


YOUR GUIDE TO HEALTHIER JOINTS

Joint pain can significantly reduce your quality of life and have long-term impacts on your health and well-being. Learn how Beaufort Memorial can help you prevent and treat joint pain through better nutrition, nonsurgical treatments and, when necessary, orthopaedic surgery.



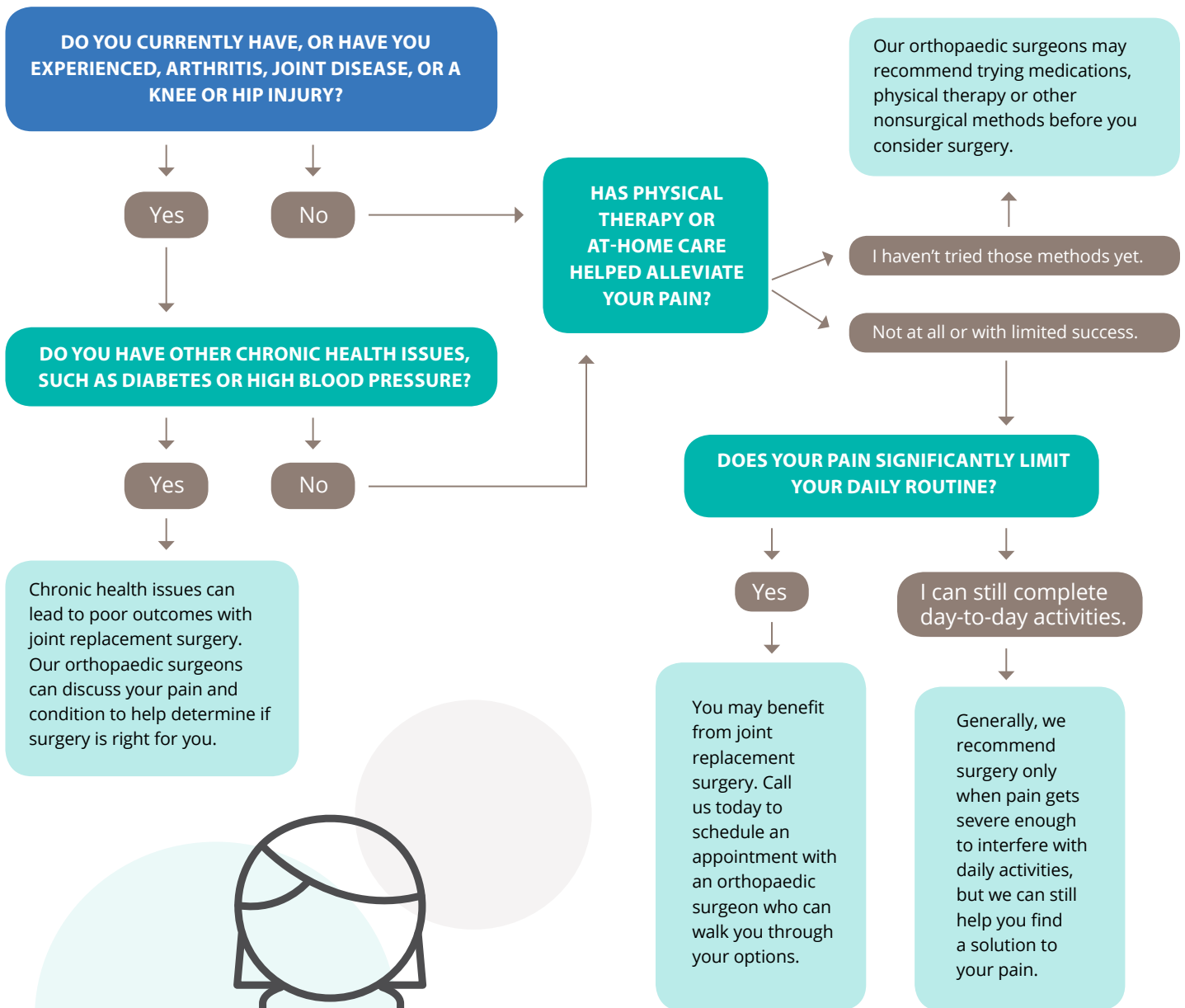
Learn more about the causes and treatments for joint pain! Watch our [online Solving Hip and Knee Pain seminars](#), then register for a live video [Q&A with one of our orthopaedic surgeons](#).



Beaufort
Memorial

IS JOINT REPLACEMENT RIGHT FOR YOU?

Don't let hip or knee pain keep you from living the life you want. Answer these questions to learn if you are a candidate for joint replacement surgery.



Andrea Sadler, orthopaedic care coordinator at Beaufort Memorial, can assess your symptoms and help you schedule an appointment with an orthopaedic surgeon. Call 843-584-8021 today.

5 WAYS TO TREAT JOINT PAIN

Just because you have joint pain doesn't mean you're destined to have surgery. Nonsurgical treatments may provide the relief you're looking for.

Joint replacement surgery is rarely the first treatment that orthopaedic surgeons recommend for chronic pain in the knee, hip or another joint. Unless you're experiencing discomfort that significantly affects your quality of life, your Beaufort Memorial orthopaedic surgeon will likely suggest one or more conservative treatments, such as:

1. Assistive devices.

Special shoe inserts, braces, canes and walkers can protect your joints and relieve some of the burden of bearing weight.

2. Exercise.

Weak muscles make it difficult for joints to function properly, and they can contribute to pain. Activities that won't stress your joints, such as swimming and walking, can strengthen muscles, help joints stay loose and reduce pain.

3. Over-the-counter medications.

These include nonsteroidal anti-inflammatory drugs, such as aspirin and ibuprofen.

4. Physical therapy.

A Beaufort Memorial physical therapist can lead you through activities designed to strengthen the muscles supporting your joints and teach you exercises to perform at home.

5. Therapeutic injections.

A shot of cortisone or another corticosteroid, or an injection of hyaluronic acid — a treatment typically reserved for knee pain due to osteoarthritis — may provide temporary relief from discomfort.

HELLO, MAKO

When you need joint replacement surgery, our advanced procedures are planned with technology, performed with expertise and easier on you.

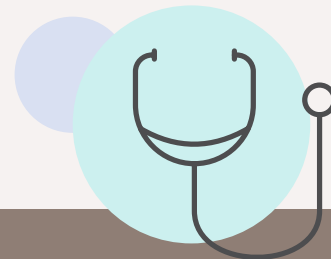
Mako Robotic-Arm Assisted Surgery allows your surgeon to use 3D imaging from a CT scan to create a model of your bone structure and joint alignment. The system takes into account the severity of joint disease and then allows your surgeon to create an individualized surgery plan that is tailor-made for your body. The system also helps your surgeon determine the best alignment and size of your new prosthetic joint.

The Mako system uses advanced technology to guide your surgeon during surgery. This leads to more precise placement of the new joint and helps protect surrounding healthy bone, ligaments and tissue. Many patients who have undergone

Mako knee replacements report less pain, less need for pain medications, less time in the hospital and higher post-surgery satisfaction.

WHO NEEDS MAKO?

Orthopaedic surgeons at Beaufort Memorial use the Mako system to perform total knee replacements when nonsurgical treatments no longer provide relief. The procedure is often best for patients with osteoarthritis, or wear-and-tear arthritis; rheumatoid arthritis, which occurs when the immune system attacks the joints; and traumatic or post-traumatic arthritis that results from an injury. Patients with other joint diseases, such as avascular necrosis, can also benefit from Mako.



OUR MAKO-TRAINED ORTHOPAEDIC SURGERY TEAM

- Edward R. Blocker, M.D.
- H. Kevin Jones, M.D., ABOS
- Carson L. Sanders, M.D.
- Vandit Sardana, M.D., FRCSC
- Leland Stoddard, M.D.

If you want to try conservative treatments for your joint pain, or are interested in learning more about Mako and our other joint replacement surgeries, [schedule an appointment with a Beaufort Memorial orthopaedic surgeon.](#)

BONE UP ON NUTRITION

You already know that milk helps build strong bones. But dairy products aren't the only foods you should eat to protect your bones and joints.

THINK MINERALLY

Dairy — whether from milk, yogurt or cheese — contains lots of calcium, which is critical for building and maintaining bone strength. But adults need, on average, 1,000-1,200 milligrams of calcium a day, and it's best if that comes from a variety of sources.

Nuts, legumes, seeds (including tahini, a spread made from ground sesame seeds), **and soy products** such as tofu also provide calcium.

Green cruciferous vegetables, including broccoli and cabbage, do, too. Although spinach is also rich in calcium, it contains oxalic acid, which prevents your body from absorbing the calcium.

Potassium is another important nutrient for bone health and can be found in avocados, bananas, squash and sweet potatoes.

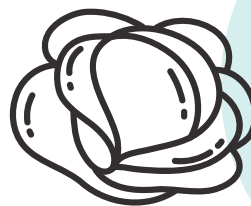
Oily fish — think salmon and sardines — along with **eggs**, are a good source of Vitamin D, which is necessary to help your body absorb and use calcium.

JUICE YOUR JOINTS

For healthy joints, you want foods that will boost collagen production. The good news is that if it's good for your bones, it's probably good for your joints, as well.

Look for foods high in manganese, omega-3 fatty acids, vitamin A and vitamin C to support collagen production. These include eggs, fish, leafy greens, carrots and other root vegetables, and citrus fruits. Juicing fruits and vegetables is an easy way to access these nutrients while also helping you stay hydrated.

Tart cherry juice, turmeric and antioxidant-rich fresh produce may also help fight inflammation, especially if you have osteoarthritis. These foods contain compounds that research shows may reduce joint pain.



EXERCISE TO EASE JOINT PAIN

If your joints hurt, it can seem counterintuitive to exercise. But movement can be medicine — exercise increases blood flow and strengthens the muscles around your joints, both of which can reduce stiffness and pain.

If moving hurts, ask your primary care provider to recommend exercises you can do that won't put too much pressure on your joints. Exercising in the pool is a great option, whether you're swimming laps or taking a water aerobics class. Walking is another easy exercise that requires nothing more than a good pair of shoes. Many people can benefit from gentle yoga and strengthening exercises.

Healthy eating improves your joints and helps you maintain a healthy body weight — being overweight or obese can make joint pain worse. Beaufort Memorial LifeFit registered dietitians can offer advice on healthy eating, review a food journal and help you grocery shop. Call 843-584-8396 to schedule an appointment.