

Hip replacements lasting longer

Question: If I'm in my 50s, should I wait until I'm older to replace my painful hip?

Answer: Many orthopedic surgeons are recommending total hip replacement in younger patients because recent advancements in technology and materials are showing excellent clinical results. Studies suggest that more than 90 percent of today's modern cement-free hip replacements will still be functioning after 20 years.

This means many replacements will last a lifetime, depending on the age and activity level of the patient. Some young or extremely active people will develop gradual wear or loosening of their device over time, which could lead to revision surgery. The results of revision surgery, while not as predictable as the primary procedure, are still very good.

In addition to improved hip implants, patients also now benefit from today's less invasive "tissue sparing" anterior hip approach. This procedure utilizes a special traction table that allows the orthopedic surgeon to place the hip implant without cutting any muscles. Patients recover much faster, with less



STUART KOZINN

ASK THE EXPERT

pain and less bleeding.

At the Total Joint Center at Scottsdale Healthcare Osborn Medical Center, patients usually walk about two hours after direct anterior hip replacement. Patients spend less time in bed and have significantly reduced risk of developing blood clots. Often,

they are back to light work within one week.

A new hip can greatly improve the quality of life of patients with hip arthritis. Hip replacement may be the answer if you're experiencing pain in the groin that restricts your movement, or you have trouble getting out of the car, can't reach your shoelaces, or have a radiating pain down the inner thigh toward the knee. A simple X-ray will help diagnose hip arthritis.

Contact Stuart Kozinn, medical director of Scottsdale Healthcare Osborn Medical Center's Total Joint Center, at 480-994-1149 or www.scottsdalejointcenter.com.