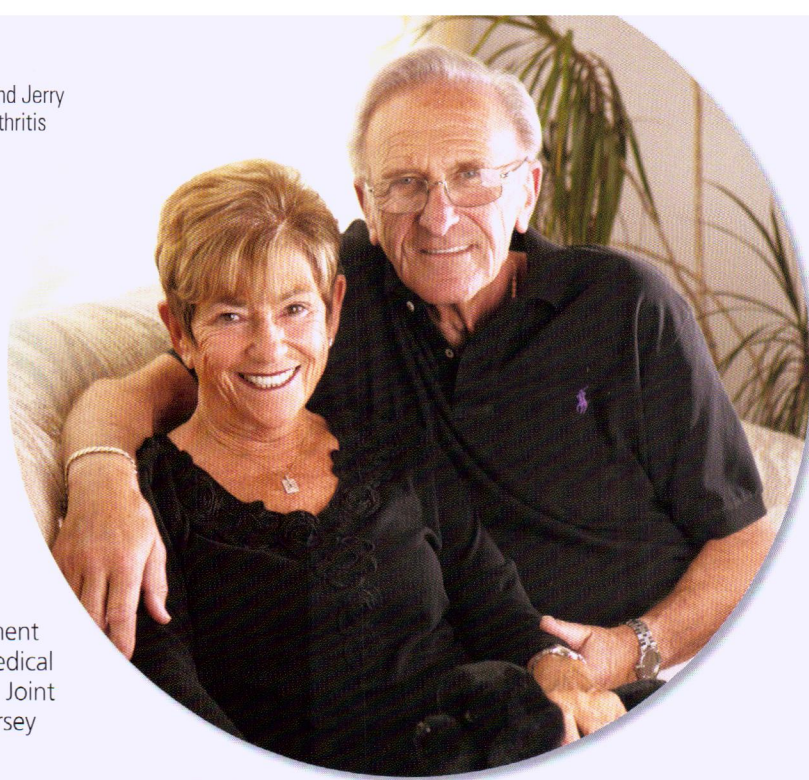


Helene Bond can comfortably put on a sweater and enjoy a hug from her husband Jerry after pain-free joint replacement surgery to relieve severe symptoms of osteoarthritis in her shoulder. ▶



Giving Pain the Cold Shoulder

After living for eight years with severe pain stemming from osteoarthritis in her left shoulder, 71-year-old retired schoolteacher Helene Bond decided it was time to take action.

"I had multiple cortisone injections and took medication to alleviate my pain," the Freehold resident says. "For the first four to five years, these treatments really seemed to work, but the pain eventually became so severe I couldn't even put on my own sweater."

Helene underwent shoulder replacement surgery last summer at CentraState Medical Center and has recovered nicely—able not only to don her sweater, but also to perform most other activities of daily living that had not been possible previously.

CREATING A PAIN-FREE EXPERIENCE

"I think people are hesitant to undergo surgical procedures, especially joint replacement, for fear of pain. However, with the right approach to anesthesia and medications we can actually stop pain before it starts," says Alan S. Nasar, MD, FAAOS, the board-certified orthopedic surgeon who performed Helene's

shoulder replacement procedure and medical director, The Total Joint Center of New Jersey at CentraState.

Prior to Helen's surgery, board-certified anesthesiologist Nader Fahmy, MD,



Nader Fahmy, MD,
board-certified
anesthesiologist

implanted an ultrasound-guided nerve block catheter to numb Helene's shoulder and arm. Nerve block catheters can be used in essentially any area of the body to eliminate surgical and post-surgical pain. They

may remain in place for as long as three to four days delivering pain-relieving medication.

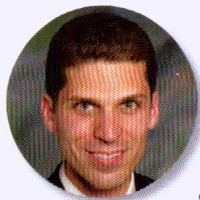
"Ultrasound guidance allows an anesthesiologist to visualize the nerves, improving accuracy in identifying the positions of the nerves we want to block," says Dr. Fahmy, vice chair, department of Anesthesiology, CentraState. "Nerve blocks significantly reduce pain after surgery, decrease the need for pain medications, and make

it easier for patients to rest and participate in physical therapy following surgery."

Helene says she experienced no sensations of pain while her nerve block was in place and that the surgery was followed by a speedy recovery.

"Within just a week of my return home, I was feeling great," says Helene. "Anyone living with severe joint pain should consider joint replacement. It can seriously improve your quality of life. And from my experience at CentraState, it can be done with minimal surgical discomfort."

To learn more about joint replacement and the surgeons who perform it at CentraState, visit www.centrastate.com/TJC or call (866) CENTRA7 (866-236-8727). HD



"The medical field has come a long way with pain management for joint replacement. Even patients who have come to us recently for a second procedure after having had a joint replacement just five or 10 years ago say the procedure was significantly better than what they'd experienced in the past. These innovative pain management techniques make a dramatic difference for patients." —Alan S. Nasar, MD, board-certified orthopedic surgeon