

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

2014 has been another year of personal and clinical milestones and success stories from some of my patients. It's a great time to catch up on what has happened since the previous issue of Hip & Knee News.

The 30th of July marked a fantastic **seventeen years** of the Birmingham Hip Resurfacing (BHR) in clinical use. The Bone & Joint Journal published a paper on the **15 year results of the first 1000 BHRs** which saw my Director of Research Mr Joseph Daniel awarded 'Author of the month'. This is excellent news and the paper highlights the continued success of the BHR. Well done to Joseph and the team! Read more on page 3.

One of my 3600 plus BHR patients won a Gold medal and became **Badminton World Masters Doubles Champion** at the end of last year. A remarkable achievement considering she is at four years post-op. Two brothers, both with a BHR, **successfully run two hotels in Great Yarmouth**, see page 2. It's always great to hear how well my patients are doing post-surgery. My Media team filmed a video interview with Sian and the Delf brothers; both of which you can see on my website.

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

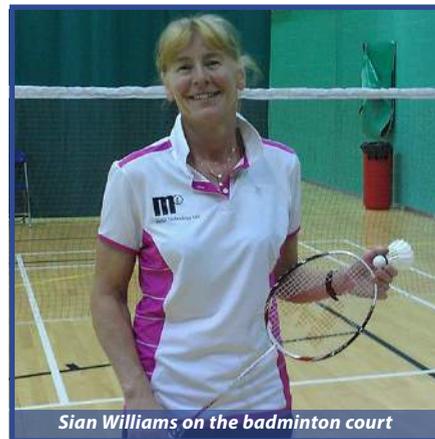
Sian strikes Gold at World Badminton Masters *BHR patient takes top prize in the doubles tournament*

At the end of last year we caught up with Sian Williams, a fitness instructor, professional Badminton player and coach who gave us an update on her impressive post-surgery successes. Sian became World Masters Badminton Doubles Champion 2013 in Ankara, Turkey – after undergoing Birmingham Hip Resurfacing (BHR) surgery on her right hip, performed by Mr McMinn back in 2009.

Before the operation, Sian described her hip pain as being 'particularly bad', affecting her walking when she developed a limp and eventually forcing her to stop playing badminton. Exploring her options for treatment, she was offered a Total Hip Replacement by several consultants who couldn't guarantee a return to playing badminton – something she was desperate to be able to continue. After meeting Mr McMinn, Sian opted for the more bone conserving treatment, ideal for younger and more active patients – the Birmingham Hip Resurfacing.

The surgery, recovery and rehabilitation were "great" said Sian. Mr McMinn gave her a post-operative programme to follow and she stuck to it. A gradual increase in activity is vital, starting with swimming then advancing to more involved activities such as cycling. Sian didn't play badminton for a year post surgery due to the impact loading involved; it can take up to 12 months for the bone to regain its strength and durability. "I took it very, very slowly but glad I did because the recovery was so much better in the end." Sticking to the plan paid off and Sian could eventually return to the court. "It was great to get back playing again – I'd really missed it because it's such a big part of my life with it being a job as well."

In the 2013 World Masters Championships in Turkey, Sian played a total of nine matches over the week, progressing through to the final with her doubles partner Pam Peard. They saw off the number two and three seeds along the way and lined up against the tough opposition of number one seeds Lone Hagelskjaer Knudson of Denmark and Mei-Ying Lee of Chinese Taipei. The duo battled it out in a close fought encounter and came out on top, bringing home the gold medals. "All the games got progressively more difficult, the final was very difficult – three sets – and we were well down at the change on the third but luckily we came back and the hip held up!"



Sian Williams on the badminton court

At the tournament, Sian met another of Mr McMinn's patients, Dave Eddy, who was also competing in the single and doubles championships. Dave has bilateral Birmingham Hip Resurfacings and continues to play at masters level, collecting a medal in the over seventy category. "It's great to see that he can still compete at that level and hopefully I'll be able to do that in twenty years as well!" said Sian.

Surgery has made a huge difference to Sian's general day-to-day life too, with sleep disruption and pain becoming a thing of the past. Not being a driver, Sian relies on being able to cycle and being active to get around, so the fact that she is no longer restricted by pain is a "huge thing" for her. Sian's advice for anyone who is considering hip resurfacing surgery is to "definitely go ahead and get the BHR because it has just changed my life totally. The fact that I am a woman – that never put me off at all. I know that there's talk about it not being as successful for women but for me it has been a huge success."

We'd like to wish Sian the best of luck for all of her future competitions and tournaments!

Watch Sian's interview on our website here: <http://www.mcminncentre.co.uk/sian-williams-badminton-hip-resurfacing.html>



Sian receives her Gold medal in Turkey

Hotelier Brothers Nick & Jason share surgery success! Karate Blackbelt and Volunteer Lifeboat Crewman's BHR experience

Brothers Nick and Jason Delf are constantly on their feet as managers of The Burlington Palm and Marine Lodge hotels on the busy Great Yarmouth seafront. The Norfolk siblings have both travelled to Birmingham for hip surgery with Mr McMinn. Hip & Knee News visited East Anglia earlier this year to catch up with them both and hear all about their experiences with the Birmingham Hip Resurfacing (BHR).

Older brother Nick was the first to seek Mr McMinn's expertise. The active 48 year old first noticed a problem with his left hip whilst kick-starting a motorbike with the pain becoming progressively worse. Nick was having trouble walking and sleeping, comparing the pain in his hip to a 'constant toothache'.

Jason remembers; "Work wise he was struggling. He was able to carry on through sheer determination but it's not just the physical effects. As a family, we did notice." After an exploratory operation, Nick was told that there was nothing that could be done until he was over fifty. "When you get to the stage where you feel like you want to physically cut your own hip out, you're prepared to try most things."

Finding out about Mr McMinn and the Birmingham Hip Resurfacing in a newspaper, Nick opted to do something about his pain rather than try to put up with it. "[The BHR] seemed like a good solid operation with a good standing for the younger age group. My main objective was to be pain free, able to walk and to generally function."

Post-surgery in 1999, it was clear to see that Nick's hip pain had gone straight away. Jason remarked, "After he'd had it done, first thing we noticed was that his mood had changed so much. It was so nice to see him able to do things he couldn't do before."

Nick now enjoys weekly karate and was awarded the 3rd Dan blackbelt, after his hip surgery. He also enjoys being able to run to the beach, take his dogs for a walk and occasional skiing. "Without my BHR, I wouldn't be able to walk or sleep. I don't know how I'd be functioning."



Nick shows off his blackbelt karate skills

Jason suffered from Perthes disease as a child, which causes softening of the femoral head. Whilst setting up a treasure hunt for hotel patrons, he experienced terrible pain. Initially thinking it was a back problem, Jason was told he had arthritis in his hips and – the same as his brother – that he was too young for surgery. Nick recalls, "Jason was affected similar to myself, he was in constant pain, limping and a general deterioration. It's hard to keep the weight off when you are like that and Jason did put quite a bit on at the time, simply because of lack of mobility"

As soon as Jason found out what the problem was, he took the 'no brainer option' and saw Mr McMinn for a BHR in 2011. "After seeing the success of Nick, obviously the BHR procedure was going to be the one for me. Derek McMinn as the surgeon was going to be the man for me because he'd done such a good job on my brother." The pain-free relief was instant for Jason who praised the BMI Edgbaston Hospital staff for making his stay comfortable.

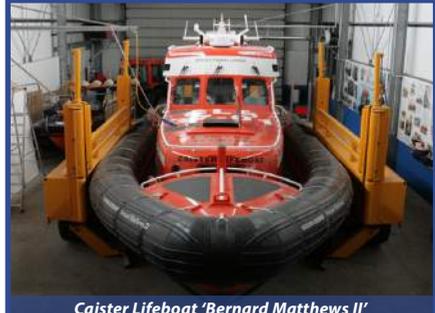


Nick Delf (L) and Jason Delf (R)

The BHR rehabilitation procedure is a vital step towards recovery. Jason knows more than anyone that it should be followed 'to the letter'. "I am a prime example of an idiot who didn't do that. I was determined to get better too quick and pushed myself to the limits." Seven weeks after surgery, Jason tripped in the busy dining room at his hotel. X-rays showed a fracture of the femoral head and implant movement. Nick recalls, "Jason was doing a lot of walking but I think it's just one of those unlucky things."

"After seeing the success of Nick I knew the BHR was the one for me, with Mr McMinn as the surgeon"

The choice was to have a total hip replacement or for Jason's preferred option of trying to heal himself, starting with three months non-weightbearing. "Mr McMinn did explain to me that my odds were very, very slim with the likelihood that after three months the implant could fail." Fortunately for Jason, the next x-rays showed that the implant was firmly in place and after following Mr McMinn's strict procedures, it remains that way to this day.



Caister Lifeboat 'Bernard Matthews II'

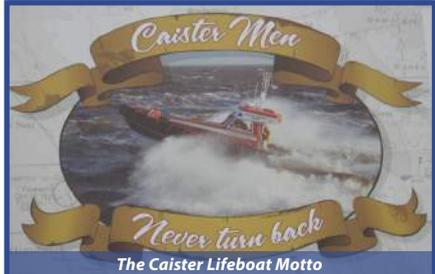
Now Jason cycles to work and swims four to five times a week. "It is unimaginable, my life without the BHR. I wouldn't be able to walk, run the business or have any activities with my family." In 2006, Jason joined the Caister lifeboat crew. Since his BHR, he has returned to the crew and attended many 'shouts'. The lifeboat crew motto is 'Caister men never turn back', a motto Jason has always lived by. At the end of last year, they were called out for a 'harrowing' rescue involving the crew's coxswain and his son in a fishing boat taking on water. The sea was picking up, it was dark and right in front of their eyes the boat went down. "We had to get our friends and colleagues out of the sea. I actually got hold of the coxswains' arm myself – I've never been so pleased to hold another man's hand in my life!"

Jason and the crew managed to pull them both out and tow the stricken vessel back to the beach upside down. With a lot of manhandling and physical exertion, the crew managed to return the boat upright. "I am just so grateful to Mr McMinn and his team that it's given me back the ability to do that kind of thing. There might have been someone else in my position at the time – I don't know – but I was there and because of Mr McMinn and the team, I was able to save a friend's life at sea."

See the full video interview with Nick and Jason on our website here: <http://www.mcminncentre.co.uk/nick-jason-delf-hip-resurfacing.html>



Emergency services on the scene at the Lifeboat house



The Caister Lifeboat Motto

Director of Research Mr Joseph Daniel FRCS MS(Orth) selected as monthly featured author in The Bone & Joint Journal

In their latest issue, the Bone & Joint Journal (BJJ) - one of the leading orthopaedic and trauma journals in the world - published the McMinn Centre's results of the first 1000 Birmingham Hip Resurfacings at 15 years. Director of Research Mr Joseph Daniel has been chosen as the monthly featured author by the BJJ. Congratulations to Mr Daniel and the team for all of their hard work! The abstract of the paper is below.

Results of Birmingham Hip Resurfacing at 12 to 15 years: a single-surgeon series

We report a 12 to 15-year implant survival assessment of a prospective single-surgeon series of Birmingham Hip Resurfacings (BHRs). The earliest 1000 consecutive BHRs including 288 women (335 hips) and 598 men (665 hips) of all ages and diagnoses with no exclusions were prospectively followed-up with postal questionnaires, of whom the first 402 BHRs (350 patients) also had clinical and radiological review.

Mean follow-up was 13.7 years (12.3 to 15.3). In total, 59 patients (68 hips) died 0.7 to 12.6 years following surgery from unrelated causes. There were 38 revisions, 0.1 to 13.9 years (median 8.7) following operation, including 17 femoral failures (1.7%) and seven each of infections, soft-tissue reactions and other causes. With revision for any reason as the end-point Kaplan-Meier survival analysis showed 97.4% (95% confidence interval (CI) 96.9 to 97.9) and 95.8% (95% CI 95.1 to 96.5) survival at ten and 15 years, respectively. Radiological assessment showed 11 (3.5%) femoral and 13 (4.1%) acetabular radiolucencies which were not deemed failures and one radiological femoral failure (0.3%).

Our study shows that the performance of the BHR continues to be good at 12 to 15-year follow-up. Men have better implant survival (98.0%; 95% CI 97.4 to 98.6) at 15 years than women (91.5%; 95% CI 89.8 to 93.2), and women < 60 years (90.5%; 95% CI 88.3 to 92.7) fare worse than others. Hip dysplasia and osteonecrosis are risk factors for failure. Patients under 50 years with osteoarthritis fare best (99.4%; 95% CI 98.8 to 100 survival at 15 years), with no failures in men in this group.

It has been two years from the completion of the study, before the analysis could be done, and the results finally published. In the interim our earliest cases with the BHR have moved on to over 17 years following operation.

We are very pleased to report that the same trend continues at 17 years, with 96.1% implant survival in the entire group which includes all the cases operated at the McMinn Centre between July 1997 and July 2014 - all patients with all diagnoses - with no exclusions. In men the 17 year results are 97.3% and in women 93.1%.

The device has remained unchanged during this period. This is unique because almost all other devices have had changes made to one or more of its component parts in terms of materials or design or both. Therefore there is no device that is in use today that has the long-term follow-up that the BHR enjoys. Whether this trend will continue for 20 years or 25 or 50 or longer, only time will tell.

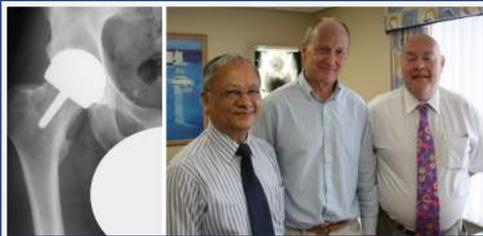


Director of Research
Mr Joseph Daniel

Seventeen Years of the BHR in clinical use!

The 30th of July 2014 marked seventeen years of The Birmingham Hip Resurfacing (BHR) being in clinical use. Since then the BHR has been implanted over 150,000 times and is widely recognised as the most successful hip resurfacing device in the world.

Mr McMinn's total number of implantations is ever increasing, with the latest count in excess of 3650 BHR's. He has changed the lives of many, enabling them to get back to pain-free, active lifestyles. Mark Edwards was just 38 years old when he received the world's first BHR on July 30, 1997. Two years ago we caught up with Mark and his progress 15 years after his surgery.



Mark Edwards at his fifteen year follow-up consultation with Mr Pradhan and Mr McMinn, x-ray shows a perfect result

You can watch the interview with Mark on our website here:

<http://www.mcminncentre.co.uk/mark-edwards-first-birmingham-hip-resurfacing.html>

The Birmingham Hip Resurfacing was introduced by Mr McMinn as a solution to



painful, arthritic hips in people deemed too young for a traditional Total Hip Replacement. The bone-conserving design retains the majority of the bone with only a few millimetres from each articulating surface being removed. This allows for better anatomical matching, stability and range of movement and the BHR's design has remained unchanged since its first implantation.

Get involved on the McMinn Centre social networks and blog!

Our social networks have been ever increasing in content and activity over the past few months. They are the first place our news stories, updates and patient interactions are shared and we always look forward to your feedback. We have a presence on all of the major social networks. If you haven't already, make sure to find us and like, follow and subscribe to be kept up to date with all the goings on at The McMinn Centre!

Joined@theHip is our patient focussed blog, updated every month with a new story sent in by one of Mr McMinn's patients. We have a wide array of stories ranging from exceptional sporting feats including treks and marathons to general day-to-day feats such as being able to walk in high heels again or getting undisturbed, pain-free sleep. If you would like to share your stories about your surgical experiences with Mr McMinn or any post-surgery achievements or comments, please get in touch! You can send your blog along with any photographs and/or videos you'd like to share to accompany your story to RobKnowles@mcminncentre.co.uk. See the back page for an excerpt from one of our latest blog entries!

We are easy to find on social networks. Simply visit each site and search for the corresponding name listed underneath the website icons below:



Derek McMinn MD FRCS



@Derek_McMinn
@McMinnCentre



TheMcMinnCentre



The McMinn Centre



The McMinn Centre



City lawyer bitten by the cycling bug!

Duncan tells us of an increasing passion for cycling since his Birmingham Mid-Head Resection (BMHR) surgery in 2011

Joined@theHip patient blog excerpt

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Duncan McDonald has always lived an active life. The avid runner competed in the first ever London Marathon in 1981 and is also a keen club squash player. In 2009, at the age of 55, his right hip started to cause some discomfort. Assuming it was a sport related issue, Duncan was greatly surprised to learn that he needed a new hip. "I was too young and it seemed terribly unfair! I probably went into a state of denial. I soldiered on, still finding ways to exercise but did not like the idea of having to nurse a new hip. I wanted so far as possible to be as active after the operation as I had been in the past."



Duncan runs in the Hamburg mini triathlon

Just as the pain was starting to become acute, Duncan had the "good fortune" to sit next to a guest at a dinner party who had been in a similar position. They recommended a visit to Mr McMinn who had performed their hip replacement. "What particularly attracted me was that the McMinn BMHR involved losing much less bone, so that if and when the joint ever needed replacing in the future due to normal wear and tear, the next step would be what would otherwise have been a conventional 'first replacement'. This was important to me because prospectively it gave me the chance of three hips rather than two – assuming a long and active life."

In the first year following his surgery in November 2011, Duncan followed Mr McMinn's recovery plan and was "fairly cautious". He started to cycle to build up leg muscles and around 16 months after the operation, he was competing in a 100 mile charity cycling event. "I had been bitten by the cycling bug!" Shortly thereafter, Duncan committed to joining colleagues at his law firm who were planning to cycle from their London office to their Paris office within 24 hours. He invested in a good road bike and undertook four more 100 mile events as part of his training. "We headed off from London at 5:00pm and cycled down to Newhaven to catch the 11:00pm ferry in a team of twelve. Despite an inordinate number of punctures – seven between us! – we arrived in Paris some 22½ hours and 175 miles later. I am happy to say that I'm still experiencing the pain free results of the BMHR procedure, and have done another three 100 mile events since."



Cycling in the 'Peterborough 100'

More non-competitive long distance rides have followed and Duncan gained entry into the 2014 Prudential Ride London 100 mile event which was held on the 11th of August. The event was part of the Olympic cycling legacy and ran through closed streets in London and Surrey, finishing down The Mall. Duncan was representing Action Medical Research who fund research to prevent and treat disease and disability in babies and children.

"The conditions were atrocious, with torrential rain from the beginning, the roads flowing with water and the cyclists having to make their way through flooded underpasses. Disappointingly, the two biggest climbs on the course had to be closed as it would have been too dangerous to descend at high speed in the conditions." Despite everything, Duncan finished the (shortened) course of 86 miles in 5 hours 32 minutes, which included a 25 minute stationary waiting at Richmond Park following an accident.

Anyone wishing to sponsor Duncan retrospectively, please make your donation at: <http://www.action.org.uk/sponsor/dmcdonald1954>.

Saipan resident Russell Quinn discusses the 'phenomenal experience' of his bilateral Birmingham Hip Resurfacing (BHR) operations, twice travelling across the world from the Northern Mariana Islands for surgery with Mr McMinn.

Russell writes:

"...I arrived in England with my wife and made my way to the hospital for final preparations and to meet Mr McMinn. After spending 15 minutes with Mr McMinn, he had answered all my questions and addressed any concerns I had. He was very personable and I didn't feel rushed or the feeling that he had somewhere else to go.

I checked in on a Monday to be in theatre on Tuesday. The room accommodations were above average with internet, cable television, a large bathroom area and were comfortable. The nursing staff were very attentive and briefed me on my estimated time for surgery. I had a restful sleep that night.

The next morning I woke, showered and waited for my turn. By late morning, I was wheeled up to the pre-theatre put to sleep and woke up some time later asking if it was done. The nurse affirmed that it was. I was wheeled to my room where I met my wife and had the best tomato soup I'd ever had. I slept away the remnants of the anaesthesia.

The next morning I had a hardy breakfast and then Mr McMinn came in to tell me how it went. Perfect. The nursing staff removed my epidural and as feeling came back to my legs, the Physio staff came in to get me up and walking. With a walker, I was moving up and down the halls and feeling like a champ.

The rest of the week was more walking with crutches, working the stairs, up and down and eating really well..."

To read the rest of Russell's story and many more patient experiences, please visit:

www.mcmmincentre.co.uk/blog

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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The McMinn Centre

