

# Preparing for Joint Replacement Surgery



As part of our mission to promote wellness and improve the health of the people in our community, Memorial offers resources to help in the areas of weight loss/management, smoking cessation, and blood glucose management. These risk factors are critical to improve the outcomes of joint replacement surgery. If your surgeon has encouraged you to improve in one of these key areas, Memorial has services that can help.

## Weight Loss/Exercise

- **Designed for:** pre-surgical orthopedic patients who need to work toward a healthier weight before scheduling their surgery
- **Offered by:** Memorial Hospital Wellness Center
- **Details:**
  - This three month fitness program is in a supervised exercise environment with state-of-the-art aerobic and strength equipment. We will work together with you to design a personalized exercise program that is safe, effective, and appropriate for your health and physical limitations as you work toward a healthier weight. Lowering your BMI and developing body strength will help you toward a speedy recovery after your surgery. Periodic evaluations will be scheduled to measure your progress and update your exercise program along the way. A progress report will be provided to your physician at the end of the three month program.

- **Cost:**
  - Health assessments are required for new members at a cost of \$60.
  - The three month membership is \$120.
  - We are in-network and do accept exercise memberships offered by various health plans or supplemental insurances, which may cover some or all of your exercise program costs. The types of memberships we accept include Silver Sneakers, Silver&Fit, Active&Fit, Renew Active, Active&FitNow, Active&FitEnterprise, Active&FitDirect, OnePass, and Prime Fitness.

Call the Wellness Center at (937) 578-2580 and let our professional staff help get you on the road to a healthier weight before your orthopedic surgery.

## Smoking Cessation

- **Designed for:** pre-surgical orthopedic patients who need to quit smoking before scheduling their surgery
- **Offered by:** Memorial Hospital Wellness Center
- **Details:**
  - Patients who are interested in quitting smoking will meet with a Tobacco Treatment Specialist and then participate in the American Lung Association's Freedom From Smoking® program. This program focuses on nicotine addiction, behavioral modifications, psychological factors, and stress management. Through this comprehensive program, participants will have access to a pharmacist who will help guide them with their nicotine and non-nicotine medication options, if interested.
  - These classes will take place weekly and last approximately one hour each week for eight weeks.
- **Cost:** \$35

Call the Wellness Center at (937) 578-2580 to get scheduled for your Tobacco Cessation program.

## Blood Glucose Management

- **Designed for:** pre-surgical orthopedic patients who wish to improve blood sugar and reduce post-surgical complications
- **Offered by:** Memorial Hospital Medication Therapies Center and Memorial Hospital Diabetes Education Department
- **Details:**
  - Memorial Hospital offers a certified Diabetes Self-Management Education and Support Program, which is based on the seven self-care needs: healthy eating, increasing activity, taking medication, monitoring blood glucose, problem solving, reducing complications, and healthy coping.
  - Our Diabetes Management team offers individualized education based on your needs, interests, and desire to learn. Our goal is to provide education, encouragement, and support and provide valuable tips on managing diabetes in order to avoid both long term and short-term complications.
  - We also offer both personal and professional Continuous Glucose Monitoring (CGM) services. Wearing a professional CGM for 14 days will provide needed insight into glucose trends and will allow for immediate improvements to your diabetes management plans.
  - Improvements in blood sugar management will promote wound healing and will help reduce complications related to joint replacement therapy.
- **Cost:** With a referral from your healthcare provider, most insurance companies cover the cost of Medication Therapies and Diabetes Education services.

For further questions on how our Diabetes Management team can be of service to you, please contact Medication Therapies at (937) 578-4283 or Diabetes Education at (937) 578-2280.

## Weight Management

- **Designed for:** pre-surgical orthopedic patients who wish to lower their body weight to reduce post-surgical complications
- **Offered by:** Memorial Hospital Nutrition Counseling Department
- **Details:**
  - Memorial Hospital offers nutrition counseling as an individual session with our Registered Dietitians. The Dietitian will evaluate your current dietary patterns and offer suggestions to decrease your caloric intake and improve the nutritional quality of your diet in promoting your weight loss goals.
  - Our Nutrition Counseling team will incorporate nutrition education and resources such as websites and mobile apps as supportive materials to assist you in your weight loss journey.
- **Cost:** With a referral from your healthcare provider, some insurances may cover the cost of the initial appointment. You will need to verify benefits with your insurance for coverage of this service line. Self-pay options are available for those who do not have insurance coverage for this service.

For further questions on how our Nutrition Counseling team can be of service to you, please contact the Nutrition Counseling Department at (937) 578-2442.