

General Meeting
AARP Chapter 1317
June 10, 2004

- I. Chapter President, June McCann, opened the meeting at 10:05 AM.
- II. The pledge of allegiance was said, followed by a prayer by Grace Jenkins.
- III. The Minutes from the May meeting were read and approved.
- IV. The Treasurer's report was read and approved as follows:

Opening Balance	\$4,314.23
Disbursements	127.07
Receipts	660.00
Interest	
Closing Balance	5,627.62
Health Fair Account Balance on Hand	\$821.20
Interest	.10
Donations Beach Copy	109.35
Donations Ocean City Lions	<u>100.00</u>
Total Balance on Hand	\$811.95

- V. Membership - Ann Forstrom said there were 2 new people in here today and a total of 104 people in attendance
- VI. Sunshine - Kitty Maitha sent card sent to Ruth Taustin. She said to call her if anyone needs a card sent.

The guest speaker was. Dr. James A. Trauger a Board Certified Orthopaedic surgeon from Salisbury who specializes in knee and hip replacements. He spoke about osteoarthritis which is a progressive wearing away of the cap at the end of the bone. He said that approximately 7 million people have this and it may be hereditary and more prevalent in certain populations. The contributing factors are over-use, overweight, ethnicity and gender. It usually appears in the weight-bearing joints. As cartilage breaks down, there is no longer a cushion between the bones and the bones will develop spurs. Some symptoms include tenderness, a grating sensation or a "catch." It is important to find out what is causing the pain. There are full and ½ knee replacements. A patient history (including a family history and prior treatments) and x-rays are used to diagnose the problem and recommend which kind of surgery is needed. There are a number of remedies such as physical therapy, exercise, healthy life style, braces, assistive devices such as canes, and weight loss. Weight loss is the most beneficial. Some of the medications used are Tylenol, Advil, Aleve, Naprosyn and Vioxx. Stronger medicines such as Glucosamine and Chondroitin take 2 or 3 months to get into the system, so a person will not experience immediate relief. There are cortisone shots which give temporary relief. There are also narcotic drugs, but if you need these, it is probably time for a replacement. People who are overweight have a special problem because they say they can't exercise and, therefore, have difficulty losing weight. He said that even without exercise, if a person eats less he or she will lose weight.

He explained some of the different knee surgeries and showed slides. There is arthroscopic which is minimally invasive, osteotomy, in which the bone is cut and realigned (which is rarely used now because a partial knee replacement can be done), and a total knee replacement. There are now minimally invasive knee replacement surgeries using a smaller incision. This was made possible by some doctors inventing new equipment enabling surgeons to do the surgery through much smaller incisions. There is less bleeding, less pain, and faster recovery. A smaller incision on the skin, however, does not necessarily mean there is less done under the skin.

For hip replacements minimally invasive surgery means actually doing less damage under the skin as well. There are two types, one-incision and two-incision. These are done with x-ray technology and he is the only doctor on Delmarva trained to do this type of surgery. These new types of surgery make for a recovery which is 4 to 6 times faster than the old type of surgery. There is also new instrumentation for hip replacement surgeries, there is a piece of titanium used which has pores in it. This allows the bone to actually grow into it and there is no cement used. The patient is walking on day one with minimal pain. The two-incision hip replacement is done with x-ray guidance. There is minimal pain, decreased hospital stay and faster recovery as well as less risk of blood clots. Some doctors are doing hip replacements as outpatient surgery now. With the traditional replacement for a knee replacement the recovery was about one year. With the less invasive methods, within two weeks the patient is walking normally with no pain with a 90% recovery within 6 to 8 weeks.

- VII. New Business -Rocky Buckholz requested assistance for the artists at "Arts Alive" which will be at Northside Park on Saturday, June 19th from 9AM to 6PM and Sunday, June 20th from 9AM to 5 PM.
- VIII. June said that on the National Day of Service she and Carol Burns took the toiletries and \$25.00 to the Berlin Nursing Home and they were very appreciative. The Director said that the \$25.00 would be used for an ice cream social.
- IX. Picnic - Mary Breckenridge only has 35 tickets left for the picnic.
- X. June said that the picnic is September 9th and the Christmas luncheon will be December 8th and that tickets for both could be purchased today.
- XI. Travel Report - Lee Mazingo read the travel report and stated that the Charlie Prose trip has been cancelled due to lack of participation and that people could pick up a refund check today. She pointed out a correction on trip #10 on the new travel brochure.

XII. June McCann stated that this is the last meeting until October 14th and adjourned the meeting at 11:15.

Respectfully submitted,

Lucille K. Johansen