



I have always been an active person, working out at least three times a week in addition to walking four miles four or five times weekly.

During the summer of 2006 I began to have considerable pain in my left hip while walking, and getting up out of a chair had become increasingly difficult. In late September/early October when the pain became so bad that I wasn't sleeping at night, I thought I might be experiencing some sciatica or bursitis in my hip. My doctor suggested a hip x-rays and the results of those showed that I was suffering from osteoarthritis of the hip and very little cartilage remained.

For a year, my husband and I had been planning a two week trip to Ireland in May with our children, their spouses and our grandchildren in celebration of our fortieth wedding anniversary. High on our list were plans to visit many castles, including Blarney Castle and to tour, on foot, the Cliffs of Moher and other places that would be fun for everyone.

The time had come to do something about my pain. After a consultation with Dr. Kristaps Keggi, I decided to have a total hip replacement. An excellent and fast recovery from the surgery on November 29, 2006, allowed me to finalize the plans for our trip the following May.

Not only did I get to Ireland, but I got to Blarney Castle! I hadn't planned to climb the staircase because, typical in so many ancient castles, the circular staircase is steep and the higher one climbs the more narrow the passage becomes. Even less, would I have imagined being able to lie down to kiss the famous stone! But with a lot of encouragement I dared to give the stone a try. One hundred and twenty steps later, wind blowing through my hair and with physical help from my family to get down, and next thing I knew an old Irishman was supporting me backwards in thin air and I was kissing that stone! Reaching the ground I was struck with emotion and a sense of pride and joy that I was able to meet such a challenge because of my new hip and the skill of Dr. Keggi. Thank you Dr. Keggi. You made it possible for me to again have an active life. 🌳



Joanne Casey Romancing the Stone

Tomorrow's World is Shaped Today

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U.S. Postage
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Middletown, CT
Permit No. 13

Keggi Orthopaedic Foundation
Turnpike Office Park
1579 Straits Turnpike
Middletown, CT 06762-1835
Tel: 203.598.0069
Fax: 203.598.0071



Printed on recycled paper

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Newsletter Staff:
Alexandra Hill
Laurine E. Zatorski

Business Manager
Margaret R. DeGatti
Director and Coordinator of Education
Laurine E. Zatorski, RN

Keggi Orthopaedic Foundation Staff:

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STRIDES

Newsletter of the
KEGGI ORTHOPAEDIC FOUNDATION

When, twice annually, the time comes to prepare this publication for press, it is not always an easy task for the editors to decide just which of the many stories should be included in the particular release. This issue features a couple of patients whose quality of life has been greatly enhanced because they made a commitment to realize a dream.

The main force behind the Keggi Orthopaedic Foundation, a non-profit corporation, is its dedication to a program of teaching and research in the field of orthopaedics. It is also the responsibility of the Foundation to broadcast its findings acquired through such research to the global orthopaedic community. Extensively involved with general medical and educational programs in the United States and abroad, the Keggi Orthopaedic Foundation participates in an ongoing series of lectures and seminars, offers Exchange Fellowships between nations, works with Yale Orthopaedic Residents and regularly submits articles to medical journals.

At any given time KOF's purpose of study and research is on target. The process by which the program is approached has remained constant for almost twenty years. With such positive results that, time after time, have proved to be beneficial to a worldwide orthopaedic community, why attempt to change the conditions. Foreign doctors who come to the US as Fellows of the Foundation are impressed by the strength of its program and from the skills they see employed when observing state-of-the-art procedures in Waterbury. Upon returning to their own countries, these doctors are able to implement proven techniques in their own practices, thereby alleviating pain to many of their own patients.

There are countless numbers of our patients who feel the joy when, after surgery, they are free of pain, like the woman from the Philippines now living here in the US and featured on Page 2 "See I'm perfect! See no pain! See no limp!" or the woman featured on Page 4, whose previously active life had become limited until she made a commitment to undergo surgery. She subsequently traveled over 3,000 miles with her family to fulfill a dream.

Some of us find joy and excitement in being able to again master simple activities, of climbing stairs, walking with a friend, playing with grandchildren or of being able to once more keep a steady pace on the golf course. All from diverse backgrounds, all with our unique and individual purposes, all of us strive to accomplish what things are meaningful to ourselves. KOF's mission of being committed to the principles of dedication, professionalism, teamwork, quality, communication and caring, are aspirations of purpose for the benefit of improving the quality of life for an orthopaedic patient. In turn, to be free of pain liberates us to function by choice, or to pursue our cause, our belief, which in turn benefits the lives of our family and friends. The beneficiaries of KOF's work are privileged. Without the constancy of its caring and learning, of its sharing and disseminating its knowledge, many orthopaedic patients worldwide might otherwise be without joy or excitement.

Joint replacement surgery is a happy specialty. Almost everybody gets better and with the anterior, muscle sparing approach pioneered by Dr. Kristaps Keggi, patients recover faster than with some of the other approaches to the hip. Our Foundation can now take credit for having been involved in showing the advantages of the Keggi Approach and the groundswell of interest in this method throughout America. 🌳

KOF will celebrate its 20th anniversary.
In recognition of this special milestone and to ensure the continuation of the Foundation's vital research programs for decades to come, a fund raising event will be held early in the summer.
Additionally, appreciation for all the patients and friends who have loyally and generously supported our work will be shown at a social function to be held in the fall.
Announcements for both of these special events will be made in the spring.



A MESSAGE FROM THE PRESIDENT

THE JOY OF IT!



"I'm perfect! See! No pain! No limp!" the young mother from the Philippines calls out excitedly as she hoists her infant, almost half her weight, on her hip and strides out of the office without a trace of a limp.

Five months earlier she was crippled, could lurch but a few steps, suffered from severe pain, crying helplessly because of her inability to care for her baby then a few weeks old.

The woman suffered from a congenital dislocation of her left hip that had remained untreated. She had learned to hide her short leg by walking on her toes. She ignored the pain and looked forward to a marriage and children in America. Gradually, however, arthritis and more pain started to set in. By the time she delivered her child, the situation had become unbearable.

Severe unilateral untreated congenital dislocations represent a complex problem because of the malformation or absence of a bony hip socket and the risk of major nerve damage with reconstructive surgery.

In the course of years, we have performed a variety of operations for complex congenital dislocations. The procedure performed on this patient was the culmination of this surgical experience. It was also possible because of the anterior approach we have been using for all hip reconstructions for many years.

The hip was explored, all of the tight ligamentous structures were excised or released and the artificial joint components (titanium and ceramic) inserted in their appropriate positions. The wound was closed with the hip in its old dislocated position. With gentle skin traction, the leg was brought down to length. This process took several days with the patient in bed but fully awake. The hip was reduced without further surgery when we were absolutely certain of the safety of her major nerves (sciatic and femoral). Once the "ball was in its socket", the patient was ambulated and sent home. Her pain relief was immediate. Over the next few months her spine, her pelvis and her other hip and all related muscles adjusted to the new hip, allowing our mother from the Philippines to assume a life which she had never experienced "...See!No Pain! No limp!"

We continue to perform and teach these procedures at the Yale-New Haven and Waterbury Hospitals. We publish our results for the benefit of general orthopaedic knowledge. Our foreign fellows take them back to their countries. With your help, we hope to continue our work. 🌍



DID YOU KNOW?

*The United States faced a nationwide shortage of physicians in the 1960's. The American military services had used medical corpsmen to deliver acute emergency care to wounded soldiers on the battlefields, as well as in helicopter transport, to **Mobile Army Surgical Hospitals**. (During the Korean and Viet Nam wars these were known as "MASH" units).*

In 1965, Dr. Eugene Stead of Duke University conceived of helping meet the nationwide physician shortage by providing additional medical education and training to service medics and others to create "physician assistants". These individuals would work under the supervision of physicians performing many of their services, not as physician substitutes but instead as physician extenders. As a result, in 1965 the first Physician Associate Program in the USA was started at Duke University School of Medicine.

Dr. Kristaps Keggi, had graduated from Yale College in 1955 and Yale Medical School in 1959, and spent two years working in general surgery at Roosevelt Hospital in New York City, prior to completing his orthopaedic training at Yale. He was commissioned as a Second Lieutenant in the Army Reserve in 1957 and after the completion of his residency in 1964 served on active duty for two years. His second year of service was in Vietnam. He was the Chief of Orthopaedic Surgery with the 3rd Surgical Hospital just north of Saigon and on the Cambodian Border of the Central Highlands.

During this time, in addition to expanding his skills in acute surgical trauma management, Dr. Keggi worked with army corpsmen and helicopter personnel as part of the medical and surgical teams, to improve the care and outcomes of injured soldiers. Returning to Yale in 1966 he saw the need to develop staged medical care and trauma management systems to provide improved acute care for injured people in New Haven and nationally. "At that time, hearses often brought injured people to hospital emergency rooms, because emergency medical and transport systems were often insufficient or non-existent" notes Dr. Keggi.

Shortly after his return, Dr. Keggi obtained a \$20,000 grant from the Insurance Institute for Highway Safety to develop a Trauma Program at Yale. His studies on trauma registries, the emergency care of trauma patients and the publication of several trauma related studies, helped to obtain a major institutional Grant from the Robert Wood Foundation which was used to construct the Surgical Research Building at Yale, and also to help start the Yale University School of Medicine Physician Associate Program.

The Physician Associate program at Yale was started in 1970 under the leadership of Dr. Jack Cole, then Chairman of the Department of Surgery, as part of the Yale Department of Surgery. The program's first class of five students in 1971 graduated in 1973. The Yale Physicians Assistant gradually expanded becoming one of the top such programs in the nation. By this year of 2007, almost 900 Physician Assistants have graduated from Yale. This impressive achievement is with thanks in no small part to the efforts of Dr. Keggi and his colleagues at Yale. The profession has grown nationally, with thousands of PA's employed in a variety of medical and surgical settings throughout the USA and with pilot programs beginning in other countries.

As a Yale PA graduate, my fellow PA colleagues and I are grateful for Dr. Keggi's efforts in utilizing his life and professional experiences to help start the Yale PA Program, to further the profession and help to improve the quality and availability of medical and surgical care locally and nationally. 🌍



W. Kenneth Miner, PA, is currently employed with Orthopaedic Surgery, PC, and Active Orthopaedics, PC. He is a graduate of Duke University, 1974 BA, Yale University School of Medicine, Physician Assistant Program, 1978