

**FOR IMMEDIATE RELEASE**

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**BAPTIST HEALTH ANNOUNCES MINIMALLY INVASIVE HIP  
REPLACEMENT PROCEDURE**

**LITTLE ROCK, Ark. (July 28, 2003)** –A new minimally invasive approach to hip replacement surgery that allows patients to rehabilitate faster and with less pain is now available at BAPTIST HEALTH.

William F. Hefley Jr., M.D., a BAPTIST HEALTH practicing physician who specializes in orthopedic surgery, is one of the first surgeons in the nation to perform the Minimally Invasive Solutions (MIS) 2-Incision hip replacement procedure and has for the past year been the only physician in the state performing the procedure.

In traditional hip replacement surgery, the surgeon makes a 10 to 12 inch incision, cutting through muscles, ligaments and tendons in order to place the implants. With the MIS 2-Incision hip replacement, a surgeon makes two incisions as small as 1 ½ to 2 inches each and generally separates those tissues, rather than cutting them. This provides the patient a host of benefits including a shorter hospital stay– one to two days, rather than the three to five days for standard surgery with most patients able to go home in less than 24 hours.

According to the American Academy of Orthopedic Surgeons, approximately 30 million people in the United States suffer from osteoarthritis, which causes deterioration of the cartilage in the hip joint, eventually leaving bone to rub against bone. The friction causes stiffness and pain, making activities and often even sitting for long periods of time extremely uncomfortable. Nearly 300,000 hip replacement procedures are performed annually in the United States.

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Hip replacement surgery is intended to help those suffering from hip arthritis have the opportunity to regain a more active and less painful lifestyle. The MIS 2-Incision hip replacement technique makes it possible for hip replacement to be performed less invasively using the same high-quality, clinically proven hip implants that are used in standard surgery.

Specialized instruments allow the surgeon to see and access the hip joint, to work in a much smaller area, and to generally separate rather than cut surrounding tissues. The minimally invasive approach is good news for millions of Americans who suffer from arthritic hip pain, but may have put off hip replacement because of the lengthy, painful rehabilitation typically required after standard surgery.

With the MIS 2-Incision hip replacement procedure, surgeons use a metal prosthesis, implanted without cement, to replace the arthritic hip. The goal of this procedure is for patients to experience smaller incisions, less scarring, less tissue trauma, less blood loss, less postoperative pain, faster recovery period and a shorter hospital stay. These benefits may allow a faster return to work and daily activities.

“Patients who have had the MIS 2-Incision hip replacement procedure are amazed at how soon they are getting around after surgery,” said Hefley. “Because I generally gain access to the joint by going between muscle groups, rather than cutting through the tissue, patients can usually return to their daily lives faster than they would have with traditional surgery.”

“BAPTIST HEALTH is excited to offer the MIS 2-Incision hip replacement procedure to patients, which will drastically reduce recovery time and increase the patient’s comfort,” said

Doug Weeks, senior vice president– administrator of BAPTIST HEALTH Medical Center-Little Rock.

The MIS 2-Incision hip replacement procedure is an option for many patients who are candidates for traditional hip replacement. Those with questions should contact an orthopedist proficient in the MIS 2-Incision hip replacement to determine if this procedure would work

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for them.

BAPTIST HEALTH is the state’s most comprehensive healthcare system. With more than 120 facilities, BAPTIST HEALTH is committed to delivering “All Our Best” in healthcare to the people of Arkansas.

For more information about BAPTIST HEALTH Medical Center-Little Rock or any BAPTIST HEALTH service, call BAPTIST HEALTH HealthLine at B-A-P-T-I-S-T (227-8478) or visit our Web site at [www.baptist-health.com](http://www.baptist-health.com).