

New outpatient procedure offers alternative to knee replacement surgery

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

UCLA Health

Produced by: MediaSource www.mediasourcetv.com	To download broadcast-quality video and other multimedia elements: https://bit.ly/348MDVg
Package Length: 1:58	Content provided by: UCLA Health

NEWS PACKAGE

<p>SUGGESTED TEASE</p>	<p>A NEW PROCEDURE MAY PROVIDE RELIEF TO THE MILLIONS LIVING WITH DEBILITATING KNEE PAIN – WITHOUT MAJOR SURGERY. DETAILS, COMING UP.</p>
<p>ANCHOR LEAD</p>	<p>FOR THE MILLIONS LIVING WITH THE PAIN AND STIFFNESS OF OSTEOARTHRITIS IN THEIR KNEES², 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.</p> <p>BUT DOCTORS AT UCLA HEALTH ARE PILOTING A PROCEDURE¹ TO REDUCE ARTHRITIS PAIN AND ALLOW PATIENTS TO WALK OUT OF THE HOSPITAL A FEW HOURS LATER.</p> <p>BARB CONSIGLIO HAS THE DETAILS.</p>
<p>(PACKAGE START) ----- CG: Courtesy: UCLA Health :00 - :03</p> <p>Shots of Gianni hiking</p>	<p>(Nats - Sound) :02</p> <p>NOT LONG AGO, ACHY KNEES WOULD HAVE MADE THIS HIKE NEARLY IMPOSSIBLE FOR GIANNI CANTARDO. :03</p>
<p>CG: Gianni Contardo Patient</p> <p>Shots of Gianni hiking</p>	<p><i>“It started in my late thirties and it got progressively worse.” :03</i></p> <p>AS THE ARTHRITIS IN HIS LEFT KNEE WORSENER, HE TRIED INJECTIONS AND ANTI-INFLAMMATORIES, BUT NOTHING HELPED. :04</p>
<p>Gianni Contardo (CG’d earlier)</p> <p>Shots of Dr. Padia examining Gianni</p>	<p><i>“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</i></p> <p>THAT’S WHEN GIANNI FOUND DOCTOR SID PADIA (PAH-dee-uh), WHO WAS OFFERING A NEW PROCEDURE AT UCLA HEALTH SANTA MONICA :05</p>

Producers and Reporters: To download scripts, video and photos go to:

<http://www.multimedia-newsroom.com>

<p>CG: Sid Padia, MD UCLA Health Santa Monica</p>	<p><i>“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</i></p>
<p>Shots of Dr. Padia performing the procedure</p>	<p>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</p>
<p>Gianni Contardo (CG'd earlier)</p>	<p><i>“I mean, you just have to stay still and laying down. That's the most difficult part of the procedure.” :03</i></p>
<p>Dr. Padia (CG'd earlier)</p>	<p><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.” :07</i></p>
<p>Shots of Dr. Padia performing the procedure</p>	<p>IT'S A METHOD THAT'S COMMONLY USED BY RADIOLOGISTS IN OTHER AREAS OF MEDICINE TO REDUCE LIVER TUMORS OR TREAT UTERINE FIBROIDS. :06</p>
<p>Dr. Padia (CG'd earlier)</p>	<p><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.” :09</i></p>
<p>Shots of Dr. Padia examining Gianni</p>	<p>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</p>
<p>Dr. Padia (CG'd earlier)</p>	<p><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></p>
<p>Shots of Gianni hiking</p>	<p>FOR GIANNI, IT ALLOWED HIM TO GET BACK TO THE ACTIVE LIFE HE LOVES. :03</p>
<p>Gianni Contardo (CG'd earlier)</p>	<p><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 whatever I wanted to do.” :11</i></p>
<p>Shot of Gianni hiking</p>	
<p>Shots of procedure imaging</p>	<p>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</p>

Producers and Reporters: To download scripts, video and photos go to:
<http://www.multimedia-newsroom.com>

<p>CG: Gianni Contardo Patient</p>	<p>Gianni says he experienced improvement within a few weeks: <i>“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</i></p> <p>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 as longer term solutions, really joint replacement was the only thing. But I was not an ideal candidate because I was a little too young.” :11</i></p>
---	--


References

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

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

For viewer information on this story, contact:
UCLA Health

Produced by:

MEDIA  SOURCE

1800 West 5th Ave.
Columbus, Ohio 43212
Phone: (614) 932-9950 Fax: (614) 932-9920
www.mediasourcetv.com

**Video content provided by: UCLA Health
Media Relations:**
Simi Singer, UCLA Health
SSinger@mednet.ucla.edu / (310)435-9435