

Joint Replacement Center

Designated as a
Blue Distinction® Center
 for Knee and Hip Replacement

 South Carolina
Blue Cross BlueShield of South Carolina
 South Independent Member of Blue
 Blue Cross and Blue Shield Association

Fall 2013

Getting Back On Board



Tom Roe's passion for coastal South Carolina is part of his heritage. Whether running 65 miles offshore to his favorite fishing grounds, surf fishing or throwing a cast net in the salt marsh creeks for shrimp and bait fish, Tom loves being on the water.

However, Tom began to experience increasing joint pain in his shoulders and knees, making his favorite pastimes difficult to continue. "Offshore or even in protected inland waters you are always in motion on the boat" he said. "And all the saltwater activities began to create problems for my knees and shoulders."

Tom knew the day had come to get his knees and shoulders fixed just to manage normal day-to-day activities. He also knew total joint replacement was his only hope for enjoying his favorite activities again. "Dr. Peter Ramsey did surgery on my

left knee first and then nine months later, Dr. Todd Tupis did surgery on my left shoulder. That all went well, and now I am ready to get my right knee and right shoulder replaced," Tom said.

"Bad shoulder joints seem to run in my family," Tom explained. "And so I knew what to look for in a total joint replacement program. Also my neighbor recommended that I go to Conway Medical Center. I couldn't have asked for better doctors and nurses."

"At my age, it takes a little while to get my strength back after the surgeries", Tom noted. "But, I know that I will be swimming and exercising, and doing things I enjoy on the water without pain. I can't imagine living anywhere else, and I look forward to being out in the salt air and sunshine again soon. The CMC Joint Replacement Center is by far the best organized and most patient sensitive medical center that I have ever experienced," he explained. "They have my complete confidence, and now I am looking forward to doing all the things I have missed so much," he said.

"I wouldn't hesitate to recommend the CMC Joint Replacement Center to anyone needing help with arthritic joint pain. They are great medical professionals, and I feel like they have become part of my family," Tom said.

Ask the Expert Seminars

Join us for an upcoming seminar on the latest advances in joint replacement including the anterior approach to hip replacement, total and reverse shoulder replacement, and new pain management protocols after knee replacement. Fellowship trained surgeons will discuss treatment options as well as answer any questions you might have.

Arthritis & the Latest Advances in Joint Replacement

Presented by Dr. Tupis
Wed., Nov. 20, 2013
12:00 Noon

Presented by Dr. Ramsey
Tues., Jan. 14, 2014
12:00 Noon

Registration is required. Please call 347.8108 to register or obtain more information.

For more information about the Joint Replacement Center at CMC, please visit us at www.conwaymedicalcenter.com or call our Director at 843.234.6834.

Team Spotlight

David Kaciako



David Kaciako has been a problem solver for most of his life and has a few inventions under his belt to show for it. With an engineering background, he knew there was a better way to help people navigate their way using a walker.

For example, he realized it was easier for patients to negotiate through a doorway by positioning the wheels on the inside of the walker instead of the outside and by using 5" wheels instead of 2" wheels, patients could walk easier through sandy soil. These skills and more have led David to his role as an occupational therapist on the Joint Replacement Team. David's goal is to assist our joint replacement patients with daily activities and functioning in the environments around them - before they leave the hospital after joint replacement surgery. You may wonder why David asks, "How high is your bed at home?" or "How do you normally take your socks and shoes off?" He asks these questions to solve any possible problems our patients may encounter once they return home.

David hails from the Pittsburgh area and quickly realized when he located here - he was not the only "Steelers fan" in town.

Celebrating Success



The entire Joint Replacement team would like to extend thanks to all of our patients who attended our 4th Annual Joint Replacement Reunion Picnic. With over 325 attendees, the picnic was a huge success!

300 Singleton Ridge Road / Conway, SC 29526
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Leading the Way

Joint Replacement Education

Education is a key focus for the Joint Replacement Program team at Conway Medical Center. From our seminars to patient education, to teaching other physicians and caregivers about joint replacement, the CMC team is leading the way. The education journey begins with the in-depth seminars offered at no charge to the community. Lead by surgeons Dr. Peter Ramsey and Dr. Todd Tupis, the monthly seminars focus on arthritis and current treatment options, including joint replacement. The surgeons discuss knees, shoulders and hips and help participants gain a better understanding of joint replacement surgery and what patients can expect.

Prior to proceeding with any surgery, patients meet with the surgeons to learn about risks, benefits, the surgery itself, hospital stay and short and long-term recovery. To help patients better understand their surgery, patients receive a CMC Joint Replacement Center patient education manual that details what to do before, during, and after surgery. The manual also provides specifics about joint replacement goals. All patients also participate in a pre-operative visit to CMC that includes a class on their surgery and what preparations they need to make prior to the surgery as well as what to expect while in the hospital. Throughout this process, patients are encouraged to ask questions. After surgery, education focuses on the recovery process with specifics on exercises, daily routines, medications, and milestones.

In addition to patient education, CMC Joint Replacement surgeons share their expertise with others in the field in various ways. Under the direction of Dr. Peter Ramsey, the CMC joint replacement team hosts a bi-annual conference to share best practices with nurses, physical therapists and occupational therapists from across the region. Dr. Ramsey also serves as an instructor for other surgeons, both at off-site events and by hosting "visiting surgeons" who are continuing their ongoing medical education by observing new total joint replacement techniques here at CMC.

At CMC, education is more than a focus - it is an ongoing priority that defines every aspect of our Joint Replacement program. Consistently improving and defining best practices in Total Joint Replacement ensures a positive environment for our patients.

Join Us

Join us for the 2nd Annual Grand Strand SC Jingle Bell Run on Saturday, November 23rd at Broadway at the Beach @ Celebrity Square beside Hard Rock Café. For more information or to walk/run with the CMC Team, contact Ann Vennell at **234.6834**.



The Joint Replacement Center

at 
Conway Medical Center

