

Take the FEAR Out of Joint Replacement - A Free Community Education Fair

June 25th at University of Washington-Bothell Campus from 9:00am – 12:00pm

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The SwiftPath Method brings surgeons from across the country together to improve the art of joint replacement and address issues negatively impacting patients and the public. Among these issues, to be discussed at this event, is the opioid crisis that has ravaged communities for more than a decade.

What does the opioid crisis have to do with joint replacement surgery and the SwiftPath Method? This crisis is one reason why the SwiftPath Method focuses on minimally invasive surgical techniques and multimodal pain management for handling post-surgery pain, reducing or eliminating the need for narcotics. To learn more, read on!

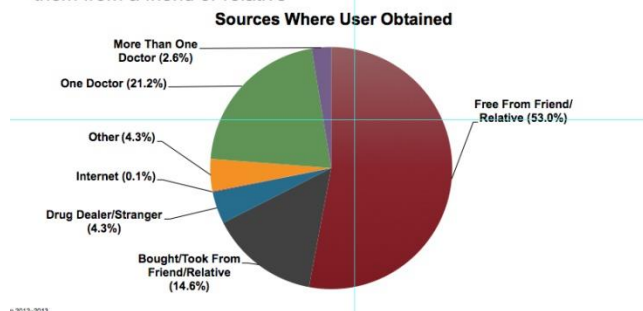
Traditional joint replacement has always been considered the gold standard, best method for treating severe, painful, arthritis of the hip and knee because of the positive, long-term results. But patients have taught us that traditional joint replacement is not such a great experience in the short term. Even patients with severe arthritis that are in pain every day; pain that interferes with recreation, work, sleep and overall health, are afraid of joint replacement. They are afraid to the point where they simply put up with the pain.

What are patients afraid of? Pain, time away from their lives (family, vacations, work, recreation) complications (infection), and taking narcotics. There are two primary types of drugs that relieve pain: narcotic (opioid) and non-narcotic (non-opioid) medications. Most people understand that narcotics, or opioids, are very addictive, in addition to being effective at relieving pain. Patients fear taking narcotics after surgery because they don't want to become addicted.

The problem extends beyond patients who are prescribed these drugs for legitimate reasons, such as post-surgery pain; the unused portions of these medications often end up in the hands of those who have no legitimate need for them. In fact, 68% of people using opioids for non-medical reasons got them from a friend or relative who may have had them for good reason.

Diversion of Pain Relievers Is Common

- 68% of people using pain relievers for nonmedical use obtained them from a friend or relative*



Frontline reported recently, as part of an investigation into the opioid treatment industry, that heroin overdose death rates tripled between 2010 and 2014. Many heroin users turned to the drug after experimenting with prescription painkillers.

So what are SwiftPath surgeons doing to address this crisis that has touched so many individuals and communities?

The SwiftPath Method focuses heavily on **multimodal pain management**, which means giving patients a lot of tools besides narcotics to manage their pain. These include ice therapy, activity and motion, elevation, rest, acetaminophen (e.g. Tylenol) and non-steroidal anti-inflammatory (NSAID) medications (e.g. ibuprofen, Aleve, etc.) Many patients find that, armed with the knowledge of how to use multimodal pain management to manage their pain, they don't ever need their prescription narcotics.

“Dr. McAllister replaced my knee utilizing the SwiftPath Program. I was home four hours later. The pain was manageable with Advil, Tylenol, and ice. I never took any prescription pain medication. I was using crutches the first week and was back at work the second week. Two and a half weeks after surgery I played a round of golf, and shot the best score I've had at that course.”

John Shumaker



SwiftPath surgeons are also giving their patients information about where to take their unused narcotic medications for proper disposal. Below is a list of local places where medications can safely be disposed of, keeping them out of the hands of those who may abuse them and be harmed by them.

Come learn more about this topic and others at this FREE community event. Share what you learn, and join SwiftPath in addressing the opioid crisis in our community.

**Authorized Collection
Receptacle for Unused**

Prescription Drugs

Kirkland Police Department – receptacle in lobby of station
11750 NE 118th ST
Kirkland, WA 98034
425.587.3400

Kenmore City Hall – receptacle in lobby
18120 68th AVE NE
Kenmore, WA 98028
425.398.8900

Bothell Police Department – receptacle located in the Records Department
18410 101st AVE NE
Bothell, WA 98011
425.486.1254

Woodinville City Hall – receptacle located in the Police Services area
17301 133rd AVE NE
Woodinville, WA 98072
425.489.2700