

A WALK ON THE BEACH

PATIENT PROFILE: SUZANNE KAYE

Patient of Dr. William McGann

by Christina Chandler, St. Mary's Public Relations Specialist

"Yesterday I had my one month follow-up with Dr. McGann and I was able to throw out my walker, now I am using a cane," said Suzanne Kaye. Kaye had both her hips replaced on April 13, 2009. Ironically, the first time I called to speak with Kaye I missed her because she was out on a walk, a walk that would not have been possible for her six weeks ago.

The breaking point for Kaye was in October 2008 when she and her husband visited Hawaii together for the first time. Kaye was in too much pain to walk on the beach. For two years Kaye has been taking pain killers prescribed by an arthritis specialist with the hopes of avoiding surgery. However less than two months after returning from Hawaii, Kaye was in Dr. McGann's office at St. Mary's Medical Center (SMMC). McGann compared Kaye's recent X-rays to her X-rays two years prior and the deterioration was evident. Kaye needed to have both of her hips replaced.

In January 2009 Kaye attended a pre-surgery orientation with other SMMC joint patients where she had all of her questions answered. "I was comfortable asking questions because it was such a small group. They divided us into groups based on what we were having, either hip or knee surgery," said Kaye. The staff, which included an occupational therapist and physical therapist, went over general procedures, expectations, and pre-and post-surgery preparation. With advice from the physical therapist, Kaye continued doing regular exercises for three months prior to surgery to strengthen her legs and upper body. This would greatly help in the recovery process.

Kaye had surgery on April 13, 2009. The day of surgery she found herself wearing an enormous hospital gown, and warm, cozy yellow socks. She was relieved to find out that the gown was so large because the surgical nurses


needed to blow warm air in the gown to increase her body temperature before surgery. "If your body is warm it is supposed to help with the anesthesia and surgery," she said.

In the morning after the surgery Esther Pong, a physical therapist, came to Kaye's room with a walker. Esther asked Kaye to stand up, but Kaye was hesitant. "I thought what have I done, have I broken myself? I stood up for a moment, it was exhausting and then I napped for two hours," said Kaye. However, the following day Kaye found she was able to walk, with the aid of a walker, to the door of her room and then down the hall to the elevator. Finally on day three, Kaye walked a big loop around the 7th floor of the hospital without resting.

Soon after, Kaye learned how to walk on inclines and to step over curbs. "Esther took me into the stairwell and I practiced on a step to make sure I could handle a curb," said Kaye. Meanwhile Hannah Stevenson, an occupational therapist, spent time with Kaye preparing her for the daily tasks she would encounter when she went home. Stevenson showed Kaye how to complete rudimentary tasks like putting on her socks and pulling on her pants. "She had a bunch of gizmos and grabber tools to help you do things," said Kaye.

By Friday morning, only four days after having both of her hips replaced, Kaye was able to go home. Her surgery was a complete success. "Everything about my surgery was really positive," said Kaye. She used her walker constantly for the first two days and then gradually used it less and less. Now she uses a cane, just to warn others to watch out for her. and walks with her husband daily.

Kaye says she feels better, "There isn't the sharp, debilitating pain like there was before. It is just gone."

A portrait of Dr. William McGann, a middle-aged man with short brown hair, wearing glasses, a dark suit jacket, a white shirt, and a patterned tie. He is smiling and looking slightly to the right of the camera. The background is a light blue gradient.

Dr. William McGann
Chairman
St. Mary's Orthopedics

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Or call 1-800-444-2303 for a referral to one of our orthopedic surgeons.

Dr. William McGann is a board-certified orthopedic surgeon and performs both hip and knee replacements at St. Mary's Medical Center.