

Total Knee Joint Replacement The Basics You Need to Know

One-third of Americans age 65+ will suffer from Osteoarthritis, commonly caused by normal "wear and tear." Most often, it significantly affects your hips and knees, the body's weight bearing joints.

Understanding what components make up the knee is important. The "knee" describes the point, where the upper part of your leg (the femur) meets the lower part of your leg (the tibia). Cartilage works to help cushion the point where the two meet. The synovial membrane releases fluid that further lubricates the cartilage. When arthritis or injury destroys the cartilage and then the bone, a joint replacement is needed.

Since the first total knee joint replacement in 1968, along with came: better techniques, longer-lasting materials, and mature adults as young as 50 seeking to stay active longer. This procedure has become increasingly common. Some 700,000 knee replacements are performed annually in the United States. It is possible that the number of patients choosing to undergo total knee joint replacement may climb to more than 3 million a year by 2030.

The actual surgery takes, on average, 1 to 1.5 hours from start to finish. Most commonly, during this procedure, the Orthopedic Surgeon and their surgical team will: remove the arthritic cartilage and the bone underneath it, remove the top of the tibia and drill a hole for placing the metal plate, position the metal plate on top of the tibia, position the metal implant on the bottom of the femur, place a plastic spacer between the two metal components so they work smoothly, and finally, they will reshape the kneecap to fit the new components.

After the operation, the Orthopedic Surgical team will work to get the patient up and walking the same day as the surgery and out of the hospital as soon as safely possible. Most patients only stay in the hospital 1 or 2 days, which helps them return to their normal daily lives.

Effective pain management will help speed along recovery with minimum pain, if the Orthopedic Specialist's directions are followed correctly.

The last step in the process is for the patient to participate in a physical therapy regimen that will strengthen the leg muscles. Patients can quickly progress from using a walker immediately following surgery, to using a cane and finally being able to walk without aid.

"There are many causes for painful movement and limited function of your knee," said Dr. Benfield, Orthopedic Surgeon for McLeod Health Cheraw. "Osteoarthritis wear and tear, trauma or rheumatoid arthritis can change the mechanics of the knee or even destroy the cartilage. You do not have to be a victim of pain any longer, come see if a total knee replacement is an option for you."

Dr. Benfield is currently accepting new patients at McLeod Orthopaedics Cheraw, which is located directly across the street from the hospital at 710 Chesterfield Highway. Same or next day appointments are available. To schedule an appointment, please call (843) 537-0010 or visit www.mcleod-health.org for more information about the wide range of services that are available from McLeod Health.

About McLeod Health Cheraw McLeod Health Cheraw serves the residents of Chesterfield, Marlboro, Anson, Richmond and Scotland Counties. The 59-bed hospital joins six other McLeod Health not-for-profit hospitals providing advanced heart, vascular, orthopedic, surgical, cancer, women's and children's services from the midlands of South Carolina to the coast.

Church News

NOV 30-DEC 2 & DEC 4

Pastoral Revival

At Johnson Chapel Holiness Church. Wed-Pastor Anita Scott, Thu-Pastor David Dickey, Fri-Prophetess Frances Hardison, all at 7:30pm. Sun-Bishop William Taylor 11:45am & Bishop W.P. Chapman 3pm. All are invited

DECEMBER 3 & 4

Live Outdoor Drama

Jesus, Heartbeat of Every Generation at N Wadesboro Baptist Church, 7pm. If rain, performance will be indoors

DECEMBER 4

Appreciation Service

For First Lady Christine Hall at Flakes Chapel Baptist Church, 3pm w/Evangelist Brenda BJ Pratt. Everyone is invited

DECEMBER 11

Morven Community

Choir Concert "Come, Let Us Worship the King" at 5pm at Morven UMC. Covered dish supper after. Everyone is invited

Appreciation Service

For Elder Roman Henry at Morning Star Redeemed COG in Lilesville, 3pm w/Pastor Donna McNair

DECEMBER 17

Christmas Gala

At Lockhart-Taylor Center, sponsored by Pleasant Hill Baptist Church, 6pm. Donation \$30 couple, \$20 single

DECEMBER 18

Christmas Program

At East Rock Ford, 2:30pm. Christmas dinner after morning worship. Everyone is invited

ONGOING

Addiction Recovery

Support group meets every Sunday, 6pm at Harmony Community Church in Peachland. 704-272-7410

Bible Study & Prayer

At Kesler Chapel AME Zion every Wednesday 7pm

Bible Study Classes

Every Tuesday-Evangelistic Outreach Center on Hwy 74 in Polkton at 6:30pm

Bible Study

Every Wednesday night at 7pm at New Grove MBC. Need a ride? Call 704-272-8884

Sunday Services

At Flat Rock Community Church & Success Center: Sunday School 10am, morning worship 11am. Casual dress, everyone welcome. Interim pastor Rev Joe Copeland

Bible Studies

By Women of Worth at N

Wadesboro Baptist Church every 2nd & 4th Thursday 10am & every Thursday 7pm at Goodwind home, 116 Sunset Dr, Wadesboro

Bible Study

Every Tuesday at 6:30pm at Pleasant Hill Baptist Church of Ansonville

Bible Class

At Red Hill Baptist Church, 12noon, Wednesdays, public invited

Free Exercise Class

Every Wed & Thu, 5:30-6:30pm at New Grove MBC. Need a ride? Call 704-272-8884

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Prayer on the Square

In Wadesboro, 5:15pm on 1st Monday each month

Wednesday Bible Study

At New Meltonville MBC, 11am & 7pm

Brotherhood Meetings

Every 3rd Saturday at N Wadesboro Baptist Church, 6pm. Bible study & meal, all men welcome

Church Reopening

Harden's Park Christian Center, located at Hwy 109 N & 66 Dennis Rd in Wadesboro. Worship Services the 2nd & 4th Sundays beginning November. Info Rev Alexander Short 910-995-9266 or Deacon Walter Harden 704-650-8038

Wednesday Intercessory

Prayer at New Meltonville MBC, 6:30pm

Bible Study

At Sneedsboro Church, Wednesdays, 6:30-7:30pm, everyone invited

Prayer Line

Each Wednesday, Reaching the Lost Church of God from 7-8pm. Call 704-695-1842. Someone will be available to assist you and pray with you

Sunday Youth Day

Every 5th Sunday at Cedar Creek MBC

Bible Study

Every Tuesday night at 7pm at Garris Grove MBC

Victory in the Sanctuary

Every Saturday at 11:30am at Pathway to Peace, 11775 Hwy 109S, Peachland. Info 704-695-1441

Tools for Christian Living

Academy, fourth Saturdays, New Piney Grove Ministries, 6pm

Bible Study

At Thomas Chapel AME Zion every Wednesday, 7pm

Gospel Aerobics

At Pleasant Hill A.M.E. Zion Church of Wadesboro, Tuesdays, 5:30pm, Bible Study from 6pm to 7pm

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Bible Study

Every Tuesday at 7pm at Expected End Ministries

Bible Class

Every Wednesday at 6:10-8pm at West Rocky Ford MBC. Classes for both adults and youth

Bible Study

At Christ Chapel of Truth on Hwy 74E in Wadesboro, 6-7pm

Bible Study

Every Wednesday at Poplar Springs MBC, 6-7pm

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Events

OCT 15 - DEC 7

Medicare Prescription Drug Sign-up Period.

Sign up or change your existing plan at Grace Senior Center. Info for low income subsidy & extra help. Info & register 704-694-6616

DECEMBER 1

Early Dismissal

From Anson Schools for Christmas Parade. Elementary schools at 12:30pm. Middle & high

schools at 1:30pm. Parade begins at 4pm

Christmas Parade

Parade is 4pm on Thursday, Dec 1. Info visit www.ansoncounty.org

DECEMBER 2

Zimmer Friends

Meet at Bojangles Restaurant, 1pm. Info call Betty Huneycutt at 704-694-4213

Worldwide Candle

Lighting in memory of deceased children by Compassionate Friends at Calvary Episcopal Church in Wadesboro, 7pm. Info 704-694-8774

DECEMBER 3

Christmas Back 'n Time

Sponsored by Ansonville Historical Society at Cedar Hill Methodist Church w/live musicians, candlelight, natural decorations & reading of the Christmas Story. 2 presentations, 5pm & 6pm. Admission by donation only

DECEMBER 7

Free Groceries

Mobile Food Pantry & CHS Mobile Health Unit at

Bethel Community Center, 10:30am-12noon. Info 828-891-2753

DECEMBER 8, 10 & 12

Christmas in the Park

Free event for all ages on Monday, Dec 12 at Hatcher Park in Lilesville, 6-8pm w/Christmas carols by children's choir, free photo with Mr & Mrs Santa Claus, train ride through the beautifully decorated park, hot chocolate, apple cider & cookies. Would your child like to be in the choir? Have them attend 2 practices at Lilesville Baptist Church, Tue & Thu 12/8 & 12/10 at 6pm

DECEMBER 11

Morven Community

Choir Concert "Come, Let Us Worship the King" at 5pm at Morven UMC. Covered dish supper after. Everyone is invited

ONGOING EVENTS

Food Pantry

Free food every Wed, 9-11am at Burnsville Recreation & Learning Ctr. 704-826-8182

Bingo

For ladies & gentlemen at Grace Senior Center the third Tuesday of each month at 2pm. Register & info at 704-694-6616

NAACP Meeting

Third Sundays, Hampton B. Allen library theater, 5pm, 704-694-6749

Learning Center

Hours Burnsville Recreation & Learning Center, Mon-Fri, 10:30-5:30pm. Computer lab (children & adults), copy service, fax service & resource library. All available to the public for a small fee


Cognitive Disability

Caregiver Support Group, second Tuesdays at First Presbyterian Church, Wadesboro. 7-8:30pm, Nancy Capel 704-694-3156, Cynthia Furr 704-695-3233

Anson Singers

Rehearsal, Every Tuesday, 7-8:30pm at First United Methodist Church in Wadesboro. Info Emily Privette 704-475-0491

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By Ed McBride



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Written by Ed McBride for The Express Newspaper

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By Ed McBride

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