Procedure Helps Patients Avoid Hip Replacements, Repair Joint Damage

Bone-hardening substance provides more surgical options to treat hip damage

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Package Length: 1:35	Content provided by: The Ohio State University Wexner Medical Center

The Ohio State University Wexner Medical Center

SUGGESTED TEASE	COMING UP, ADVANCEMENTS THAT CAN HELP YOU AVOID A HIP REPLACEMENT. THE PROCEDURE THAT'S GIVING PATIENTS MORE OPTIONS.
ANCHOR LEAD	EACH YEAR, MORE THAN THREE-HUNDRED THOUSAND AMERICANS RECEIVE A HIP REPLACEMENT. ¹ IT'S A MAJOR SURGERY THAT INVOLVES MONTHS OF REHAB, AND THERE'S NO GUARANTEE IT WILL LAST FOREVER, ESPECIALLY FOR YOUNGER PATIENTS. BUT THERE IS A NEW OPTION THAT CAN HELP PATIENTS AVOID THAT SURGERY ALTOGETHER AND HELP REPAIR THEIR DAMAGED HIP JOINTS. BARB CONSIGLIO HAS THE DETAILS.
(PACKAGE START)	(Nota Sound):02
CG: Courtesy: The Ohio State University Wexner Medical Center :00 - :03 Shots of Ben walking into shed	(Nats - Sound) :02 WHEN BEN WALLACE NOTICED SOME PAIN IN HIS LEG, HE THOUGHT HE WAS JUST HAVING TROUBLE RECOVERING FROM A BASKETBALL INJURY. BUT X-RAYS SHOWED IT WAS MUCH MORE THAN THAT. :07
CG: Ben Wallace Had hip surgery	<i>"It was an emotional, kind of, trainwreck for me to be 30 years old and not know if I'm ever going to be able to play sports again or be able to do normal household activities without any pain." :</i> 10
Shots of Ben raking leaves	ONE SOLUTION WAS A HIP REPLACEMENT, BUT BECAUSE BEN IS SO YOUNG, THAT COULD MEAN EVEN MORE DIFFICULT SURGERIES DOWN THE LINE. :06
CG: Dr. Kelton Vasileff	"Once you go through a hip replacement surgery, you

NEWS PACKAGE

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can't really go back at that point in time. And there is potentially a finite lifespan to some of these implants." :08
SO DOCTOR KELTON VASILEFF PERFORMED SURGERY AT THE OHIO STATE WEXNER MEDICAL CENTER TO PRESERVE BEN'S NATIVE HIP, SOMETHING THAT WOULDN'T BE POSSIBLE
WITHOUT A PROCEDURE CALLED SUBCHONDROPLASTY, WHERE A BONE HARDENING SUBSTANCE IS INJECTED INTO THE JOINT, FILLING ANY VOIDS OR LESIONS. IT'S A PROCEDURE THAT'S MOSTLY BEEN USED
IN KNEE SURGERY, BUT DOCTOR VASILEFF HAS FOUND THAT IT'S GIVING HIS HIP PATIENTS NEW OPTIONS. :19
<i>"For younger patients, this is something that's allowed us to expand our indications for hip preservation surgery and allow them to prevent or delay the need for hip replacement surgery."</i> :08
THE CEMENT-LIKE MATERIAL IS USUALLY USED ALONG WITH OTHER PROCEDURES TO REVERSE DAMAGE.
AND NOT ONLY ARE PATIENTS MORE LIKELY TO KEEP THEIR OWN HIP, BUT THEY ALSO AVOID THE LONG, PAINFUL RECOVERY OF REPLACEMENT SURGERY.
JUST FOUR WEEKS AFTER SURGERY, BEN IS GETTING AROUND FINE, AND PLANS TO BE BACK ON THE BASKETBALL COURT IN A FEW MONTHS. :16
<i>"Then, over time, his bone will regenerate and grow and it replaces that cement material with normal bone."</i> :06
<i>"I'm incredibly grateful with the team at Ohio State with giving me the opportunity to get back to doing what I like to do and enjoy being a 30-year-old again." :08</i>
AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :03
EXPERTS SAY SUBCHONDROPLASTY IS ALSO VERY HELPFUL FOR PREGNANT WOMEN WHO OFTEN SUFFER TEMPORARY OSTEOPOROSIS DURING THEIR THIRD TRIMESTER OR AFTER DELIVERY. WITHOUT IT, THEY'RE OFTEN CONFINED TO CRUTCHES FOR MONTHS, BUT THIS PROCEDURE

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CAN PUT THEM BACK ON THEIR FEET SOONER.

SOCIAL MEDIA		
Share it! Suggested tweet:	Patients who would be headed for a hip replacement have new options <u>@OSUWexMed</u> with bone-hardening procedure. <u>http://bit.ly/2k6WmEy</u>	
Suggested post:	Hip replacement surgery not only comes with a long recovery, but could mean more surgeries down the line. But doctors at <u>The Ohio State Wexner Medical Center</u> are now using a procedure traditionally used in knee surgeries to give hip patients more options. See how this bone-hardening material is helping more people keep their native hips and repair damage. <u>http://bit.ly/2k6WmEy</u>	

EXTRA BITES

CG: Dr. Kelton Vasileff Ohio State Wexner Medical Center	 Dr. Vasileff explains why it's best to avoid a hip replacement: "Any time when we have to go back in, if there is wear, if there is loosening, and there are problems down the road that requires more surgery, more revision surgery, and that's always more difficult than doing it for the first time." Dr. Vasileff names the procedures used with Subchondroplasty: "We do different things like platelet rich plasma and bone marrow aspirate stem cell injections, and mix that with the Subchondroplasty material to try to help patients regenerate bone and strengthen their bone." Dr. Vasileff says this helps pregnant women with hip problems: "We don't have a lot of great treatment options for that
CG: Ben Wallace Had hip surgery	other than putting them on crutches and limiting weight bearing for a longer period of time. This procedure can allow us to hopefully get them back to their activities and helping them take care of their family much more quickly." Ben says surgery with subchondroplasty was his best option: "The subchondroplasty was the best option for me being a 30-year-old not wanting hip replacement surgery in the near future."

CG: Ben Wallace Had hip surgery	Ben says he's recovering more quickly than expected: "Post surgery has been shockingly more successful than what I've anticipated. They set my expectations to be about four weeks on crutches before I could start walking and kind of functioning a little bit more normally after surgery. Within a week I was up on my feet with no crutches and little or no pain."
	Ben hopes the procedure will be a permanent solution for him: "The subchondroplasty is kind of one of those things that's new that Ohio State's been able to do with great success and hopefully be a permanent solution for my hip moving forward without having to do the hip replacement surgery."

References

¹OrthoInfo: Total Hip Replacement, American Academy of Orthopaedic Surgeons, 2015. Online: <u>http://orthoinfo.aaos.org/topic.cfm?topic=a00377</u>

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