



HEALTH SECTION

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Customized knee replacement procedure now used by surgeons at Jersey City Medical Center

Henrietta Bradley, or "Jackie" to family and friends, credits a new type of total knee replacement for getting her out of bed more quickly, allowing her to feel less pain and experience greater range of motion.

"Within an hour of the surgery I was receiving physical therapy and after two days walking and feeling very little discomfort," said Bradley, an employee at Liberty Science Center, who had her surgery last month at Jersey City Medical Center. "I had heard all those horror stories about the difficulties recovering from knee replacement, but it just didn't happen to me. I feel blessed to have heard about this new type of knee replacement."

Bradley, who is very active with her neighborhood block association and serves as a member of the Jersey City Police Department Advisory Board, was one of the first patients in the New York City area to undergo a new customized knee replacement procedure, which works on the premise that personalized positioning guides created especially for the patient will provide for a more comfortable, longer lasting implant solution.

"The difference with the Signature Customized Knee Replacement is that we use 3-dimensional software and an MRI of the patient's knee to determine size and placement of the implants prior to surgery," said Dr. Ernesto Tolentino, the orthopedic surgeon who performed the surgery on Bradley. "This allows us to make very precise and accurate bone cuts during the surgery that are specific to the individual patient. Prior to this technology, we were forced to rely on our experience and intra-operative judgment to correctly size and place the implant."

The system uses custom femoral (thighbone) and tibial (shinbone) positioning guides that fit directly onto a patient's unique anatomy. These guides position the implants without requiring the surgeon to use traditional invasive instrumentation, allowing for a potentially less invasive procedure and a better fit.

Dr. Tolentino, who has 40 years of experience, added that "the patient spent considerably less time on the

operating table, required less replacement blood and benefitted from everything fitting together perfectly."

Jersey City Medical Center was selected as one of the state's best hospitals for knee and hip replacements according to Castle Connolly, and was named the state's top hospital (among those with fewer than 350 beds). The hospital is the only Magnet designated hospital for nursing excellence in Hudson, Union and Essex counties. □

Jersey City Medical Center will host an ongoing Enhancing Life Support Group (Alzheimer's Support Group) from 6:30 to 7:30 p.m. in Conference Room #5, 355 Grand Street. The group will meet here at the same time every third Tuesday. For more info call Kathy Schwed at 201-915-2041. No charge and light refreshments will be served.

Food Addicts in Recovery Anonymous has a number of daytime and evening meetings in Northern New Jersey and New York City. There are no dues, fees, or weigh-ins. Call Fran at 973-283-2057, or Michelle at 201-444-4143, or contact www.foodaddicts.org.

Christ Hospital is looking for men & women

with time to spare to join its volunteer team. Needed to work in patient care areas as well in offices to lend a hand with clerical duties. Senior volunteers must be at least 18 years of age & willing to work a minimum of four hours per week. Info about various positions available; call Volunteer Services Dept. at 201-795-8301.