

KNOWING *you*



COMMUNITY HEALTH NETWORK

HAND IN HAND FOR YOUR HEALTH

CHN Provides State-of-the-Art Orthopedics Care for Aging Baby Boomers

Everyday in the U.S., 10,000 baby boomers celebrate their 50th birthdays. It used to be that retirement meant sitting back and enjoying your golden years. Well, that's not the case anymore. Nowadays, individuals 50+ are staying physically active well into their 80's. Whether it's jogging, tennis, swimming, golf, marathons, aerobics or just walking, memberships to health clubs are at an all-time high for this generation.



So how are baby-boomers able to remain active? It's simple, by adhering to a low-fat, heart-healthy diet and exercising regularly. Eating right isn't hard to do; it's the regular exercise that some individuals find difficult due to rheumatoid arthritis affecting their knees and hips.

Help is on the way! Technological advancements in orthopedic surgery have opened up a whole new world for people with painful joints. Total knee and hip replacement surgeries have

allowed many people to run not walk without joint pain.

Right here at Berlin Memorial Hospital, patients have access to cutting-edge technology such as computer assisted total knee and hip surgery and the ON-Q Post-Operative Pain Pump. And more importantly, you will find some of the best surgeons, nurses, pain management specialists and therapists available anywhere.

Aging is inevitable, but who says you have to sit by and do it gracefully! Remain active with the help of the orthopedics experts at Berlin Memorial Hospital. In this issue of *Knowing You*, you will learn about the latest technology and services in orthopedic care from CHN.

IN THIS ISSUE:

- PAGE TWO:** Dr. Jeffrey Bentson Joins the Team
- PAGE THREE:** The Newest Technology in Berlin, Wisconsin
- PAGES FOUR & FIVE:** Managing Pain is a Patient's Dream
- PAGE SIX:** Less Invasive Hip Surgery
- PAGE SEVEN:** Local Athletes Rely on CHN Team
- PAGE EIGHT:** Attend Wisconsin Dells Seminar to Learn More



New Orthopedic Surgeon Joins CHN

Berlin Memorial Hospital has a new orthopedic surgeon and his name is Dr. Jeffrey Bentson. "I grew up in a small town and after attending college and training in major metropolitan areas, I was anxious to return to a small community where we could raise our family," says Bentson.

Dr. Bentson chose to specialize in orthopedics because this type of surgery can provide dramatic and immediate results allowing patients to regain valuable use of their joints. "As the baby boomers age, they don't want knee, hip, shoulder or elbow

"I was very interested in working with Dr. Jones and using computer-assisted technology."

Jeffrey Bentson, M.D.

problems to prevent them from living life to the fullest. The residents of Berlin are extremely fortunate to have a great orthopedic team here as well as the latest technology and equipment. I came to Berlin because I was very interested in working with Dr. Jones and using the computer-assisted technology that is available here," Bentson commented.

Dr. Bentson believes the follow-up care after a surgery is an important part of the overall recovery of a patient.



A graduate of Wayne State University, Dr. Bentson completed his residency at the Mayo Clinic in Rochester, Minnesota. He is Board Certified in Orthopedic Surgery and is a fellow of the American Academy of Orthopaedic Surgery.

Dr. Bentson and his wife Colleen are the proud parents of three sons ages 10, 9 and 7. Besides spending time with his family, he enjoys cars, computers and woodworking.



When asked how residents of Berlin will benefit from his services Bentson replied, "Patients don't have to travel far to see an orthopedic surgeon or to have surgery. Hopefully, we can see patients quicker and if surgery is needed, schedule them sooner than the larger hospitals."

Patients can make appointments with Dr. Bentson and his partner, David Jones, MD, at Central Wisconsin Orthopedic & Sports Medicine Clinic conveniently located across from the hospital. For more information call 920-361-2500.

When asked how residents of Berlin will benefit from his services Bentson replied, "Patients don't have to travel far to see an orthopedic surgeon or to have surgery. Hopefully, we can see patients quicker and if surgery is needed, schedule them sooner than the larger hospitals."

Computer Assisted Knee Surgery Attracts Patients to Berlin Hospital

When you first meet Dr. David Jones you get the distinct feeling he knows what he is talking about. As the first orthopedic surgeon in Wisconsin to perform computer assisted, total knee replacement surgery, patients from all across the state travel to Berlin Memorial Hospital for their knee surgery. Founder of Central Wisconsin Orthopedics and Sports Medicine Clinic, Jones has practiced in Berlin since 1983.

What you immediately notice is Jones' passion for orthopedic surgery specifically computer assisted total knee replacement surgery, or CAS. He was instrumental in bringing this new technology to Berlin Memorial Hospital. Even more amazing is the fact that there are still many orthopedic surgeons in Wisconsin who do not perform this procedure.

Two years ago, Berlin Memorial Hospital purchased the Ci™ System, from DePuy, a Johnson & Johnson company, the latest technology for minimally invasive joint replacement—computer-assisted surgery, or CAS. The system allows surgeons to virtually map out the entire surgery so they can align the patient's bones and knee replacement implants with a degree of precision not possible with the naked eye. The computer translates the patient's anatomy to a screen, providing the surgeon with an unobstructed, three-dimensional view of the patient's knee joint.

"The advantages of computer assisted surgery (CAS) are absolutely astonishing. Compared to traditional knee surgery, it

gives us greater vision during surgery so we can make smaller incisions with pinpoint accuracy. Instead of cutting through muscle, we can maneuver to replace the joint with less trauma to surrounding tissue. The result is a balanced knee with proper alignment and tension for better range of motion without pain. And a more accurately aligned joint means the joint will last longer. It's like doing a virtual reality knee. That's the beauty of it," says Dr. Jones.

Another reason why patients at Berlin Memorial Hospital recover faster and have less pain is because the surgery is done through a small incision along the grain of the muscle, rather than cutting across the entire muscle to reach the joint.

The knee is the largest joint in the body and among the strongest and most complex. It is commonly referred to as the "hinge" joint because it allows the knee to flex and extend. Walking, driving, exercising and even sitting down and standing up, places extraordinary stress on the knee. Pain, stiffness, knee swelling and limitation of motion in the knee are symptoms



that prompt patients to see an orthopedic surgeon.

Total knee replacement, or arthroplasty, is the relining of the joint (bone end surfaces) with artificial parts called prostheses. The average age for total knee replacement is 55 to 90. Early diagnosis and proper treatment is important for the future of your long-term mobility. If your physician has recommended a knee replacement, don't delay your surgery. There is no cure for OA and it is degenerative, which means that your pain and limited mobility can get worse over time.

"People are living longer, healthier lives and want to make the most of those years. Now patients have access to computer assisted knee replacement surgery right here at Berlin Memorial Hospital," says Jones.

Knee replacement surgery can give you a second chance. For more information call Dr. Jones or his partner, Dr. Bentson at Central Wisconsin Orthopedics and Sports Medicine (920) 361-2500.

Oshkosh and Wisconsin Dells Women Benefit from Computer Assisted Knee Replacement Surgery

Coping with osteoarthritis and making the decision to have knee replacement surgery can be difficult and may make you feel alone. Here are two stories on how others coped with osteoarthritis and why they considered surgery that helped change their lives. It can change yours too.

For over a year, 63 year old Karen Kentopp lived with constant pain. "I was in a lot of pain for about a year so I made an appointment with Dr. Jones," comments Karen. Like millions of people Karen's age, the onset of degenerative joint disease had drastically restricted her lifestyle. Suffering from severe arthritis with areas of bone-on-bone, the Oshkosh woman initially had her knee scoped in June 2006 providing only temporary relief.



Computer-Assisted Surgery has been utilized for over a year by Dr. Jones at Berlin Memorial Hospital. He was one of the first surgeons in the state to utilize this advanced technology.

"For six months I was in pure pain, walking with a limp and having difficulty going up stairs. It was clear I was not going to get any better so it was time to take the next step. What did I have to lose?" says Karen. After her consultation with orthopedic surgeon, David Jones, MD, the decision was made to proceed with surgery. "Dr. Jones explained all the benefits of computer-assisted knee replacement surgery and how I could have an active lifestyle, with less pain and greater mobility. Who wouldn't want that?" comments Karen. She had her knee replacement surgery on October 25, 2006.

Prior to surgery, Karen received a mild, short-acting sedative and a regional anesthesia. Dr. Jones performed the two-hour, computer-assisted total knee replacement surgery and later that day Karen was eating a light supper. Karen received a pain pump and oral pain medication so her therapy could begin just hours after her surgery. Effective pain management allows patients to begin therapy without discomfort so they recover faster. Originally, Karen was scheduled for six

weeks of rehab, but progressed so rapidly that she only required therapy for three weeks. Patients are also encouraged to continue their exercises at home.

"Don't ever think twice about having knee surgery. It was the best thing I ever did. My pain is finally gone," Karen says.

Mike Wolf, CRNA, with the Anesthesia and Pain Management Team at Berlin Memorial Hospital, works with patients like Karen. "We develop a customized pain management plan based on each patient's individual needs. Since we used regional anesthesia with Karen, she was alert and talking in the recovery room. Total joint patients used to be in bed for days and could not proceed with physical therapy because they were uncomfortable and in pain. The pain pump allows patients to rehab immediately. In Karen's case, she was undergoing therapy the day of surgery and the next morning she was up using a walker," comments Mike.

Another one of Dr. Jones patients, Elsa Peterson, age 74, also made the decision to have computer assisted total knee replacement surgery. Elsa was experiencing difficulty going up and down stairs and getting in and out of a car. "Six months before my surgery, I noticed a drastic decrease in my mobility. A dear friend of mine

went to Dr. Jones for her knee replacement surgery and it was the best thing she ever did. She had read an article about Dr. Jones and computer-assisted knee surgery," Elsa says.

Elsa had her knee surgery on October 24, 2006 and everything went well from her pre-op examine to post op rehabilitation. Since she lives in Wisconsin Dells, she was able to schedule her therapy back home. She just celebrated her three month anniversary and is extremely pleased with her results.

Her recommendation to others, "I would tell them they should go to a reputable surgeon and talk to someone else who had the procedure done. The pain pump really worked great for me. I'm not sorry I had it done and eventually I will have the other knee done. I don't have any pain at all now," says Elsa.

"Arthritis, injuries, and people living longer are the main reasons that we see knee joints deteriorating faster. Here at Berlin Memorial Hospital, our knee patients have access to the best orthopedic care in the region. It takes a total team effort of nurses, OR personnel, anesthesia department, physical therapists and physicians working together to provide patients with better long-term results, more mobility and a quicker recovery," says David Jones, MD.

Pain Pump Helps Orthopedic Patients Recover Faster

Until recently, the standard of care for treating post-surgical pain was the use of narcotics like morphine. These drugs can cause unpleasant side effects such as nausea, constipation, headaches, dizziness, and breathing difficulty.

The Anesthesia and Pain Management Team at Berlin Memorial Hospital has been using the ON-Q PainBuster Pain Pump for the past year. According to Mike Wolf, CRNA, "Studies have shown that orthopedic patients on the pain pump report less pain so they walk more quickly and recover faster."

Similar to your dentist injecting Novocaine into your mouth to create a numbing sensation, ON-Q saturates the nerve which innervates the surgical site to create a numbing effect. The ON-Q PainBuster, a small, balloon-shaped pump filled with a non-narcotic, pain medicine is connected to a tiny tube providing a constant infusion of anesthetic to relieve pain to a specific area helping the patient get back to normal more quickly.

The anesthetist inserts the ON-Q catheter prior to surgery so the patient has continuous pain relief for up to five days after surgery. The ON-Q pain pump goes home when the patient is discharged and the patient removes the catheter when the pump is empty.

"The advances in pain management for our orthopedic patients are staggering when you see a total knee replacement patient receiving aggressive physical therapy the same day they had surgery. That would not have been possible a few years ago," says Mike.



Mike Wolf, CRNA, shows the ON-Q Pain Pump that is utilized at Berlin Memorial Hospital. It has proven to be highly-effective for post surgery pain relief.

It's Not Hip to be in Pain

Seventy million Americans are affected by arthritis with more than 20 million affected by osteoarthritis (OA) making it the most prevalent form of arthritis and the number one cause of disability in the U.S.

This medical condition develops when cartilage deteriorates and friction is caused between joint surfaces. Many people live with chronic pain associated with OA. For these people, everyday activities such as walking, driving, lifting, standing, and exercising—even lying down to sleep and rest—become extremely painful. However, new technology now offers hope to these individuals.

According to the American Academy of Orthopaedic Surgeons, moderate to severe osteoarthritis is the most common indication for total hip arthroplasty. Osteoarthritis affects three times as many women as men and while it most often occurs in people ages 50 and over, younger adults who have been injured playing sports or in accidents can begin experiencing symptoms in their late 30s and early 40s.

If you have tried physical therapy, anti-inflammatory medications, and cortisone shots, but are still experiencing chronic hip pain you may be ready for minimally invasive total hip replacement surgery. Nearly 200,000 Americans will become candidates for hip replacement this year and that number is expected to grow rapidly as the baby boomers age.

Minimally invasive, computer-assisted hip replacement surgery, also referred to as the anterior approach, is a procedure that allows the surgeon to reach the hip joint from the front of the hip with a smaller incision so less soft muscle tissue is disturbed. Therefore, the patient

recovers faster with less pain than traditional hip replacement surgery.

According to Dr. Jones, “The new procedure provides accuracy to within a millimeter and gives us better control when positioning the cup into the hip. It is far less invasive so recovery is considerably faster since there are no severed muscles required to heal. The average hospital stay for our patients is two to three days versus three to ten days for patients who have the traditional hip surgery. Smaller incisions mean patients have better outcomes.”

During the procedure, the patient is placed on a surgical table exclusively designed for hip arthroplasty that allows the surgeon to precisely position the patient to minimize trauma under the skin. The table makes it easier for the surgeon to replace the hip through a single incision, without detachment of muscle from the pelvis or femur. The most important muscles for hip function, the gluteal muscles attach to the pelvis and femur, and are left undisturbed. The patient’s leg is extended downward to allow frontal access

“Our patients tell me they wish they would have had their hip surgery sooner because it has given them their lives back.”

David Jones, M.D.



to the hip to also help reduce tissue damage. The table also allows for convenient x-ray imaging during surgery to ensure precise implant placement.

Once the patient is out of recovery and back in their room, they are typically up walking within hours with the use of a walker. Later that same day, some patients can sit in a chair comfortably. Six weeks following surgery, many patients are pain-free and able to do activities they couldn’t do before surgery.

Full recovery can take several months before regaining normal joint function, which requires patience. Dr. Jones and his partner, Dr. Bentson will answer any questions you may have about your pre-op treatment, surgery and post-op care.

Most patients are able to return to their daily activities and play most sports. However, high impact sports should be avoided. Talk with your surgeon about what sports are appropriate for you.

The results speak for themselves just ask Dr. Jones’ patients. “The majority of our patients tell me they wish they would have had their hip surgery sooner because it has given them their lives back,” says Dr. Jones.

Sports Medicine Team Works with Local Student Athletes

More young people enjoy sports than ever before. Athletic participation has increased in grade schools, high schools and community programs. Young athletes have special needs and no one knows that better than the Sports Medicine Team at Berlin Memorial Hospital. Because young athletes are growing, they often require conditioning and medical care more than older athletes.

According to the American Academy of Orthopedic Surgeons, fifty percent of boys and 25 percent of girls between the ages of eight and 16 compete in an organized sports program sometime during the year. At the high school level, there are 32 male and 27 female competitive sports with seven million high school students participating.

Melissa Johnston and Jason Nuttall are certified athletic trainers with CHN’s sports medicine team. They treat an average of 500 student athletes per year attending all home games for high risk contact sports like football, basketball, soccer, baseball, softball and wrestling. Besides covering games, the athletic trainers provide

preventative screenings before the athlete’s season begins.

Melissa works with students at Berlin, Princeton, Montello and Wautoma schools. “I spend a lot of time at Princeton High School and you become a resource for not only the student but the entire family. I see my kids go through pre-surgical, surgery and post-surgical and get them back to their sport. We see quite a few ACL injuries and following surgery and rehab, it’s amazing what great shape these athletes are in after having proper strength training and conditioning. This is important so the student does not experience re-injury,” says Melissa.

Although fifty percent of the trainer’s time is spent on the student athletes, they treat patients ages 14 to 89. They also oversee wellness fairs to help educate the community, perform occupational health screenings, medical exercise and hold one hour pre-op classes for orthopedic patients so they know what to expect after their surgery.

Two other members of the CHN sports medicine team are family practice physicians Dr. Craig Batley and Dr. Dave Budde. According to Dr. Batley, “We’ve always had an interest in



The Licensed Athletic Trainers of CHN, Melissa Johnston and Jason Nuttall, are always on the go; working at many area sporting events.

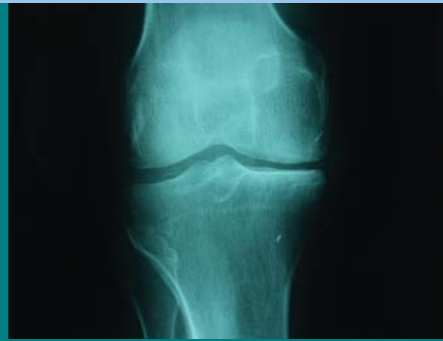
sports medicine and also wanted to get involved in the school systems. If the athletic trainer has a question about a student, they call us and we can usually see the student that day. Generally, the athletic trainers will refer the student to us for a work-up and if needed we will recommend the patient to one of our orthopedic surgeons.”

Many of the sports injuries in young athletes, particularly knee injuries, are caused by excessive, repetitive stress on immature muscle-bone units. Such repetitive overuse can lead to fractures and muscle tears. The most common medical problems are sprains, shin splints, and soft tissue injuries.

Student athletes, parents and coaches with questions for the athletic trainers can call (920) 361-5534 or to make an appointment with a physician call (920) 361-6400. Melissa said it simply, “We get our patients, young or old alike, back in the game.”



CHN family physicians Dr. David Budde (L) and Dr. Craig Batley, focus on athletes and sports-related injuries.



Join Orthopedic Surgeons David Jones, MD and Jeffrey Bentson, MD

Wisconsin Dells Orthopedics Seminar
Saturday, March 10
10:00 a.m. and 1:00 p.m.
Kalahari Resort – Cypress Room

Dr. Jones and Dr. Bentson will be showcasing computer-assisted hip and knee surgery utilizing the latest technology available.

Also at this orthopedics event will be:

- DePuy Company – with the computer assisted equipment
- I-Flow Corporation – with the ON-Q pain pump
- Anesthesia staff
- Rehabilitation staff
- Medical Billing and Insurance staff

All available to answer any questions you may have.

Call for more information.
920-361-5480 or 1-800-236-1283, ext. 5480

Hope to see you there.

KNOWING YOU

Community Health Network
225 Memorial Drive, Berlin, WI 54923
920-361-1313

www.communityhealthnetwork.org

Knowing You is published four times annually. The information is intended to supplement the advice of your physician.

Community Relations Director:
Kelly Krause

Graphic Designer:
Desirée Kono

Copywriter:
Spark Advertising

Printer:
Steinert Printing Company, Inc.

For comments or questions regarding this newsletter, please call the Community Relations Department at 920-361-5480, or email talktous@partnershealth.org.



Community Health Network

225 Memorial Drive
Berlin, WI 54923

NON-PROFIT ORG.
U.S. POSTAGE
PAID
OSHKOSH, WI 54902
PERMIT NO. 90

We Know You