New outpatient procedure offers alternative to knee replacement surgery

Outpatient technique shows promise in reducing pain and increasing mobility in arthritis sufferers

UCLA Health		
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NEWS PACKAGE

SUGGESTED TEASE	A NEW PROCEDURE MAY PROVIDE RELIEF TO THE MILLIONS LIVING WITH DEBILITATING KNEE PAIN – WITHOUT MAJOR SURGERY. DETAILS, COMING UP.
ANCHOR LEAD	FOR THE MILLIONS LIVING WITH THE PAIN AND STIFFNESS OF OSTEOARTHRITIS IN THEIR KNEES ² , THERE ARE FEW EFFECTIVE OPTIONS SHORT OF MAJOR JOINT REPLACEMENT SURGERY, WHICH OFTEN TAKES MONTHS OF RECOVERY AND PHYSICAL THERAPY AND MAY NEED TO BE REDONE IN THE FUTURE. BUT DOCTORS AT UCLA HEALTH ARE PILOTING A PROCEDURE ¹ TO REDUCE ARTHRITIS PAIN AND ALLOW PATIENTS TO WALK OUT OF THE HOSPITAL A FEW HOURS LATER. BARB CONSIGLIO HAS THE DETAILS.
(PACKAGE START) CG: Courtesy: UCLA Health :00 - :03	(Nats - Sound) :02
Shots of Gianni hiking	NOT LONG AGO, ACHY KNEES WOULD HAVE MADE THIS HIKE NEARLY IMPOSSIBLE FOR GIANNI CANTARDO. :03
CG: Gianni Contardo Patient	<i>"It started in my late thirties and it got progressively worse." :03</i>
Shots of Gianni hiking	AS THE ARTHRITIS IN HIS LEFT KNEE WORSENED, HE TRIED INJECTIONS AND ANTI-INFLAMMATORIES, BUT NOTHING HELPED. :04
Gianni Contardo (CG'd earlier)	"There was nothing they could do other than recommend a replacement. And I was a little bit too young. I wasn't the ideal candidate for that at that time." :07
Shots of Dr. Padia examining Gianni	THAT'S WHEN GIANNI FOUND DOCTOR SID PADIA (PAH-dee-uh), WHO WAS OFFERING A NEW PROCEDURE AT UCLA HEALTH SANTA MONICA :05

CG: Sid Padia, MD UCLA Health Santa Monica Shots of Dr. Padia performing the procedure	"If you are taking medications and they're not working; if you've gotten joint injections, they're not working, there's nothing else other than going to the other end of the spectrum, which is a knee replacement surgery." :10 DOCTOR PADIA IS OFFERING A MIDDLE GROUND WITH GENICULAR ARTERY EMBOLIZATION, A QUICK AND PAINLESS OUTPATIENT PROCEDURE IN WHICH TINY PARTICLES ARE INJECTED INTO THE ARTERIES LEADING TO THE KNEE, SIGNIFICANTLY REDUCING BLOOD FLOW AND, IN TURN, INFLAMMATION. :11
Gianni Contardo (CG'd earlier)	<i>"I mean, you just have to stay still and laying down.</i> That's the most difficult part of the procedure." :03
Dr. Padia (CG'd earlier)	<i>"After the two hour procedure, there's about a two to three hour recovery time. And then patients can essentially walk home from the hospital if they choose to."</i> :07
Shots of Dr. Padia performing the procedure	IT'S A METHOD THAT'S COMMONLY USED BY RADIOLOGISTS IN OTHER AREAS OF MEDICINE TO REDUCE LIVER TUMORS OR TREAT UTERINE FIBROIDS. :06
Dr. Padia (CG'd earlier)	<i>"Instead of treating a tumor, we're now treating inflammation. We use the same exact materials, the same exact particles to do the same type of procedure."</i> :09
Shots of Dr. Padia examining Gianni	AND RESULTS FROM DR. PADIA'S FIRST HUNDRED PATIENTS HAVE BEEN PROMISING – 70 PERCENT OF THEM REPORTED SIGNIFICANT REDUCTION OF PAIN AND IMPROVED MOBILITY. :07
Dr. Padia (CG'd earlier)	<i>"What we've seen with our longer term patients is that the improvement continues even at one year, at two years, and now even at three years from our first set of patients that we've treated." :10</i>
Shots of Gianni hiking	FOR GIANNI, IT ALLOWED HIM TO GET BACK TO THE ACTIVE LIFE HE LOVES. :03
Gianni Contardo (CG'd earlier)	<i>"Within a month I noticed that I had significantly visible decreases in swelling in my left knee. And then after a couple of months, I was pretty much back to doing</i>
Shot of Gianni hiking	whatever I wanted to do." :11
Shots of procedure imaging	DOCTORS AT UCLA WILL BE STARTING A CLINICAL TRIAL ON THE PROCEDURE – AND SAY IT SHOULD BE MORE WIDELY AVAILABLE IN THE U.S. WITHIN THE NEXT YEAR.
	AT U-C-L-A HEALTH, THIS IS BARB CONSIGLIO REPORTING. :08

(PACKAGE END)	
ANCHOR TAG	EXPERTS ARE ALSO BEGINNING TO USE THIS SAME PROCEDURE FOR JOINT PAIN IN OTHER PARTS OF THE BODY, SUCH AS THE SHOULDER AND ELBOW, WITH PROMISING RESULTS.

SOCIAL MEDIA

Share it! Suggested tweet:	Doctors at <u>@UCLAHealth</u> say a new outpatient procedure may offer significant relief from knee osteoarthritis without joint replacement surgery. <u>https://bit.ly/348MDVg</u>
f Suggested post:	For the millions living with knee pain, there may be new hope for relief without the need for a knee replacement. Doctors at <u>UCLA Health</u> are offering an outpatient procedure that can reduce pain and inflammation and has patients up and walking within a few hours. <u>https://bit.ly/348MDVg</u>

EXTRA BITES

CG: Sid Padia, MD UCLA Health Santa Monica	Padia says the procedure may offer a solution to those suffering with pain for years: "Most of the patients who have been living with this for not just weeks, not just months, but years of recurrent pain and misery, and not being able to get out of their house, or walking with a cane, or not being able to exercise, have now found a potential solution that may not require surgery." :21 Padia says data shows benefit: "They've tried the injections, they've tried ibuprofen, they've tried physical therapy, and they are not ready for the knee replacement. This seems to stand out amongst the other therapies because the data supports this therapy as being beneficial." :15
	Padia says this is a middle ground between conservative treatments and surgery: "The genicular artery embolization is really meant to fit into that middle category, where people have failed the really conservative treatments and are just not ready for a complete joint replacement." :12
CG: Gianni Contardo Patient	Gianni says recovery from the procedure was minimal: <i>"I had no pain whatsoever a week down the road. I had significantly less visible inflammation, which is something I had chronically before. And there was no physical therapy. There wasn't any need for that. It was just fine."</i> <i>:14</i>

CG: Gianni Contardo Patient	Gianni says he experienced improvement within a few weeks: "I would say I started feeling better within two weeks in terms of reduced swelling was I would say the most noticeable improvement. And then after a couple of months, I was pretty much back to normal activity." :12
	Gianni says he was out of options, but was not a good candidate for joint replacement surgery: <i>"I was told that there were temporary options, but as far</i> <i>as longer term solutions, really joint replacement was the</i> <i>only thing. But I was not an ideal candidate because I was</i> <i>a little too young." :11</i>

References

¹Geniculate Artery Embolization: New Treatment for Knee Osteoarthritis, UCLA Health, Oct 2019. Online: <u>https://www.uclahealth.org/radiology/body.cfm?id=694&action=detail&ref=118</u>

²Arthritis By The Numbers, Arthritis Foundation, Mar 2019. Online: <u>https://www.arthritis.org/getmedia/e1256607-fa87-4593-aa8a-8db4f291072a/2019-abtn-final-march-2019.pdf</u>

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