

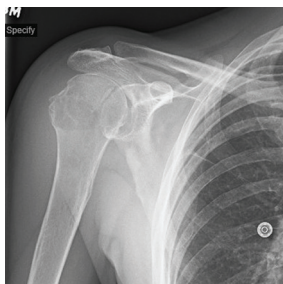
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New Orthopedic Options at Newport Hospital

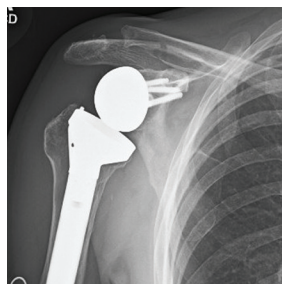
It was a typical trip to the grocery store for 75-year-old Dora Marshall until she felt a sharp pain in her left shoulder while loading bags into her car. From that day on, the pain was constant.

Dora's primary care physician told her she needed a shoulder specialist. Serendipitously, a postcard from Newport Hospital arrived the next day announcing the addition of orthopedic surgeon and shoulder specialist, Rolf Langeland, MD, to the medical staff at Newport Orthopedics. "It was like God sent him to me," says Dora.

Since coming to Newport Hospital, Dr. Langeland has been utilizing his extensive orthopedic trauma and reconstruction experience to help patients like Dora. Orthopedic surgeon Michael Mason, DO, also recently joined the Newport Orthopedics team. "Making a difference for patients and helping them find ways to stay mobile and live happier, healthier lives is what I've dedicated my life to," says Dr. Mason, who has been involved in the development of multiple artificial joints currently on the market. The combination of the two doctors' expertise brings joint replacement options at Newport Hospital to a new level.



Dora's pre-replacement x-ray



Dora's post-replacement x-ray



Rolf Langeland, MD; Katy Mitchell, PAC; Julie Woodside, PAC; Michael Mason, DO

The cause of Dora's pain was arthritis and a torn rotator cuff. The solution was a reverse shoulder replacement. Dr. Langeland has been performing outpatient shoulder replacements for more than two decades. In reverse total shoulder replacement surgery, the "ball and socket" implants are "reversed" from the positions in a normal shoulder, effectively replacing and restoring function.

"Most physicians don't do a replacement as an outpatient procedure," explains Dr. Langeland. "I've been doing them this way for some time and most patients prefer it."

Dora's outpatient surgery went smoothly. Shortly after, she started physical therapy at Newport Hospital's Vanderbilt Outpatient Rehabilitation. "Rehab wasn't easy, but it was worth it," says Dora. "I'm so grateful for all Newport Hospital has done for me."

"Having an orthopedic clinic with diagnostic imaging down the hall enables Newport Hospital to meet the needs of the community in a whole new way," notes Newport Hospital President Crista F. Durand, "From diagnosis and joint replacement, to rehabilitation, it's all right here."



Newport Hospital

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Comprehensive Spine Center Has Your Back

According to the statistics, you probably suffer from back pain. Eighty percent of adults have a back problem at some point in their lives. It's the second most common reason for a doctor's visit. Now, for the first time, Aquidneck Islanders won't have to travel far to access a range of services for their aching backs. Newport Hospital recently opened the Comprehensive Spine Center, staffed by highly skilled providers, including interventional pain specialist and physiatrist Kyle Silva, DO, neurosurgeon Jared Fridley, MD, and medical director Alexios Carayannopoulos, DO, MPH, a physiatrist and leading expert on pain management.

We spoke with Dr. Carayannopoulos about the Comprehensive Spine Center and what it means for Newport County and nearby communities.

Q. Why do so many of us have bad backs?

A. Lifestyle is a major factor. Being sedentary, not exercising or staying in shape can lead to back problems. As bipeds with upright spines, we carry the load of mechanical stress on the lower spine, where most back pain occurs. Bending, lifting, poor posture, and poor ergonomics intensify the load. The stresses accumulate and cause pain.

The majority of back problems are acute and tend to resolve in a short time. But episodes often recur, becoming chronic and debilitating. The Comprehensive Spine Center offers a range of options to reduce pain, increase function, and get people back in the game of life.

Q. What makes this program different from others?

A. It's our comprehensive approach, with everything under one roof. We begin by doing a highly focused evaluation. We need to understand the patient's experience—how much pain interferes with daily life. This is our foremost



Alexios Carayannopoulos, DO, MPH

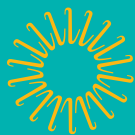
tool for tailoring effective treatment. Surgery is an option, but we offer many alternatives—medications, physical and occupational therapy, acupuncture, injections, pain and spasticity pump therapies, nerve-stimulating devices, counseling, and more.

Q. Why is the Comprehensive Spine Center important to Aquidneck Island?

A. We're increasing access to care. The center at Newport Hospital is an expansion of the Comprehensive Spine Center at Rhode Island Hospital. We learned that 25 percent of patients there were traveling from the Newport area. The new center provides the same comprehensive services but closer to home.

Q. What are the most exciting aspects of your work?

A. As a researcher, I'm working to create innovations for treating back pain. There need to be ways to treat pain without solely relying on opioids or surgery, and that's what we're focusing on at the spine center. It's also rewarding to get to know my patients and help them to achieve their goals. It warms my heart when a patient says, "Thank you. You're the only doctor who's really listened to my story."



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