

## Why We Are Your Choice For Orthopedics.

### Dedicated to Making You Better

We back up that claim with a 30-bed orthopedic unit staffed by nurses experienced in orthopedic care. They work with a team of physicians, physical therapists and other specialists who assess patient needs and tailor care for each individual.

### We Start At The Beginning

Few hospital-based orthopedic programs invest as much time in patient education as we do. From seminars on specific orthopedic problems and treatments to our popular pre-op program Joints at the Point: Hip facts you Knee'd to know, for scheduled patients, we give you all the information you need to help you make educated choices, ensure a successful outcome, and return to a full lifestyle.

### We Work With You

Together we help you attain your optimum level of comfort and performance, and return to some of the activities you may have given up because they had become too difficult. Our rehabilitation specialists teach you exercises to strengthen repaired or replaced joints. And, our teaching nurses offer helpful tips on preparing your home for your return so you can get back to your life quickly and safely.

*Regional Medical Center Bayonet Point is accredited with commendation by the Joint Commission. It received national recognition by being designated a 100 Top Hospital for seven years by Thomson Reuters. It has been named twice (1999 & 2002) by U.S. News & World Report as one of America's Best Hospitals in Heart and Heart Surgery.*

*Opened in 1981, this growing 290 bed hospital has a dedicated staff of nearly 1,000 caring individuals who work with more than 300 physicians and 500 volunteers to create a modern and effective healing environment.*



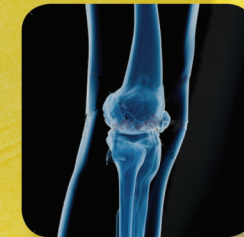
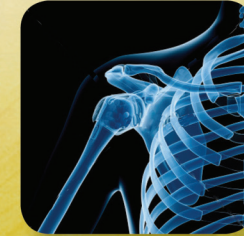
**REGIONAL**  
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## REGIONAL CENTER FOR ORTHOPEDICS

*Nobody Knows  
These Joints  
Better Than We Do.*



*Patient Question  
and Answer Guide  
for Orthopedic  
Procedures*

## Tell Us Where It Hurts.

**HIP?  
KNEE?  
ANKLE?  
SHOULDER?**

*The first step to getting better is to understand your pain.*

As you begin the process of seeking help for joint pain take the time to think about your pain on your own. It can be valuable in helping us find the right solution for you. Here are some of the questions you should consider:

- In which joint does pain occur?
- Is your pain dull or sharp; constant or intermittent?
- Does the pain last longer than it used too?
- Does it occur resting, standing, sitting or during exercise?
- Is the pain limited to one spot or several areas?
- Does it seem to grow, travel or radiate?
- How does the pain affect your ability to move?

### So, Why Does It Hurt?

Pain is your body's way of telling you something is wrong and you need to listen. Joint pain has several basic causes, including:

- Trauma from injury, such as torn cartilage, fractures, strains and sprains caused by a specific event.
- Conditions like arthritis, synovitis, tendonitis and bursitis

The different causes have different treatments. Regardless of the cause of your pain, if it persists it will begin to limit your activity. And, that can lead to a further loss of your abilities.

*So when your joints hurt, listen to your body and seek help.*

## Seeking Help In Getting Better.

### Your Primary Care Physician

The first place to seek help is always with your primary care physician. This doctor can assess the information you've gathered about your pain and make recommendations ranging from short term medication use and rest, to referrals for surgery. The most important part of helping your primary care physician help you is providing good information about what hurts, how and when.

### The Orthopedic Surgeon

If your primary care physician recommends that you see an Orthopedic Surgeon, here are the questions you should ask to determine which surgeon is right for you:

- Does the doctor have special training or certification?

- Does the doctor specialize in any particular joint?
- How experienced is the doctor?
- What hospitals or orthopedic programs is the doctor affiliated with?

Your primary care physician will probably make a specific recommendation. But, it is up to you to ask questions and make sure the doctor and hospital recommended will meet your particular need.

### The Orthopedic Program or Hospital

If surgery is recommended, you'll want to find out about all your hospital options. Here are some of the things to consider when choosing a hospital for orthopedic surgery:

- Does the hospital have a reputation for excellence?
- Is the hospital accredited?
- Has it received any special awards or commendations for its successful outcomes?
- Does the hospital have a comprehensive program for orthopedics including preoperative patient education and post-operative rehabilitation?
- Is the orthopedic unit comfortable and tailored to your personal needs?
- Is the facility Medicare approved?
- Does the hospital participate in your insurance plan?

*To find out if Regional Medical Center Bayonet Point is included as a provider for your insurance plan, call our 24-hour answer line at 727-869-5498 / 1-888-741-5119 Our professionals are always available to answer your questions.*