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MODULAR DUAL MOBILITY (MDM) HIP REPLACEMENTS
SAFE AND EFFECTIVE FOR YOUNG PATIENTS
Innovative Design and Cutting-Edge Technology Have Created a Hip Replacement
The Avoids the Problems Associated with Earlier Generation Implants

New York, NY (April 16, 2012)  People who are considering a total hip replacement want to make sure the joint’s stability and range of motion are restored, and that they are getting appropriate pain relief. However, patients also may be gun-shy about hip replacement surgery as a result of publicity about how some metal-on-metal hip implants have been failing in patients, causing inflammation, tissue death, heart and nervous system problems and excruciating pain, prompting the FDA to issue recalls and an investigation into more than 20 manufacturers of these metal-on-metal devices.

Still, there is good news for hip pain sufferers – a new generation hip replacement that provides the good range of motion inherent to metal-on-metal versions, but without the risk.  Steven F. Harwin, MD, FACS, Chief of Adult Reconstructive Surgery and Total Joint Replacement at Beth Israel Medical Center, has designed and consulted on several implants including the MDM® (Modular Dual Mobility) hip replacement system, which was created to provide the three most important components for active patients: mobility, stability and durability.

“Hip replacements have been around since the 1970s and many people misunderstand what they can expect from them,” says Dr. Harwin. “Some are afraid that the hip will fail, or think it only will last10 years, which is not true. Contemporary implants, like the MDM hip replacement, can offer patients a more than 95% chance of it lasting safely and effectively for at least 15 to 20 years.”

To understand the refinements, it’s helpful to review how the natural hip is built and how it functions. The hip joint is located where the head of the thigh bone meets the natural socket inside the pelvis. This ball-like head is covered by a cushion called cartilage and is held in place by ligaments that allow the rotation, movement and stability that make walking and other activities possible. The natural hip has the right balance of stability and flexibility. But age, wear and trauma can wear out the cartilage and cause deterioration of these functions and cause pain. This condition is called arthritis.

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Older generation implants consisted of a small ball that moved within a fixed plastic socket. While performing well, there were problems including loosening, instability and a limited range of movement. Next generation implants sought to correct these issues with improvements such as larger heads. Some implants, like those composed of metal on metal, provided better range of motion but have been shown to have an unacceptably high failure rate, resulting in many surgeons refusing to use them. The newest generation MDM implants offers the benefits of a large head implant without the risks.

**About the Modular Dual Mobility (MDM) Hip Replacement System:**

- **Design:** The MDM uses a small metal or ceramic head that fits into a larger high-tech plastic head. The large plastic head then fits inside a smooth metal cup. Because of the large plastic head, the MDM renders the joint extremely stable so that active patients can engage in recreational and sports activities. The large head also allows a greater, more normal range of motion than standard implants. The small head moves within the plastic large head, and it in turn moves in the socket. This design is called a "dual mobility” cup.

- **Materials:** Using a combination of high-tech, new-generation plastics, ultra-smooth metals, ceramics and porous metals, the wear rate has been reduced over 97% and a long-lasting natural adherence to the bone occurs.

- **Surgical Technique:** Minimally invasive surgical techniques use smaller incisions, cause less muscle damage and allow patients to recover faster.

- **Recovery:** After less-invasive MDM hip replacement, patients recover faster with no precautions after surgery. Patients can sit, stand, walk and move their hip without fear of it coming out of place. Most patients are recovered in three to four weeks and can drive, travel and return to normal activities. Patients have an excellent chance that their replaced hip will provide them a high quality of life for decades to come.

If you are interested in attending an MDM hip replacement surgery and speaking with Dr. Harwin and a patient who has benefited from this novice technology, please contact Elizabeth Dowling in the public affairs office at: 212-523-4047

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