

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

In 2013 we celebrated our 10th anniversary, and now we can start looking forward to an exciting 2014. It's the perfect time to catch up on what has happened since the previous issue of Hip & Knee News.

In July I was thrilled to present a brand new web lecture featuring the 15 Year Results for the Birmingham Hip Resurfacing of the First 1000 Patients. You can read more about the lecture and the results on page 4.

Continuing with the BHR, in September I celebrated reaching another milestone – 3500 Birmingham Hip Resurfacings! It really is a fantastic achievement and one I wouldn't have reached without the hard work and dedication of my theatre team at BMI The Edgbaston Hospital over the years.

Scotland International Football Manager Gordon Strachan took time out of his busy schedule to talk about his experience with the Birmingham Hip Resurfacing. Unbelievably, Gordon guided his Celtic team to victory in the 2007 Scottish Cup Final just two weeks after surgery! Read the interview on page 2.

The McMinn Centre offers a variety of bone-conserving hip and knee treatments specifically aimed at active patients. Unravelling the suitability and benefits of these treatments can be daunting. This newsletter is an attempt to provide evidence-based choices for practitioners 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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Derek McMinn MD FRCS
Consultant Orthopaedic Surgeon

Land's End to John O'Groats in 85 Days Ian completes 1200 mile walk for charity with bilateral BHRs

In April, Sussex-based Ian Cheal embarked on the remarkable End-2-End walk from Land's End to John O'Groats, helped along the way by his bilateral Birmingham Hip Resurfacings (BHRs). "Everything's gone well and the walking has been absolutely great!" said Ian, when we caught up with him a third of his way through the 1200 mile journey.

When thinking back to 2001 before his first BHR, Ian conceded, "I was getting pain in my hip and I couldn't go walking day to day, it got worse and I couldn't sleep." After a recommendation from his Consultant Surgeon friend, Ian went to see Mr McMinn to discuss the idea of hip resurfacing and "it proved to be totally successful!"

As a keen and experienced walker, when considering the lengthy walk Ian decided: "I was 70 this year and I thought if I don't do it now I never will." Whilst undertaking the majority of the journey by himself, he has occasionally been joined by friends and family at different stages of the walk.

Starting at Land's End, Ian describes how he walked up the South West Coastal path to Barnstaple, before heading over Exmoor and through the Quantocks. Soon he had passed the Mendips and was on the Offa's Dyke footpath on the Welsh border before walking through Shropshire, passing the historic town of Ironbridge – where he stopped off for a quick video interview and chat with Hip & Knee News.

Despite mostly staying in hostels and B&Bs, Ian has camped from time to time and is carrying a heavy backpack throughout the trip. His luggage includes a tent, sleeping bag, dried food, water, pots and pans, clothes and everything else he will need during the three month jaunt.



Ian at Land's End at the beginning of his walk.

Ian's expedition hasn't been without the odd hiccup though, laughing as he recalls being attacked by a dog. "It's been a tremendous experience, being able to walk so far, knowing that my hips are up to it. I have every confidence these hip resurfacings will see me through," proclaimed Ian, confident he will make it to John O'Groats.

The End-2-End walk was always a goal of Ian's, however to make it all the more worthwhile he has also been raising money for three charities: "They have a social content with a Christian aspect, helping people who need it most, like the homeless."

Hip & Knee News kept in touch with Ian throughout the rest of his lengthy trip and we are proud to report that Ian accomplished his goal, completing the 1200 mile walk in just 85 days. What a fantastic achievement for Ian and his Birmingham Hip Resurfacings!!

Watch Ian's full video interview at www.mcminncentre.co.uk/ian-cheal-bhr-walk.html



Ian taking a short break near Ironbridge in Shropshire.



Checking his map on the 1200 mile route.

Hip Resurfacing Gets Gordon Back In The Game

Scotland Manager Strachan Shares his BHR experience



We caught up with Gordon playing in a Celeb-Am golf tournament at Nailcote Hall in Warwickshire. The current Scotland International Football manager has previously played for Manchester United, Leeds United and Coventry City and managed professionally at Southampton, Middlesbrough and Celtic. Derek McMinn performed a Birmingham Hip Resurfacing on Gordon in April 2007.

Having had such a long and illustrious career in professional football, Gordon was dismayed when he started feeling the effects of his hip arthritis in his mid 40's. He said: "Work was a problem, I was an active coach who liked to be on the field with the players. I could walk maybe only 50 yards before I was hobbling so that wasn't good or a great sight for the players."

Even before that players began to notice Gordon was developing a problem during training, telling him he was "Always going to one side and afraid to hit the ball." Gordon admits he never really took it in and tried to ignore the problem, which he frankly says was the wrong thing to do. Then at 48 he was to be told he would need a new hip.

"Physically and mentally it was a problem for me – it just wasn't right. It was embarrassing for me, I've always prided myself on being fit and healthy and I played in the Premier League 'til I was 40", said the proud former midfielder.

Gordon finished joint fifth in the Celeb-Am tournament at the British Par Three Championships, held at Nailcote Hall, Warwickshire.



Capped over 50 times for Scotland, Gordon was at the helm of Celtic Football Club at the time and had guided them into the last 16 in the Champions League (only losing 1-0 to eventual winners AC Milan) despite his hip pain. "Standing on the sidelines for 90 minutes meant that evening would be really painful" said the manager before joking "but as a football manager you don't get too much sleep anyway! But I was tossing and turning with a sore hip at the same time!"

It was making over 600 appearances, that ultimately led to his hip arthritis, and being right footed meant he was pushing off and weight bearing on his left side – the side which was affected and needed replacing. Gordon struggled along despite being uncomfortable and in constant pain: "There's absolutely no chance of me having a hip resurfacing 'til I'm 50!" he exclaims. Later, Gordon conceded that this was the wrong mindset to have. Delaying the operation can sometimes have negative effects resulting in poor bone quality and leading to the need for Total Hip Replacement surgery instead. Fortunately this wasn't the case with Gordon.

"I can do anything, literally anything I want now. I can run, I play football, tennis and golf"

Having heard vaguely about the Birmingham Hip Resurfacing and its benefits, Gordon spoke to his chief scout at Celtic – who was a former patient of Mr McMinn's, with two BHRs. Surgery was scheduled for April 2007 where Gordon had just guided Celtic to back to back SPL titles, "I timed my surgery so that I could finish the league season and have a good six weeks to recover for the next pre-season."

"The hospital stay was terrific. I felt I was in good hands and the treatment I got was great" said Gordon recalling his weeklong stay in Birmingham following his surgery.

Two weeks later, Gordon briefly walked unaided to lead his Celtic team out at Hampden Park and guided them to a 1-0 victory over Dunfermline AFC in the Scottish Cup final. Laughing, Gordon remembers "We didn't play very well so watching the game was more painful than the hip!"

Gordon, who played for Scotland in two World Cups, believes a sensible approach to recovery is needed and that it's vital to listen to the advice from Mr McMinn and his team saying, "I stuck to the plan and because of that I can do anything I want now, literally anything."



Gordon is now going to the gym and running at least three times a week. Gordon's renewed enjoyment of sports and activities is clearly visible, he said "I run, I play football and tennis, I can play golf. I was even jumping into the sea off a pedalo with my grandkids in Spain a couple of weeks ago!" before adding "I just feel better about myself."

Watch Gordon talk about his Birmingham Hip Resurfacing and see him playing in the British Par 3 Championships 2013 Celeb-Am competition at: www.mcminncentre.co.uk/gordon-strachan-hip-resurfacing.html

Find us online at:



Derek McMinn MD FRCS



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McMinnCentre

A Decade Helping Patients with Hip and Knee Pain

Derek McMinn and the team have helped 1000s of patients regain their active lifestyles following hip and knee surgery.



On Thursday 6th June 2013, Derek McMinn and his team celebrated their 10th anniversary at The McMinn Centre.

Established in 2003, The McMinn Centre provides a permanent base for Mr McMinn's surgical, teaching and research work, and is the first point of contact for patients looking for conservative joint replacement. Based in Birmingham's Medical Quarter in Edgbaston, our dedicated team work together to provide an unparalleled and personal service to hip and knee resurfacing and replacement patients from around the world.

Derek McMinn is the pioneering surgeon behind the Birmingham Hip Resurfacing (BHR) and several other orthopaedic implants, such as the Birmingham Mid Head Resection (BMHR) and the Birmingham Knee Replacement (BKR).

Leading the field in hip and knee replacement, The McMinn Centre has excellent success rates and carries out extensive research projects. An article about the latest Birmingham Hip Resurfacing results can be found on page 4.

Between operating and publishing research papers, Derek McMinn makes time to share his expertise by training surgeons, aiding implant development and working with engineers on the latest technologies. Our research has led to over one hundred pieces of published literature. All of the team worked tirelessly with Mr McMinn on his book *Modern Hip Resurfacing* (2009) which details the process from inception to development of the pioneering Birmingham Hip Resurfacing. Mr McMinn is a well respected voice within the orthopaedic community, recently speaking at an Orthopaedic Product News event in London and Dr Kusuma's Advances in Arthroplasty meeting in Ohio.

Centre manager Pam Charles told Hip & Knee News: "We've had a fantastic 10 years and we are looking forward to our continuing success. There is no better job satisfaction than hearing success stories from our patients who have become active again thanks to the brilliant work Mr McMinn carries out"



We want to take this opportunity to say thank you to all of our patients, partners and associates over the past decade.

Success on the Slopes for Colin



Bilateral BHR patient and professional Alpine Skier, Colin Tucker, is heading back to the slopes for the FIS Masters Cup. After finishing ninth in 2013, his best ever season, Colin hopes to go even further this year and finish higher up the table.

Before his BHRs Colin's increasingly painful, arthritic left hip meant he was: "Faced with the possibility of not being able to ski again." Herefordshire-based Colin, began researching a solution and was led to the Birmingham Hip Resurfacing (BHR) and its pioneering surgeon Derek McMinn. "It soon emerged the BHR operation was the one to have and which could be completely successful for me," recalls Colin, who competes all over the world.

Colin was the only person from the UK to get a top 10 finish, and is surrounded by skiers from countries that offer them more mountainous regions to train.

We want to wish Colin the best of luck for the 2014 FIS Masters Cup season.



Share your McMinn stories!

Have you visited 'Joined@theHip', our patient focussed blog dedicated to sharing your stories and experiences with Mr McMinn's surgery? We have a wide range of patients who have gone on to achieve exciting and impressive feats post-surgery and you can read all about them on the blog.

Some patients - with BHR, BMHR, THR and BKR - have written about staying active, running marathons, skiing competitions and travelling the world, while others speak of the relief of being able to do general day-to-day tasks pain free.

Whatever your story, if you'd like to share it, please send your blog to RobKnowles@mcminncentre.co.uk. It can be in any text format (Word document, email etc.) and don't forget to send your pictures and videos to accompany your story too.



Joined@theHip

Visit the blog at www.mcminncentre.co.uk/blog



Despite negative press regarding hip resurfacing, Derek McMinn's 15 year results of the first 1000 BHR patients show an impressive overall survivorship of 95.8% across all ages, genders and diagnoses. These fantastic results outperform the NICE (National Institute for Health and Care Excellence) guidelines, which currently recommend an acceptable survivorship of 85% at 15 years.

Earlier this year, Mr McMinn presented these results in a web lecture entitled 'BHR and Other Options' which he dedicated to the late Vicky Marlow (pictured above with Mr McMinn), who sadly passed away in 2013. Vicky was a fantastic patient advocate and voice of support in the hip resurfacing community. Vicky founded the website <http://www.hipresurfacing.com/> which continues to be a fantastic resource for patients to learn about hip resurfacing, replacement and hip surgery in general.

Mr McMinn makes three key statements during the lecture: hip resurfacing has better function compared to Total Hip Replacement (THR), BHR in young people has lower revision rate than THR and BHR in men has a lower death rate compared to THR. Analysing the research and various studies, Mr McMinn finds most notable are the favourable results of a study into cancer rates in metal-on-metal patients compared to alternative bearings.

The first 1000 Birmingham Hip Resurfacing patients underwent surgery between July 1997 and August 2000 and outcomes are extremely positive. Looking at the implant survivorship by gender, we see 98% in men and 91.5% in women at fifteen years. Again, this is above the threshold set by the NICE guidelines. Breaking it down even further and looking at both gender and age, there is a survivorship rate of 99% in men over 60, 98% in men below 60, 96% in women over 60 and 91% in women below 60, with these results all marked at the fifteen-year stage.

Results from the Oswestry Outcome Centre, consisting of a total of 3,762 BHRs performed by 141 surgeons in 44 different countries, are impressive at the ten year stage. A 95.16% survivorship rate indicates that not only is the BHR successful all around the world, but, given the correct training, the technique can be taught to other surgeons who can maintain its high standards.

The Australian Register producing an outcome of 93.7% at ten years confirms this, with all of the outcomes sitting comfortably above the NICE recommended guideline at ten years.

As the title describes, the lecture looks at other options to the BHR and, importantly, what materials could be used to create a better bearing surface. Whilst discussing the BHRs excellent survivorship, Derek McMinn also talks about the design flaws in DePuy's ASR (and how they were warned of impending failure) and failings and downfalls in the use of ceramic-on-ceramic bearings, in both resurfacing and replacement.

Looking towards the future, Derek McMinn reveals he has been working on the next generation of advanced hybrid cross-linked polyethylene to be used in joint replacement – Polymix™. The material is strong enough that it can be used in thin layers with a wear-zone only section of cross-linked polyethylene, which provides fantastic wear-resistance in the right places. It looks as though it could be an ideal bearing choice for those patients who aren't suitable for metal-on-metal bearings.

You can view the lecture on our website at the following link:

<http://www.mcminncentre.co.uk/research-lectures-15-year-results.html>

Join us on social networks for latest news!

We want to keep our readers up to date with the latest news, information and stories between issues of Hip & Knee News so we're inviting you to join our social networks! These networks are the easiest and most efficient way to keep up with everything happening at The McMinn Centre.

The channels we use are Youtube, Facebook, Twitter and Google Plus – we also upload our photos to Flickr. We've been enjoying a lot of success and hitting a lot of milestones recently! If you haven't already, then why not follow, watch, like and share our social networks then you'll also be kept up to date with the latest news and videos!

On YouTube we recently stormed past 475,000 views and are quickly approaching half a million!! With over 300 subscribers and a library of more than 90 videos there's plenty to watch – our specially selected playlists make it even easier for you. Just head to YouTube and search [TheMcMinnCentre](#) and watch away!

Want to read patient success stories? Want to share your success stories and photos? Like [Derek McMinn MD FRCS](#) on Facebook and get sharing with us! It's the first place we post our website and blog updates – why not stop by and say hello!

For all the information you need on Twitter follow [McMinnCentre](#) & [Derek_McMinn](#), and we'll be sure to follow back – just drop us a quick tweet to say Hi! Twitters use of #tags means it's really easy to share stories and experiences with others around the world.

We're quite new to Google Plus and are still finding our feet, but if you're a regular user why not search [The McMinn Centre](#) and say 'hello', remember to +1 us whilst you're there.



The McMinn Centre

Conservative Hip & Knee Procedures for 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.

Get in touch....

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