

FIVE MYTHS AND REALITIES ABOUT HIP REPLACEMENT:

Today, advances in surgical techniques and technologies have revolutionized hip replacement surgery, allowing more patients to consider treatment sooner. While concerns and worries are normal when considering surgery, the information listed below may help you with your decision.

Myth No. 1:

“Arthritis pain is part of aging. It’s just something you learn to live with.”

Reality: Osteoarthritis (OA), the most common form of arthritis, is a “wear and tear” of the joints and affects over 30 million Americans and will affect potentially up to 67 million people by 2030.^{1,2} Many Americans choose years of conservative care (physical therapy, drugs, injections) to lessen, but not eliminate, their joint pain.

Over 400,000 total hip replacements were performed in the United States in 2019.³ If everyday activities are causing pain and interfering with your daily activities, you may benefit from a consultation with an orthopaedic surgeon no matter what your age.



Arthritic Hip



Healthy Hip

Myth No. 2:

“A hip replacement won’t feel natural.”

Reality: There have been significant advances in materials, designs, and surgical procedures for hip replacement. DePuy Synthes Joint Reconstruction offers surgeons more implant options than ever before, including a wide range of sizes, designs and materials to best meet individual patient needs and recreate the movement of a natural hip. While the choices are many, the goal is the same: to bring you long-term relief from pain and increase your mobility.

Myth No. 3:

“I’m too young for a hip replacement.”

Reality: Hip replacement is related to need, not age. Total hip replacement is considered to be an effective procedure that can help patients resume a more active lifestyle.

Myth No. 4:

“I should wait as long as possible to undergo hip replacement surgery.”

Reality: Many patients who could benefit greatly from a hip replacement are worried that they will not be able to comfortably and confidently return to their normal activities of daily living. In fact, delaying surgery may lower patients’ quality of life not only before the operation, but even for up to two years following surgery, according to a study in Arthritis & Rheumatism.⁴ However, there is a higher probability that younger patients may need to undergo a second hip replacement later in life.

Myth No. 5:

“All hip implants are the same.”

Reality: Today, hip replacement patients have a choice of hip implant types as well as a variety of implant shapes and sizes designed to accommodate specific needs and different lifestyles. Talk to your orthopaedic surgeon about your individual needs and the clinical history of the implant your surgeon recommends for you.

DePuy Synthes

DePuy Synthes has been a pioneer in hip replacement for more than 40 years, continuously finding new ways to get you back to doing the things you love.

Resources

The website links below have additional information on treatment options for hip pain including rehabilitation, finding a surgeon in your area, and hearing about real patients who overcame their hip pain.

www.DePuySynthes.com

www.HipReplacement.com

Important Safety Information

As with any medical treatment, individual results may vary. The performance of hip replacements depends on age, weight, activity level and other factors. There are potential risks and recovery takes time. People with conditions limiting rehabilitation should not have this surgery. Only an orthopaedic surgeon can tell if hip replacement is right for you.

References

1. Arthritis by the Numbers: Book of Trusted Facts & Figures 2020. Arthritis Foundation. <https://www.arthritis.org/getmedia/73a9f02d-7f91-4084-91c3-0ed0b11c5814/abtn-2020-final.pdf>.
2. Hootman JM, Helmick CG. "Projections of US Prevalence of Arthritis and Associated Activity Limitations. *Arthritis & Rheumatism* 2006;54(1): 226-229
3. 2019 GlobalData - 39 Country Hip Reconstruction Market Model Dataset. <https://medical.globaldata.com/Medtrics/OrthopaedicMedtrics>.
4. Fortin PR, Penrod JR, Clarke AE, St-Pierre Y, Joseph L, Bélisle P, et al. Timing of total joint replacement affects clinical outcomes among patients with osteoarthritis of the hip or knee. *Arthritis & Rheumatism*. 2002;46(12):3327-3330.

Please refer to the instructions for use for a complete list of indications, contraindications, warnings and precautions.

The third-party trademarks used herein are the trademarks of their respective owners.



DePuy Orthopaedics, Inc.
700 Orthopaedic Drive
Warsaw, IN 46582
USA
Tel: +1 (800) 366-8143