

With Bayshore's Expertise, There's No Need to Live with Knee Pain

Holmdel resident Rochelle Lester enjoyed a fast-paced lifestyle of working in New York City, traveling, and socializing with friends. But in the last five years, she began to feel the effects of wear and tear on her knees. For years, she made do with temporary treatments, like cortisone shots, to ease the pain. But eventually, her knee problems began to interfere with normal life.

"I was in such pain that I changed how I lived," Rochelle remembers. "I planned routes to work to avoid subway steps and, more recently, worked from home more often. And when a friend invited me to do something, I would ask myself if it was worth the effort."

Rochelle's longtime New York doctors told her there was nothing more they could do for her knee pain. But she refused to accept that. She got a second opinion and learned she had degeneration in one of her knee joints — something that could be repaired.

Surgical Excellence Found Nearby

Rochelle began searching for the right orthopedic surgeon to repair her knee. Although she knew of surgeons in the city, she explored options closer to home to avoid the difficult commute. Her search brought her to Michael Cunningham, M.D., an orthopedic surgeon at Bayshore Community Hospital.

"To be honest, I always believed I would receive better medical care in the city," says Rochelle. "Not so. Bayshore changed my mind altogether."

In fact, Bayshore Community Hospital offers a wide range of advanced orthopedic surgical services. In addition to joint repair, the hospital provides total hip and knee replacement, shoulder reconstruction, hand surgery, and spinal surgery.

Convenient, Comfortable Location

"Bayshore offers orthopedic surgical services by highly qualified surgeons in the comfort of a community hospital," explains Dr. Cunningham. "Patients still receive the highest-quality medical care, but may find the hospital less intimidating and more convenient than larger city hospitals."

Such was the case for Rochelle. In February 2012, Dr. Cunningham performed her surgery at Bayshore, repairing the torn cartilage in her knee. She cannot say enough about her care.

"I was nervous when I went in, but I trusted Dr. Cunningham completely, and the staff was so calming,"



Bayshore took care of Rochelle Lester's knee pain. Now she can focus on the things she loves, like playing guitar and spending time with her family.



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says Rochelle. "The nurses are the kind of people you feel like you've known your whole life."

Following surgery, Rochelle was happily recovering at home and attending outpatient physical therapy. She was soon walking without crutches, and her intense knee pain had subsided.

"I couldn't be happier with Bayshore," says Rochelle. "I'm excited to get back to life again." ●

September 19: Prevent Running Injuries

1 Active lifestyles can take a toll on the body. Join Riverview Medical Center sports podiatrist John Connors, DPM, for a seminar on running and injury prevention on September 19. Visit BayshoreHospital.org/5krace for details.