

# FIVE MYTHS AND REALITIES ABOUT HIP REPLACEMENT

Today, advances in surgical techniques and technologies have revolutionized hip replacement surgery, allowing more patients to consider treatment sooner. While concerns and worries are normal when considering surgery, the information listed below may help you with your decision.

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## Myth No. 1:

“Arthritis pain is part of aging. It’s just something you learn to live with.”

**Reality:** Osteoarthritis affects nearly 27 million Americans today and will potentially affect up to 67 million people by 2030.<sup>1</sup> Many Americans choose years of conservative care (physical therapy, drugs, injections) to lessen, but not eliminate, their joint pain.

In 2012, more than 330,000 total hip replacements were performed in the United States.<sup>2</sup> If everyday activities are causing pain and interfering with your daily activities, you may benefit from a consultation with an orthopaedic surgeon no matter what your age.

## Myth No. 2:

“A hip replacement won’t feel natural.”

**Reality:** There have been significant advances in materials, designs, and surgical procedures for hip replacement. *DePuy Synthes Joint Reconstruction* offers surgeons more implant options than ever before including a wide range of sizes, designs and materials to best meet individual patient needs and recreate the feel and movement of a natural hip. While the choices are many, the goal is the same: to bring you long-term relief from pain and increase your mobility.

## Myth No. 3:

“I’m too young for a hip replacement.”

**Reality:** Hip replacement is related to need, not age. Total hip replacement is considered to be an effective procedure that can help patients resume a more active lifestyle.

## Myth No. 4:

“I should wait as long as possible to undergo hip replacement surgery.”

**Reality:** Many patients who could benefit greatly from a hip replacement are worried that they will not be able to comfortably and confidently return to their normal activities of daily living. In fact, delaying surgery lowers patients’ quality of life not only before the operation, but even for up to two years following surgery, according to a study in *Arthritis & Rheumatism*.<sup>3</sup> However, there is a higher probability that younger patients may need to undergo a second hip replacement later in life.

## Myth No. 5:

“All hip implants are the same.”

**Reality:** Today, hip replacement patients have a choice of hip implant types as well as a variety of implant shapes and sizes designed to accommodate specific needs and different lifestyles. Talk to your orthopaedic surgeon about your individual needs and the clinical history of the implant your surgeon recommends for you.

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## About DePuy Synthes Joint Reconstruction advanced hip implant systems

The anatomy of every hip is unique, and when it comes to a hip replacement, one size and type does not fit all. Advanced hip systems from *DePuy Synthes Joint Reconstruction* provide orthopaedic surgeons with a broad range of clinically proven options so they can choose the right implant for each patient's individual needs. These options include advanced materials to replace the hip joint and help relieve osteoarthritis pain and restore mobility.

## Important safety information

Only your orthopaedic surgeon can decide if hip replacement is the appropriate treatment for you. Your doctor will assess your situation and discuss the various treatment options with you. He or she will explain the risks and benefits to you so, together with your doctor, you can make an informed decision about your future course of treatment.

The performance of hip replacements depends on age, weight, activity level, and other factors. There are potential risks and recovery takes time. People with conditions limiting rehabilitation should not have this surgery. Only an orthopaedic surgeon can tell if hip replacement is right for you.

Additional information regarding hip replacement options and a list of surgeons who use *DePuy Synthes Joint Reconstruction's* hip systems is available at [www.depuysynthes.com](http://www.depuysynthes.com).

## References

1. [http://www.niams.nih.gov/Health\\_Info/osteoarthritis/default.asp](http://www.niams.nih.gov/Health_Info/osteoarthritis/default.asp)
2. 2013 Premier, Inc.
3. "Timing of total joint replacement affects clinical outcomes among patients with osteoarthritis of the hip or knee," *Arthritis & Rheumatism*, December 2002; 46(12):3327-30



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