

BONE & JOINT HEALTH SERIES

**Save the Dates
for 2010**

**Don't miss these FREE
educational programs to help
plan your care.**

Magee-Womens Hospital of UPMC
Auditorium, Zero Level

For more information, visit
www.boneandjointhealth.org.

Jointly sponsored by
The AMD3 Foundation
Renaissance Orthopaedics
Magee-Womens Hospital of UPMC



**Anthony M. DiGioia, MD
Chairman**



Past Topics Include:

- What is Arthritis and What are the Non-Operative Treatment Options?
- Surgical Options for Hip and Knee Arthritis
- When is it Time to Consider Joint Replacement Surgery?
- Your Steps to Wellness Before, During and After Joint Replacement Surgery
- Exercises Before and After Joint Replacement
- What are the Problems That Can Happen After Surgery?
- Strengthen Your Skeleton: An Exercise Program for Healthy Bones and Joints
- Ask the Experts: Panel Discussion

(Dates and program topics are subject to change.)

Save the Date: Oct. 2, 2010

About The AMD3 Foundation

The mission of the AMD3 Foundation is to promote education, research and other related charitable activities in patient and family centered care while advancing the art and science of performance in order to improve the delivery of care. The Foundation was officially established in 2003 as a non-profit organization.

Spearheading this change within the health care system is Anthony M. DiGioia III, MD. In addition to being the founder of the organization, he is also a practicing orthopaedic surgeon from Renaissance Orthopaedics at Magee-Womens Hospital of UPMC, and Clinical Associate Professor of Orthopaedic Surgery at the University of Pittsburgh School of Medicine. Dr. DiGioia has organized and chaired several conference series on Patient and Family Centered Care; Bone and Joint Health; and Less and Minimally Invasive and Computer Assisted Orthopaedic Surgery. Dr. DiGioia is also Senior Research Scientist at Carnegie Mellon University.

Operation Walk Pittsburgh www.operationwalkpgh.org

Operation Walk is a private, not-for-profit, volunteer medical services organization which provides free surgical treatment for patients in developing countries (and occasionally in the US), that have no access to life-improving care for arthritis or other debilitating bone and joint conditions. Operation Walk also educates in-country orthopedic surgeons, nurses, physical therapists and other healthcare professionals on the most advanced treatments and surgical techniques for diseases of the hip and knee joints. This is done in conjunction with surgeries to help create a lasting contribution to patient care in developing countries.

For more information or to make a donation to Operation Walk, please contact Janice Harmon at 412-641-8645 or jharmon@mail.magee.edu.

Renaissance Orthopaedics Weblog

Based upon advice from our Patient and Family Advisory Council we have established a blog site at

www.amd3.org/ROblog

Why would you want to blog? To share your experiences with others, to learn from other people's experiences, and pose questions to other people with shared interests.

Do you remember your concerns and questions before your procedure? Are there things you wish you would have known? Do you want to connect with other patients? These are all reasons to participate!

Also be sure to check out our new "Fact & Fiction" column!

(See reverse for additional information.)