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JOINT PAIN

Can a specific diet relieve joint pain, or prevent it in the first place?

For those suffering from achy joints or arthritis, a change of diet may be helpful.

DIET and SUPPLEMENTS

Anti-inflammatory foods are the category to focus on when addressing joint health. "Look for fruits and vegetables that are dark-colored, like beets, broccoli, and dark, leafy greens. These foods contain a wide variety of compounds, called phytochemicals, that are natural substances that help relieve inflammation," said Lauren Furguele, dietitian at Hy-Vee, Davenport.

She suggests adding Omega 3 fatty acids to the diet, which can be found in salmon, tuna, walnuts, flax seed, and certain fortified milk and eggs. "Generally, 1-2 grams a day is recommended," said Furguele. Fish is also a source of Vitamin D, a key nutrient that supports healthy bones, muscles, and immune function.

Tart cherry juice and strawberries have also been studied and have shown to help prevent and even soothe joint pain. Cooking dinner with sautéed onions and garlic is possibly beneficial as well, as both contain a substance that helps protect the cartilage in your joints.

While a healthy diet aids in achieving a healthy weight, it's worth noting that carrying excess weight is problematic for knee, hip, and back joints. Research shows that with

every pound gained, a person puts four times more stress on the knees.

Pharmacy shelves are full of supplements claiming to improve joint health and reduce suffering among those who have it. "Glucosamine is the most common supplement, and it is found to be pretty beneficial for joint health," said Furguele. Glucosamine is an amino acid that is naturally produced by the body. It's a precursor to a molecule used in the formation and repair of cartilage. Chondroitin is responsible for the resiliency of cartilage. Chondroitin is also important in preventing the action of enzymes that destroy cartilage. It's advisable to consult with your doctor before adding any supplements to avoid drug interactions.

PAIN and TREATMENT

A joint is the connection between two bones. Joints and the structures around them allow you to bend your knees, back, hips, elbows, and fingers. Cartilage and lubricant cushions the joints so the bones don't rub together. But as we age, or if we get hurt, our cartilage and joints can become damaged, causing pain.

"Arthritis and injuries cause most joint problems," said Ryan Clarke, manager of outpatient therapy at Unity Point Health. He differentiates between the discomfort caused by injury and arthritis: "Arthritis is more of a constant ache. With an injury, it often



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feels more sharp and throbbing, depending on swelling," he said. Arthritis can be genetic, or caused by wear and tear on the body. "Arthritis is degenerative changes at the joint, and cartilage, the outer covering of the bone. There can be spots where the bone wears through, and bone to bone are hitting," he said. Arthritis is commonly seen in the knees, hips, shoulders, and low backs. And, as a general rule, arthritis, or degeneration, actually starts after our bone structure is fully mature and we stop growing. "Hips and knees are common places

to see arthritis because we are two-legged creatures," Clarke said.

To detect arthritis, signs and symptoms are often enough. An x-ray is sometimes ordered.

Treatment of arthritis includes over-the-counter anti-inflammatories, prescription medications, and exercise itself. "The best form of treatment for arthritis is to continue to exercise and keep a full range of motion and strengthen muscles around the joints. Don't do too much, or too heavy, because that can cause more problems. Gener-

ally, high repetitions with low weights are best, and don't push through pain to reach gains," Clarke advised.

Many people make progress by modifying activity and doing exercises prescribed by a personal trainer or physical therapist.

"A person can have an x-ray that shows bone on bone and not have much pain. As long as the patient can control pain, and function at the level they want, they can opt not to have surgery," Clarke added. Joint surgery is always an option if more conservative methods fail. "It's getting to be where we can replace knees, hips, ankle joints, even discs in the low back. With technology out there, we're able to replace just about anything," he said. Injuries also contribute to joint pain, and can often be treated with rest and physical therapy.

"Sprains and strains, overuse injuries, and jerking motions can twist and tweak tendons and ligaments. Once something gets injured it becomes inflamed, and it shortens in length to guard the joint. The problem shows up as a loss of range of motion or pain," said Clarke.

Exercise promotes healthy joints. Some research even suggests that aerobic exercise—that increases your heart rate—can reduce joint swelling.

Developing strong muscles supports your joints. Without adequate muscle, your joints can take a pounding—particularly those that bear weight—such as your spine, hips, and knees. Weight training can create strong muscles and surrounding structures to take some of the burden off your joints.

A certified personal trainer can show you the best exercises for healthy joints and how to do them correctly, to decrease injury risk.

Marli Apt, fitness coordinator for the Bettendorf Family YMCA, emphasizes the importance of a good warm up and cool down for joint health. She says, "The more you move, the less pain you have. The joints are made to be moving." Debunking the thought process that not moving is good if you have a sore joint is something Apt works towards daily with an aging population and many others at the YMCA. "I see a lot of people with issues in their shoulders and hips. But with not moving, things get stiff, things start to freeze up, and you'll decrease your range of motion," she said. "If you have a problem area, make sure you're not pushing too hard there. If you have weak knees, for example, don't do a full squat, do a half squat, or just use body weight," she said, adding to always land with 'soft knees' rather than locking them out.

If you have joint issues, low impact activities are best. "Walking, bicycling, and swimming are examples," she said. Good form is also key to not compromising joints and bones. And, Apt suggests not working muscle groups two days in a row to provide for adequate recovery. It's also important to choose a shoe that's supportive for your foot.

PLEASE SEE STRONG CORE PAGE 3

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TO LEARN MORE, CHECK OUT THE BACK PAGE OF THIS SPECIAL SECTION



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Dr. Michel Dolphin and his team at the Orthopaedic Specialists Spine Center. (left to right: Kelsey Nielsen,PA, Kisha Huffman, Chelsea Schurr, Dr. Michael Dolphin)

What causes LOWER BACK PAIN?

Lower back pain is most commonly a result of inactivity and an imbalance between physical demand on the lower back and the muscles being able to protect the spine from the rigors of everyday activities. Other common causes of lower back pain include obesity and smoking. Complicating the matter is the fact that many times the origins of lower back pain overlap – meaning that many factors play a role. This can make it difficult to pinpoint a specific, singular cause.

As a result of the varying and often multiple causes of lower back pain, proper diagnosis is the first step to recovery. That’s why Dr. Dolphin always starts with a thorough exam and patient history.

“Interviewing the patient regarding their concerns gives me clues as to where to direct my physical examination,” he said. “During the physical examination, we are checking to see if there are any restrictions to motion involving the lower back. We are also evaluating the patient for any signs of weakness, numbness, tingling, or if there are any maneuvers that cause nerve pain.”

The final part of the diagnostic process often involves imaging studies. These can include simple x-rays or something as complex as an MRI. This helps Dr. Dolphin determine if there is a more significant structural reason for the patient’s concerns.

Consider minimally invasive surgery

According to Dr. Dolphin, most occurrences of lower back pain can be managed with non-surgical options – including proper rest, over-the-counter pain relievers, and chiropractic care. Exercise is also very important. Other approaches to alleviating lower back pain include



weight loss, acupuncture, smoking cessation, anti-inflammatories, and careful use of epidural steroid injections.

However, in some cases surgery is necessary.

When surgery is the best option, Dr. Dolphin focuses on minimally invasive procedures that shorten recovery time and diminish post-operative pain. In the last decade alone, he has helped perform more than 1,000 outpatient spinal surgeries at the Mississippi Valley Surgery Center. “Because this is a minimally invasive spine surgery, most people are home resting within 23 hours or less after surgery,” said Dr. Dolphin. “In fact, many of the proce-

dures I perform can even be done in an outpatient surgery center.”

One such outpatient surgery is Anterior Cervical Discectomy with Fusion. Careful surgical technique allows for removal of bone spurs, relieving the nerve/spinal cord compression. Then stabilization of the disc space is performed in the form of a fusion.

Another outpatient spinal procedure he performs is a Microdiscectomy, which is designed to relieve pain from a disc bulge/herniation. The minimally invasive procedure removes the herniated part of the disc material that is pressing on the nerve or the spinal cord, retaining the unaffected disc for continued function.

Dr. Dolphin performs these procedures with a small incision, allowing for quicker recovery.

Seek out a specialist

Whether you suffer from chronic back pain, or have recently sustained a back injury, it’s important to realize that you have the power to choose how you are treated and where the procedures are performed.

To learn more about the procedures that Dr. Dolphin performs at the Mississippi Valley Surgery Center or to schedule an appointment, call 563.344.9292 or visit OSQuadCities.com.

A strong core, can help you prevent falls

From page 1

Day-to-day, posture is important, especially with lifting and carrying. If you use a backpack, put it over both shoulders rather than one, since being lopsided puts more stress on joints. When lifting, bend at your knees rather than relying only on your back. Don’t slouch, and stand and sit up straight to help your hip joints and back muscles.

Lastly, a strong core, including chest, back, glute, and abdominal muscles, can help you balance and prevent falls that could lead to a joint injury. Knee, ankle, or back pain isn’t a recipe for surgery.

Dr. Jose Armendariz, a sports medicine physician at Genesis Healthplex in Bettendorf, says up to 90 percent of musculoskeletal issues can be resolved non-operatively. Armendariz specializes in treating patients with pain coming from joints, tendons, and ligaments--areas that can be slow to heal since they have a lower blood supply. He sees arthritis and sports injuries, and treats them with both traditional and modern medicine. Dr. Armendariz is bringing orthobiologics to Genesis. “It calls on healing and growth factors, and using our own biology is really the safest way to go,” he said. Specifically, he’s referring to treatment with PRP, or platelet-rich plasma, and stem cells.



Dr. Armendariz

“With PRP, we take blood out of the arm, spin it to separate out inflammatory cells, and inject platelets and plasma to the injured area,” he said. PRP can be used on the Achilles tendon, ankles, knees, shoulder, and other areas of chronic pain to reduce inflammation and restore healthy tissue. It is performed on an outpatient basis, under ultrasound guidance. Dr. Armendariz says it removes room for error, as it nearly gives him X-ray vision of the area he’s treating.

Currently, PRP isn’t covered by insurance. However, he hopes that will change soon as the FDA has more ongoing studies. Since insurance companies aren’t on board just yet, prices for the PRP procedures vary, depending on the area being treated and the local price point. Armendariz is also looking to bring stem cell therapy to the Quad Cities. “Stem cells can grow up and be anything that we want them to be,” he said. He estimates that a PRP injection will cost \$500 or more, and stem cell therapy will cost \$1500-\$2500.

PRP is an alternative to cortisone, Dr. Armendariz says. While cortisone is an anti-inflammatory, it also can weaken healthy structures. A tenotomy is another procedure that Dr. Armendariz will offer in his office. “Imagine a small device the size of a toothpick that can vacuum out bad tissue and irrigate the area at the same time. It’s done under ultrasound guidance with a small incision, and helps people recover from chronic tendon issues sooner,” he said.

Get back to the
life you love

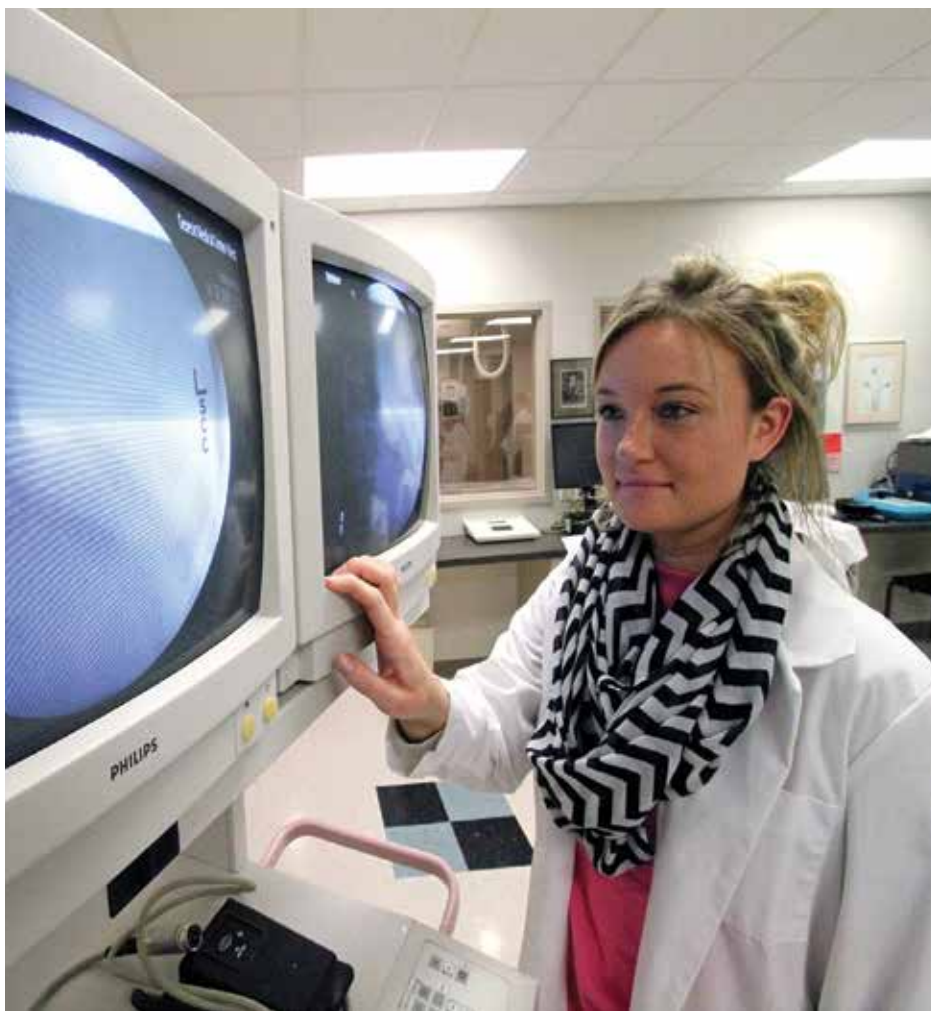
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Highly trained radiology technologists are in demand



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The demand for such professionals is expected to grow by 21 percent in the next 10 years

As much as we all hope it never happens, the simple fact of the matter is that injuries do occur.

It's estimated that 60 to 80 percent of people in the United States will be affected by some form of lower back pain during their lifetimes. When those injuries occur, one of the first things a doctor orders is often an x-ray of the injured area.

What that means is there is an ever-growing demand for trained radiology technologists. The demand for such professionals is expected to grow by 21 percent in the 10-year period ending in 2022.

Scott Community College (SCC), one of the Eastern Iowa Community Colleges, has a long history of training x-ray

professionals through its Radiology Technology program. Graduates of the program are fully qualified and ready to enter the job market immediately upon graduation.

Students have the best of both worlds in their education. They receive their initial training in SCC's new radiology lab using state-of-the-art equipment rivaling that found in hospitals and health centers. They then receive hands-on clinical experience out in the field with actual work in health care settings.

Radiology Technology is a two-year Associate in Applied Science Degree program and includes two summer terms. This program is fully accredited by the Joint Review Committee on Education in Radiologic Technology and graduates are eligible to sit for the national examination given by the American Registry of Radiologic Technologists.

Graduates will sometimes choose to further their education with a specialization in Sonography. SCC offers two degree tracks in the area,

Medical Sonography and Cardiac Sonography.

Sonography uses high frequency sound waves (ultrasound) to produce dynamic visual images of organs, tissues, or blood flow inside the body. When expectant mothers receive ultrasounds, that's sonography, but it's much more than that.

It is used to examine many parts of the body, such as the abdomen, breasts, prostate, heart and blood vessels. Sonography is increasingly being used in the treatment of heart disease, heart attack and vascular disease that can lead to stroke.

The program includes instruction in obtaining, reviewing, and integrating patient histories and data; patient instruction and care; anatomic, physiologic and pathologic data recording; sonographic data processing; sonography equipment operation; and professional standards and ethics.

The demand for sonography specialists is expected to grow even faster than for radiology technologists. It is predicted the field will grow by 24 percent by 2024.

Both positions are well-paying. The median income for radiology technologists is \$58,000 per year and for sonography employees it is \$63,630. (All figures are from the Bureau of Labor Statistics.)

These are just two of many health-related career programs available through Eastern Iowa Community Colleges.

Financial aid is available and the college has one of the most competitive tuition rates in the state.

More information about Scott Community College's programs are available at www.eicc.edu/radiology and www.eicc.edu/sonography or by calling 1-888-336-3907.

Keep Moving to Stay Healthier

Having so many options for medical treatment for spine and joint problems in our community is great. But it's also important to take what steps you can to focus on keeping your joints and spine healthy and pain-free.

Movement and exercise classes are good for all ages. Regular exercise increases blood flow and helps to strengthen the muscles around your joints - two things that can minimize discomfort. While strength and flexibility are important, so are better balance, physical coordination, and the mental relaxation that often comes from participating. Plus it's good social interaction to exercise in a group setting.

Don't worry if you are not an accomplished athlete or are not in Captain America shape. Many of the best exercises for joint and spine health don't involve high impact or fast-paced cardio moves. It's more about gentle, controlled motions, proper form, and building endurance. All of that can also help keep extra weight off which is also better for your joints and spine.

Eastern Iowa Community Colleges currently have a number of exercise classes at various locations throughout the Quad Cities and surrounding areas.

For more information or to register for a class, visit www.eicc.edu/cschedule or call toll free at 1-888-336-3907.

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Kicking it with Duane!

QC Taekwondo Master Back after Two New Hips

In the Quad Cities martial arts community, Duane Spellious, Moline, IL, stands strong among the best. The 7th degree Master has 35 years of training and teaching thousands of students under his black belt. Now he vows his two new hip replacements in the span of eight weeks aren't going to keep him down. "I am living the dream and wouldn't change a thing," he declares.

Despite his young age at 55, osteoarthritis in his hips began to limit his ability to kick and move. "I was still teaching kickboxing, but my hip was feeling funny in the groin near my thigh. My right leg was also starting to hurt, and I was having trouble sleeping," Duane recalls when ORA Orthopedics physician, Dr. Scott Collins, a black belt student in his class, noticed he wasn't walking right. "He took an X-ray and said, 'I don't know how you walk because of all of the arthritis in your hips.'"

Dr. Collins referred Duane to ORA Orthopedics Total Joint Replacement Surgeon, Dr. Edward Connolly, who performed two total hip replacements in the span of eight weeks. "Duane had significant arthritis in both hips. It's becoming more common that we see younger patients who are active and also suffer from arthritis." Despite three decades and thousands of hours jumping, kicking, and punching, Dr. Connolly says it's not necessarily the martial arts that caused Duane's arthritis. "He had a predisposition for it. Arthritis can be genetic and some people are just made that way. There is no known cause."

Dr. Connolly explains that arthritis occurs as the joint surface wears away and bones start to rub together. "Think of a chicken bone: The end of the bone has a smooth white surface called articular cartilage. The cartilage allows the bones to glide over one

another. When that cartilage wears away on human bones, we get bone rubbing on bone. Injury can cause that type of damage or just wear and tear as we age." Duane credits both Dr. Connolly's expertise and three decades of fitness for his successful recovery. "ORA has been fantastic. I haven't had any problems. I was literally home and walking the next day without a walker. Two weeks later, I was teaching again." Duane's quick recovery is also due in part to advancements in total joint replacement. The

surgical techniques as well as the total joint replacement components are designed to meet the demands of active patients like Duane. "A total hip replacement involves removing all the damaged bone and cartilage within the joint, and replacing them with a new prosthetic implant," explains Dr. Connolly. "The new hip joint, consisting of a metal cup in the patient's hip socket, along with a metal stem in the patient's femur with a ball attached, allows the patient to regain a smooth and fluid range

of motion." Duane's martial arts training has also kept him strong in spirit. "I always said, 'If it was time for surgery, let's get it done!' I don't want to feel like an 80 year-old with pain at my age of 55. Instead, I want to feel like a 55 year-old when I'm 80!" He also says that perseverance and an indomitable spirit are two of the taekwondo tenets that keep him looking forward. "If our bodies are temples, then my surgery has just enhanced who I am. I have friends who have recovered from

total hip surgery, and they are as strong as they ever were. This is not a setback. My new hips will help strengthen me and improve my quality of life without pain. Remember, age is just a number, so keep the positive attitude!" See you at the dojang, Duane. ORA Orthopedics leads the Quad Cities region in total joint replacement surgery, performing 2,100 total joint surgeries annually. For more information, visit our web site at qcora.com or find us on Facebook.

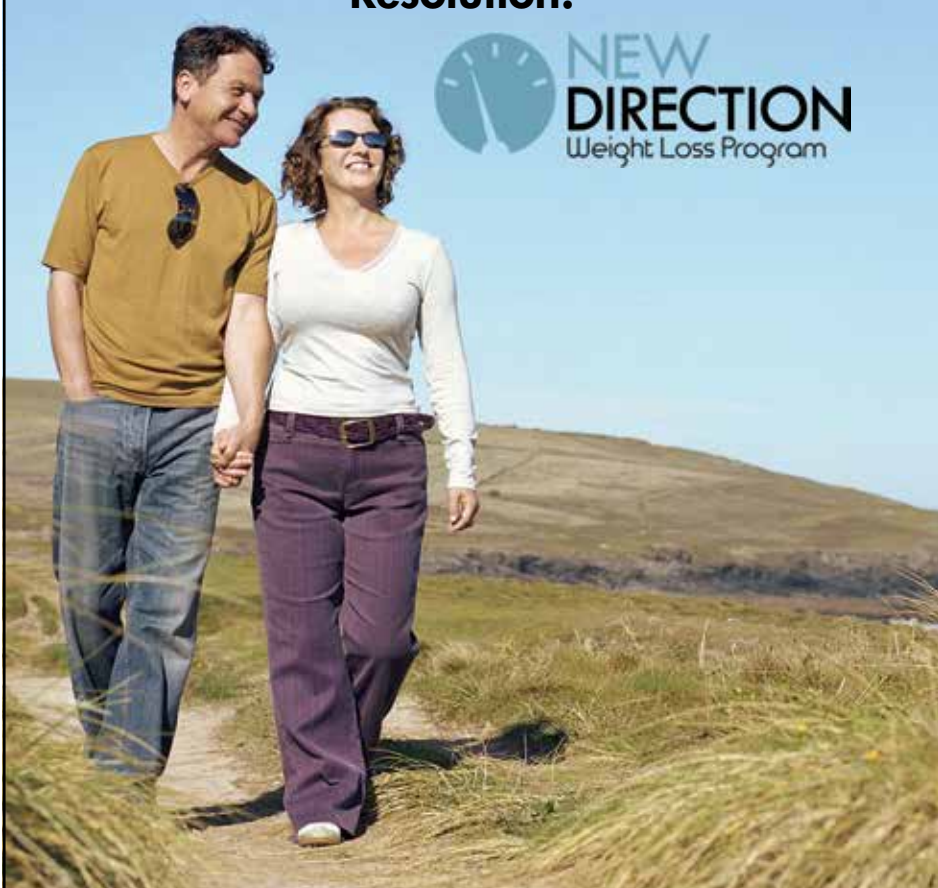



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QC Taekwondo 7th Degree Master Duane Spellious, 55, is back at the dojang after two successful total hip replacements at ORA Orthopedics.

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Surgeons at Genesis have performed more than 1,500 robotic-assisted surgeries, enabling many patients to benefit from smaller incisions, less pain and scarring, shorter hospital stays, and a faster recovery.

The most advanced technology

"We're committed to providing the Quad-Cities region with the latest advancements in minimally invasive surgery," said Jordan Voigt, President of Genesis Medical Center, Davenport. "This latest investment in technology provides our surgeons with great precision and control for a growing number of complex, minimally invasive surgical procedures."

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- Procedures in three specialty areas: general surgery, gynecological surgery, and urological surgery.

"Robotic-assisted surgery does not mean putting a robot at the controls. The surgeon is controlling every aspect of the surgery," explained Sue Jennings, Director of Surgical Services at Genesis. "Every surgical maneuver is performed with direct input from the surgeon and is essentially an extension of the surgeon's hands."

In the operating room, da Vinci surgeons work at a console in close proximity to the patient and are able to move the robotic arms with cameras and surgical tools attached, through small incisions in the patient. Using hand controls and foot pedals, surgeons see high-definition 3D images. The technology translates their hand, wrist and finger movements into precise, real-time movement of the micro-surgical instruments positioned in the patient's body.

The latest generation

Robotic-assisted surgery launched at Genesis Medical Center, Davenport in 2009. Four years later, came the arrival of da Vinci Si®, which is still in use at Genesis and effective for a wide range of surgeries. The recent arrival of Intuitive Surgical's latest generation -- the da Vinci Xi® -- opens the door to an even broader range of less-invasive surgeries, particularly in the area of general surgery. For example, hernia surgery, one of the most common surgical procedures in the U.S., can be far less invasive using da Vinci.

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