Healthy Living
WITH ARTHRITIS

ARTHRITIS FOUNDATION®
Take Control. We Can Help.™

UTAH DEPARTMENT OF HEALTH
Arthritis Program

THE ORTHOPEDIC SPECIALTY HOSPITAL
IHC
A Service of Intermountain Health Care

"Healthy Living with Hip Arthritis"

The Orthopedic Specialty Hospital

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Welcome

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"The Arthritis Team"

Orthopedic Surgeon

Nutritionist

Physical Therapist

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What is Arthritis?

- "Why does my hip hurt?"

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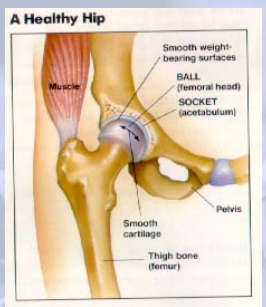
What is Arthritis?



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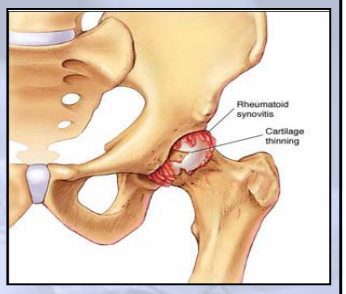
What is Arthritis?

"wear and tear"
joint inflammation
cartilage loss



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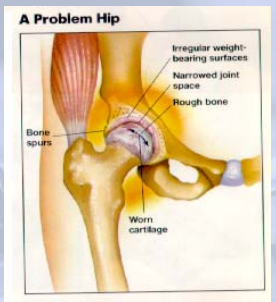
What is Arthritis?



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What is Arthritis

good

bad

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What is Arthritis?

Do I have Rheumatoid Arthritis or
do I have Osteoarthritis?

What is post traumatic arthritis?

>than 100 forms of arthritis

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Why Diagnosis Important?

- Is it arthritis?
- Or is it "bursitis"
- What if the pain goes down my leg?
- What is "Spinal Stenosis"

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Common Sources of Hip Pain

- Lower back\
- Trochanteric bursitis
- Inguinal hernia
- groin pull
- osteonecrosis

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Making the Diagnosis

- Pain everyday
- Lifestyle
- Swelling
- Stiffness
- Deformity
- X-ray
- MRI

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Treatment Options

The right combination for you

- Medications
- Injections
- Physical therapy
- Weight loss
- Nutrition consult
- Surgery

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Medications

- Why?

  Decrease
  - Pain
  - Swelling

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Medications

- Over the counter meds

"1st Generation"

Tylenol

Ibuprofen

Naprosyn

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Medications

- Prescription meds

"2nd generation"

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Medication supplements

- Glucosamine
- Chondroitin sulfate

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Injections
Limited Role in Hip Arthritis

Corticosteroids

Viscosupplementation

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Physical Therapy

Physical Therapy Evaluation

- Flexibility
- Strength
- Walking Pattern
- Leg Length
- Shoes
- Weight
- Lifestyle
- Goals

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Flexibility

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Before you strengthen…..

Polish the joint

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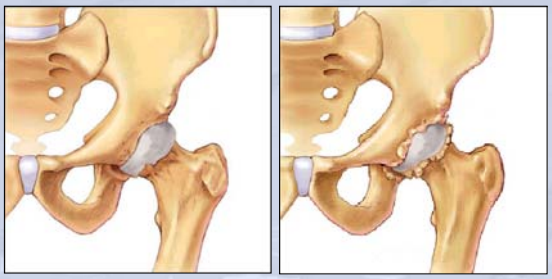

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- Slow
- Rhythmic
- Light resistance

- 30 min / day
- 6 days / week

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Strength

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Light weight

50-100 reps

GRADUAL increase

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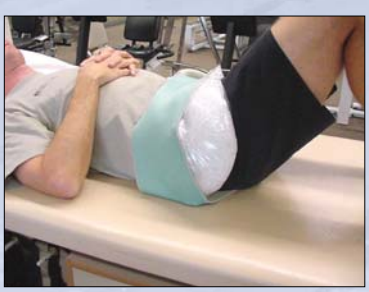
Ice 15 minutes

If really sore,
Ice 15 min / hour



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Walking Pattern

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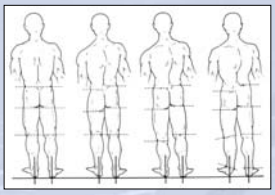
Leg Length



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Body Weight

For every 1 pound of body weight you lose, it takes 3 pounds of pressure off your hips.

Losing 10 pounds

takes 30 pounds of pressure off your hips.

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Lifestyle

What activities can you do successfully now?

What activities would you like to do?

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Pace Yourself to Prevent Pain and Stiffness

- Create a manageable schedule
- Alternate heavy tasks with light tasks
- Change positions frequently
- Plan rest breaks during your activities

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Modify Activities

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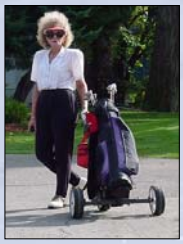

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Apply Heat and/or Cold

Heat – increases blood circulation

Cold – decreases inflammation and pain

15 minutes maximum

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What happens if you ignore arthritis ?

- Will get worse
- May have less treatment options

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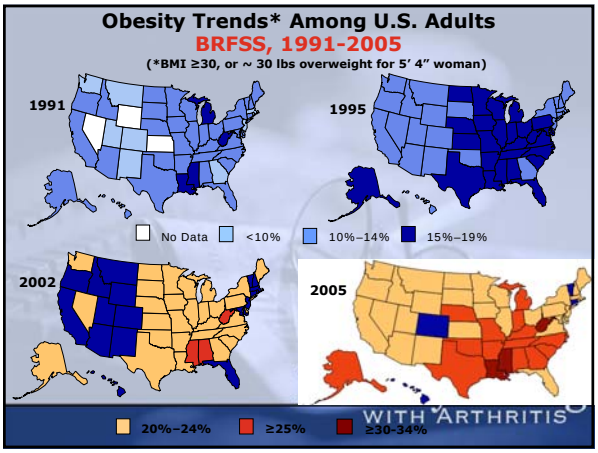
Nutrition

TOSH Nutrition Team



Attaining a healthy body weight

Too much weight:

- Increases load on joints
  - 10 lbs overweight increases load on knee by 30-60 lbs w/ each step
- Worsens arthritis
- Post-surgery complications
- Increases the risk of diabetes, heart disease

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Weight Control:

Understanding the energy balance equation

ENERGY *in*
Eating too much

ENERGY *out*
Moving too little

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Tasty and Healthy Eating for Life

- **Color** from fresh fruit & vegetables
- **Real** whole grains
- **Wild** Fish
- **Organic** turkey, chicken, eggs
- **Lean** red meat
- **Low fat**, unsweetened dairy
- **Unprocessed** soy
- **Flavors** from nuts, seeds, dried fruit, herbs, spices, olives, capers, delicate oils, cheese
- **Your Favorites**

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Color from Veggies & Fruit

Buy them local!
Buy them organic!
Eat them fresh!
Eat them daily!

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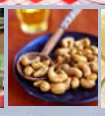
Add Flavors to Your Plate!

- **Olive oil**
- **Vinegars**
- **Lemon juice**
- **Herbs**
- **Pesto**
- **Hummus**
- **Salsa**
- **Nuts & Seeds**
- **Cheese**
- **Fruit**
- **Avocado**
- **Sea salt**
- **Pepper**



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Color and Flavor Your Snacks!

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Combine Protein with it!

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Eat Real Grains!

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Trans Fats & other Cheap Ingredients in our Food
(processed from corn, soy, cotton, wheat)

TRANS FAT
Chemically processed vegetable oils with bad effect on blood lipids!

Check the ingredient list!
Granola Bar
Ingredients: enriched flour, sugar, soybean oil, partially hydrogenated soy and corn oils…

HIGH FRUCTOSE CORN SYRUP
Chemically processed sugar from corn: sweetest, cheapest, and worst sugar!

Check the ingredient list!
Granola Bar
Ingredients: enriched flour, high fructose corn syrup, sugar, palm oil, coconut oil

So…is it all good for us if it is trans fat and HFCS free??

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Eat Real Food – Avoid the Junk!

GROCERY STORE:
AVOID THE MIDDLE

PRODUCTS:
AVOID LONG INGREDIENTS LIST
AVOID TRANS FATS
AVOID HFCS
AVOID NON-FAT & LIGHT

RESTAURANT:
AVOID FAST FOOD
AVOID FRIED FOODS
AVOID SUPER-SIZED MEALS

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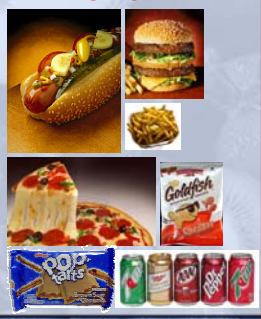
Inflammation: Food is Medicine!

- DAMAGING…



- HEALING…

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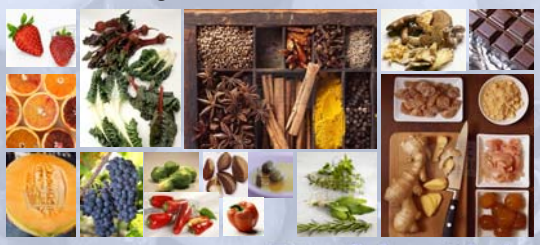
More Healing Foods & Flavors

Reduce damage and inflammation



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Enjoy your Favorites
in small amounts
A Little HANDFUL

TIPS FOR FAVORITES…

- *Favorite "little" dish!*
- *Enjoy without distraction!*
- *Enjoy it slowly!*
- *Don't let it become a habit!*
- *Pair it with fruit!*
- *Pair it with yogurt!*
- *Get on with your day!*

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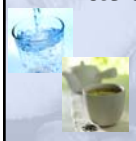
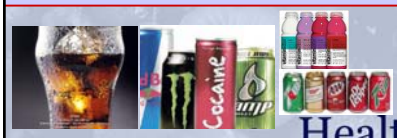
What to Drink and How Much…



3 to 5 TIMES A DAY

NO SUGAR…NO CALORIES…NO CAFFEINE…
MAKES YOUR CELLS HAPPY



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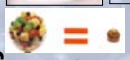
Healthy Eating – Healthy Living

Be Physically Active

- Color!
- Flavor!
- Consider Organic!
- Buy Local!
- Make healthy eating a priority!

- Reduce Portion Sizes



- Veggies, Soups, Salads
- Eat Breakfast
- Be Consistent
- Monitor your Progress!

Cook & Eat Together

- Eat Out Wisely
- Eat Slowly!
- Stop Multi-tasking!
- Eat Intuitively

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Drug – Nutrient Interactions

NSAID

- Avoid alcohol!
- *Aspirin:* increased need for fluids, folate, and vitamin C
  - Increase fruit and vegetables!
  - Increase daily fluid intake ~10 cups/day
- Attention with anti-coagulants: garlic extract, ginger, gingko, horse chestnut, vitamin E

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Resources

Weight Loss Community Class & individual consults for weight loss call IHC at: 314-2918

Great Food Books:

- ***Mindless Eating:*** Wansink
- ***Hope's Edge:*** *Moore Lappe*
- ***Harvest for Hope (A Guide to Mindful Eating):*** Goodall
- ***Ending the Food fight:*** Ludwig and David/Rostler
- ***The Eco Foods Guide:*** Barstow
- ***The Omnivore's Dilemma:*** Pollan
- ***What to Eat:*** Nestle
- ***Intuitive Eating:*** Tribole and Resch
- ***Volumetrics:*** Rolls and Barnett
- ***Healthy Aging:*** Weil
- ***Slow Food Nation:*** Petrini
- ***Food Fight: Citizen's Guide to a Food and Farm Bill:*** Imhoff

Cookbooks & Magazines

- ***The Healthy Kitchen:*** Weil and Daley
- ***The Wellness Kitchen:*** UC Berkeley
- ***Small Plates:*** Marceau-Henderson
- ***Keep it Seasonal:*** Wayte
- ***With a Measure of Grace:*** Spalding and Castle
- ***Spices of Life:*** Simonds
- ***Eating Well Magazine*** *(quarterly publication)*

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Read the Ingredient List

Nutrition Facts

Serving Size 1 oz.

Amount Per Serving

Calories 150 Calories from Fat 80

	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 2.5g	**12%**
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 5.5g	
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 190mg	**8%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 1g	

Vitamin A 0% • Vitamin C 2%
Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Surgical Options

Surgery

When conservative treatment fails

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Surgery

- Appropriate candidate
- Select best procedure
- Experienced surgeon

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Surgical Options

- Arthroscopy limited but possible in hip
- Osteotomy -limited to malformed hips
- Total hip replacement -accounts for the majority of surgery for arthritis of the hip

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Arthroscopy

- Joint clean-up
- Symptom relief
  50-90% for
  -cartilage tears of socket
  -limited benefit for arthritis

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Total Hip Replacement

- Most successful of all orthopedic procedures
- 99% success rate for relieving pain
- relatively low complication rate

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Total Hip Replacement

The Million dollar question:

"How long will my hip relacement last?"

Answer:

Well…, it depends...

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Total Hip Replacement

- What's new in total hips?
- Recent advances
  - "minimally invasive hip surgery"
  - new bearing surfaces
  - cement vs. cementless fixation to bone

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Total Hip Replacement

"Minimally invasive surgery"

-really just means a small scar

-average hospital stay is still 2 nights

-less invasive surgery can result in less pain and quicker recovery

-available here at TOSH

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Total Hip Replacement

New Bearing Surfaces:

-harder, better wearing plastic liners

-metal on metal

-ceramic technology

potential for much longer life of hip replacement

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Total Hip Replacement

Traditional hip uses metal ball inside a plastic socket

plastic has been the "weak link"

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Total Hip Replacement

Bone Cement

-traditional hip used bone cement to fix metal to bone

-newer technology shows better results without cement

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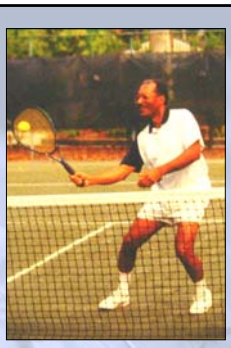

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Question and Answers

Presenter	Phone #
• Nathan Momberger MD	314-5026
• Cami Hodelmair, PT	314-4040
• Holly Wilkins	314-4038
• Utah Dept. of Health - Arthritis Program	538-9340

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