



INOVA MOUNT VERNON HOSPITAL

INhealth

Nitin Goyal, MD, performs anterior hip replacement surgery, a minimally invasive procedure.

Less invasive hip replacement procedure results in quicker return to activities

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JOINT *Opportunity*

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JOINT



PAIN DEFEATED

For tennis aficionado Jo Wendt, anterior hip surgery had her back on the court just months after her surgery. Before the 62-year-old Chevy Chase, Maryland resident had her procedure last October, she could barely walk without severe pain. She had to lift her left leg with her arms to get into her car, and the pain was keeping her up at night.

When two of her friends had successful double hip replacements, one with Dr. Goyal, Wendt realized that despite conventional treatments for her pain — cortisone shots and nine months of physical therapy — she needed a lasting solution. Wendt chose to have anterior hip surgery and the results were everything she hoped for. She returned home the same day of her surgery and after using a cane for three weeks,



she was able to walk unassisted. Within seven weeks, she was back on the tennis court.

“For me, it was a really easy recovery,”

says Wendt. “I am totally pain-free in my left hip and happy to be back on the tennis court. I have been recommending Dr. Goyal to all my friends for hip replacement surgery.”

Jo Wendt came out swinging after her hip replacement surgery.



ATTEND A LECTURE
 To find out more about anterior hip replacement, attend a free lecture. Dates and times are listed on the back of this newsletter. You may also call our Executive Director to learn more about the Inova Joint Replacement Center at Inova Mount Vernon Hospital at **703.664.7493** or visit our website at inova.org/jointcenter.

Less invasive hip replacement procedure results in quicker return to activities

Hip replacement has become one of the most commonly performed surgeries in the U.S. Each year, 332,000 people choose to have the time-tested procedure. The Joint Replacement Center at Inova Mount Vernon Hospital offers several types of hip procedures, including anterior hip replacement, a less invasive procedure that allows patients to get back to their active lifestyles sooner.

“When we talk about conventional hip replacement we’re talking about posterior or lateral approaches to the hip,” says Nitin Goyal, MD, a hip and knee replacement surgeon at Inova Mount Vernon Hospital. “An anterior hip replacement is a muscle-sparing hip replacement that goes between two muscles to get into the hip joint so you don’t actually cut any muscles. It has the potential to result in fewer complications, a faster recovery and less pain in the early postoperative period.”

OPPORTUNITY

ACE RECOVERY

Patients undergoing anterior hip replacement with Dr. Goyal have fewer restrictions during recovery and usually return home immediately following the procedure.

“Nowadays most of my patients go home on the day of surgery,” says Dr. Goyal. “They walk in on the morning of their hip replacement and they walk out in the afternoon with a new hip.”

That was the case for Nick

Kappa, a golf enthusiast who lives in Alexandria. Kappa enjoys working out at the gym and golfing whenever he gets a chance. So when his left hip bothered him to the point where walking was painful and even a simple task such as putting a sock on his left foot was excruciating, he realized he needed to find a solution.

When Kappa, 56, learned about anterior hip surgery that would allow him to recover at home,

he knew it was the right procedure for him. Kappa was walking pain-free and unassisted in two weeks, and he’s now back in full swing on the golf course.

“It’s one of the best things I’ve ever done,” says Kappa, who had the surgery last June. “I’m so glad I had the procedure done with Dr. Goyal. He’s just got a professional, personal bedside manner about him that inspires confidence to get this surgery done as soon as possible.”



Nick Kappa was walking pain-free two weeks following surgery and has resumed his golf game.

Mary Whiteley lived for years with pain in her left hip. After surgery, she’s back hiking.

ACTIVE AGAIN

Most people seeking a first-time hip replacement are good candidates for anterior hip replacement, says Dr. Goyal. For patients who are eligible for the procedure, recovery is quicker after surgery.

“Many studies have shown that in the early stages following the replacement, the patients recover faster,” says Dr. Goyal.

Getting back to the activities she loves to do was a primary concern for Mary Whiteley, 68, who needed a treatment for her hip. An artist by profession, Whiteley lives an active lifestyle that includes hiking, racing sailboats, working out at the gym, and practicing Tai Chi and Qigong.

Last summer, after years of living with pain in her left hip and having gone through many months of physical therapy, Whiteley decided it was time to learn about surgical treatments.

After meeting with many doctors, Whiteley found a surgeon and a hospital she could trust.

“I felt very confident that Dr. Goyal would be a first-rate surgeon, and he is,” says Whiteley. “He’s well-experienced in doing the anterior hip replacement procedure in terms of the numbers he has done.”

Now post-surgery, Whiteley is back to doing all her normal activities. Recently she hiked in Maine and was able to conquer rocky, uneven trails without any problem. This spring she and her husband plan to hike in Great Britain.

“Being out of pain and knowing that I have greater mobility makes an enormous difference, not only physically but psychologically — knowing that I have the opportunity to grow and develop without the restriction of the painful hip area,” she says.

“All in all, it was a blue ribbon experience for me.”



A Hip Experience

If you’re experiencing ongoing hip pain that cannot be resolved with conventional treatments such as pain relievers, physical therapy, exercise or walking supports, talk to your doctor about hip replacement and whether it’s right for you. Total hip replacement, whether it’s posterior, lateral or anterior, involves replacing the damaged cartilage in the hip joint with an implant. With the anterior approach, the orthopedic surgeon uses the same implants as those used in a traditional hip replacement. Because the hip joint can be accessed without disturbing the muscles that hold the hip in place, this less invasive approach promotes better stability of the hip and a potentially lower risk of complications and faster recovery.

Inova is a not-for-profit healthcare system located in Northern Virginia in the Washington, DC, metropolitan area, serving over 2 million people with over 1,700 licensed beds. It consists of five hospitals including the area's only Level 1 Trauma Center and Level 3 Neonatal Intensive Care Unit. Inova encompasses many health services including the internationally recognized Inova Heart and Vascular Institute, Inova Translational Medicine Institute on genomics, Inova Neuroscience Institute and Inova Children's Hospital. Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. More information about Inova is at inova.org.

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ASK THE EXPERTS
LECTURES



Cyrus Press, MD
Orthopedic Surgeon

Shoulder Injuries, Replacement and the Latest Trends

Cyrus Press, MD
Thursday, May 15, 6:30 p.m.
Inova Mount Vernon Hospital



Corey Wallach, MD
Orthopedic Surgeon

Treatment Options for Neck and Back Pain

Corey Wallach, MD
Thursday, July 24, 6:30 p.m.
Residence Inn National Harbor



Nitin Goyal, MD
Orthopedic Surgeon

Osteoarthritis and the Latest Advances in Joint Replacement

Nitin Goyal, MD

Thursday, June 12, 6:30 p.m.
Residence Inn National Harbor
192 Waterfront St.
National Harbor, MD

Thursday, June 26, 6:30 p.m.
Inova HealthPlex - Lorton
9321 Sanger St.
Lorton, VA

Thursday, July 17, 6:30 p.m.
Springfield Country Club
8301 Old Keene Mill Road
Springfield, VA

Thursday, Aug. 14, 6:30 p.m.
Bethesda Marriott
5151 Pooks Hill Road
Bethesda, MD

Thursday, Sept. 11, 6:30 p.m.
Inova HealthPlex - Lorton

SYMPOSIUM

COME JOIN US!

(Stay Tuned for Details)



What: Youth Sports Safety Symposium

When: Saturday, July 26 (time to be determined)

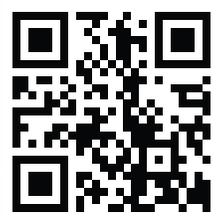
Where: Place to be determined

Who: Parents, coaches and trainers. Activities will be held for kids.

Why: Learn about youth sports safety, including concussions and orthopedic injuries.

INFORMATION

Visit inova.org/youthsports or **scan the QR code HERE** to find out more.



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