

Health Awareness

Understanding Knee And Hip Pain

(NAPSA)—Many people are unaware that something can be done about the most frequent cause of hip or knee discomfort and chronic joint pain—osteoarthritis. It's a debilitating condition that begins with discomfort, pain or stiffness from the affected joint and does not get better with time. If left untreated, osteoarthritis can cause cartilage and bone deterioration and pose long-term health issues.

Emmy-nominated actress and bilateral hip replacement patient Jane Kaczmarek recently teamed up with DePuy Orthopaedics, Inc. to talk about her experience with hip replacement surgeries and encourage others suffering with severe hip or knee pain to take the first step and talk to a healthcare professional about treatment options that may be right for them.

“Like me, many people endure severe joint pain for years before consulting a healthcare professional. My pain was so bad that I even started moving my car from one end of the mall to the other just to avoid long walks. It was not until I had to pass on a big movie offer due to my pain that I knew I had to get help and talk with a healthcare professional about treatment options,” Kaczmarek said. It is estimated that one in every five people in the United States has some form of arthritis, and osteoarthritis is one of the most common reasons a person will need a joint replacement.

Still, a study found that people



Kaczmarek encourages those with severe knee or hip pain to start a conversation with a doctor about their treatment options.

experiencing chronic hip and knee pain wait an average of seven to 11 years before seeking joint replacement surgery.

“Looking back on the years of pain that I experienced, choosing to have my hips replaced was one of the best decisions I have ever made,” said Kaczmarek. “Within weeks of completing my rehabilitation program, I was back to walking long distances, climbing stairs and doing the things I wanted to do. I couldn’t believe I waited so long.”

To find more information about severe knee or hip pain and to read stories from real patients like Kaczmarek who have experienced joint replacement, visit www.AnatomyofMovementExperience.com.