

on the move

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Total Hip Replacement – a Great Operation Gets a Bad Rap

Total hip replacement is a safe and reliable treatment for the relief of pain and return of function to a damaged hip joint. This surgery has an excellent history with proven results for 15-20 years and with millions of people living pain-free and active lives.

But recently there has been some controversy as to the benefit of total hip replacement that has surfaced in news reports focusing on the metal-on-metal implants and their failure rates, with the culprit being a specific type of implant with a metal-on-metal bearing surface, ball and socket.

In hip replacement surgery, doctors replace the diseased or damaged hip with an implant consisting of a ball, stem and socket component. The socket portion of the natural hip is known as the acetabulum. The femoral head at

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Center for Advanced Orthopedics Physicians



Craig Levitz, M.D.

Dr. Levitz is chair of orthopedics at South Nassau Hospital, director of orthopedic surgery and the head of the newly established Shoulder Center.

He is one of a few physicians nationwide who is board-certified and fellowship-trained in sports

medicine and he is nationally renowned for his use of minimally invasive arthroscopic procedures for knee and shoulder repair.

Dr. Levitz was recently listed for the fourth consecutive year in New York's "Top Doctors" in orthopedic surgery published by Castle Connolly. He has also been recognized by Castle Connolly as one of the top surgeons in the U.S. and by *Long Island Business News* as the top orthopedic surgeon on Long Island.



Bennett H. Brown, M.D.

Dr. Brown is a fellowship-trained orthopedist who specializes in hand and upper extremity orthopedic surgery. He graduated with a B.A.

from the University of Rochester and earned a medical degree from New York Medical College

in Valhalla, NY in 2004. Dr. Brown completed a residency in orthopedic surgery at SUNY Downstate Medical Center and a fellowship in hand surgery at the Hospital of the University of Pennsylvania in Philadelphia, PA. He is board-eligible in orthopedic surgery.



John Feder, M.D.

Dr. Feder is a board-certified, fellowship-trained orthopedic surgeon who specializes in foot and ankle conditions. He is director of foot and ankle surgery at South Nassau. Dr. Feder

graduated with a B.A. from the University of

Pennsylvania in Philadelphia, PA and obtained a medical degree from New York Medical College in Valhalla, NY in 1987. He completed a residency in orthopedic surgery at Montefiore Medical Center and a fellowship in foot and ankle surgery at the Hospital for Special Surgery and Roosevelt Hospital in New York, NY.



Bradley Gerber, M.D.

Dr. Gerber is a national leader in hip resurfacing procedures, and fellowship-trained in adult reconstruction. Recognized for his use of leading-edge techniques in all areas of total hip and knee surgery, Dr. Gerber is chief of total joint replacement

surgery at South Nassau Hospital.

He was also named as one of the "Best Orthopedic Surgeons" on Long Island by the *Long Island Press'* Best of Long Island poll for 2011 and 2012.



James A. Germano, M.D.

Dr. Germano is chief of hip service at South Nassau. He is a board-certified, fellowship-trained orthopedist who sub-specializes in total hip and knee replacement with a special interest in revision

arthroplasty. He is skilled in minimally invasive and

computer-assisted surgery as well as alternative bearing surgery. He is also one of Long Island's only hip arthroscopy specialists, allowing him to treat almost any hip problem, regardless of age.



Juan C. Goetz, D.P.M.

Dr. Goetz is board-certified in podiatric surgery and board-qualified in podiatric orthopedics and primary podiatric medicine. He graduated with a B.A. in biology from Adelphi University in

Garden City, NY and obtained a doctor of podiatric

medicine degree from New York College of Podiatric Medicine. Dr. Goetz completed a residency in foot surgery at New York College of Podiatric Medicine and Affiliated Hospitals. He was the recipient of the Long Island Business News 2011 Physician Hero Award and is also a renowned researcher and lecturer.



David I. Zaret, M.D.

Dr. Zaret is a fellowship-trained foot and ankle orthopedic specialist with extensive expertise in total ankle replacement surgery. He graduated with a B.S. in Biology from Tufts University in Medford, Massachusetts and obtained a medical

degree from SUNY Downstate College of Medicine, Brooklyn, NY in

1996. Dr. Zaret completed his residency in orthopedics and fellowship in Foot & Ankle Surgery at The Union Memorial Hospital/Institute for Foot and Ankle Reconstruction at Mercy, Baltimore, MD. He is board-certified in orthopedic surgery.



Snap, Crackle, POP!

For 64-year-old Edie Mandel, running is a daily habit, as is playing soccer on two women's teams. So when she was diagnosed with a 30 percent tear of her Achilles tendon in March 2011, she knew what to expect next.

"No exercise, which I can't stand. I do not like being inactive, so not being able to run or walk was awful," said Ms. Mandel, "but then to compound the problem, I also had a Haglund's deformity."

Haglund's deformity is a bony enlargement on the back of the heel. This prevented Ms. Mandel from being able to wear most shoes and may have contributed to her Achilles tear. After seeing another physician who recommended platelet-rich plasma therapy to stimulate tissue growth, she was placed in a boot cast for six weeks to immobilize the heel so the tendon would heal. After the cast was removed, weeks of therapy and orthotics followed, but to no avail.

"I knew I needed surgery, and a friend of a friend referred me to John Feder, M.D., director of foot and ankle surgery at South Nassau."

"When Ms. Mandel came in to see me, she complained of at least a seven-month history of pain at the insertion of her Achilles," explained Dr. Feder. Ultimately, MRIs showed tendinopathy (tendon inflammation and tiny tears in the connective tissue in or around the tendon) and a tear. Surgery was performed last August.

Three months after surgery, Ms. Mandel completed her physical therapy and was able to return to competitive sports. "The hospital was great from pre-op to post-op; everyone was very efficient, organized and friendly," she said. "Dr. Feder was also great, answering all my questions and getting me off the crutches in two-and-a-half-weeks, as promised."

For more information on ankle/foot surgical procedures or to schedule an appointment, please call South Nassau's Center for Advanced Orthopedics at 866-32-ORTHO (67846).

On The Move is published two times a year by the External Affairs Department for the communities of South Nassau Hospital.

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Ankle Replacement Patient says, "Go For It!"

For 80-year-old Bayville resident Ed Strachar, it's a phrase reflective of his life, and his advice to anyone considering ankle replacement surgery.

Five years ago, Mr. Strachar had to have his left ankle replaced due to numerous ankle injuries and damaged cartilage. His ankle tilted outwards and he had trouble walking. Being active, skiing and playing tennis six times a week for the past 20 years, Mr. Strachar did not want to lose his mobility.

"I was at the point where I had to go up the stairs in my house on my butt, backwards," said Mr. Strachar. After seeing two other orthopedists, he was referred to David I. Zaret, M.D., a

specialist in foot and ankle surgery practicing at South Nassau's Center for Advanced Orthopedics. "Dr. Zaret was not in favor of surgery until we tried all the alternatives first, such as special shoes, stockings, bracing and cortisone shots. That went on for three months with no improvement, and then he suggested an ankle replacement."

"Ankle replacements are not that common; they are a relatively rare surgery, and not many patients even qualify for it," said Dr. Zaret. "In fact, this was the first-ever ankle replacement surgery performed at South Nassau, and I am very happy to say that Mr. Strachar has progressed nicely. This is a big surgery and not very common. You're not going to go back to running marathons after this, but you will be able to perform your daily activities and low-impact exercises."

The surgery was performed on September 19, 2006, and since then Dr. Zaret has performed seven additional ankle replacements at South Nassau. For about three months after the surgery, Mr. Strachar was in a cast and walked with a special boot and walker. "My recovery has progressed very nicely; I am able to walk up to four miles," said Mr. Strachar. "I cannot participate in everything that I did before, such as skiing or tennis, but I have substitutes. I swim twice a week and I walk, kayak and bike."

As far as the surgery, Mr. Strachar said, "I am very glad I had the surgery; I count my blessings, as I thought I might be confined to a wheelchair." He had high praise for Dr. Zaret and his care at South Nassau.

"Now, when I see someone in an ankle cast, I approach them and tell them about my experience with ankle surgery, and I highly recommended Dr. Zaret," said Mr. Strachar. "And I say go for it!"

For more information on surgical procedures for the ankle or foot, or to schedule an appointment, please call South Nassau's Center for Advanced Orthopedics at 866-32-ORTHO (67846).



Biking, indoors or out, is now one of Mr. Strachar's favorite activities.

Total Hip Replacement

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the top of the thigh bone (femur) is the ball portion, which rotates within the acetabulum (natural hip socket). The stem of the implant is inserted inside the femur (thigh bone), and the femoral head (or ball) fits inside the acetabular cup, which is inserted into the pelvis. As these components are united, hip movement will be restored. The femoral head and lining of the cup or socket can be made of ceramic, metal or a type of plastic called polyethylene. Different combinations of materials can be used depending on the surgeon's and patient's preference.

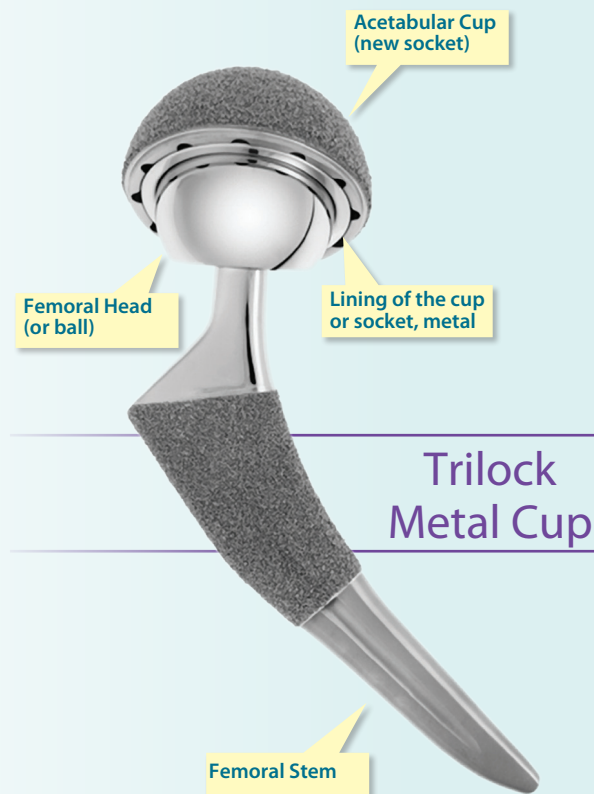
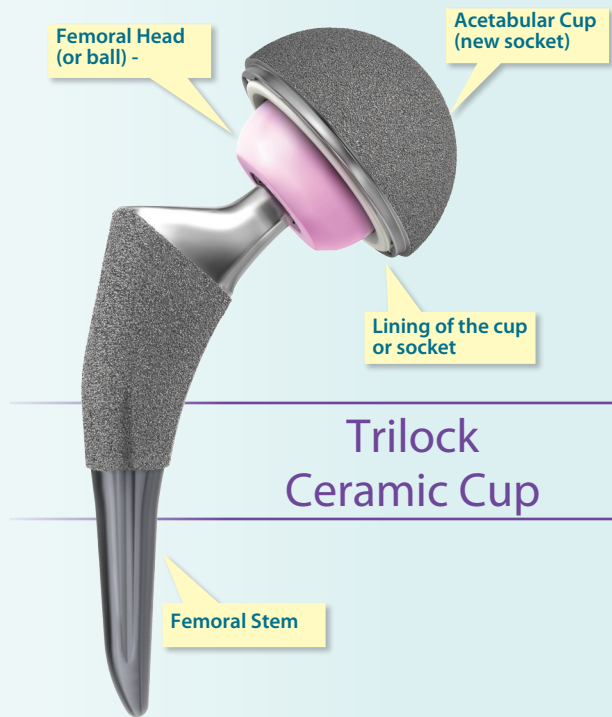
Metal-on-metal bearing surfaces are still available and certain companies have a good history with them; however, due to some issues with metal debris, the majority of orthopedic surgeons have stopped using this bearing surface.

Currently, the majority of hip replacement joints have an excellent success rate, with studies showing an 85 percent joint survival rate with low complications over 20 years, and a five-year joint survival rate of greater than 97 percent.

If you have had a hip replacement and are not sure which bearing surface was used, contact your doctor or schedule an evaluation with an orthopedic surgeon specializing in hip replacement and revisional surgery. It is important that you be evaluated; metal disease from the implant could be a cause of pain, but there are also other more common causes that would need to be ruled out. If a standard workup for hip replacement is negative, then an evaluation for metal allergy can be done.

At South Nassau, skilled surgeons specialize in the evaluation and revision of this condition. As part of the Long Island Joint Replacement Institute at South Nassau, we have specialized MRI and lab testing that assists our surgeons in evaluating your specific situation and help in formulating a solution.

If you would like to be evaluated, please call the Long Island Joint Replacement Institute at 866-91-REPLACE (73752) to schedule an evaluation with our specialists.



“My Thumb Isn’t a Thumb!”

Susan Jones, of Franklin Square never thought she would be uttering those words to herself about her own thumb. But when Bennett H. Brown, M.D., hand surgeon at South Nassau, used an extra tendon in her arm to repair Ms. Jones’ painfully arthritic right thumb, that was all she could say.

“Ms. Jones came to see me complaining of arthritis at the base of the right thumb, which turned out to be severe,” said Dr. Brown. “After trying conservative therapies such as bracing, anti-inflammatories and injections with no relief, our best option was to replace a small bone at the base of her thumb.” Dr. Brown was completely thorough in explaining every step of the surgery, even drawing pictures on the exam table paper.

The procedure, called CMC arthroplasty with ligament reconstruction and tendon interposition, involves removing the arthritic thumb bone, and replacing it with part of a spare tendon from the forearm to stabilize the thumb and hold it in position. “The remainder of the tendon is placed in the space vacated by the bone, so the thumb has a cushion to rest on,” Dr. Brown said.

Before the surgery, Ms. Jones was unable to do even simple hand tasks: opening jars and bottles, chopping vegetables or even lifting a sauce pan to cook. She was even having difficulty bathing or dressing herself. “I couldn’t take care of myself or do all the things I



needed to do at home or work without asking for help,” said Ms. Jones, an office receptionist. “If I did try to pick something up, the energy and strength were not there.”

She underwent surgery last August and within five months, she is back to her daily routines and has full use of her hand. Said Ms. Jones, “I still have some stiffness to work through, but my hand looks and feels great!”

For more information on hand or wrist surgical procedures, or to schedule an appointment, please call South Nassau’s Center for Advanced Orthopedics at 866-32-ORTHO (67846).

South Nassau Employee Experiences Our Caring Touch Firsthand

Thanks to Juan Goetz, D.P.M, Phyllis Citera, the director of volunteer services at South Nassau, no longer thinks twice about slipping into dress shoes. “I was in agony before my foot surgery and limited in walking long distances,” she said. “I had a bunion, arthritis, and had developed a bone cyst and a hammertoe.”

Having heard stories about foot surgery from friends and coworkers, Ms. Citera was nervous about having the much-needed work done. But a fellow South Nassau employee, who had the same surgery, reassured her and highly recommended Dr. Juan Goetz.

“Ms. Citera was suffering from an arthritic bunion deformity,” said Dr. Goetz. “She was not only in need of bunion surgery, but also a resurfacing hemi-arthroplasty. In layman’s terms, that is a joint replacement of the big toe.”

In July 2011, Dr. Goetz performed surgery on Ms. Citera’s left foot. He replaced half of her big toe joint with an implant, similar to one pictured above, removed the bone cyst and performed bunion surgery as well as repaired her hammertoe. “This replacement has been used for more than 30 years, so it is time-tested,” said Dr. Goetz. “I have been performing this surgery since 1994 and use it on runners, dancers, anyone who wants movement to be retained in their toe joint. It’s a simple but effective surgery, and works very well long-term.”

Throughout her experience at South Nassau, Ms. Citera said that she would recommend the hospital and Dr. Goetz in a



Phyllis Citera, director of volunteer services at South Nassau, and the BIOPRO implant that has given her so much relief.



BioPro®
hemi toe
implant

heart beat. “Dr. Goetz is a wonderful, caring physician, who will see you right away if you have a problem or concern.”

Today, she is looking forward to baring her feet at the shore this summer. While her right foot still requires bunion surgery, she now has no qualms about having it completed as soon as her left foot has recovered completely. “I am still in the recovery stage, which takes a full year. But I look forward to doing the other foot next summer.”

For more information on surgical procedures of the foot, or to schedule an appointment, please call South Nassau’s Center for Advanced Orthopedics at 866-32-ORTHO (67846).

“*Ms. Citera said that she was very impressed with the privacy and the quality of care. She also emphasized that Dr. Goetz is “a wonderful, caring physician, who will see you right away if you have a problem or concern.”*”



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Pre-Surgery Joint Replacement Education Classes

Offered throughout 2012 on Thursdays, from 12:00 - 1:30 p.m.



Classes are free of charge and free parking is available.

Feb. 16 Conference room B	Aug. 2 Conference room B
Mar. 1 Conference room B	Aug. 16 Conference room B
Mar. 15 Conference room B	Aug. 30 Conference room B
Mar. 29 Conference room A	Sept. 13 Conference room B
Apr. 12 Conference room B	Sept. 27 Conference room B
Apr. 26 Conference room B	Oct. 11 Conference room B
May 10 Conference room B	Oct. 25 Conference room B
May 24 Conference room B	Nov. 8* Conference room B
June 7 Conference room A	Nov. 15* Conference room B
June 21 Conference room B	Dec. 6 Conference room B
Jul. 5 Conference room B	Dec. 20 Conference room B
Jul. 19 Conference room B	

***PLEASE NOTE CHANGE IN NOVEMBER. DATES CHANGED DUE TO HOLIDAY**



To register, please call 516-632-3924 or online: www.southnassau.org/orthopedics/onlineapp.cfm