

**Schedule an Appointment** **Upper Bucks Orthopaedics** 215-257-3700 | Sellersville | Quakertown  
 James L. Bumgardner, MD      James M. Hurley, MD  
 Steven E. Casey, MD      John M. Minnich, MD  
 Ernest E. Cope III, MD      Paul L. Weidner, MD

**Consultation with a Registered Dietician** 215-453-4633  
**Find a Physician** **Grand View Information Line** 215-453-4300 | www.gvh.org  
**Outpatient Centers** Harleysville | Pottsville | Quakertown | Sellersville

Get an inside look at the Joint Replacement Center. Watch our on-line video: [www.gvh.org](http://www.gvh.org)



In 2013, HealthGrades® awarded Grand View Hospital 5 stars in:

**JOINT REPLACEMENT**  
**TOTAL KNEE REPLACEMENT**  
**TOTAL HIP REPLACEMENT**

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 GRAND VIEW HOSPITAL



## Talking Turkey about Healthy Lifestyle Choices for Bones

No matter what your age, taking care of your bones and joints now can pay dividends later. Make these three healthy lifestyle choices part of your daily routine: (1) get regular exercise, (2) eat a well-balanced diet, and (3) maintain a healthy weight. Doing these can reduce your risk for fractures and osteoporosis and alleviate painful symptoms of osteoarthritis. Orthopaedic surgeon Paul Weidner, MD, says, "When someone begins to experience joint pain, diet, nutrition, and exercise are usually among our first treatment options."

**Eat for bone building.** Bone is under constant construction. Your body continually removes old bone and replaces it with new bone made from calcium and nutrients in the foods you eat. Getting proper nutrition and exercise help ensure bone turnover continues across your lifetime.

Calcium is the major nutrient needed to form new bone cells and is vital for bone health. Good sources include dairy products, almonds, dark green leafy vegetables, and calcium-fortified foods. However, calcium alone cannot build bone. It works with other nutrients, such as vitamins D and K, potassium, fluoride, and magnesium. Fortunately, many foods rich in one bone-building nutrient contain other helpful ones. For example, milk is rich in calcium, plus it's a good source of vitamin D, potassium, and magnesium. Talk to your doctor about your diet and vitamin intake.

**Lighten the load.** Eating a healthy, balanced diet helps manage weight, which is good news for your joints. Dropping excess pounds reduces stress on weight-bearing joints. Studies show one pound lost equals four pounds of pressure off your knees. In other words, losing 10 pounds takes a whopping 40 pounds of pressure off your knees.

*Continued inside...*

Get your exercise this season: rake the leaves, walk a trail, bike a path, or prepare your home for winter.

Calcium is needed to form new bone cells.

## Sprains, Strains, Breaks: What's the Difference?

Your daughter scored the winning goal at her soccer game just as her opponent knocked her to the ground. Now she has a sore, swollen ankle—is it a sprain, strain, or fracture?

A **sprain** occurs when ligaments, which hold bones together, are overstretched and partially torn. Simply overstressing any part of the musculature is called a **strain**. Both sprains and strains generally cause swelling and pain. A sprain can also cause bruising. With a strain, you may experience muscle spasms. In any case, you should be able to move the affected joint or muscle, although mobility will be limited. "Not all sprains and strains heal on their own," notes orthopaedic surgeon John Minnich, MD. "Some require surgery to repair. If you have redness or numbness in the area, can't move the joint, or feel significant pain, seek treatment."

A **fracture** is a broken or cracked bone. Its symptoms are unique and can vary greatly depending on the bone broken. Generally, breaks show tell-tale signs:

- Bone is sticking through the skin
- Breathing is difficult and painful (if you've fractured a rib)
- Inability to move the injured part or bear weight on it
- Misshapen look to the affected area
- Numbness or blue color in the fingers or toes (if you've broken an arm or leg)

Broken bones should always be treated by a doctor at the office or emergency room.

## FREE Seminar at the Best Joint in Town | January 10, 2013

Considering joint replacement? Tour our Joint Replacement Center and meet with orthopaedic surgeon Paul Weidner, MD, and joint replacement center coordinator Janice Hunsberger.

Space is limited – reserve your spot today.

Get a free hot/cold gel pack to soothe sore joints when you attend this or another GVH orthopaedic lecture.



Looking for walking aids, wheelchairs, walkers, reaching aids, or other home health equipment and supplies? Call Grand View Medical Company at 215-249-4600.



Cover story continued...

**Exercise is good medicine and vital for healthy bones at every age.** Bone is living tissue that responds to exercise by becoming stronger. Young women and men who exercise regularly generally achieve greater peak bone mass (maximum bone density and strength) than those who do not. For most, bone mass peaks during our thirties. After that, we can begin to lose bone. People over age 20 can help prevent bone loss with regular exercise. Exercising allows us to maintain muscle strength, coordination, and balance—which helps to prevent falls and fractures. This is especially important for older adults and people diagnosed with osteoporosis.

Different types of exercise offer unique benefits. Here's the low-down:

- Stretching helps maintain joint movement, increases flexibility, and relieves stiffness.
- Weight-bearing activity improves bone strength. Some options include weight training, walking, hiking, jogging, climbing stairs, tennis, and dancing.
- Strengthening exercise, such as weight lifting, increases muscle strength. Strong muscles support and protect joints affected by arthritis.
- Aerobic exercise, like walking and biking, may help reduce joint inflammation and help control weight and improve cardiovascular fitness.

Get the exercise and bone-healthy diet you need—you'll be thankful you did.

Let us help you:

- Exercise physiologists at our **Lifestyle Fitness Center** can design an exercise program to help manage osteoarthritis and other joint conditions.
- **Grand View registered dietitians** sort fact from fiction on diet and nutrition. *Learn about nutritional counseling services by calling 215-453-4194.*
- **Grand New You** can help shed extra pounds weighing on bones and joints. In this balanced diet and exercise program, dietitians and exercise physiologists help you adopt a healthy lifestyle.
- Get answers to your bone and joint health by speaking with an orthopaedic specialist. *Call our physician referral line at 215-453-4300.*

NUTRITION FACTS	
Serving size	254 g
Calories	103
Total Fat	3.6 g
Saturated Fat	0.8 g
Trans Fat	0.0 g
Cholesterol	1 mg
Sodium	250 mg
Total Carbohydrates	15.5 g
Dietary Fiber	3.5 g
Sugars	4.1 g
Protein	4.8 g

Treat your tastebuds with our divine in-season recipe.



## Setting the Pace in Joint Replacement

Grand View's acclaimed Joint Replacement Center – opened in 2002 – was the first to bring advanced joint replacement expertise to Upper Bucks County. The center offers some of the most sought-after joint replacement solutions performed by an experienced orthopaedic team.

Having performed nearly 4,000 hip and knee replacements over the past decade, Grand View continues setting the pace in total joint replacement. New technologies and ways of doing joint replacement are returning patients to their daily activities sooner than ever following surgery.

Joint replacement surgery restores worn surfaces and replaces a damaged joint with an artificial one. The procedure is considered only after less-invasive options, such as physical therapy, exercise, weight loss, and medications, have been tried. The goal of surgery is to relieve pain and restore motion.

Grand View's Joint Replacement Center has national orthopaedic recognition. It has Gold Seal of Approval by The Joint Commission and is 5-star rated in joint replacement and total knee and total hip replacement by HealthGrades®.

**4,000** = *Number of hip and knee replacements GVH performed over the past decade*

VERY LOW IN CHOLESTEROL | HIGH IN CALCIUM | HIGH IN DIETARY FIBER | HIGH IN IRON | HIGH IN MANGANESE

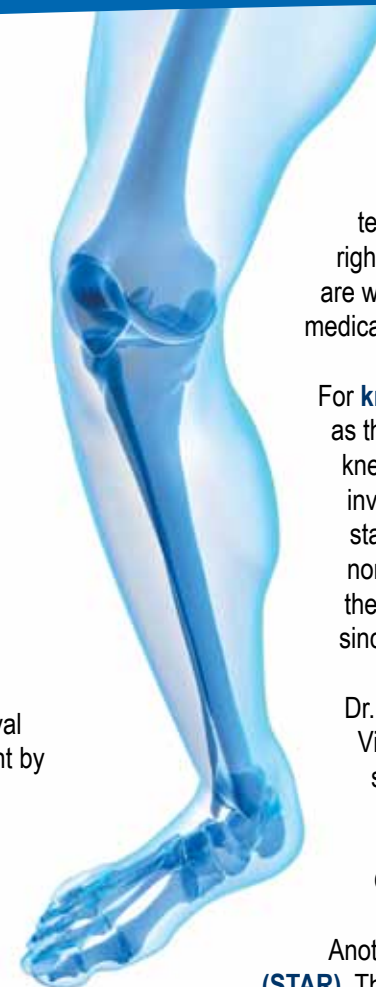
## SAVORY PUMPKIN SOUP

- 1 (15 ounce) can pumpkin
- 1 tablespoon olive oil
- 2 garlic cloves
- 4 cups low-sodium vegetable stock
- 1 cup water
- 1/2 bunch fresh kale
- 1 tablespoon curry powder
- 1 tablespoon cumin
- 5 mushrooms, cleaned and sliced thin
- 4 ounces plain Greek yogurt
- salt and pepper, to taste

Makes 6 servings

**DIRECTIONS:** Wash the kale and separate leaves from stems. Discard the stems. Place a frying pan over a medium heat and fill with the kale. Put a lid on the pan, and wilt the kale for three minutes, turning often so the kale cooks evenly. Remove from the frying pan to a chopping board and leave to cool completely. Chop the kale into bite-size pieces. Set aside.

Chop garlic and cook in olive oil for 30 seconds to a minute. Add pumpkin, vegetable stock, water, curry powder, and cumin. Bring to a boil and cook for 10 minutes, stirring occasionally. Use an immersion/stick blender to blend the soup until smooth. Add sliced mushrooms and chopped kale. Turn heat to low and simmer for 10 minutes or until warmed through. Remove the soup from heat and stir in the Greek yogurt. Add salt and pepper, to taste.



## New Options in Joint Replacement

For **hips**, surgeons at Grand View use a special operating table for frontal access to the hip known as the **anterior approach**. The technique preserves tendons and muscles so there's a shorter recovery time. "The hip is more stable right after surgery, and there are fewer post-operative restrictions. Many people are walking unassisted in just weeks," says orthopaedic surgeon Paul Weidner, MD, medical director of the Joint Replacement Center.

For **knees**, orthopaedic surgeons at Grand View are using a rounded implant known as the **"Get Around Knee."** Unlike oval artificial joints, it is designed to match the knee's circular shape, allowing a more natural motion. Surgeons perform minimally invasive surgery with smaller incisions for a quicker, easier recovery. The hospital stay for the procedure can be as short as one to two days, and most people resume normal activities in six weeks with no limitations. "More people are inquiring about the round knee," says Dr. Weidner. He has used the implant on over 300 patients since introducing it nearly a year ago.

Dr. Weidner and colleague James Bumgardner, MD, Chief of Orthopaedics at Grand View, perform knee replacements using implants in more than 100 sizes. "With such variety, we're able to provide a solution that better fits your own anatomy and lifestyle," explains Dr. Bumgardner. "Regardless of technology, the key factor in achieving a successful outcome is your surgeon's skill. That's what makes Grand View different. Our core team has worked side-by-side for 30 years."

Another recent advancement is a **Scandinavian total ankle replacement system (STAR)**. This first-of-its-kind, mobile-bearing device is designed to function like a natural ankle. Orthopaedic surgeon Steven Casey, MD, uses it to treat arthritis and other conditions that interfere with one's ability to stand or walk. "STAR is good news for patients who want an alternative to ankle fusion."

*Want to learn more about the latest joint replacement options? Register for a class led by one of the area's leading orthopaedic specialists. Call 215-453-4300 or visit [www.gvh.org](http://www.gvh.org) today.*

Surgeons performed over 1 million hip and knee replacements in the U.S. in 2010. The number continues to climb.

