



Surgery Success

BE PROACTIVE TO GET THE MOST FROM YOUR HIP OR KNEE REPLACEMENT.

Total hip and knee replacements are among the most common and successful elective surgeries. Nearly 700,000 Americans undergo total knee replacement (TKR) procedures each year and about 300,000 people have total hip replacements (THR) annually.

To experience the optimum outcome, there are a number of things you can do proactively both pre- and post-surgery.

“First and foremost, listen to your physician before and after the procedure,” says Phoenix-based orthopedic surgeon Brandon Gough, MD. He offers these tips:

Pre-Op

Be realistic. TKR has up to a 95% success rate. Still, if you’re 60, you won’t have the knees you did at 20. You’re not turning back time, but you can expect to have better functionality and less pain.

Get strong. This is the time to lose weight, increase exercise, quit smoking and tobacco use, and cut back on alcohol consumption. These steps help minimize surgical complications, positioning you to emerge healthy and strong from surgery.

Manage other illnesses. Diabetes and heart disease are two common conditions

that can negatively impact the success of joint replacement. These diseases should be well controlled in the months leading up to surgery to reduce possible surgical risks.

Post-Op

Don’t backslide. Keep up all those positive changes indefinitely – or at least for six weeks after surgery.

Embrace rehab. Full recovery hinges on adhering to the physical therapy (PT) regimen your physician prescribes. It’s essential to stick with sessions to ensure you regain mobility and flexibility as quickly as possible. Otherwise, movement-limiting scar tissue may develop.

Control pain. Patients often quit PT because it hurts. Talk with your physician about multimodal pain management options, such as nonsteroidal anti-inflammatory drugs (NSAIDs), a short-term course of opioids and even CBD or medical marijuana (where legal). There’s no need to suffer unnecessarily – in fact, it is counterproductive if it keeps you from doing PT.

Pace yourself. Most patients regain approximately 80% to 90% of functionality within six weeks. But everyone’s recovery is different, so don’t lose patience or hope if things aren’t progressing as quickly as you’d like. —SUZANNE WRIGHT

INFLAMMATORY ARTHRITIS

MORE BIOSIMILARS GET FDA OK

Two new biosimilars have been approved in the U.S. to treat inflammatory arthritis (AI), but consumers may not get them anytime soon. In April, the FDA approved Samsung Bioepis’ *Eticovo* (etanercept-ykro) for the treatment of rheumatoid arthritis (RA), ankylosing spondylitis (AS), psoriatic arthritis (PsA) and polyarticular juvenile idiopathic arthritis (pJIA). It is the second biosimilar to *Enbrel* to be approved; both face patent infringement litigation by *Enbrel* maker Amgen. Samsung Bioepis’ biosimilar to *Humira*, *Hadlima* (adalimumab-bwwd), was approved in July for RA, AS, PsA and JIA. It’s the fourth *Humira* biosimilar to be approved; like the others, it won’t be available to consumers. Biosimilars, copycat versions of branded biologics, are expected to lower drug costs, but only two of the eight approved for AI in the U.S. have made it to consumers. —JENNIFER DAVIS

