



Dialogues:

Preserving Your Joints

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*Preserving
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THE SPEAKERS

Program Introduction

Joseph D. Zuckerman, MD

Chairman, NYU Hospital for Joint Diseases
Department of Orthopaedic Surgery
Walter A. Thompson Professor of Orthopaedic Surgery
NYU Langone Medical Center

Steven B. Abramson, MD

Chairman, Department of Medicine
Sr. Vice President & Vice Dean for Education,
Faculty and Academic Affairs
NYU Langone Medical Center

Topics

*Are your bones older than you:
Healthy aging in muscles, bones and joints*

Paula J. Rackoff, MD

Clinical Associate Professor of Medicine
Division of Rheumatology
NYU Hospital for Joint Diseases

*Avoiding joint replacement:
Strategies to preserve your joints for a lifetime*

Laith M. Jazrawi, MD

Chief, Division of Sports Medicine,
NYU Hospital for Joint Diseases
Associate Professor of Orthopaedics

Closing remarks

Joseph D. Zuckerman, MD

Steven B. Abramson, MD



Joseph D. Zuckerman, MD



WELCOME

As America's baby boomers reach retirement age, physicians are increasingly focused on the medical management of arthritis and other joint-related conditions as a way of keeping people healthy and active without resorting to joint replacement surgery. Leading this effort is NYU Langone's recently-launched Joint Preservation Center (JPC). Based in the multi-disciplinary Center for Musculoskeletal Care on East 38th Street, the JPC builds on the long-standing collaboration between our nationally-ranked orthopaedic and rheumatology programs, including the Center for Arthritis and Autoimmunity, which is often the first point of contact for arthritis patients. Using state-of-the-art diagnostic techniques such as joint fluid biomarker analysis and advanced MRI and biochemical imaging, physicians are able to detect arthritis in its earliest stages. This allows us to intervene proactively with treatments that include image-guided anti-inflammatory injections, administration of biologic therapies like hyaluronic acid and platelet-rich-plasma, and surgical approaches such as implantation of healthy cartilage cells from elsewhere in the patient's body. With these techniques, we hope to minimize the growing rate of joint replacements as baby boomers reach their 60s and 70s.

ABOUT THE MODERATORS

Steven B. Abramson, MD

Dr. Steven B. Abramson, is Professor of Medicine and Pathology, Senior Vice President and Vice Dean for Education, Faculty and Academic Affairs, and was recently named the chair of the Department of Medicine. He has been the Director of the Division of Rheumatology since 2000. As vice dean, Dr. Abramson oversees faculty affairs, including appointments, promotions, and tenure issues. Additionally, his office oversees undergraduate, graduate and post-graduate education, continuing medical education, pre-college programs, the admissions process, and the School's accreditation.

In addition to his role in medical education, Dr. Abramson has experience in both basic science and clinical research in the field of inflammation and arthritis, and has published more than 200 papers on these and related topics. He is a co-editor of the journal *Arthritis & Rheumatism*, a former member of the Rheumatology Board of the American Board of Internal Medicine (ABIM), immediate past president of the Osteoarthritis Research Society International (OARSI) and former chairman of the Arthritis Advisory Committee of the Food and Drug Administration (FDA). Dr. Abramson was named by the American College of Rheumatology (ACR) board of directors as the first chair of the ACR-FDA Drug Safety Committee. He was a recent member of the Skeletal Biology Structure and Regeneration Study Section of the National Institutes of Health (NIH).

Joseph D. Zuckerman, MD

Dr. Joseph D. Zuckerman is currently the Chairman of the Department of Orthopaedic Surgery at NYU Hospital for Joint Diseases and the Walter A. L. Thompson Professor of Orthopaedic Surgery at NYU School of Medicine. He is also currently President of the American Academy of Orthopaedic Surgeons. Dr. Zuckerman's research initiatives have focused primarily in the area of outcomes research with a particular emphasis on hip fractures and shoulder surgery. He is the author or editor of 14 orthopaedic textbooks and over 275 scientific articles. In addition to Dr. Zuckerman's educational, research and administrative responsibilities, he maintains an active clinical practice specializing in shoulder surgery and hip and knee replacements, performing over 250 operative procedures each year.

Paula J. Rackoff, MD

Clinical Associate Professor
of Medicine
Division of Rheumatology
NYU Hospital for Joint Diseases

Dr. Rackoff earned her Bachelor of Arts degree from Brown University, graduating magna cum laude and received her M.D. degree from the Yale University School of Medicine. She completed her residency and fellowship training at Yale New Haven Hospital and is board certified in Internal Medicine and Rheumatology.

She has published extensively on osteoporosis, but her clinical interests include fibromyalgia, lupus, osteoarthritis, rheumatoid arthritis, scleroderma, spondylitis, and vasculitis with expertise in Sjogren's syndrome, and women's rheumatologic disorders.

Dr. Rackoff has received the Women on the Move Arthritis Foundation Award, the Partners in Courage Award from the New Israel Fund, and the Spirit of the City Community Service Award. Dr. Rackoff has also been named a "Top Doctor" for the New York metro area by Castle Connolly.

Dr. Rackoff is opening her practice in Rheumatology at the Center for Musculoskeletal Care, 333 East 38th Street, 4th Floor, tel 646-501-7400 and the Joan H. Tisch Center for Women's Health 207 East 84th Street, tel 646-754-3300.



A patient review:

"What a gift to have such a knowledgeable, thorough, efficient, and caring doctor on my side! Dr. Rackoff has great diagnostic skills and quick to find solutions. Further, the utmost respect she has among other doctors makes treatment under her guard very very effective. Nice to have a doctor that I can trust."

Dovepress

Journal of Clinical Interventions
in Aging

**Efficacy and safety of risedronate
150 mg once a month in the treatment
of postmenopausal osteoporosis.**

Rackoff, P.J.

TREAT ENDOCRINOL

**Optimizing administration of
bisphosphonates in women with
postmenopausal osteoporosis**

Rackoff, P.J., Sebba A.



Patients' Choice Award ★
(2010 - 2011)



Castle Connolly Top Doctors: ★
New York Metro Area™ (2002 - 2013)

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Laith Jazrawi, MD

Chief, Division of Sports Medicine,
NYU Hospital for Joint Diseases
Associate Professor of Orthopaedics
Head Team Physician
New York University Athletics

Laith Jazrawi MD is Associate Professor and Chief of the Division of Sports Medicine in the Department of Orthopaedic Surgery for Hospital for Joint Diseases at NYU Langone Medical Center. He specializes in Orthopaedic sports injuries and the arthroscopic treatment of shoulder, elbow, and knee problems. His current research interests involve the development of advanced arthroscopic techniques in the management of these conditions. In addition, as the Director of the Shoulder and Elbow Research Lab, he has continued to develop a wide range of basic science and clinical research projects for the Division of Sports Medicine and the Division of Shoulder and Elbow Surgery. Dr. Jazrawi has served as team physician for the Brooklyn Cyclones and consultant for the World Wrestling Entertainment organization. Currently he serves as Head team physician for all NYU athletics.



Journal...
AAOS Journal of the American Academy
of Orthopaedic Surgeons

Advances in magnetic resonance imaging of articular cartilage

Jazrawi LM, Alaia MJ, Chang G, Fitzgerald EF, Recht MP.

Journal...
AAOS Journal of the American Academy
of Orthopaedic Surgeons

Platelet-rich plasma: current concepts and application in sports medicine..

Hall MP, Band PA, Meislin RJ, Jazrawi LM, Cardone DA.

JBJS

The Journal of
Bone & Joint Surgery

Anticoagulant treatment of thromboembolism with intravenous heparin therapy in the early postoperative period following total joint arthroplasty.

Della Valle CJ, Jazrawi LM, Idjadi J, Hiebert RN, Stuchin SA, Steiger DJ, Di Cesare PE.

Journal...
AAOS Journal of the American Academy
of Orthopaedic Surgeons

Arthroscopic management of osteoarthritis of the knee.

Hunt SA, Jazrawi LM, Sherman OH.



EDIZIONI
MINERVA
MEDICA

Minerva Medica
journals and books on medicine since 1909

THE JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS

Intra-articular hyaluronic acid: potential treatment of younger patients with knee injury and/or post-traumatic arthritis.

Jazrawi LM, Rosen J.

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AL CENTER

THE JOINT PRESERVATION CENTER

The Department of Orthopaedic Surgery at NYU Langone Medical Center's Hospital for Joint Diseases (HJD) has recently established the first comprehensive *Joint Preservation Center (JPC)* in the tri-state area. The Center was established to meet two specific needs: 1) to help injured patients maintain natural joint function using the most advanced surgical, non-surgical and rehabilitation techniques; and 2) to optimize care of patients with degenerative arthritis, and thereby address the societal need to minimize the increasing need for joint replacement surgery as baby boomers reach their 60's and 70's. The clinical goal of the JPC is to offer treatment to patients with conditions that predispose them to develop arthritis at an early age. These treatments aim to alter the natural history of pre-arthritic conditions and ultimately prevent or delay the need for joint replacement surgery.

The *Joint Preservation Center* is wholly patient-focused, primarily treating conditions affecting the hip, knee, and shoulder by using a team approach to patient care. The Center includes multiple specialties, including Orthopaedic Surgery, Sports Medicine, Rheumatology, Radiology, Physical Medicine and structured rehabilitation programs. Patients answer a series of questions to help facilitate referrals to the appropriate physicians specialized in addressing their specific needs. All patients seeking treatment at the JPC receive standardized measurements of their pain and function as part of their treatment plan, so that their response to treatment can be quantitatively followed, and treatment can be adjusted to each patient's individual needs.

Recent advances in the understanding of the root causes of arthritis have led to procedures aimed at preventing arthritis. Part of the mission of the JPC is to allow our residents, medical students and patients to learn more about these conditions and effectively treat them. Since the field of Joint Preservation is relatively new, it serves for groundbreaking research and educational opportunities.

Our Goal Is Clear: To develop a world-class *Joint Preservation Center* that will identify patients who are at risk for arthritis at an early age, and intervene to prevent the development of disabling arthritis. We will dramatically improve the outlook for patients with debilitating joint problems using specific procedures intended to preserve the integrity and function of the joint, and minimize the need for joint replacement. Through highly targeted educational and scientific research programs that bridge the gap between basic discovery and clinical application, the *Joint Preservation Center* will be a premier center for providing all aspects of outpatient orthopaedic care and cutting-edge surgical treatments.

RHEUMATOLOGY CENTER FOR ARTHRITIS AND AUTOIMMUNITY

The Center for Arthritis and Autoimmunity is designed to provide the public with a comprehensive and well-coordinated program for the prevention, diagnosis and treatment of musculoskeletal disorders in adults and children. The uniqueness of the Center rests on its ability to offer an integrated and interdisciplinary approach to the care and management of rheumatologic conditions.

Patients have access to an array of services which include complete rheumatologic evaluations, orthopedic and neurological consultative services, participation in clinical trials using the most advanced interventional therapies, highly sophisticated diagnostic testing, rehabilitation, and complementary medicine. Patients are under the care of physicians who are recognized nationally for their clinical knowledge and expertise and

for their talents as research scientists. As translational research becomes the focus of patient care, our scientists are at the forefront of developing new and innovative therapies for our patients, based upon the cutting-edge research being performed in our laboratories.

Having combined all of these elements into one program, we can assure patients that the best possible care for musculoskeletal disorders is being rendered at the Center for Arthritis and Autoimmunity.

The Center is comprised of twenty-one full and part time rheumatologists and now occupies approximately 5,200 square feet in its new facilities at the Center for Musculoskeletal Care.

The logo for NYU Langone Medical Center, featuring a large, light blue, stylized 'C' shape that frames the text. The text 'NYU Langone' is in a large, bold, sans-serif font, and 'MEDICAL CENTER' is in a smaller, all-caps, sans-serif font below it.

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Dialogues on the Treatment and Prevention of Arthritis

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Dialogues On Arthritis of the Extremities *and Movement*

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Dialogues: *Preserving Your Joints*

Dialogue on Advances in Musculoskeletal Care

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Dialogues on Arthritis, Osteoporosis and the Spine

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Dialogue on Advances in Arthritis

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and Rehabilitative Medicine

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