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**PA ORTHOPAEDIC SOCIETY OFFERS RESOURCES**  
**FOR HIP AND KNEE REPLACEMENT SURGERY**

**HARRISBURG (June 10, 2005)** – The Pennsylvania Orthopaedic Society (POS) recognized the findings of a Pennsylvania Health Care Cost Containment Council (PHC4) report released today and those of a more extensive study published in a national medical journal as providing helpful information for physicians and patients on hip and knee replacement surgery. Researchers at Duke University Medical Center found that joint replacement patients with certain pre-existing conditions are more likely to have postoperative complications. The Duke report is published in the current issue of *Clinical Orthopaedics and Related Research*.

“The report from PHC4 recognizes the high quality of orthopaedic surgery performed here and the Duke study provides hard data on which patients are prone to post-operative complications,” said POS President Paul Christopher Metzger, M.D.

“Orthopaedic surgeons are committed to improving patient care and both of these reports are helpful in that effort.”

Metzger said the PHC4 report, while essentially a snapshot of procedures performed in 2002, focused only on unplanned readmissions to the hospital for infection or device failure. The PHC4 report leaves out the longer-term outcome measure of a

patient's mobility improvement. Orthopaedic surgeons consider improved functional status – the measure of an individual's level of independence in performing normal activities in life – to be the gold standard of joint replacement outcomes.

“We have seen a great increase in the number of patients needing hip and knee replacements in order to maintain personal independence and greater quality of life and we expect that need to grow as Pennsylvania's population continues to age,” Metzger said. “So we are encouraging patients to access several resources when making decisions about joint replacement.”

Metzger noted that the POS website includes patient information. To access specific joint replacement information go to: [www.paorthosociety.org](http://www.paorthosociety.org) and click Patient Education. A skeleton icon will appear with joints highlighted, click on the appropriate joint for specific information about that joint.

Further, Metzger pointed to the Duke study, which reports that joint replacement patients with diabetes, hypertension or obesity are more likely to have postoperative complications.

Researchers at Duke University Medical Center analyzed a database of nearly 1 million Americans who underwent hip, knee or shoulder replacement surgery between 1988 and 2000. They found that the likelihood of a “non-routine” discharge from the hospital to another facility for additional care was 30 percent higher for diabetics and 45 percent higher in obese patients. For patients with diabetes who were also obese, the likelihood of a “non-routine” discharge rose to 75 percent.

“The Duke University research is a helpful guide for patients and physicians who want the best possible outcomes of joint replacement surgery,” Metzger said. “This study

also points out that the incidence of diabetes, hypertension and obesity is increasing at the same time the population ages.”

To read the whole article, go to:

[http://www.mydna.com/health/weight/news/resources/news/200506/news\\_20050601\\_joirep.html](http://www.mydna.com/health/weight/news/resources/news/200506/news_20050601_joirep.html). To

read an abstract of the study: <http://tinyurl.com/75yxb>.

POS is a professional medical specialty organization representing more than 900 orthopaedic surgeons across Pennsylvania. For more information visit the POS website at [www.paorthosociety.org](http://www.paorthosociety.org).

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