

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

2015 has so far been a year of ups and downs at The McMinn Centre. Now it's over halfway through the year its a good time to catch up on what has happened since the previous issue of Hip & Knee News.

In June this year myself and some of my team took part in the **50/50/50 endurance charity walk** in London for Dimpleby Cancer care after an invite from Jonathan Dimpleby, a former patient of mine - read more on page 2.

I am delighted to see that my **first Polymotion® Hip Resurfacing patient** is pleased with the outcome of her surgery. She is a perfect example of how a resurfacing procedure can give young and active patients the new lease of life they are looking for and enable them to continue to lead an active lifestyle post surgery. Her video interview is very insightful and is available to watch on my website.

Over in **Patient Post** on page 3 there are a number of stories from some of my patients. It is always great to hear from my patients and how active they are after surgery. You'll remember **Sian Williams** from the last newsletter; she has continued to impress and gone on to win even more medals - all of which would be impossible without her BHR!

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

The 'Next Generation' of Hip Resurfacing

First Polymotion® Resurfacing patient "very pleased" with surgery

Ex-professional ballet dancer Elaine Williams (53) regards her new Polymotion® Hip Resurfacing implanted by Mr McMinn as the "best decision" of her life. From the age of eleven, Elaine trained at the Royal Ballet School and went professional, retiring 28 years ago. Since then, she has found a passion for teaching ballet as well as pilates and yoga, whilst also appearing in films and on television. Her active lifestyle means being constantly on her feet and she began to feel pain in her hip.

"I first felt it getting in and out of the car and then about a year ago the pain increased quite a lot. I noticed it in my own fitness classes where I had restricted mobility in movement." The pain progressed and she felt the main factor in opting for surgery was the "sheer level of pain". It was having an impact on day to day life, where general household tasks like loading the washing machine became unbearable. "I was changing my whole way of living to do everything standing on one leg and not using the other hip joint."

Elaine wanted to come to "the best person possible" for surgery and had a preference for the more bone-conserving Hip Resurfacing over a Hip Replacement as she is "still young, fit, active, energetic and wanted to still live life." However, tests showed that Elaine had a metal allergy. "When I discovered I was allergic it was a very big shock because at the time it meant that I couldn't have a Resurfacing. It was discussed with me and I knew that there were future plans for a new device so I was prepared to wait."

The new device, developed by Mr McMinn, is the Polymotion® Hip Resurfacing which utilises existing Cobalt Chromium femoral implants but instead of a metal acetabular cup, Mr McMinn uses a highly cross-linked polyethylene acetabular cup with a porous coating. This metal-on-polyethylene device was an ideal solution for Elaine and she became the first patient to have the device. "I am very pleased I waited for the new Resurfacing option."

After surgery, Elaine was initially on paracetamol for ten days until the pain level "halved". The physio routine that patients undertake following surgery involves walking the corridors and climbing the stairs. "The physios are brilliant and they give you confidence. I got to the top of the stairs and felt like I'd climbed a mountain. I was amazed that I actually managed to do what five minutes earlier seemed almost impossible." Each time Elaine stood on her affected hip prior to the operation, the pain was "excruciating", but standing on her new hip gives "no pain whatsoever."



2 Months Post-Op Exercises
Elaine at 2 months post-op

Elaine is now two months postoperative and her hip "feels great." At three weeks she was able to walk a mile and almost doubled that distance a few days later. "The walking is the key, definitely. That helped the movement and helped the hip move forward and back." At seven weeks she started swimming and after initially feeling "a bit stiff", she was soon on her way to "length after length." She was also back driving at seven weeks.

Elaine was "shocked" at the removal of the small sizes of the BHR by Smith & Nephew in June. "I am small boned and surgery has given me a new lease of life and I don't know what I'd have done without it. There would have been no life without it - I'd have struggled on in tremendous pain. I have friends who are a similar build to me and they are very concerned that they are not going to be able to have this particular operation."

Watch Elaine's interview on our website here: <http://www.mcminncentre.co.uk/elaine-williams-polymotion-resurfacing.html>

Metal-on-Metal Hip Reviews

Smith & Nephew, manufacturers of the Birmingham Hip Resurfacing (BHR) have identified that certain groups of patients implanted with the BHR system are at a higher risk of revision compared to other groups. This comes from analysis of recent data from the **National Joint Registry (NJR)** for England, Wales and Northern Ireland. However, this is not reflected in the results of patients in Mr McMinn's series. We have identified that certain diagnoses may indicate increased failure risks and we take every precaution and preparation means to reduce this risk.

The **Medicines and Healthcare products Regulatory Agency (MHRA)** have introduced new guidelines following the voluntary removal of small size BHR implants by **Smith & Nephew**. The new guidelines involve **all female patients with BHRs, all male patients with BHR size 46 or smaller and all patients with BHRs having significant symptoms**. The **McMinn Centre** is obliged to follow these guidelines and are currently reviewing the logistics of this task. If you fall into any of these categories, you will be contacted in due course by **The McMinn Centre** and invited for a review.

For more information, please visit:

<https://www.gov.uk/drug-device-alerts/metal-on-metal-mom-hip-replacements-guidance-on-implantation-and-patient-management>

McMinn Centre team in 50km London walk for charity

Sponsored event raised money for Dimbleby Cancer Care

In July this year, Mr McMinn and some of his team from The McMinn Centre travelled down to London to take on a fifty kilometre overnight charity walk in aid of Dimbleby Cancer Care.

Journalist and Broadcaster Jonathan Dimbleby is chair of the charity, founded in memory of his father Richard to offer care and support for the needs of people with cancer, their families and carers. This event was set up to mark the 50th year of the charity, would span 50km and aim to raise £50,000, hence 50/50/50. The walk began at St. Thomas' Hospital and ended at Guy's Hospital, the two hospitals where the charity provides its services. Starting in the evening and going on through the night, the route took in several famous London landmarks including Trafalgar Square, Buckingham Palace, the British Museum, the Tower of London, Canary Wharf and Greenwich.



Jonathan describes himself as one of Mr McMinn's 'triumphs' after undergoing bilateral Birmingham Hip Resurfacing (BHR) surgery with Mr McMinn several years ago. Before the event, Jonathan said, "It is great that Derek and his team can join us for what will be a terrific event. With two Birmingham Hip Resurfacings (BHRs) performed by Derek himself, I will definitely make the distance – but if I don't I'll blame him! To be serious, I am extremely grateful for

their support and I wish them all luck in reaching their fundraising goal."



Mr McMinn explained, "I first met Jonathan when I resurfaced one of his hips 11 years ago and the next one five years later so when he invited me and my team to take part in this exciting challenge I couldn't say no. I not only wanted to raise money for such a great cause but also wanted to see his new hips in action and see how they would stand up to such an endurance challenge.

"Cancer is something that has affected each and every one of us in one way or another and there was no hesitation in signing up to raise money for a charity that supports those with the disease, as well as those around them. It will also be a personal challenge for each of us to go the distance. We are aiming to raise £5,000 collectively as a team".

The McMinn team were the second group to set off into the early evening, led by guide Elisabeth, and crossed Westminster Bridge and into the hustle and bustle of the City. There were several pit stops along the route manned by a fantastic group of volunteers who provided much needed refreshments and encouragement. The atmosphere along the way was jovial, the team proudly wearing their custom t-shirts kindly donated by a patient of Mr McMinn's Sean Henry and his wife Kerry of Cutessentials Embroidery, with many passers by asking what the walk was in aid of, how far the team had walked so far and also some spontaneously donating to the team there and then!

As the night drew in, the endurance of the task became more wearing and the sight of the next pit stop was always greatly appreciated. Many blister plasters were applied and painkillers consumed, but the amount of support the team had received prior to and during the event was enough to get everyone motivated and push on towards the finish line.

The event was by no means an easy feat and it was a night full of highs and lows. Many struggled through the pain barrier with both physical and mental strain taking its toll. Day broke and the finish line was almost in sight, the team knowing that Guy's Hospital was in the shadow of The Shard so had a landmark to aim for. It was with great relief at around 8:45am on Saturday 6th June The McMinn Centre team completed the 50/50/50 challenge!

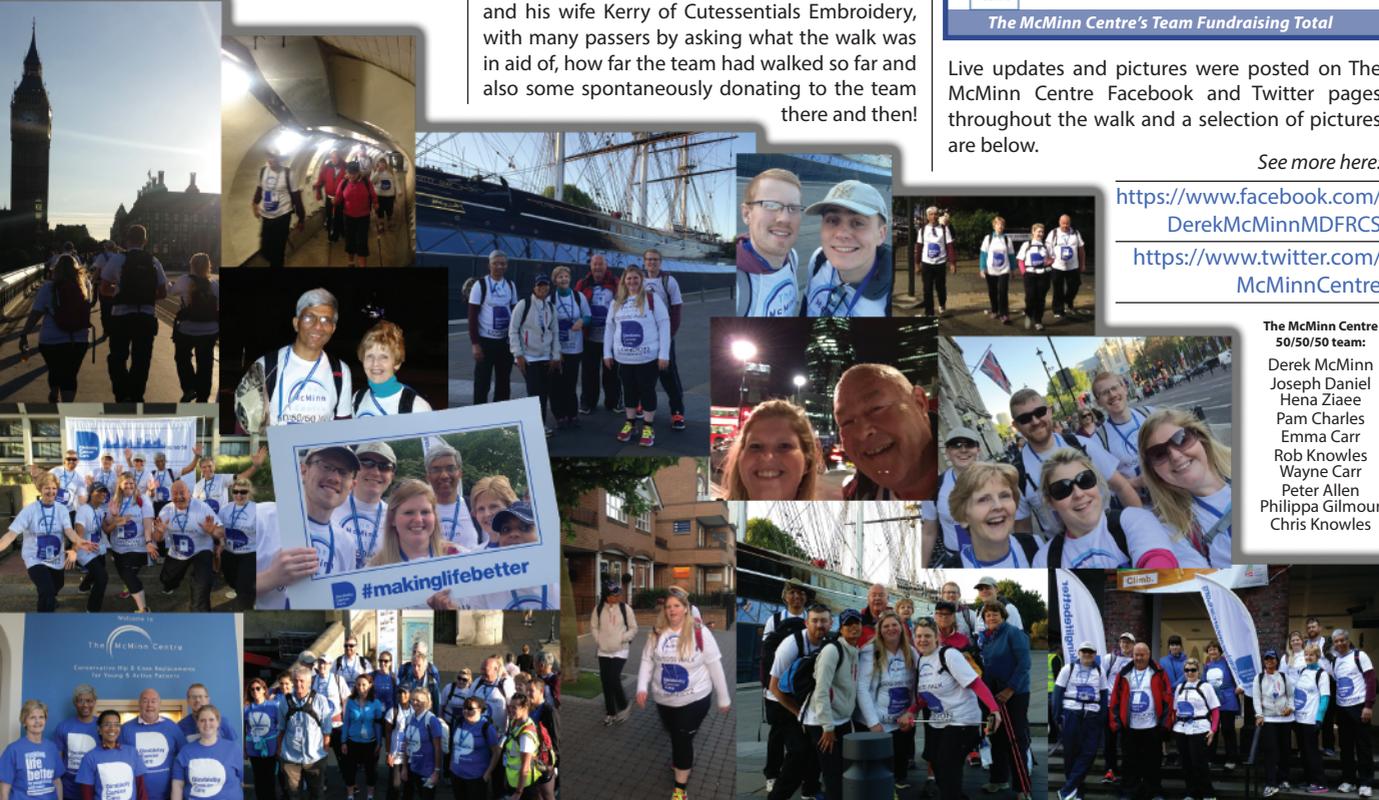
The total raised by Mr McMinn and his team far greatly exceeded our expectations, totalling a fantastic £7750.50 - that's 155% of our team target of £5000. On behalf of Mr McMinn and everyone at The McMinn Centre, we'd like to pass on a huge thank you to everyone who donated to support the team and the charity. We are very grateful for your generosity!

Live updates and pictures were posted on The McMinn Centre Facebook and Twitter pages throughout the walk and a selection of pictures are below.

See more here:

- <https://www.facebook.com/DerekMcMinnMDFRCS>
- <https://www.twitter.com/McMinnCentre>

- The McMinn Centre 50/50/50 team:
- Derek McMinn
 - Joseph Daniel
 - Hena Ziaee
 - Pam Charles
 - Emma Carr
 - Rob Knowles
 - Wayne Carr
 - Peter Allen
 - Philippa Gilmour
 - Chris Knowles



Sian strikes Gold... again!



Sian with her bronze medal

Badminton Masters Champion Sian Williams has given us an update on her sporting progress since her interview with us last year. Sian had Birmingham Hip Resurfacing (BHR) surgery with Mr McMinn in 2009 and won the Doubles Gold at the 2013 Badminton World Masters Championships in Turkey.

Ever active and always looking forward to her next challenge, Sian is fresh off the back of yet more medal wins at major Masters Championships. In September 2014, Sian competed in the Women's 50+ Singles tournament at the European Senior Badminton Championships in Caldas da Rainha, Portugal. After receiving a bye in the first round, Sian saw off English opponent Linda Wood in the second round, with a score of 15-17, 21-17. In the third round, Sian faced a tricky tie against Ilona Kienitz from Germany. Losing the first game 15-21, Sian fought back to win the second and third games 21-19 and 21-18 respectively. This saw Sian go head to head with Lone Knudsen of Denmark. It was a

close match which saw Sian narrowly lose 21-18, 21-17 and Knudsen go on to win gold in the final. Being used to playing in Doubles matches, a bronze medal is a fantastic achievement for Sian at European Masters Singles level.

January saw Sian enter another tournament, the 2015 Yonex Scottish International Seniors Championships held in Largs, Scotland. Competing in two events in both a Singles and Doubles capacity, Sian picked up two more medals to add to her impressive collection. In the Women's 50+ Singles event, Sian played Gitte Hojlund and racked up a comprehensive victory of 21-12, 21-5 to claim the Gold medal. With Doubles partner Kay Vickers, Sian played in four matches in the Women's 50+ Doubles event. It was another convincing performance, with Sian and Kay dominating to win all four matches adding another gold medal to Sian's impressive collection.

Sian really is a fantastic example of how Birmingham Hip Resurfacing (BHR) surgery with Mr McMinn can enable patients to return to the activities they love and we would like to congratulate Sian on her impressive achievements and wish her the best of luck in all future competitions!



More trophies and prizes!

BHRs the 'best choice of my life!'

Chris Brightmore talks about remaining active after BHR surgery with Mr McMinn in August '13...



Chris cycling

After suffering with increasing pain and accepting it was not just fatigue from running and cycling, I was informed my hip was failing and a replacement was required at some point. At 44, this was not great news. I desperately wanted to be active and continue with my sporting hobbies which I did for about 14 more months. I then researched and could not see any better choice than the BHR. After completing my last 24 hour mountain bike challenge in July 2013 on my worn out hip, I was ready to face a new chapter and went in for surgery in 2013 and I truly didn't expect to be able to ever consider sport at the same level again.

The operation went well and I was cared for in a very warm friendly way and soon I was home and on my road to recovery. I became very focused on doing everything to the letter in my recovery. I ate well, slept, rested and exercised as I was instructed and also took on extra physio in the first 3 months. I believe this was the key to where I am today - that and the great piece of engineering delivered by Mr McMinn and the BHR. The last 12 Months I have gained back everything and more. I'm stronger, more agile, pain free and able to consider everything and more - providing I remember I'm 47 - it's all possible. I returned to cycling and in July did a night lap in a 24 hour mountain bike challenge. This gave me the confidence to try things I thought I couldn't. It was liberating and I remembered my thoughts from 12 months prior that made me smile knowing I was ok and back fitter and stronger. I actively go to the gym and I have recently returned to squats of 100 kg confirming everything is operating perfectly.

The confidence gained allowed me to take on a 110 mile charity cycle ride in October 2013 in aid of Leukaemia. We rode from Derby to Liverpool Football club in just over 7 hrs and I felt completely comfortable it was a great achievement for charity but on a personal note conformation that I made the best choice of my life when I had the surgery last August. I have now agreed to do a coast to coast ride early next year and I see no reason I can't keep going for years to come.



Completing a charity cycle event

Millennium Hip for Hans!

On the 5th January 2000, Hans Rader underwent left Birmingham Hip Resurfacing (BHR) surgery with Mr McMinn - the first BHR of this Millennium!

"I shall be celebrating my BHRs 15th birthday on Monday on the tennis court, thinking of Mr McMinn & his team in gratitude, having played some 100 games of tennis every week since April 2000. That's a total of about 75,000 games since the operation - without ever suffering the slightest twinge of pain!"



Hans at Topkapi Palace in Turkey

We'd like to thank Hans for his message and send him our congratulations for reaching this milestone whilst continuing to live an active and pain free life.

A thank you message from a 'delighted' patient!

"Dear Mr McMinn, Mr Daniel, Senior Nurse Shinton, Sue Day (Physio), Sister Carol, HCA Delia, RMO Nasco, Hena, Pam, Meryl, and all the BMI Edgbaston Ward day and night nursing staff who looked after me during my right BHR last week, I cannot praise highly enough the entire team around Mr McMinn and Mr Daniel.



BMI The Edgbaston Hospital

From my initial introductory telephone conversation with Pam Charles two months ago, through to my release last Thursday following Tuesday's surgery, you have all been an absolute delight. A team in which I have had the utmost confidence throughout, a team that has shown itself to be flexible to be able to create an operating slot to position my surgery perfectly between my father's 90th birthday celebrations and (hopefully!) my trip to South Africa in two weeks' time. Thank you for all the care and attention you have shown. May the McMinn and BMI Edgbaston team long continue to thrive!" - Gareth Quarry

From all at the McMinn Centre, we'd like to thank Gareth for his message and wish him all the best.

IF YOU WOULD LIKE YOUR STORY TO APPEAR IN THE NEXT PATIENT POST, PLEASE SEND THEM TO: robknowles@mcmincentre.co.uk

The only way is up for 'Mountain Man' Peter

Marathon runner Peter Bell has given an update on his recent achievements

The following is an excerpt from Peter Bell's blog post in which he describes competing in several events including the Swiss Alpine Marathon...

With all my strength I pace myself to the finish line, crossing in 267th place out of over 1000 runners of all age groups – and 36th place in the vet group. My McMinn hip was all good and I was just so relieved. The next day prior to my departure I spent some quality just walking in the parks, amazed at how good my resurfaced hip felt and just enjoying this time and planning my next adventure.

Later in the year I travelled to the Czech Republic to the Janske Lazne World Masters Championships with a team from North and South Ireland to compete in a 9km uphill mountain race. These races are so intense as it is flat out from the start line – there's no downhill or level terrain here. I completed this race in a respectable time, coming in around the middle of the vet group.

To complete the year I finished my last local mountain race in October and won my vet group. This last race gave me enough points to win the Grand Prix Championship vets, this now being the 3rd year in a row. This completed our season and once again I have to report that my resurfaced hip performed fantastic.

Last year I climbed Mount Kilimanjaro, cycled a bike marathon mostly uphill, and ran the marathon. I was fourth in the marathon and collected the triathlon trophy as I completed all three events in a week and was first in the bike race. I was by far the oldest competitor in this competition so was very pleased with my performance, and this is now five marathons (off road) in five continents completed. That's three with my resurfaced hip!



Peter (far left) atop Mount Kilimanjaro

Read Peter's full update and many more patient stories on our Joined@theHip blog here:

<http://www.mcmmincentre.co.uk/blog>

"I will continue to live life to the full and hope that by the time my knees give out Mr McMinn will give me new knees so that I can continue to run low mileages, especially the World Masters, and lead a full and active life. It's about striking a healthy balance, of training smart, getting good rest and just listening to your body."



Peter Bell competing in the Swiss Alpine Marathon

Two new video lectures by Mr McMinn available to view online

Two new lectures presented by Mr McMinn can be viewed on The McMinn Centre website. They focus on our results for women with Hip Resurfacings in the wake of Smith & Nephew's voluntary recall and how to introduce new hip prostheses in 2015:

Women do well with Hip Resurfacing in my hands
Derek McMinn

PLAY June 2015

The McMinn Centre
Video Lecture Presentations

<http://www.mcmmincentre.co.uk/research-lectures-women-resurfacing.html>

How to introduce new hip prostheses in 2015
Derek McMinn
Great Debate, London

PLAY June 2015

The McMinn Centre
Video Lecture Presentations

<http://www.mcmmincentre.co.uk/research-lectures-new-prostheses-2015.html>

Make sure to follow us for all of the latest news!

- Derek McMinn MD FRCS
- @Derek_McMinn @McMinnCentre
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For more information on any of the articles in this newsletter please visit: www.mcmmincentre.co.uk



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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