

Welcome to the fourth issue of Hip and Knee News, a newsletter for Patients, GPs and Health Care Professionals.

With Olympic fever sweeping the nation and the weather still making its mind up, we arrive in summer with a host of patient stories for your perusal.

2012 has been a busy one so far. In February I presented at the American Academy of Orthopaedic Surgeons' annual meeting in San Francisco, stopping off in Santa Clara to attend the annual Surface Hippy Gathering, hosted by long-time resurfacing advocate Vicky Marlow. It was fantastic to meet so many US patients and I thank the Surface Hippies for their kind hospitality. I have also just returned from another busy round of orthopaedic conferences, taking me to Belgium, London and the US.

There is clearly much negativity surrounding metal-on-metal (MoM) hips, particularly in the main-stream press. It is upsetting to see one-sided, sensational news stories exasperating the situation, leaving hundreds of people unnecessarily "terrified of poisoning, yearly blood tests and possible surgery," as one of my concerned patients puts it.

The vast majority of my patients enjoy an excellent quality of life with their MoM implants, so in this issue we look at the positive side. As well as our usual band of active patients, we interview two MoM veterans who continue to function well and lead fulfilled lives - one of whom has had her MoM hip for over 40 years now!

The McMinn Centre offers a variety of bone-conserving hip and knee treatments specifically aimed at active patients. Unravelling the suitability and the benefits of these treatments can be daunting. This newsletter is an attempt to provide evidence-based choices for GPs and patients, using real-life case studies as a starting point. We hope you find this newsletter useful and informative. If you have any queries, please don't hesitate to get in touch.

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## Treading the Boards - Without a Limp!

### West End theatre mogul Nica Burns delighted with her Bilateral BHRs

Despite the recent negative press, many of Mr McMinn's patients continue to lead very active lives with their metal-on-metal (MoM) hips. Nica Burns is an extremely successful theatre owner and producer from London who, with Mr McMinn's intervention, overcame two bouts of chronic hip arthritis.

We meet Nica in her breathtaking theatre, The Garrick, on Charing Cross Road. She's bubbly, keen to show off her re-discovered dancing prowess - surprisingly lively for a lady who underwent major hip surgery 3 months ago. Things were very different pre op though. "I wasn't mobile. The pain was depressing and totally debilitating," laments Nica. "I've worked very hard doing physio and hydrotherapy. Ten weeks after my op, I wanted to be able to walk without a limp and without crutches. I hit my goal and I will never have a limp again!

"It's essential in what I do that I'm mobile," she continues. "There's no way I could do a 70 hour week dealing with pain on a daily level." Nica's strong work ethic and improved mobility paved the way to huge successes in the theatre industry. "The years following my first Birmingham Hip Resurfacing have been the most productive and best years of my life so far. In 2005, I bought four beautiful West End theatres from Andrew Lloyd Webber and a few years later, we added the fifth and sixth."

Nica had her first BHR in 2002. She came for her second in late 2011 - a period when negative MoM press coverage picked up amidst high failures with the ASR and the ASR XL devices, manufactured by DePuy. Increased wear from these implants caused severe tissue reactions in some patients.



Interior of The Garrick Theatre

Nica on stage at The Garrick



In spite of this, Nica kept a level head, coming for her second BHR at the BMI Edgbaston Hospital. "When you actually look at the statistics, the amount of people that have problems with metal implants is relatively small," she explains. "I haven't had any problems - and I'm 10 years a graduate on the one hip! There was absolutely no question I wouldn't go back to Mr McMinn. I felt very certain that the BHR was the right operation for me - for someone who wants to have a very active life and to achieve a great deal."

A follow-up consultation put to bed any lingering 'stage fright'. "When I went to see Mr McMinn about my new hip, I asked him if there were any signs of wear on my hip resurfacing of 2002 - and he said there were none." They looked at her X-Ray together and, "the new [BHR] and the old one looked identical."

With so many hip devices on the market, Nica feels patients should explore their options fully. A reliable procedure and a reliable surgeon should be sought to prevent poor outcomes. "People should take some responsibility for the treatment they're choosing to have," she explains. "What I'd say to anyone is do your research. One of the important things to look at is the statistics of the surgeon in terms of their success/failure rate. I know when I looked up Mr McMinn's, they're fantastic success rates and I felt I couldn't be in safer hands."

Nica's understandably excited about the future with her BHRs. "I've had 10 years of happy, productive life. So I'm looking forward to at least another 20 years of fulfilled working life and travelling. I love the fact that I can dance again. I used to love dancing - I'm looking forward to my husband whizzing me around again!"

Nica Burns is the CEO & co-owner of six West End theatres - the Lyric, Apollo, Garrick, Vaudeville, Duchess and Palace Theatres. More info at: [www.nimaxtheatres.com](http://www.nimaxtheatres.com)

To see Nica's full video interview, please visit our website: <http://bit.ly/ORnf8j>

# Birmingham Hip Reaches New Heights

## BHR patient Jim Ryall takes on Mount Aconcagua, Argentina

Ex-Royal Marine Jim Ryall's used to pushing himself to the limit but crippling hip arthritis in his late 30s forced him into a diet of anti-inflammatories to stay active. He sought respite and after several fruitless consultations with other surgeons, bilateral BHRs from Mr McMinn - in 2000 and 2003 - enabled him to ditch the medication and get on with a pain-free life.

Now 11 years after his first BHR, Jim wants to test his hips out in the most adventurous way possible. After contemplating a Polar trek, he set his sights on a hike up Mount Aconcagua, Argentina. And at a whopping 6,959 metres, it's the highest peak outside the Himalayas. "Without a shadow of a doubt this is the hardest thing I've ever done," explains Jim. "We spent 16 days on the mountain altogether and the hips were perfect."

Jim's no stranger to gallant endeavours either, "I walked the Haute Route a few years ago which was good fun," he says. "Bits of it were hard, bits of it were easy and bits of it were horribly frightening. But nothing quite as demanding as Aconcagua - certainly nothing as high! It's the height that's the killer. Above 3,500 metres, everybody feels the altitude!"

He starts going into detail - clearly Aconcagua is not for the faint hearted, with or without a BHR. "The altitude made even the simplest task hard work with so little oxygen. I suffered constant breathlessness, headaches, diarrhoea and vomiting, incessant coughing and a chest infection." Jim even dropped more than 12 kg during the challenge. Amazingly, things could've been worse. "A group ahead of us got themselves lost for three days wandering around near the summit," recalls Jim. "They had to be rescued and had various fingers, toes, and a foot cut off due to frostbite!"

Jim was well aware of the risks and enlisted the help of an experienced local guide. They battled the elements, making it to the third and final camp ahead of the mountain's peak. "We made it 6,500 metres up - which is about 21,000 feet. But temperatures of -30°C and winds of 40 knots made it too dangerous to even contemplate continuing to the summit. The weather is notoriously bad and the success rate on the mountain is quite low - it's only about 20%.

*"Could I have done it without my BHRs? It's difficult to see how!"*



Jim training hard in cold, misty conditions last November. To prepare for his trek, he carried a 20kg pack and dragged two car tyres through the Newbury hills.

"By the end I was totally exhausted but there was a tremendous sense of achievement, despite not reaching the summit. Could I have done it without my BHRs? It's difficult to see how!" He goes on jokingly, "The only issue was mobility and agility in a cramped two-man tent!"

"It was fantastic to arrive home, though certainly very strange after three weeks focusing on nothing but the mountain. I thought after the trip that I never wanted to do anything like this again, but now I'm not so sure."

### All 'Tyred' Out

Jim began training several months ahead of the challenge. He was able to utilise two car tyres left over from his abandoned Polar trek idea. "To train I carried a weighted pack and dragged car tyres around the Newbury hills near my home. The pack I carried was about 20 kg and the tyres weighed about the same. It was excellent preparation in terms of fitness and endurance, but nothing prepares you for that altitude!"

To be on the safe side, he also booked a consultation with Mr McMinn ahead of the challenge. "I went to see Derek in the summer to have a final check up - my last chance of getting out of it. But he refused to accept there was anything wrong with the hips."

Everyone here at The McMinn Centre is thrilled about Jim's huge achievement and the level of activity he's maintained since having his BHRs. "Since my operations I've played a lot of tennis, I go

to the gym three or four days a week, do a lot of sailing and a lot of skiing. Both hips have been absolutely fine."

### Pre Op Pain

Life hasn't always been so comfortable for Jim though. "Before my operations at the BMI Edgbaston Hospital, I was in a lot of pain and I wanted my life back. I didn't stop doing anything. I ran and I played tennis but my god I paid for it the next day! It was very sore. I wanted to do all things I'd done before [my hip arthritis] but not pay for it the next day."

Determined to stay active, Jim relied on anti-inflammatories to counteract the pain. "I survived on painkillers basically, which is no way to live your life. Then, fortunately I came across this operation and it was life changing. And the recovery I thought was quite extraordinary - from what is a fairly major operation."

Initially, Jim explains there were three options he might've pursued, "I could either do nothing, have a full hip replacement which didn't appeal at all, or then there was the Birmingham Hip which I saw as the best option. In the worst case scenario [the BHR] fails after 10 years, but you've bought yourself 10 years before you have to have a full hip replacement anyway."

Whatever challenge Jim decides to take on next, he certainly doesn't have to worry about his BHRs. He now has over a decade pain-free on one hip and over eight years on the other. "I certainly see no reason why I shouldn't continue to lead a totally active life - and certainly the hips aren't going to stop me. I think the rest of it's going to fall apart before the hips!"

You can see Jim's full video interview, featuring footage from his Aconcagua hike, on our website: <http://bit.ly/N4rS2y>

### Mount Aconcagua

- Known as the 'Stone Sentinel' and located in the Mendoza province of Argentina
- Height: 6,959 metres (22,830 feet)
- Second highest mountain of the 'Seven Summits' (the seven highest mountains on each of the seven continents)
- Around 1,400 people summit the mountain each year (20% of those who attempt it)
- Highest peak in the Americas & the highest in the Southern and Western Hemispheres
- Atmospheric pressure drops to 40% towards the summit.
- Wind chill temperatures drop to -60°C towards the mountain's peak



# Hot on the Heels of the Olympic Torch

## Roderick Drew's 4,000 mile cycle in aid of Macmillan



Roderick and his mascot Oly in Birmingham

Excluding air and boat travel, the Olympic torch clocked up around 4,000 miles during its 70 day relay through the British Isles. Roderick Drew was hot on its heels from day one, setting off from Land's End on May 19<sup>th</sup>. On day 43 Roderick cycled to Birmingham – the city in which nearly 10 years ago, he had bilateral BHRs with Mr McMinn.

Roderick, a cycling enthusiast from Dorset, gave up his car in the early 90s in favour of his environmentally friendly transportation. Now in his 60s, he's clocked up an impressive 70 miles each day of the torch relay. "It was impossible to follow the route of the flame completely," he explains. "80% of the journey it was inside a vehicle. I'm the engine of my vehicle, so I liked to pick an interesting route. I followed it all the way - up through Wales and over to Northern Ireland, then back over to Scotland."

Affectionately nicknamed 'Torchrider', Roderick seized the opportunity to fundraise for a cause close to his heart. "Sadly most people are affected in some way by cancer. Certainly close members of my family. And because it touches more or less everyone, I felt that Macmillan Cancer Support needed everything they can get! Along the way I met lots of people with their own personal stories about cancer, or who are involved in their own fundraising. They've been thrusting money into my hands, so it's very poignant."

Roderick explains the inspiration for the challenge came from a desire to cycle south through Europe, "to North Africa and visit my uncle's second world war grave," he says. "I was concerned as to whether I could manage such long distances, particularly at my age. But doing this has proved I can manage to keep cycling - sometimes for 18 hours a day."

Accompanying him on his travels was mascot Oly the lion - a last minute acquisition, given to him by a friend just minutes before departing to Land's End. "Oly sat on the front of my bike. He was with me all the way and he was a great incentive – he told me to keep cool and to keep my eyes on the road!"

Roderick's always been active. As well as many cycling events, he's competed in several London Marathons including the very first in 1981. Thanks to his BHRs, he's maintained high levels of activity and even plans to run the 50<sup>th</sup> London Marathon in 2031. "Having my Birmingham Hip Resurfacings has been the most liberating thing imaginable. I'm coming up to the 10th anniversary and the results have been perfect." The torch route threw up several obstacles, but Roderick had every faith in his hips. "Cornwall was the pits for hills," he jokes. "But not even the steepest hill made me worry about the hips and there's absolutely no pain or discomfort at the end of the day."

We're thrilled to report Rod completed his 4,030 mile 'torchride' shortly before the Olympic opening ceremony on July 27<sup>th</sup>, so far raising nearly £2,000. To help support Macmillan, please visit Roderick's fundraising page: [www.justgiving.com/roderick-drew](http://www.justgiving.com/roderick-drew)

Sir Cliff Richard was one of the celebrity torch bearers on its way through Birmingham



# Serving up a New Knee

Tennis coach mobile again following his Birmingham Knee Replacement (BKR)

Paul Diggins has coached tennis since the late 60s and now runs his own Brighton-based academy. Bilateral BHRs with Mr McMinn got him back to the sport he loves, but severe knee arthritis once again threatened his mobility.

"The knee became obvious once the hips had been successfully sorted," explains Paul. There was no immediate arthritic knee pain, but he struggled to get active, "I felt fit, but my mobility was very limited. I could not push off, run, or turn whilst coaching."

Paul was obviously struggling and the advice from friends wasn't encouraging. "I listened to all the people I knew who'd had knee operations but they varied in success," recalls Paul. "Then I saw Mr McMinn who told me of his revolutionary knee replacement [the BKR] and that it was likely to give me more mobility than traditional knee replacements. When I had my hips done it was pioneer surgery. And because my hips had been so successful, I had a lot of faith in him making a success of my knee."

Paul booked a consultation with Mr McMinn and they were amazed by what they discovered. "My X-Rays showed little or no cartilage [in the knee joint] and Mr McMinn said I should be in excruciating pain." Paul adds that ironically, "standing was probably more of a problem for me than walking!"

Sensing he was on to another winner, Paul arranged surgery for December 2009 at the BMI Edgbaston Hospital. Following some intensive post op physiotherapy - something Mr McMinn advises all his knee patients take up - Paul was soon back to work. "It took about 3 months or so," he says. "Once I did return to playing I was surprised at my knee's strength and the mobility compared to what it was before my operation. I did, however, remain cautious and just relished pushing myself a little more daily."

Three years later, Paul is thrilled to be back playing tennis full time. He beams, "I'm not just satisfied, I'm over the moon with my outcome. There is no noticeable difference between my knee function and bend in my good knee and that of my operated knee." He goes on, "I love life and sport is a major part of my life - from a work and pleasure point of view. If it was not for modern medicine and the likes of Mr McMinn I would be in a wheelchair now for the rest of my life."



Since having his BKR, Paul is also back to playing golf, swimming and cycling. The Birmingham Knee Replacement (BKR) is a revolutionary type of knee replacement which allows patients to remain highly active following surgery. For more information, please see our website: <http://bit.ly/M3Fup5>

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# Forty Years with my Metal-on-Metal Hip Replacement

## Maureen Berry happy and healthy with her bilateral MoM hips



**Mr McMinn was not the first surgeon to utilise metal-on-metal (MoM) bearings. Whilst designing the Birmingham Hip Resurfacing (BHR), he searched for a robust, low-wearing material suitable for highly active patients. He was encouraged to learn that MoM total hip replacements (THR) manufactured from Cobalt Chrome had been used successfully since the 1960s. So successful were these 'historic' MoM THRs in fact, that a number of patients still have well-functioning hips even today...**

**Maureen Berry had a 'Stanmore' MoM THR performed in 1970 by surgeon Rodney Sneath. At just 21, she was unusually young for a hip replacement. "My hip and socket had worn apart and I was dislocating even going to the toilet," explains Maureen. "I had no ball and socket left so I needed a hip replacement. It was deemed that metal-on-metal would last longer than the metal-on-plastic hips used more frequently at that time.**

"Forty years on, I think I'm living proof that metal-on-metal is an excellent substitute for the bone hip that was absolutely no use to me," says Maureen who continues to lead an active family life with her children and grandchildren. "I didn't realise the pain I was in until I had the hip replacement, then the pain had gone and it was marvellous," she recalls.

Surgeons are notoriously reluctant to implant traditional total hips in young patients because they wear out quickly. Traditional THRs utilise a small metal femoral ball articulating in a plastic cup, which often fail early or dislocate in patients under 50.

Early MoM total hips however, benefited from large-diameter femoral components, restoring a more natural anatomy. A reduced risk of dislocation and lower wear rates made them ideal for younger patients like Maureen and she certainly felt the benefit. "It took probably two months to get back to normal after the operation. I went back to work, I went back to playing tennis and I had two children. The hip has stopped me from doing nothing that I wanted to do."

On the subject of the recent negative press, Maureen comments, "I was quite astounded when I heard about it because my metal-on-metal hip has caused me no problems whatsoever!"

As well as her total hip, Maureen also has a MoM hip resurfacing performed in 1996 by Mr McMinn (shown in her X-Ray below). Now with over four decades under her belt, Maureen's thankful she opted for MoM - and with good reason. "Surely all implants have the possibility of causing problems," she comments. "Some of my friends with metal-on-plastic or ceramic hips have had horrendous problems. A friend who had a ceramic hip in his early forties is on his fifth hip now. He was even wheelchair bound at one point!"

Indeed, poor outcomes and high wear have been reported with hip devices manufactured from all types of materials - plastics, ceramics and metals. The press however, seem fixated on MoM, irresponsibly reporting that prolonged metal exposure causes serious systemic effects and 'metal poisoning'.

Like so many other MoM patients though, Maureen is perfectly happy and healthy. "I've got absolutely no health issues at all and I'm on no medication whatsoever." She's lived in the same area for over 30 years now and jokes, "When I did have to get a prescription, the local pharmacist didn't know who I was! He said I wasn't even registered with them because I use the doctors so infrequently, which is wonderful."

By focussing on patients with the most extreme examples of metal reactions, the press have successfully installed fear in the public. Patients like Maureen and Nica (page 1) however, offer an important counterpoint, showing that successful long-term outcomes are possible with MoM hip implants.

Following these negative press reports, we have seen a sharp rise in the number of enquiries from concerned patients and we would like to offer some reassurance.

In Mr McMinn's practice, metal allergy cases are extremely rare - affecting just 0.3% of the 3,300+ BHR patients operated on between July 1997 and August 2012. Furthermore, any new patient with a suspected metal allergy has a blood test during their consultation as a matter of precaution.

We therefore ask patients to remain confident with their BHRs but, if there are still concerns, please don't hesitate to contact our team.

The BHR continues to perform well in the hands of surgeons across the world. For example, the Oswestry Outcome Centre follows up the first 5,000 BHRs ever performed - carried out in 44 countries by 141 different surgeons. 3,418 of those BHRs have now reached a minimum 10 year follow-up, with an impressive 95.16% implant survival.

To see Maureen's full video interview, please visit our website: <http://bit.ly/MZeoyA>



**Maureen's X-Ray showing an excellent outcome on her 40+ year MoM total hip (L) and her 15+ year MoM hip resurfacing (R)**

The McMinn Centre

Where cutting edge technology is only surpassed by surgical expertise and commitment to care

### The McMinn Centre

**Conservative hip & knee procedures for young & active patients**

Mr McMinn offers a range of solutions for arthritic disorders of the hip and knee. As well as the Birmingham Hip Resurfacing (BHR), Mr McMinn offers the Birmingham Mid Head Resection (BMHR), Total Hip Replacement and the Birmingham Knee Replacement (BKR). We are always pleased to hear from new patients and offer a professional, personalised service.

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