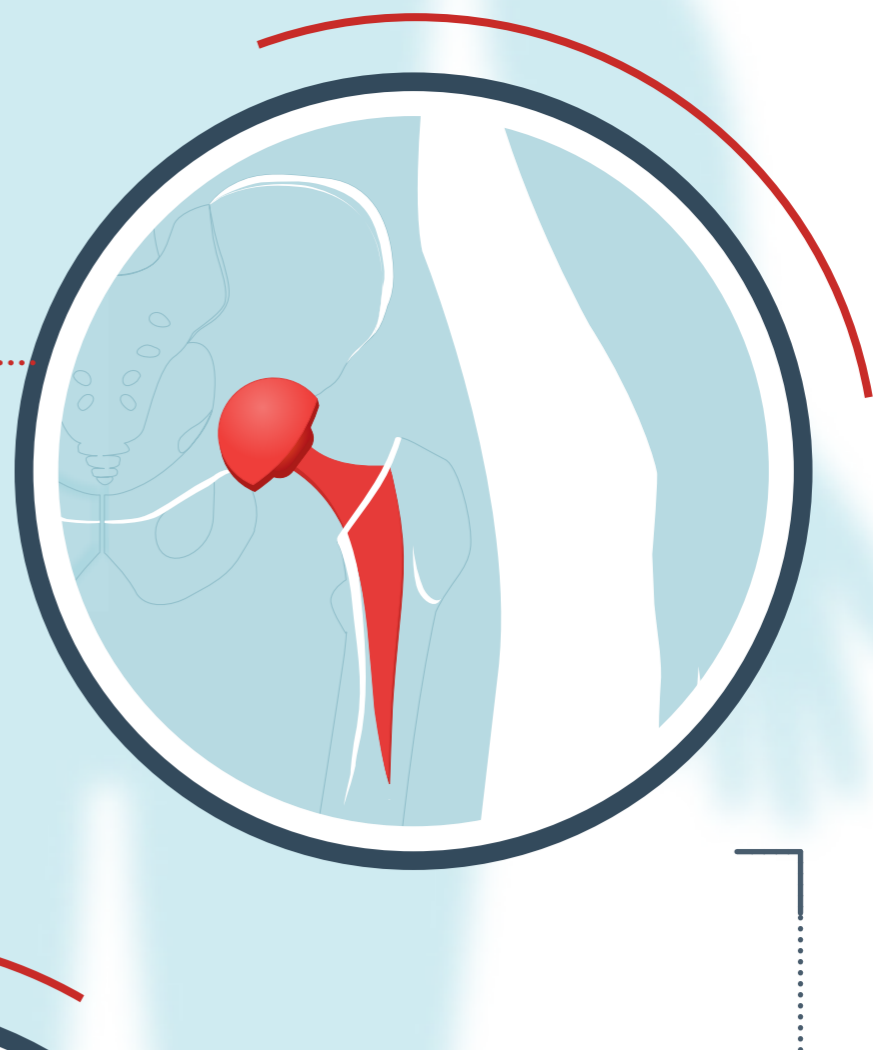


FACTS

About Hip & Knee Replacement



10 Common Risks

1. UNRELIEVED CHRONIC PAIN

Click to View References for all Sections >>

Regenexx®

27% of hip replacement patients still have **pain three to four years after surgery.** [Wylde]

Only **1/5-6** knee replacement patients will report **> 15% change in improvement.**

5/10 is the average **pain level** following knee replacement - not much different than prior to surgery.

12 MONTHS

47% of knee replacement patients **begin taking pain medications** during the year following their surgery. [Fuzier]

Major depression is more common for patients with pain following joint replacement. [Wylde]

2. ACTIVITY LEVELS LOWER THAN EXPECTED [JONES, KAHN, HARDING]

Only **5%** or less (1 /20 people) achieve anything approaching **normal activity.** [Kahn]

Many patients are **no more active after surgery** than they were prior to surgery. [Harding]

3. HEART ATTACK AND STROKE

31 times more likely to experience a heart attack in the two weeks following

KNEE REPLACEMENT [Lalmohamed]

26 times more likely to experience a heart attack in the two weeks following

HIP REPLACEMENT [Lalmohamed]

PATIENTS AGE 60+

4. BLOOD CLOTS AND HEMORRHAGES

Amputating a joint causes severe trauma to blood vessels, likely **increasing risk of blood clots.** [Watanabe]

Blood thinners are normally used to reduce the risk of blood clots with knee-replacement, but when they're used, patients experience a **higher risk of excessive bleeding.** [Lalmohamed]

5. METAL IONS IN THE BLOOD

The larger the prosthesis, the **more metal ions found in the blood.** [Friesenbichler]

Wear particles in knee & hip replacements, particularly metal-on-metal devices, can lead to **toxicity from the heavy metals.** [Catelas]

One-third of minimally invasive hip replacement patients develop **pseudotumors**, caused by black soot-like metal particles worn from the prosthesis. [Smekes, Bosker]

Wear particles are microscopic pieces of **metal, ceramic, or plastic** that break off of the prosthesis and irritate tissues and enter the bloodstream. [Catelas]

6. ALLERGIES TO PROSTHETIC JOINT

Materials used in knee replacement devices can cause allergies. [Van Der Straeten]

Allergies of any kind, including pollen or cat dander, are tied to having more pain and inflammation after a knee replacement as the **hyperactive immune system perceives** the device as foreign. [Hinarejos]

People **with sensitivities to metals**, such as those in certain jewelries, will likely have sensitivities to the metals in a joint prosthesis.

7. BLEEDING STOMACH ULCERS

2-3 times increase in stomach ulcers following a knee replacement, and the risk lasts for up to 6 weeks following surgery. [Lalmohamed]

6 times increase in stomach bleeding following a hip replacement, and the risk lasts for up to 12 weeks following surgery. [Lalmohamed]

8. HIP FRACTURES FOLLOWING KNEE REPLACEMENT

A large-scale Swedish study showed a **4% increase in hip fracture risk** during the 10 years following knee replacement. [International Osteoporosis Foundation]

9. KNEE AND HIP MISALIGNMENT FOLLOWING HIP REPLACEMENT

Alignment of the hip and knee alters following hip replacement, affecting walking, function, **the back and ankle, and possibly increasing the risk of arthritis.** [Akiyama]

10. COMPLICATIONS OF KNEE OR HIP REPLACEMENT IN SMOKERS.

SMOKERS HAVE A:

+161% Chance of **STROKE**

+53% Chance of **INFECTION**

+34% Chance of **PNEUMONIA**

+63%

Chance of **DEATH** after one year post-op. [Singh]

THE SOURCE OF PREOPERATIVE JOINT PAIN ISN'T ALWAYS THE JOINT

One-third of knee replacements are unnecessary or medically inappropriate as **THE KNEE JOINT ISN'T THE TRUE SOURCE OF THE PAIN.** [Ikeuchi]

THE COST FOR JOINT REPLACEMENT IS ASTRONOMICAL

Out-of-pocket costs for a knee replacement that are not covered by insurance would drain the life savings of **60% of Americans.** [Pratini]

IN 2015, THE AVERAGE COST for a total **KNEE REPLACEMENT** (plus additional services such as anesthesia, pathology, etc.) was over:

\$55,000

IN 2015, THE AVERAGE COST for a **HIP REPLACEMENT** in the US was nearly:

\$40,000

ADDITIONAL FACTS ABOUT HIP & KNEE REPLACEMENTS

700,000 + KNEE replacements and **300,000 +** HIP replacements are performed each year in the United States, and these numbers continue to climb. [CDC]

6/10 knee-replacement surgeries have **no clear medical indication.** [Riddle]

XXL Overweight or obese patients have **poorer outcomes** and **more complications.** [Mackie, Gandhi]

25% of patients who have a single joint replacement will have **another joint replacement** within 2 years.

In younger, more active patients, **15%** of knee-replacements **need revisions after just five years.** [Neal]