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ADVANCING HEALTH

*“After two hip replacements, I feel like I won the lottery.”*



Eddie Carlton, an elementary physical education teacher and coach, is back to the job he loves.

Eddie Carlton laughs when he looks back at the pain he suffered for so long in his leg. “I was using a cane because it hurt so badly, and that is not good for a physical education teacher and coach.”

Eddie always wanted to be in education and he was discouraged because the pain was interfering with the job he loves at McMasters Elementary School in Pasadena, Texas. “I couldn’t run and do activities with the kids at school and that was frustrating.”

Now pain-free after two hip replacements at Memorial Hermann Joint Center, “I have never felt better,” he says. “The surgeries absolutely changed my life for the better.”

## Hip Pain Diagnosed

Three years ago, Eddie began experiencing pain on the inside of his leg. “The pain worsened and nothing I did helped,” he recalls. “When the pain eventually became unbearable, I went to a pain management doctor.” The doctor examined his leg and took an X-ray. “I was totally shocked when he told me the problem was not with my leg but with my left hip,” he explains.

Eddie was referred to Eddie Huang, M.D., an orthopedic surgeon with Memorial Hermann Joint Centers, who X-rayed both hips. “Looking at the X-rays, Dr. Huang came into the examination room and explained that there were problems with both my left and right hip.”

Dr. Huang, assistant professor in the Department of Orthopedic Surgery at McGovern Medical School at UTHealth in Houston, specializes in total joint reconstruction with an emphasis on minimally invasive techniques. “Eddie is a young, athletic coach who is part of a new group of patients who have led a very active life and now their joints are beginning to show lots of wear and tear. His recovery from both surgeries has been fantastic.”



*“I should have had this surgery much sooner... I feel better than I did 15 years ago.”*

## The Pain Is Gone

Eddie’s winning smile, sense of humor and positive attitude are contagious, and he wasted no time making new friends at the Memorial Hermann Joint Center.

“I hadn’t been in a hospital for 30+ years, so I was a little nervous about everything,” he recalls about going to the hospital for surgery on his left hip in March 2016. “The first person I saw at the hospital check-in desk was a wonderful lady named Ruby. She gave me a huge smile, and she was so friendly I immediately lost my butterflies.”

Eddie had hip surgery in the morning and he was discharged 23 hours later. He is still amazed how good he felt after surgery. “I had absolutely no pain at all after surgery, and I didn’t even need the walker around my house the next day,” he recalls.

Eddie credits the team effort for his successful recovery. “We are all a team, including the doctor, nurses, and physical rehabilitation folks. I loved working with all of the physical rehabilitation staff, and I made sure to follow their instructions every day.”

Eddie had been prepared for a six-week recovery, but felt so good he was back to work in just two weeks.

“The surgery on my left hip went so well, I had surgery on my right hip three months later, in June 2016,” he says. “My left hip was considered a fast recovery, and my right one was even better and faster.”



## Be Prepared

Eddie admits he worked hard at getting ready for the surgery, both mentally and physically. “I am in pretty good physical shape and I did exercises at the gym to strengthen my upper body, as well as walking.”

He knows his positive attitude was important. “I think your mindset and how you approach surgery have an impact on how well you do,” he says. “I was ready and very excited about it.”

## “Don’t Be Stubborn Like Me.”

“When someone tells me they have pain issues and are putting off seeing a doctor, I say don’t be stubborn like me. I should have had this surgery much earlier,” he admits. “There’s no need to live with this kind of pain.”

“Our health is everything,” Eddie explains. “We don’t know how precious it is until we lose it. It’s impossible to put a price tag on how well you feel. You can lose your car, your money, your house, but when you lose your health, you truly lose everything.”

Due to the debilitating pain he felt for so long, he had been considering cutting back his coaching duties and doing more teaching. “Now, I am having so much fun coaching the kids again,” he says. “When we run the quarter mile at school, the kids are amazed that I can catch them. I laugh and tell them I have bionic limbs.”

When Hurricane Harvey flooded his house, he was even able to physically tackle the difficult road to a recovery of a different kind. With his trademark smile, he says, “I feel better than I did 15 years ago.”

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## Personal touch technology. It's all about our patients.

The new My Health Advocate tool utilized by Memorial Hermann's Joint Centers is one example of how technology can add a much-appreciated personal touch to patient care.

The My Health Advocate (MHA) tool features a cell phone app that links to the patient's care plan. Nurses and physicians can connect remotely with patients through the app. During remote monitoring of a patient recovering in his home, a nurse was utilizing the app and became concerned about the patient's motivation and ability to manage the steps necessary for a successful recovery.

Using the MHA tool, the nurse was able to connect the patient with his doctor, who resolved the issues. Afterward, the nurse continued to check on the patient regularly by video conference. The result? The patient enjoyed a successful recovery thanks to the support of his doctor and the MHA nurse.

The MHA tool even initiated an electronic birthday wish, and the nurse called to wish him a personal happy birthday. The patient was overwhelmed that the nurse went the extra mile on his behalf. He appreciated the nurse's compassion, care and personal attention.

### Advantages for Patients

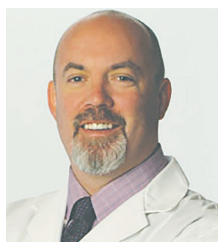
"Technology will never replace the personal touch, but it quickly delivers our individualized personal touch directly to a patient's home after they are discharged from the hospital," says Dani Hackner, M.D., vice president, Care Management, Memorial Hermann Health System. Dr. Hackner was instrumental in integrating the innovative program into the Memorial Hermann Joint Centers.

"Results show that this technology extends the special personalized experience and care that enhance the patient's recovery at home," explains Dr. Hackner.

There are other advantages to remotely monitoring patients in their homes. "MHA expands the reach of our medical team," he says, "while providing a seamless optimal patient experience, from pre-op to post-op."

The clinical team can identify early changes in a patient's condition after a hospital discharge and, if necessary, contact the physician for further evaluation and care management in the patient's home.

"There are many benefits to this tool, including an increase in a patient's independence, self-management and home safety," explains Adam Freedhand, M.D., an affiliated specialist in minimally invasive robotic-assisted partial knee replacement and hip resurfacing at Memorial Hermann Joint Centers.



*"There are many benefits to this tool, including an increase in a patient's independence."*

Adam Freedhand, M.D.

"With the nursing-led multidisciplinary team focusing on patient and family education about lifestyle choices, diet and following a medication's appropriate dosage, there is a reduction in hospital readmissions," he notes. "There is also a decrease in emergency center visits by patients who may have had questions or concerns and sought answers in a hospital setting."

### How It Works

Remote monitoring options include a tablet-based kit for managing high-risk patients that includes a weight scale, blood pressure cuff and pulse oximeter. For patients who are considered "rising risk," the best option may be a smartphone with text message capabilities connecting them to a care plan link.

Joint Center patients who are anticipated to undergo hip/knee replacements are excellent candidates for the MHA tool. Patients benefit from increased independence through education, individualized virtual care, improved self-health management skills and home safety.

MHA is staffed by Registered Nurse Case Managers seven days a week, from 8 a.m. to 5 p.m.

"Our Joint Centers are known for providing the most advanced treatment options, and this new physician-standardized care plan with remote monitoring empowers our patients," explains Dr. Hackner. "In no way does this technology replace the direct communication patients have with their physician. This tool enhances timely access to care, enables focused communication at every level, and is an additional way to ensure our patients experience the best outcomes in a way that is convenient for patients. This is truly high-tech, high-touch care."



*"This is truly high-tech, high-touch care."*

Dani Hackner, M.D.

## "If only my great-grandfather could have had the chance to live pain-free."

Kenneth B. Mathis, M.D., remembers watching his great-grandfather suffer from hip pain. Thinking back, he explains, "There was nothing available to relieve his pain and it was difficult to see him suffer."

Dr. Mathis is now an affiliated specialist in total joint reconstruction at the Memorial Hermann Joint Center located at Memorial Hermann Orthopedic and Spine Hospital. He also serves as an associate professor, Department of Orthopedic Surgery at McGovern Medical School at UTHealth in Houston.

"It is remarkable that during my lifetime we can now relieve joint pain," he says, "and joint replacement is one of the most effective procedures in medicine today."

Orthopedic surgeons at Memorial Hermann Joint Centers perform joint replacement surgery using advanced technology and techniques that can lead to faster recovery, and less pain.

"Medical advances and innovative techniques are making joint replacement a better patient experience," he adds. "Hospital stays are much shorter, even compared to just a few years ago. We know how to block the pain before the patient even feels it and patients are often home in one to two days."



*"Joint replacement is one of the most effective procedures in medicine today."* Kenneth B. Mathis, M.D.

He compares today's improved joint replacement with what was common 30 years ago when a hospital stay was 10 days to two weeks and patients experienced considerable discomfort during recovery.

The team of affiliated specialists at Memorial Hermann Joint Centers includes orthopedic surgeons with advanced training and expertise. "After completing medical school and a five-year residency in orthopedic surgery, many surgeons participate in a joint replacement fellowship," he notes. "The fellowships at McGovern Medical School at UTHealth enable a physician to gain further experience in a specific area of orthopedics, such as joint replacement."

### Joint Replacement and Revisions

Joint replacement is a surgical procedure in which an artificial joint (prosthesis) is implanted to replace an arthritic or damaged joint.

"Many joint replacements done in the 1990s would last only 12-15 years," Dr. Mathis explains. "The artificial joint can wear out, but we can do what is called revision surgery. We may not need to replace the entire joint and the patient may not even stay overnight. Our joint surgeons are highly skilled in the precision required."

### Patients Recover Faster, With Less Pain

"We are always interested in innovative techniques and medical advances that benefit patients," adds Dr. Mathis. For example, in 2000, highly cross-linked polyethylene entered the marketplace, making prosthetics more

durable. "Wear-simulator testing proves that both knee and hip prosthetics may last up to 30 years or more. This is an exciting improvement for patients," he says.

One of the biggest advances is in pain management. "We now do preemptive multimodal pain management," he explains. "Before our patients go into surgery, they receive medication to block the transmission of pain impulses. We block the nerve before the pain is felt, meaning patients have far less pain post-operatively. Patients also have less nausea, and older patients have less confusion."

"Patients go to their room faster and can see their family more quickly. Because patients can begin physical therapy sooner after surgery, our physical therapists are available during evening hours. Our physical therapists visit with each patient and begin the healing process with gentle exercises."

Another advance in treatment is the administration of an antibiotic directly into the joint, in addition to using an IV, to greatly reduce the risk of infection. All of these advances can lead to patients being able to get out of bed and walk the same day, with less pain, and usually returning home the following day.

### Unique Collaboration

"Memorial Hermann Joint Centers have a collaborative approach that is unique," explains Dr. Mathis. "We regularly meet to compare data and look at evidence-based practices that benefit patients. We look at processes to enhance patient safety, share best practices and we share new techniques with all of the physicians affiliated with the Memorial Hermann Joint Centers. I have never seen a collaboration like this. We all want to get better and we are all on the same team."

For the second year, Memorial Hermann Joint Centers is hosting a Joint Summit in Houston with specialists from around the United States to discuss best practices.

"Because of all of these medical advances and collaborative approach, our patient satisfaction is very high," Dr. Mathis says. "We are all very grateful when we can help patients quickly return to the quality of life they want and we see the dramatic improvement in their lives."

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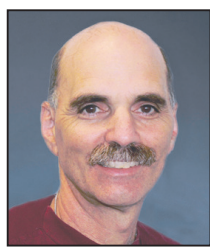
TAKE ACTION AND OVERCOME

# JOINT PAIN

Contact a Memorial Hermann Joint Center.  
And start living pain free.

Staying active is key to staying healthy. That's why Joint Center specialists use the most advanced treatments to get you moving again. From new prescription options to minimally invasive surgical interventions, our affiliated body of experts is ready to help you find the best path to the life you want to live.

## JOINT CENTER AFFILIATED PHYSICIANS



Wayne Alani, M.D.



Kelly Blevins, M.D.



Henry Blum, M.D.



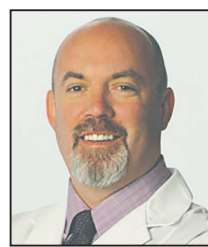
Houston Braly, M.D.



Arthur Chau, M.D.



Brian Chimenti, M.D.



Adam Freedhand, M.D.



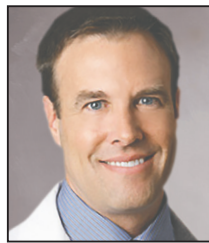
William Hadnott, M.D.



Eddie Huang, M.D.



Clint Johnson, M.D.



James Kendrick, M.D.



Michael Kent, M.D.



Larry Likover, M.D.



James Mathis, M.D.



Kenneth Mathis, M.D.



William McGarvey, M.D.



Richard Nixon, M.D.



Timothy Noonan, M.D.



Rabah Qadir, M.D.



Brian Parsley, M.D.



Thomas Rivers, M.D.



David Rodriguez, M.D.



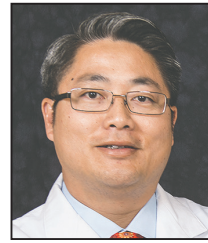
Keith Schauder, M.D.



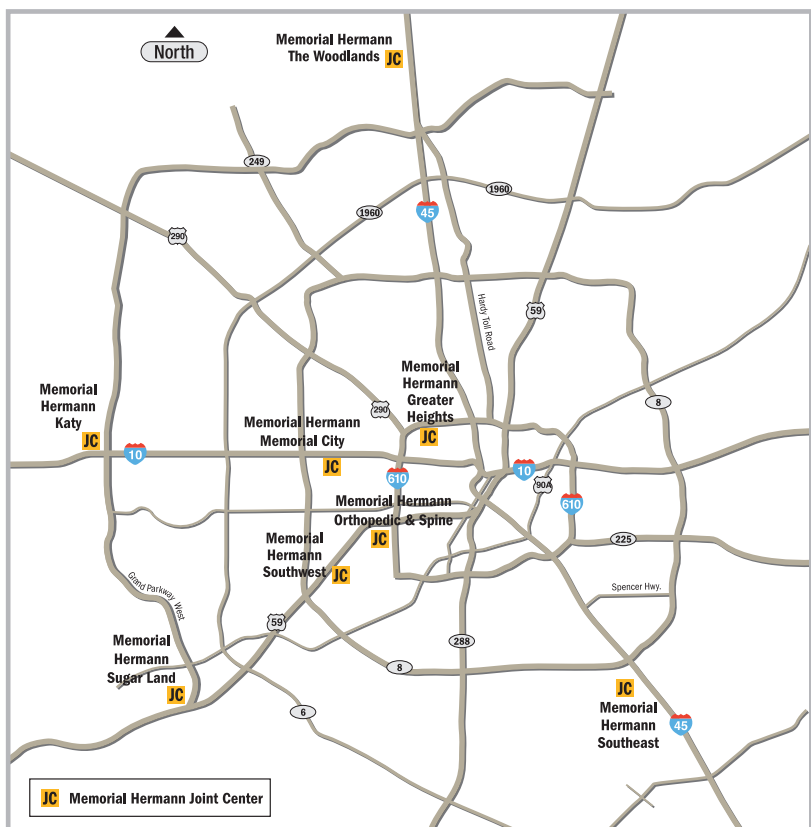
Steven Schroder, M.D.



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