

# A Winning Hand: Orthopedic Expertise at Ocean

After 20 years in medical technology sales, Roni Goldberg decided on a career change, and she knew she wanted a job that would be fun and interactive. As luck would have it, the Borgata Hotel Casino and Spa was slated to open in Atlantic City, so the Brick resident went to school to be a dealer. She started her new career on the casino's opening day in July 2003.

As a dealer and supervisor of game tables, Roni is on her feet for eight hours at a time. She knew a little leg pain and fatigue was to be expected after standing for so long. But when she began having more severe pain

in her legs in May 2006, she went to a neurologist, who treated her with medication for neuralgia, or pain caused by the nerves. But then the pain changed and moved to her hips. A rheumatologist determined Roni had arthritis.

A series of cortisone shots in each hip provided temporary relief, but the pain kept returning. Roni's quality of life was suffering; she had to shuffle to walk, it was difficult to step up a curb, and getting in and out of the car was excruciating. It was time to explore other treatment options.

Joseph Bogdan, M.D., an orthopedic surgeon at Ocean Medical Center, confirmed that Roni suffered from osteoarthritis in both hips. "Osteoarthritis is the breakdown of cartilage in the joint,"



Casino dealer and game table supervisor Roni Goldberg hit the jackpot with the care she received from the experts at Ocean Medical Center. After a double hip replacement, she's back to work at the job she loves.

**“My therapists were enthusiastic and applied what I needed to learn and do for my job to my rehab.”**

– Roni Goldberg



**Joseph P. Bogdan, M.D.**  
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explains Dr. Bogdan. “Instead of the hip bone gliding smoothly, the bones rub against one another. Treatment starts with conservative care such as exercise, anti-inflammatory drugs, or using a cane. But when you reach the point of significant quality-of-life issues, a total hip replacement may be the best option.”

Hip implants are expected to last about 20 to 25 years, depending on the age of the patient and the level of activity he or she engages in. As a young, active woman, Roni was a good candidate for the procedure.

Roni decided to have both hips replaced and set an aggressive goal to return to work in three months, just in time for the summer rush. Presurgery education with a specially trained nurse and a tour of the Medical Center were the first steps (see sidebar).

“The nurse educator was great,” says Roni. “I saw the implants, knew exactly what would be done, and understood the rehab component. It was all so important.”

On March 29, Roni underwent a right hip replacement at Ocean and was up and walking within 24 hours. Four days later she was transferred to

Meridian Subacute Rehabilitation in Wall. Roni was so impressed with her rehab care that she reserved a room for her second surgery the following month. She then went home and completed outpatient physical therapy at Meridian Life Fitness and Rehabilitation at the Medical Center.

“My therapists were enthusiastic and applied what I needed to learn and do for my job to my rehab. They also helped me strengthen my other hip in anticipation of that surgery,” says Roni. “Rehab is everything. If you don’t fight through the pain, you won’t make progress.”

With her first surgery complete, Roni had her left hip replaced on April 21 and went through the rehabilitation process once again.

“I’m so happy I found Dr. Bogdan,” says Roni, who is convinced that she would not be walking today if she didn’t have the surgery. “I owe everything to him.”

In addition to her medical team, she is very thankful to her mother, who provided support at home for three months.

Today Roni has the spring back in her step and is back to work at the casino. She is currently being weaned off medication for the neuralgia. She hasn’t had an episode since her hip surgery. She says, “I’m back to enjoying life. Nothing stops me now!” ●

— Donna Sellmann

## Preparing for Joint Replacement Surgery

**Ocean Medical Center offers a comprehensive preoperative education class for individuals preparing for joint replacement, such as a hip or knee.**

**The informative session provides an overview on preparing for surgery, what to expect during your hospital stay and during rehabilitation, and how to prepare for home. Patients are even encouraged to bring a “coach,” such as a family member, friend, or neighbor, who will help them through surgery and recovery.**



**To learn more about the class, call Ocean’s Center for Total Joint and Spine Care at 732-836-4615.**

### August 10: Chat with Dr. Bogdan and Meet Roni!

Hear directly from the doctor and physical therapists about nonsurgical and surgical options for osteoarthritis and hip replacement. Plus, ask Roni about her experience. See page 23 for details.



## Exceptional Surgeons, Quality Care.

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- **Quicker recovery and less trauma** with laparoscopic and minimally invasive techniques.
- **Vast experience performing appendix, breast, colon, gallbladder, and hernia procedures**, as well as complex lung, orthopedic, and neurosurgery cases.
- **A dedicated surgical team recognized nationally for nursing excellence** through the Magnet award.



For more information about surgeons and specialists at Ocean Medical Center, call 1-800-DOCTORS® Or visit [OceanMedicalCenter.com](http://OceanMedicalCenter.com).