I Told You.....” See you next week.

Office Website and Argus Orthopaedic Zone Archive

Attention! If my loyal readers want to be as smart as a tree full of owls they will fly to www.orthopodsurgeon.com for tons of musculoskeletal information everyone can use.

You get the Office Website and Library, Your Orthopaedic Connection and Argus archive of every article I have written for you.

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

Dr. Haverbush