

# A Change for the Better

Riverview Medical Center

*Darlene Einreinhofer is reclaiming her life after hip replacement surgery.*

Darlene Einreinhofer is back to her favorite hobbies, swimming and biking, after her hip replacement surgery.

## Stay On the Move



People are enjoying longer and more active lifestyles through a variety of ways, and bone and joint health are critical to our everyday health. Learn how to keep your bones and joints healthy at [MeridianHealthMovement.com](http://MeridianHealthMovement.com).

FOR TWO YEARS, DARLENE EINREINHOFER, 56, postponed joint replacement surgery as the arthritis in her right hip gradually became worse.

"I'd read about hip replacement surgery on the Internet and even watched surgical videos on YouTube," she says. "It looked awful, so I kept putting it off."

In the meantime, Darlene, an Edison resident, found various ways to cope, from giving up her senior league tennis matches to trying cortisone shots and physical therapy.

Eventually, though, even the simplest activities became too painful. "One day I had to tell my 4-year-old granddaughter that it hurt too much to walk with her on the beach," she recalls. "That was the final straw."

### A Less Invasive Approach

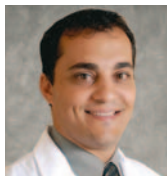
Armed with a list of questions, she met with **Anthony Costa, M.D.**, an orthopedic surgeon at Riverview Medical Center, who proved to be much more informative and reassuring than all her Internet research. Dr. Costa specializes in direct anterior hip replacement, a variation of traditional hip replacement that results in less pain and faster recovery times.

"In the direct anterior approach, we access the hip joint through an incision at the front of the thigh, rather than the side or back of the leg," Dr. Costa explains. "We can replace the joint without cutting important tendons that attach the muscle to the bone, which means there's less pain and less healing that needs to take place."

As with traditional surgery, the damaged joint is replaced with a ball and socket implant. But because less tissue is disturbed during the procedure, Dr. Costa notes that the inherent stability of the joint is greater, and there's less chance of dislocation.

"The anterior approach has actually been around for years," Dr. Costa says. "Technological advances, including special operating tables that allow us to position the patient more effectively, have helped make this technique easier to perform. And patients have heard about the benefits of the anterior approach and are actually requesting it from their surgeons."

Dr. Costa is board certified in orthopedic surgery and fellowship trained in adult reconstruction, and he performs more than 200 hip replacement procedures every year. Although he's used a variety of



**Anthony Costa, M.D.**  
Board certified in  
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approaches in the past, he now uses the direct anterior approach almost exclusively.

"I'd never heard about direct anterior hip replacement before meeting Dr. Costa," Darlene says. "He spent nearly an hour explaining the surgery, showing me how the implant would work and answering all my questions. After that, I trusted him completely."

She was further encouraged after attending a preoperative class, where she met a former patient of Dr. Costa who was about to undergo her second hip surgery. "This lady was in her 70s and told me that she'd recovered quickly, so I took heart from that," Darlene says.

### A Stress-Free Surgical Experience

Darlene had her surgery in October 2013 at Riverview, which has been certified by The Joint Commission, an independent health care accreditation organization.

As soon as she woke up in the recovery room, she realized that one of her biggest fears about the surgery — being in pain or nauseated — hadn't come to pass, and she was even able to walk, with assistance, by the evening.

"The nurses at Riverview were superb," she adds. "As soon as I pressed the call button, someone was there, and they knew exactly what to do to keep my pain under control."

Three days after surgery, she was home and undergoing outpatient therapy. Three weeks later, she went back to work, commuting an hour to her job as executive vice president of a medical communications company. Today her pain has receded, and she's regained enough range of motion to start swimming and biking again.

Her biggest regret is that she didn't have the surgery earlier. "I lived for two years in terrible pain, and there was no reason for that," she says. "Anticipating the procedure was much worse than actually going through it. I'm so happy that I had it done."



**Saturday, April 5, 2014**  
**12:00 p.m. - 2:00 p.m.**

**Riverview Medical Center**  
Kolber Family Lobby  
Blaisdell Pavilion

## RIVERVIEW KIDS ROCK! Rock into spring

Join Riverview Medical Center for our annual afternoon of rockin' fun where kids and parents alike will enjoy fun, educational, and health-conscious activities! Try your hand at surgery (gummy bear surgery that is), learn the importance of hand washing with funky glow-in-the-dark germs, meet members of Meridian Pediatric Network's Pawsitive Action Team, and more!

**Back by popular demand, a LIVE performance by Miss. Melissa's Aardvarks!**

**This FREE event is presented by the Pediatric Care Center at Riverview Medical Center, affiliated with K. Hovnanian Children's Hospital. To register and for more information, call 800.560.9990 or visit [www.RiverviewMedicalCenter.com/KidsRock](http://www.RiverviewMedicalCenter.com/KidsRock)**

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