



## CHOOSING YOUR ORTHOPEDIST

DIRECTOR OF THE HOLY NAME MEDICAL CENTER BONE AND JOINT CENTER, MARK HARTZBAND, MD, SAYS MOST ELECTIVE JOINT REPLACEMENT SURGERIES CAN BE PERFORMED "WHENEVER THE PATIENT CRIES 'UNCLE!'"—IN OTHER WORDS, WHEN OTHER REMEDIES, SUCH AS MEDICATION, WEIGHT LOSS, CORTISONE INJECTIONS, PHYSICAL THERAPY, AND EXERCISE, NO LONGER RELIEVE THE PAIN AND THE PATIENT IS READY. PAIN IS USUALLY CAUSED BY ARTHRITIS, OTHER CHRONIC CONDITIONS, OR TRAUMATIC INJURIES.

"YOU SHOULD MAKE SURE YOUR ORTHOPEDIC SURGEON IS BOARD-CERTIFIED AND PERFORMS AT LEAST 100 JOINT REPLACEMENTS EVERY YEAR," HE ADVISES. HE AND HIS THREE PARTNERS AT HARTZBAND CENTER FOR HIP & KNEE REPLACEMENT, WITH OFFICES IN PARAMUS AND ENGLEWOOD, PERFORM 2,700 SUCH SURGERIES EVERY YEAR.

# KINDER, GENTLER joint replacement

HAVE YOU BEEN putting off total knee or total hip replacement surgery because you're afraid of experiencing a long, painful recovery?

Fear no more. New minimally invasive surgical techniques and "space-age" materials used by Holy Name Medical Center orthopedic surgeons, combined with the continuum of services provided by the Bone and Joint Center, will have you up and moving the same day of surgery.

"Joint replacement surgery continues to advance every year," notes Mark Hartzband, MD, Bone and Joint Center Director, who performs many of his joint replacement surgeries with a one-night hospital stay or as same-day outpatient procedures. "Minimally invasive techniques enable us to perform the procedure without cutting into muscle and tendons, resulting in a minimum of blood loss and no need for a blood transfusion. And through our use of spinal or epidural anesthesia instead of general anesthesia, patients experience virtually no nausea following surgery as well as a significant decrease in blood clots and bleeding."

Dr. Hartzband adds that forgoing general anesthesia opens up the surgery to patients who otherwise might not be good candidates for major surgery, such as those with respiratory conditions. A regimen of medications he prescribes before, during,



MARK HARTZBAND, MD

and after surgery helps reduce pain, swelling, nausea, vomiting, and constipation after surgery.

Today's prosthetic implants include sophisticated polyethylenes that contain Vitamin E (which prevents oxidation of the prosthetic joint) and ceramics made more durable with the addition of zirconium, which help the joint replacement last almost 20 years and provide greater joint strength and stability. "Supermetals," most notably tantalum, easily integrate the implant into the patient's own bone. Resembling a porous English muffin, these supermetals are actually incorporated into the body and can last throughout a patient's lifetime, says Dr. Hartzband. That's good news for patients under age 60, especially athletes, who in the past might have needed a joint replacement repeated more than once.

"As the techniques have advanced, the average age of my patients has dropped from 78 to 58," he notes. "Joint replacement surgery is no longer perceived as a major disruption to one's life, but a procedure that will greatly improve one's quality of life."

## GET UP AND GO

The Holy Name Medical Center Bone and Joint Center offers:

- total knee, hip, and shoulder replacement surgery
- minimally invasive techniques
- a brand-new inpatient unit with private rooms/baths
- dedicated Operating Room and inpatient nursing staff
- Center for Physical Rehabilitation
- pre-surgical education—Total Joint Patient Education Program
- home care services

FOR MORE INFORMATION ABOUT **TOTAL JOINT REPLACEMENT EDUCATION PROGRAM**, CALL 1-877-HOLYNAME (1-877-465-9626).

[www.holyname.org](http://www.holyname.org)