

GP NEWS
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With Dr Jonathan Herald ~ MBBs, MSpMed, FRACS (Orth)

WEIGHING UP OBESITY KNEE PAIN...

Should you delay surgery in overweight meniscal patients?

Whilst Australia's tidal wave of obesity is exacerbating arthritic-related knee joint pain, the latest study reported by the US Centers for Disease Control and prevention says that weight made no difference in the failure rate of meniscal surgery in a study of 410 patients (obese v normal weight). Authors also recommended repairing the meniscus whenever possible instead of removing it as it serves as a vital cushion for the knee. The study was published in last month's *Journal of Knee Surgery*.



DID YOU KNOW?

*Every half kg of weight loss can reduce joint stress **fourfold**.*

*Lose just 5kg and that's 18kg per step less your knees have to support? So while weight is not a reason to delay surgery in meniscal patients, it's important for arthritis. In other international news, a study from the Queensland University of Technology has found a **high fat diet is definitively linked to knee arthritis**.*

NEW GP VIDEOS



KNEE PAIN

NEW GP "QUICK TIP" VIDEOS

Dr Herald has teamed up with Women's Rugby Sevens 2016 Olympic Gold Medalist Emma Tonegato to provide orthopaedic patients and their treating GPs a range of useful videos accessible 24/7. For patients, videos include how to *change a knee dressing*; *ankle break v sprain*; how to *take a fall on the field*; and how to *catch a ball to avoid breaking fingers*.

For GPs, live case study examinations offer an orthopod's insight into how to diagnose knee or shoulder pain in 60 seconds. Go to www.orthoclinic.com.au



DR JONATHAN HERALD **GPs can call direct 0404 499 055**

- ✓ Specialises in knee, shoulder and elbow surgery
- ✓ Pioneered world's first patient-specific total shoulder replacement
- ✓ A surgeon for Canterbury Bulldogs and Parramatta Eels Players
- ✓ Strathfield Private, St Luke's, Campbelltown Private
- ✓ Reviewing Surgeon (orthopaedic) British Medical Journal