

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

Greetings from Birmingham. We're accelerating quickly into 2013 but there's much to catch up on. What a year 2012 was!

Over the summer we celebrated the 15<sup>th</sup> Anniversary of the Birmingham Hip Resurfacing, with my first ever BHR patient, Mark Edwards, returning for his follow-up consultation in September. How the time flies! I'm pleased to report he's doing very well and continues to lead an active lifestyle. Clinically and radiographically his BHR is perfect and honestly, it is very difficult to differentiate between his one and 15 year x-rays (pictured, right)!

Continuing along with this nostalgic theme, one of my first ever prototype resurfacing patients, Katie Ellis, is also interviewed in this issue. She had her surgery in 1991 and reached her 21-year follow-up in the Autumn. By all accounts she's still thrilled with her surgery and offers her opinions on the Metal-Metal hip debate.

If you're a native Midlander you may have caught my cameo appearance on ITV's *Central Tonight* early in January. Their lead news presenter, Bob Warman, recently had his hip resurfaced by Ronan Treacy at BMI Priory. Bob's already back on our screens and you can find out more on our website: <http://bit.ly/T9MB7n>

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

## Still Going Strong, 15 Years Along

### World's First BHR Patient Thrilled with his 15 Year Outcome

**Mark Edwards had the world's first Birmingham Hip Resurfacing (BHR) on 30<sup>th</sup> July 1997 at the age of 38. The onset of osteoarthritis forced him to give up rugby and squash in his mid thirties, whilst he relied on a walking stick to get around.**

Mark was offered a total hip replacement in London but recalls, "I was feeling uncomfortable about that kind of surgery. It was a pretty significant operation and I was still very young and keen to be active." Fortunately, Mark came to discover an alternate procedure pioneered in Birmingham by Mr McMinn and he continues: "I was about to embark on having a family and wanted to encourage my children to be active and lead by example."

Mark was convinced a bone-conserving BHR was his best hope of getting active again, despite the procedure being in its infancy. "I knew Mr McMinn had done a fair number of successful prototype operations. And he cited some examples of patients who'd gone back to doing judo and mountain running. That very much persuaded me that it was something I was prepared to go for. I was of the view, given my age, that it was 'nothing ventured nothing gained.' And if a relative new procedure didn't work out it still left me in a position to have a full hip replacement if that was necessary."

Mark's wife was heavily pregnant during the summer of 1997 and they were keen to get surgery out of the way before she gave birth. Mark explains: "My wife wasn't wild about changing surgical stockings whilst she was eight and a half months pregnant! But thankfully we managed to get the operation in just before the baby was born which was great and I was in a position to do all the fatherly duties that were required. Then, after about six weeks I was back at work walking without a stick."



**Mark's x-ray series showing an excellent outcome at 15 years follow-up**

Having recently returned to the BMI Edgbaston Hospital for his 15 year follow-up consultation and x-rays (above), Mark's over the moon with his BHR. He comments: "Everything's looking as good as the day it was put in. The fact that there seems to be no deterioration in hip function 15 years on is very encouraging. I'm very pleased with the outcome so far."

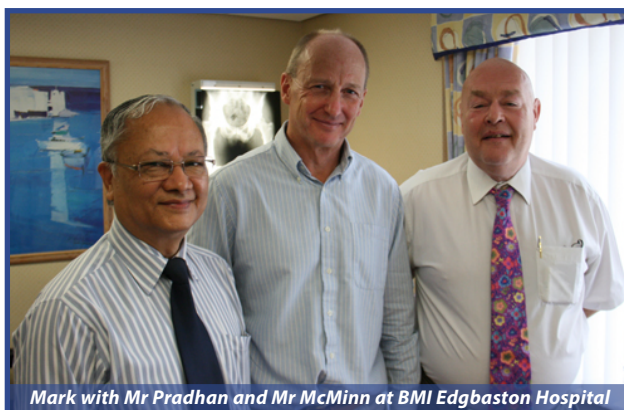
Mark's also enjoyed a range of activities since his surgery, getting back to skiing, swimming and sailing. "I've been skiing for the last 10 years which is brilliant because it's one of the key things I wanted to keep doing. I still swim an awful lot too. About five years ago I did the swimming leg of the *London Triathlon* as part of a relay team. It was a fairly intense 1,500 metre open water swim - so probably the most tired I've felt since the operation."

"I have no experience of how a total hip replacement may have been but my expectations were that, had I had one, I wouldn't have been nearly as active either immediately afterwards and certainly not 15 years on. In that respect I'm delighted that my hip resurfacing has allowed me to continue with an active lifestyle and enabled me to keep fit."

"I guess for me the real testimony is that I now take it for granted that I can lead a full and active life, without giving a moment's thought to the fact that 15 years ago I had hip arthritis."

And I do remember the day I was diagnosed and the real sinking feeling at the age of 31 that I should have such a debilitating disease. It's not something I've thought about since because there's nothing stopping me from leading an active lifestyle. I'm very pleased to be in that position now."

Watch Mark's full video interview on our website: <http://bit.ly/SDTdcJ>



**Mark with Mr Pradhan and Mr McMinn at BMI Edgbaston Hospital**

# 21 Years with my Metal-on-Metal Hip Resurfacing

## One of Mr McMinn's first resurfacing patients speaks about her experience

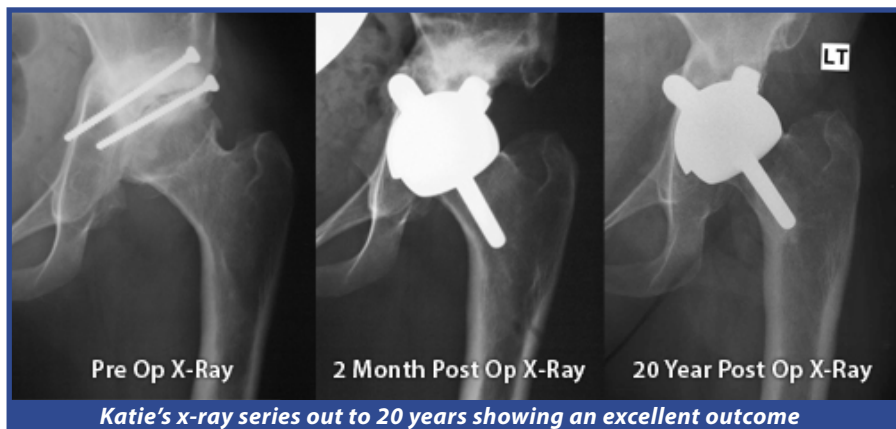
Katie Ellis from Birmingham is one of Mr McMinn's very first conservative hip patients. After being diagnosed with Congenital Dislocation of the Hip (CDH), aged four, she underwent several surgeries culminating in her Metal-on-Metal (MoM) hip resurfacing in 1991. 21 years later, she's living a happy and moderately active life, describing her resurfacing as a 'Godsend'.

Katie was only 21 at the time of surgery and explains: "Prior to having my hip resurfaced I was not able to walk very far at all. I had to use a walking stick and it was painful pretty much all the time. My level of activity was very low and at 21 you want to be out and about, so it was very restrictive in that respect."

Katie's problems arose due to complications with her 'clicky' hip. Children with CDH are usually treated much earlier and Katie recalls: "Because it wasn't picked up until I was four it was already a very deformed hip. I had a few operations with Mr Sneath at the Royal Orthopaedic Hospital [ROH] in Birmingham. Eventually I had the hip resurfacing because there was nothing more they could do."

At the time Mr McMinn made it very clear that hip resurfacing was an experimental, new procedure. In spite of that she says: "I was more than happy to go ahead with it. It was a no brainer really." For Katie the idea of a conservative arthroplasty was a compelling one. It would provide a fuller, more natural range of movement and better stability compared to alternative treatments.

One option was a total hip replacement (THR), something which never really appealed. "At 21 it wasn't really the sort of thing I wanted to be doing," explains Katie. "The options were very limited - you could only have three THR revisions in your lifetime at that point. And I might not have had the same level of activity."



Katie's surgery went ahead shortly before her 22<sup>nd</sup> Birthday and, amazingly, she got her rehabilitation and recovery out of the way just weeks before getting married. "It wasn't quite as straight forward as a standard resurfacing because there was a lot of bone grafting done. I had to let that heal over the next couple of months. But I was able to walk down the aisle without limping! After that my level of activity went up to normal." Since her surgery Katie's back to dancing, dog walking and family life with her husband and two sons.

"I couldn't have done most of what I've done over the past 20 years if I'd not had my hip resurfaced. I don't know what I'd have done about having children - certainly not when they're young and you're running around after them and physically carrying them. I don't think I could have done any of that. It would have made life a lot harder. And I couldn't be wearing Jimmy Choos if I hadn't had my hip done!"

But for Katie it wasn't important to get out and sample extreme sports after surgery - like so many hip resurfacing patients do.

Her hip resurfacing provided a simpler pleasure: an arthritis-free life without the need for a walking stick. "I wouldn't go jumping out of an aeroplane or go bungee jumping! I've been given something that's made my hip pain-free - why would I want to risk it?"

Conversely, Katie is at a loss to explain the recent *Lancet* report which claims Metal-on-Metal hip resurfacing is an unsuitable procedure for women. "It made me very angry," she says. "I was ranting at the TV when I saw the report. It seems to be such a narrow-minded view when there are so many of us who have had successful resurfacings, giving us a life that we wouldn't have otherwise had."

"Every few years there's a big thing about Metal-on-Metal, for example the story about whether it affects unborn children and I just get really quite cross. Neither of my sons have had any health problems. The first one was born two years after the resurfacing operation; the second four or five years later. They were big babies and carrying them was no problem. They're now 19 and 14 and both very healthy and very clever - the eldest one's just started University and the youngest is doing his GCSEs."

Far from the media-fuelled circus surrounding MoM, Katie continues to lead a healthy life with a fully functioning hip resurfacing. "The fact that it's lasted 21 years is better than I would have imagined - it's certainly better than I would have got with a standard hip replacement. I go for regular checkups at the ROH every two years. The x-rays show there's never been any movement or any problems with the joint."

Her resurfacing has passed the test of time and Katie has nothing but praise for both her hip and her surgeon: "I'm very satisfied with my outcome. I think my mother, my father and I would all say that Mr McMinn is our hero!"

Katie's full video interview can be found on our website: <http://bit.ly/11eLR4v>

**"I couldn't have done what I've done over the past 20 years if I'd not had my hip resurfaced. I don't know what I'd have done about having children. It would have made life a lot harder."**



Follow the McMinn Centre:





## A Right Old Knees Up

*BKR Patient Delighted with Activity Levels*



**Colin and his wife on their American Adventure**

Colin Drew had his Birmingham Knee Replacement (BKR) with Mr McMinn in April 2010 and swiftly got back to skiing and waterskiing following surgery.

Initially sceptical about knee replacement, Colin was impressed by Mr McMinn's promise that a BKR would let him stay active. Two-and-a-half years later Colin acknowledges his surgeon's fulfilled that guarantee. "It's definitely proved the case," he says. "I'm very pleased with my BKR. I've had x-rays taken which prove that it's in good condition and I can do all the activities I want to do with it.

"Since the operation I've been on five skiing holidays, I water ski during the summer and we've been on two walking holidays." One of which was a trip across the Atlantic to visit some of the US National Parks (pictured, above), walking up

to 10 miles each day. "Most of the walking was fairly high altitude - 9,500 up to about 11,000 feet," he explains. "Normally with a bad knee the difficulty is not walking up but walking down - and mine was absolutely fine."

Many knee replacement patients find travel bothersome following surgery. But no such difficulty for Colin and his BKR. He clocked up nearly 3,000 road miles in the US with no pain whilst driving. He adds: "Anybody who goes on a plane and has to sit down for eight or nine hours knows it can be uncomfortable. The knee caused me no problem at all."

Colin says he's come a long way since his painful pre-surgery days, recalling that: "Walking two or three miles - even with a leg brace - was real agony." And with the future looking bright, he's excited about staying active. "Although I'm 68 years of age, as long as I can carry on doing the sports I will do. I was beginning to struggle before the operation but my BKR has revitalised me so I'm making the most of it."

The BKR is an innovative new knee replacement boasting lower wear rates, higher stability, an increased range of flexion and better patient satisfaction scores than competitor designs.

**Colin's x-ray series showing an excellent outcome at 2.5 years**



Mr McMinn's BKR patients are able to get back to activities such as golf, cycling, tennis and skiing following surgery. For more information, please see our website: <http://bit.ly/M3Fup5>

## BMHR Milestone

In another McMinn milestone, we celebrate the 10<sup>th</sup> anniversary of the Birmingham Mid Head Resection (BMHR) prosthesis this Summer. Launched by Mr McMinn in 2003, the BMHR is a conservative hip arthroplasty for active patients who are unsuitable for regular hip resurfacing.

Mr McMinn's early experience showed hip resurfacings can fail when implanted in certain patients whose original diagnosis and bone quality made them more prone to failure. "In the late 90s, we were seeing BHR failures in specific cases - Avascular Necrosis [AVN] and femoral cysts, for example," he explains. "We learned quickly that BHRs should ideally be implanted in strong, stable femoral bone, so we stopped offering hip resurfacing to new patients with these diagnoses.

"But, rather than send these young people away in pain - or giving them a total hip replacement, I came up with alternative concept that would by-pass these issues." The BMHR's stem is chunkier than a standard hip resurfacing. It is cone-shaped and, when implanted, sits securely in the femur - much like a stopper in a bottle - occupying any areas of damaged or necrotic bone, which are removed during surgery.

"The BMHR gives me an intermediate option between BHR and total hip replacement, allowing me to treat the full spectrum of arthritic hip disorders," says Mr McMinn. "And, thanks to its large-diameter head, it offers all the benefits of a hip resurfacing - a full range of movement, stability, a low risk of dislocation. It's also bone-conserving, meaning better revision options."

The first BMHR patients have begun trickling back to the BMI Edgbaston Hospital for follow-up consultations and their feedback is so far very encouraging. If you would like to find out more about patient experiences with the BMHR, please see our website for some testimonial case studies: <http://bit.ly/14xduCQ>



(A) The BMHR prosthesis. (B) An x-ray showing how the BMHR's tapered, conical stem sits in the femur like a stopper in a bottle, compared to a standard BHR x-ray (C)

## Successful McMinn Power Generator Trial

In early October, Mr McMinn travelled north to Stockton-on-Tees to begin testing his recently-designed renewable power generator. The 'water pump', which forms part of Mr McMinn's philanthropic portfolio, generates a pressure build up as tidal flow passes through.

After a marathon 3-day construction process, the 5-tonne generator was crane-lifted into a canal at Tees Barrage, with a controlled water flow passing through for testing. Amazingly, the rain held off and, after several trials late into the day, the design concept was proven.

The success of the pump is an exciting development and we hope it can be fully utilised in the renewable energy sector. The generator has now been moved to Birmingham where it will undergo modifications and further trials.





**Ex-Chelsea and Everton winger Pat Nevin was keen to stay active following his retirement from professional football. The onset of hip arthritis in his late thirties caused a moderate limp, though he was able to carry on with regular golf and football in the interim.**

"The real pain came when I felt the hip 'go', during a five-a-side game in Glasgow," says Pat. "I think that is when the last of the cartilage gave up!"

Pat, who now works as a writer and broadcaster, made 660 club appearances and won 28 caps for Scotland during his 19-year career. He explains: "The deterioration was almost certainly caused by football and specifically the unnatural loads I exerted whilst twisting and turning in an extreme manner." Pat says the decision to pursue hip surgery came from his desire to, "Live as full a life as possible. Why limp for 10 years in discomfort when you can be back on your feet living a perfectly full and normal life?"

Pat next sought medical advice from the Professional Footballers Association (PFA). "Ex players get great assistance and, as former PFA Chairman, I knew that this service was available and very good. I started there and from then on all the advice was about the Birmingham Hip Resurfacing [BHR] and Mr McMinn specifically."

Intrigued by the possibility of staying active, Pat booked a consultation with Mr McMinn to find out more about the BHR. "He explained the problem clearly, which I was fairly well aware of," says Pat. "He also explained all the surgical options, including doing nothing."

"There was no hard sell, just an honest and mature appraisal of the situation. I particularly enjoyed not being treated like a brainless outsider to the medical world!"

The conversation, quickly turned to football with his sports-enthusiast surgeon, however. "I trust I didn't treat him like a brainless outsider to the football world!" jokes Pat. "I couldn't have anyway, he is very knowledgeable." Following his consult, Pat booked himself in for surgery in the summer of 2005, commenting: "It was a no brainer. The benefits of BHR are just so huge."

Like many professional sportsmen, Pat was no stranger to going under the knife. "I'd had quite a few operations - an anterior cruciate ligament reconstruction, shattered cheekbone, a couple of leg fractures - so going to theatre wasn't really a concern," he recalls. "I happen to be one of these people who thinks of my body like others think of a car - when it's broken get it fixed and try to take care of it afterwards. I can't really understand why others get worried or concerned, but then my wife does think I am an oddball for my attitudes!"

That said, Pat was "totally amazed" to be back on his feet and mobilising the day after surgery. "The arthritic pain was gone right away and it was then just about recovery."

"Having had many other surgeries I knew I was a fast healer and knew how to work my way back as quickly as possible. Slowly but surely I started and was certainly jogging gently after four months with no problem."

If that was quick, Pat took speed to another level after his second BHR in 2008. "I was working at the UEFA Cup final six days after surgery - maybe a little quicker than Mr McMinn would advise I suspect!"

Following his bilateral BHRs, Pat's back to a range of activities. "I run five times per week, for 45 minutes each time. I play football fairly regularly and this is always full 11-a-side games on pro pitches in charity games. The hips never seem to be a problem. 18 holes of golf is never a problem either." Pat is clearly delighted and he says, "In simple terms I got my old life back. And, at the very least, I feel 10 years younger. So far I've had continual improvement year on year, which I hope lasts."

Pat says he isn't the only football star with a BHR, either: "We are a little gang and we do chat about it - particularly my friend Gordon Strachan, the new Scotland manager. After an initial little hiccup for which he blames himself, he tells me he is as delighted as I am. I am happy about that because I recommended he got it done with Mr McMinn in the first place."



**Pat (second player from left) and his Chelsea teammates - including Gianfranco Zola, Tore Andre Flo and Jimmy Floyd Hasselbaink, amongst others - in their recent London Legends Cup game against Fulham at Craven Cottage. Pat scored twice in Chelsea's 5-1 win.**



## 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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