



**HORIZON**  
HEALTH

*staying*  
**HEALTHY**



**My Aching Joints:  
When to get an X-ray**

Got joint pain? If so, an X-ray may help identify the source of the problem.

Rest and over-the-counter pain relievers are often the first step to address acute joint pain. But if the pain continues or worsens, it is time to get checked by a medical professional who can determine whether an X-ray is needed.

If joint pain is chronic and associated with deformity or stiffness, then an X-ray is more likely to show changes in the joint. Sometimes joint pain can also be “referred” from an area higher in the body. For example, hip pain may come from the lower back. Shoulder pain can be referred from the neck, and knee pain can come from a bad hip. Therefore if pain is persistent, then seeing a medical professional is a good place to begin.

If an X-ray is negative, then a stronger oral medication or injection may help

reduce the inflammation that is causing pain.

If swelling and pain persists, a MRI (Magnetic Resonance Image) or CT (Computerized Tomogram) scan may be useful. The tests will show more details of soft tissues, such as cartilage, ligaments, and muscle surrounding the joint.

Additionally, blood tests can identify other potential causes of the pain, such as gout, psoriatic or rheumatoid disease, or even infections.

If an X-ray detects mild to moderate arthritis, then a more conservative program of treatment may be suggested that includes basic life-style modifications. This includes diet and weight management, consistent low-stress exercises, joint injections, and bracing and supports. Additionally, physical therapy can reduce pain and improve performance, while a pain clinic can target the pain source with

**(continued on back)**

**Andrew Hodge, MD,  
MBA, FACS**



Dr. Hodge is a Paris native and Harvard-trained orthopedic surgeon who is helping expand Horizon Health’s existing orthopedics program.

Dr. Hodge currently divides his time between Illinois and Arizona with his work. He joins the orthopedics team of Ronald Wheeler, MD, and Angie Hamilton, family nurse practitioner, on a part-time basis in the Paris Clinic. Dr. Hodge specializes in hip and knee replacements.

Dr. Hodge is a 1970 graduate of Paris High School. He attended the University of Illinois and earned his medical degree from Rush Medical College in Chicago. He completed fellowships at Harvard University and Massachusetts Institute of Technology (MIT). He holds several US patents on orthopedic implants and techniques

Dr. Hodge will be available in the Paris Clinic certain days each month, so please call to get his schedule and make your appointment at 217-466-4714.

**Paris Community Hospital**  
721 E. Court St., Paris, IL 61944

**Oakland Clinic**  
5 S. Walnut St., Oakland, IL 61943

**Chrisman Clinic**  
112 W. Madison Ave., Chrisman, IL 61924

**EZ Care—Marshall**  
1602 N. Illinois Hwy 1, Marshall, IL 62441

**Paris Clinic**  
727 E. Court St., Paris, IL 61944

**EZ Care**  
1 Phipps Lane, Paris, IL 61944

**Senior Care**  
15323 US Highway 150, Paris, IL 61944

**MyHorizonHealth.org**



## My Aching Joints *(continued from front)*

guided injections.

If more severe arthritis is found, then surgery may be appropriate. When arthritis is severe the bone becomes unprotected and begins to wear away. It can become deformed and makes surgery more difficult. Therefore, joint damage should be addressed sooner rather than later.

When it comes to the knee joint, knee resurfacing is a less-invasive approach than a total knee replacement. It is one of the most commonly performed orthopedic procedures with more than one million performed world-wide each year.

Knee resurfacing is similar to “capping” a tooth with only the bad surface of the bone being changed, not the entire joint. Thanks to modern biomaterials, resurfaced or replaced joints can last more than 20 years.

*“If joint pain is chronic and associated with deformity or stiffness, then an X-ray is more likely to show changes in the joint.”*

People who benefit from total knee replacement often have severe knee pain or stiffness that limits their everyday activities. They can have trouble walking, climbing stairs, or getting in and out of chairs.

After surgery, patients can often stand and walk within a few hours, leave the hospital within a few days, and continue exercises as an outpatient. Eighty percent recovery often occurs after a month, with a ninety-five percent recovery by two months. Driving is usually possible within two weeks. Some work activity can be resumed relatively quickly as well.

Other joints like the hip and shoulder are also now commonly replaced and quite successful with quick recoveries and long-lasting performance. These replacements, like the knee, can now last more than 20 years.

## JUNE & JULY

# Community Health Programs

### FREE ADULT CPR/AED CLASS

#### July 1 & August 2

» The non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED); 8 am to 1 pm in Conference Room D. Call 217-466-4045. When calling, leave your name and you will be registered.

### CLINICS CLOSED

#### July 4

» Horizon Health clinics in Paris, Chrisman, and Oakland will be closed for Independence Day. EZ Care in Paris will be open from 9 am to 7 pm.

### SPORTS PHYSICALS

#### July 10

» Discounted sports physicals will be available in the Paris Clinic from 4 to 6 pm. No appointment is necessary. Cost is \$20. Insurance will not be billed. Ten dollars from each physical will be donated back to the booster club.

### HEALTH SCREENINGS

#### July & August

» Blood sugar, blood pressure, and lipid panel (HDL, LDL, and tryglycerides) screenings will be available at the following clinic locations.

**Chrisman Clinic**—July 9 @ 7:30–8:30 am

**Paris Clinic**—July 19 & August 23 @ 7–9 am

Fasting for eight hours in advance required. Cost is \$25 at each location. Call 217-466-4228.

### BACK TO SCHOOL BANG

#### August 3

» Now in its fifth year, this free health and wellness expo helps prepare children for the upcoming school year. The event will take place from 9 am to noon in the Paris Clinic. Snacks, giveaways, area vendors, school/sports physicals and immunizations will be available. Normal copays for services provided will apply. No appointment is necessary.

### ACKLIN INVITATIONAL & OPEN RACE

#### August 31 – Register now!

» Horizon Health and Paris High School’s fourth annual event in memory of the late Dr. James Acklin will take place at the high school, with the open race beginning at 7:30 am. Cost is \$10 or \$20 with T-shirt. To sign up, visit [MyHorizonHealth.org/DocAcklinRace](http://MyHorizonHealth.org/DocAcklinRace).