

After having both knees replaced, Joy Eastmead is now enjoying a restored quality of life.



CRUISING ALONG

A TINTON FALLS RESIDENT ANTICIPATES SMOOTH SAILING ON HER NEXT VACATION CRUISE FOLLOWING TWO TOTAL KNEE REPLACEMENTS.

Three years ago, Joy Eastmead and her husband, Lew, were planning their upcoming cruise to the Hawaiian Islands. They were ready to soak up the sun and had prepared carefully for the trip. Even Joy's arthritic knees couldn't dampen her excitement.

"We had a wonderful time," Joy, 72, recalls. "But it was a lot of work. The ship had several staircases and only two elevators—one at the front of the boat and one at the back. Because of my sore knees, I couldn't climb the stairs. That meant every time I wanted to get somewhere, I had to walk half the length of the boat to get to an elevator. It was exhausting."

INJECTIONS HELP FOR A WHILE

Joy's knees had been bothering her for more than a decade. They began to feel achy and uncomfortable, and walking was harder than usual. She made an appointment with David L. Chalnack, MD, Medical Director of the Joint Replacement Center at Monmouth Medical Center. "He suggested I try physical therapy," says Joy. "I did that twice a week for two months."

When PT didn't work, Joy returned to Dr. Chalnack for X-rays. They showed Joy's knee pain was the result of bone-on-bone arthritis. This happens when the cartilage in the knee joint wears away. The joint loses its cushioning, causing the ends of the bone to rub against each other and become increasingly painful and stiff. Dr. Chalnack recommended viscoelastic injections to restore joint fluid. "The gel helped. My knees weren't perfect, but I wasn't in pain. I took anti-inflammatory medicine to reduce swelling," she says.

The years went by and Joy continued with her busy life. Eventually, as Dr. Chalnack had explained, the injection wore off and her symptoms resumed. She



DAVID L. CHALNACK, MD

returned for a second injection, knowing her Hawaii trip was on the horizon. "It helped, though not as much as the first time. I had trouble kneeling and bending," she says.

5 HOME REMEDIES FOR HAPPIER JOINTS

Try these at-home remedies to keep your joints healthy.

1

MAINTAIN A HEALTHY WEIGHT.

Losing 10 pounds takes 40 pounds of pressure off the knees.

2

EAT A MEDITERRANEAN DIET.

A diet low in processed foods and saturated fats and rich in vegetables, fruits, fish, nuts and beans has anti-inflammatory powers.

3

LOW-IMPACT WORKOUTS.

Choose gentle-on-the-joints activities like swimming, biking, elliptical, rowing and yoga. A strong core can ease joint pain.

4

STOP SMOKING.

Smoking affects bones, joints and connective tissue, increasing injury and disease risk.

5

STAND UP STRAIGHT.

Align your spine by practicing good posture.

TIME FOR TOTAL KNEE REPLACEMENT

Total joint replacement surgery removes a damaged or diseased joint and replaces it with a prosthesis that replicates the movements of a healthy joint.

"Dr. Chalnack told me, 'You'll know when it's time for knee replacement surgery.' He was right. As soon as I got back from my cruise, I was ready," says Joy. At that point, she had additional limitations. Joy

felt unsteady standing still, which made waiting in line at stores painful. "My husband was pleased because it kept me out of the mall," she laughs.

Because of Joy's increased mobility problems, Dr. Chalnack prescribed physical therapy for four weeks prior to surgery. "Pre-habilitation or 'pre-hab' is an exercise therapy program to strengthen patients before total joint replacement," says Dr. Chalnack, a fellowship-trained orthopedic surgeon skilled in minimally invasive joint replacement approaches including MAKOpasty® robotic technology. According to Dr. Chalnack, knee replacement is indicated after conservative treatment fails, diagnostic studies reveal significant disease and the quality of a patient's life warrants surgery.

Dr. Chalnack completed Joy's first total knee replacement in 2016 and her second seven months later at Monmouth Medical Center. Joy is effusive about how well both surgeries went and the extra attention she received during her hospital stays. "I have painful arthritis in the bridge of my feet and had trouble sleeping the first night. My nurse was so attentive—she used a warm compress to wrap my feet."

Joy returned home with a walker following the surgeries, but says she didn't need it. She was moving well on her own. She received at-home physical therapy for two weeks and then continued independently, well-schooled from past PT experience. Staff from the Joint Replacement Center called to check on her. "They were wonderful and treated me like I was their only patient," she recalls.

Though Joy—now gardening and shopping with pleasure and no pain—says she wishes she hadn't waited so long to have her knees done, she's not looking back. Instead, she and Lew are preparing for another ocean voyage—this one a Mardi Gras and Caribbean cruise.

Joy says she'll be happy to take the stairs.

To learn more about the Joint Replacement Center at Monmouth Medical Center or for a schedule of joint replacement information sessions, call **888.724.7123**.