



**ADVANCED ORTHOPEDICS
AND SPORTS MEDICINE INSTITUTE, PC**
A CENTER OF EXCELLENCE FOR BONE AND JOINT CARE

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Press Release

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Female Knee Replacements Making More Sense, Says Dr. Alan Nasar of Advanced Orthopedics and Sports Medicine Institute at Lecture in Freehold, New Jersey

Orthopedic surgeon Alan S. Nasar, MD, presented a free public lecture on female knee replacements using Zimmer Gender Solution knee implants. Dr. Nasar is a partner of Advanced Orthopedics and Sports Medicine Institute in Freehold, New Jersey, which presents free public lectures throughout the New Jersey communities in Monmouth County.

Alan S. Nasar, MD, Freehold orthopedic surgeon, presented a free public lecture, “Female Knee Replacement,” at the CentraState Ambulatory Campus on May 13. The lecture was part of CentraState’s 2008 Spring Lecture Series presented by Advanced Orthopedics and Sports Medicine Institute.

The subject of knee replacements has been addressed in previous lectures by members of the orthopedic group, but Dr. Nasar chose to focus on women’s knees for two reasons: “First of all, women undergo more knee replacements each year than do men. Second, there has been great advancement in the technology of gender-specific replacement components. It now makes even more sense for women to go ahead with knee replacement,” says Dr. Nasar.

As more knee replacements are performed, surgeons give feedback to the makers of the knee implants, such as Zimmer, a company that specializes in orthopedic implants. It became apparent that “one-size-fits-all” components did not always produce the best results, especially for smaller women. Surgeons had to make very difficult adjustments while in surgery to accommodate women’s size and anatomy. Zimmer answered the call and now offers Gender Solutions implants. “Everyone benefits with these newer implants. The surgeon can do a better job with a more customized implant and consequently the patient experiences a greater chance of a better-working, pain-free knee,” Dr. Nasar told his audience. “There are fewer reasons for putting off knee replacement surgery and more likelihood of being free from knee pain and returning to what you’ve been missing, whether it be walking on the beach or dancing salsa!” The

mostly female audience seemed to like that idea and had several questions for Dr. Nasar after his presentation.

Dr. Nasar is part of the team of orthopedic surgeons from **Advanced Orthopedics and Sports Medicine Institute** in Freehold, New Jersey, which has been presenting a series of free lectures on joint health this year as part of the Institute's commitment to the community. The lectures are free and open to the public. Past topics have included hip replacement, shoulder injuries, and many other orthopedic topics.

Alan S. Nasar, MD, a fellowship-trained, joint-replacement orthopedic surgeon from **Advanced Orthopedics and Sports Medicine Institute** in Freehold, New Jersey, specializes in minimally invasive joint-replacement surgery. Dr. Nasar's goal is to restore patients to their previous activity level, minimize pain, and facilitate rapid recovery. He has a particular interest in advanced pain management techniques which, combined with minimally invasive surgery, can lead to less discomfort and a more rapid return to leisure activities. He has been instrumental in developing and directing the Total Joint Center of New Jersey at CentraState. He is the director of orthopedics at the CareOne Rehabilitation Center in Jackson, New Jersey.

Today, the surgeons at **Advanced Orthopedics and Sports Medicine Institute** provide the Monmouth County community with specialists for every orthopedic need. **Advanced Orthopedics and Sports Medicine Institute** provides advanced medical care in Freehold, New Jersey with leading doctors and surgeons, state-of-the-art technology, and exceptional **Patient-Centered, Patient-Focused Care™**. The seven practicing physicians at **AOSMI** have a combined 100 years of experience providing exceptional orthopedic care to the New Jersey community of Monmouth County.

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