

Take a
step to *help reduce*
hip arthritis *pain*




never stop moving™

DePuy
Orthopaedics Inc.
a Johnson & Johnson company

Get back to moving like yourself again

It used to be that people with osteoarthritis of the hip gradually adapted their lives to cope with reduced movement. But times have changed. Thanks to advances in surgical procedures, materials and designs for hip replacement, DePuy Orthopaedics, Inc. now offers surgeons more implant options than ever before. With a wide range of sizes, designs and materials to choose from, your surgeon can fit you with the hip that may help to bring you long-term relief from pain and give you increased movement.

Imagine going for a bike ride, playing a doubles tennis match or just climbing the stairs. Thanks to DePuy Orthopaedics' hip replacements, more and more people are getting back to feeling like themselves and moving more naturally than they ever thought possible.



Mike Krzyzewski

DePuy Orthopaedics, Inc. Hip Patient
Duke University men's basketball coach

Osteoarthritis is a common cause of hip pain and degeneration

It is estimated that 1 in 5 people in the United States have some form of arthritis.¹ Osteoarthritis is one of the most common types and usually begins with pain in the affected joint. Eventually, the physical and emotional impact may lead to a reduction in range of motion and quality of life. Even the simplest of everyday activities like climbing a flight of stairs, getting in and out of a car, or walking can cause severe discomfort. One person who is familiar with this severe discomfort is Mike Krzyzewski, better known as Coach K.

Coach K is a hands-on leader. Not one to sit on the sidelines, he likes to get on the court with his team. But when he developed severe hip arthritis, he just couldn't. As his condition worsened, the pain became so severe that he had to coach from a chair. That's when his orthopaedic surgeon recommended a hip replacement from DePuy Orthopaedics.

A note from Coach K

“My life's all about movement. So when arthritis pain nearly ended my career nine years ago, I had to do something about it. And you can, too. Just think of your surgeon as your teammate and, together, you can move toward reaching your goal of long-term relief from pain and increased movement. If I can go from coaching from a chair to coaching the 2008 U.S. Olympic Team of Men's Basketball, just think of what you can accomplish!” – Coach K.

You don't have to give up the things that are important to you

When conservative treatments no longer provide relief, one of the most effective ways to reduce your pain and restore your movement is hip replacement. Over the years hip replacement surgery has evolved, and today there are advanced techniques and technology to better meet the needs of patients. Total hip replacements have been used to treat and repair joint disease since the 1960s, and more than 270,000 people in the United States have a hip replacement each year.²

Move more naturally than you ever thought possible

DePuy Orthopaedics was the first orthopaedic company in the United States. With more than one million hip replacements from DePuy Orthopaedics sold worldwide, the company has remained a leader in hip replacement for more than 40 years.³

DePuy Orthopaedics provides orthopaedic surgeons with a broad range of clinically successful hip systems that include advanced materials, like ceramic and metal surfaces, to replace hip ball and socket joints. These options help orthopaedic surgeons choose hip implants that relieve hip osteoarthritis pain and restore movement. DePuy Orthopaedics is dedicated to helping patients move more naturally than they ever thought possible.

“Constant pain impacted everything in my life — I couldn't sleep, I couldn't get in and out of the car.”

***— Vickie H.
Hip Patient***

For as long as she can remember, Vickie, 59, has loved exercise. She even co-owns a Seattle fitness club, where her hard work and self-discipline have inspired many of her clients to get moving.

But a few years ago, Vickie felt like anything but a role model for fitness. The pain and stiffness of her hip arthritis had become so severe, she could barely even climb the stairs at her club. Not only was she losing her mobility, this strong, spirited woman had started to lose her sense of self. After much soul-searching and a consultation with her orthopaedic surgeon, she decided to have the hip replacement she needed.

That was in 2004. Today, Vickie is back to doing the physical activities she loves and is even planning an expansion of her fitness club.



Pinnacle® Hip Solutions

Pinnacle Hip Solutions, developed since Coach K's hip replacement, was designed to help provide a more fluid range of natural motion. Only Pinnacle Hips feature **TrueGlide™** technology, allowing the body to create a thin film of lubrication between surfaces. The result is a more fluid range of natural motion that more closely matches the feeling and movement of a natural hip. In fact, one study showed 99.9% of Pinnacle Hip components implanted are still in use today!⁴

You shouldn't delay

Many people delay joint replacement due to fear, misinformation or a lack of awareness about treatment options. They unnecessarily live with the physical pain, stiffness and reduced movement that affects many areas of their daily lives and limits the activities they enjoy to accommodate the symptoms of the disease.

However, osteoarthritis is degenerative, which means that the pain and limited movement are likely to get worse over time, and there is no cure.

"When I talk to other people who are considering the surgery, I tell them I wish I hadn't waited so long."

– Fredrick H.
Hip Patient

Severe Pain

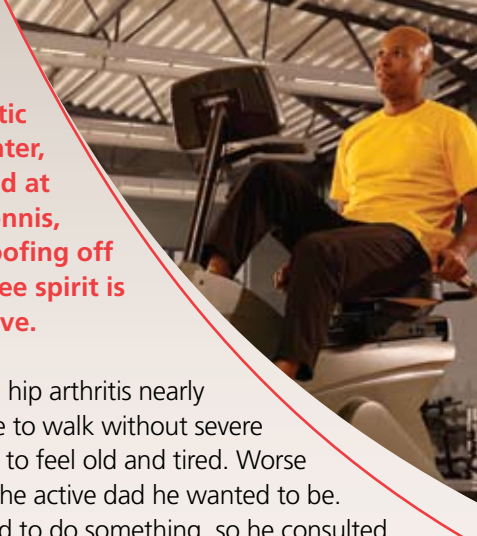
- Inability to walk short distances
- Medications don't help
- Interrupted sleep

Have Surgery

↑
Two Options
↓

Delay Surgery

As the active father of an athletic 10-year-old daughter, Fredrick is a big kid at heart. Between tennis, hiking and just goofing off at the lake, this free spirit is always on the move.

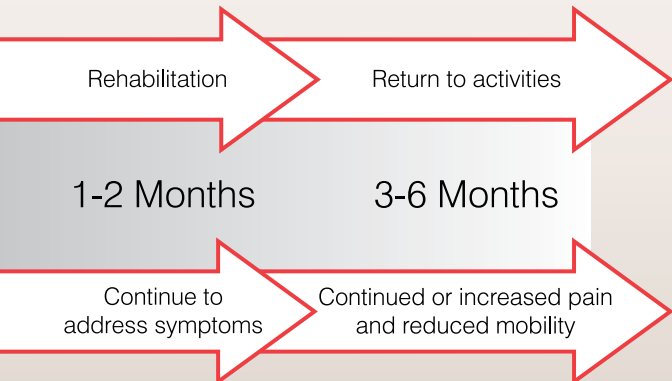


But a few years ago, hip arthritis nearly stopped him. Unable to walk without severe pain, Fredrick began to feel old and tired. Worse still, he couldn't be the active dad he wanted to be. Fredrick knew he had to do something, so he consulted an orthopaedic surgeon about a hip replacement. Together, they decided on a Pinnacle Hip with TrueGlide™ technology from DePuy Orthopaedics.


After a successful surgery and focused rehab, this youthful dad is back hanging out with his daughter once again.

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.







Julie was always active. A seasoned flight attendant, school volunteer and mother of twins, Julie was always on the go. She prided herself on being the kind of mom who really took the time to play with her children and share her love of the outdoors with them.

However, when Julie developed hip arthritis, she found her mobility gradually slipping away, which affected her ability to be an active parent.

By the age of 44, Julie could barely walk through the airport, and activities with her kids had become impossible. “I wasn’t the mom I used to be — the mom my kids deserved.” Julie knew she needed to seek help; her orthopaedic surgeon recommended a Pinnacle Hip.

That was late 2002. Within six months, she was back to most of the activities she had missed. Today, Julie camps, cycles, hikes, weight trains and travels without difficulty. Most importantly, though, her twins have their mom back.

PINNAACLE[®]
HIP SOLUTIONS

“I feel and move more like myself again; I only wish I’d done it sooner.”

*– Julie D.
Hip Patient*

A few frequently asked questions

Q: How do I know if I'm ready for hip replacement?

A: Only your orthopaedic surgeon can decide if hip replacement is the appropriate treatment for you. Your doctor will assess your situation and discuss the various treatment options with you. He or she will explain the risks and benefits to you so, together with your doctor, you can make an informed decision about your future course of treatment.

Q: How old do I need to be before I have hip replacement surgery?

A: Hip replacement is generally related to need, not age. Total hip replacement is considered to be an effective procedure that can help patients resume a more active lifestyle. However, there is a higher probability that younger patients may need to undergo a second hip replacement later in life.

"When I think back about it, I wonder why I waited so long and suffered so much."

– Marcy S.
Hip Patient



Q: Why do people wait so long to have hip replacement surgery?

A: Oftentimes, patients are fearful about the uncertainty of surgery. Yet many of these same patients often wish they had done it sooner.



A few frequently asked questions

Q: What should I expect once I've decided to have hip replacement surgery?

A: Once you've decided the course of your treatment, your healthcare professional, usually your primary care physician or internist, will take you through a pre-operative medical evaluation. You will be asked to have some laboratory tests, and an EKG and chest x-ray may be requested as well. As part of the preparation for surgery, you will be given the option of donating blood prior to surgery. You may also be asked to attend an educational class explaining hip replacement and the recovery from hip replacement surgery. The more educated you are prior to surgery, the easier your post-operative course may be.

Q: How long will recovery and rehab take?

A: After surgery, a few days in the hospital is normal. During that time, your surgical pain may gradually decrease; your strength and ability to get up and move about may slowly increase. You could feel stronger every day for the first week or two. To help you build up strength, doctors typically suggest that you walk with a walker or crutches for several weeks. You may then discard your walker for a cane. However, you may still need support for a while. Usually in about six weeks, many patients are 80% recovered and most of the pain is gone. It's quite possible that you may still have some weakness in your hip muscles, and you might even have a limp. With continued exercises and proper attention to rehab, your strength may return and you may resume normal activities. Your hip may continue to improve for up to six months.



Q: Is hip replacement surgery covered by insurance?

A: Hip replacement surgery is covered by most insurance companies as well as Medicare and Medicaid. You should contact your insurance provider to see whether hip replacement is covered under your plan.

Talk to an orthopaedic surgeon about Pinnacle Hip Solutions

Talk to an orthopaedic surgeon today about Pinnacle Hips, only available from DePuy Orthopaedics.

**For more information,
visit www.hipreplacement.com**

¹MMWR 2006;55(40):1089-1092. [Data Source: 2003-2005 NHIS]

²Thomas Healthcare, MarketScan Research Data, 2007.

³Data on file at DePuy Orthopaedics, Inc. 2008.

⁴Kindsfater K., Barrett W.P., Dowd J.E., Southworth C.B. and Cassell M.J. "99.9% Midterm Survival of the Pinnacle Multi-Liner Acetabular Cup in a Prospective Multi-Center Study," Poster Presentation #P077, AAOS, San Diego, CA. February 14-18, 2007.





www.hipreplacement.com

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