

Dear Respected Friends & Colleagues,

This month's Newsletter will focus on our 2022 Gala, Highlights from our Research Department, the Benefits of Cruciferous Vegetables and a Fresh, Unique Recipe. We hope you enjoy!



## 18th Annual Gala

November 16th, 2022

*We are proud to announce our first Honorees  
for this year's annual Gala!*

*Please join us in honoring:*



Ann M. Palmer  
*Former CEO and President  
of the Arthritis Foundation*



Ellie Krieger  
*Dietitian, Nutritionist and  
Food Network Star*  
*(List in Formation)*



Tony Richardson  
*Former NFL Player for the  
Cowboys, Chiefs, Vikings and Jets*

We are looking forward to another fantastic, successful Gala event this year!

### Research Corner

We're headed to Chicago next month! Check out our research at the American Academy of Orthopaedic Surgeons' Annual Meeting.

- *Isolated Lateral Joint Osteoarthritis (OA): Survivorship and Patient Acceptable Symptom State (PASS) at Mean 10-Years Following Lateral Fixed-Bearing Unicompartmental Knee Arthroplasty (UKA)*
- *Functional Outcomes and Success Rate Following Bone-Patellar Tendon-Bone (BPTB) Anterior Cruciate Ligament Reconstruction (ACLR) in Patients <30 Years Old: Autograft vs. Allograft*
- *Do Pre-Op Corticosteroid Injections Increase Infections, Re-ruptures and Revisions in Primary Arthroscopic Rotator Cuff Repair?*

- *Treatment of Lateral Meniscus Tears Influences OA Rate following ACL Reconstruction at 9-year Follow-Up*
- *Bioabsorbable Interference Screw Fixation for ACL Reconstruction Yields No Tunnel Widening with Excellent Outcomes*

Dr. Kevin Plancher will also be leading two Instructional Course Lectures – The Business of Medicine – and - Unicondylar Knee Arthroplasty Made Simple.

**If you are suffering with knee pain** and have knee osteoarthritis or a knee cartilage defect, we have several clinical trials that you might be eligible for. Please contact our Research Director, Dr. Stephanie Petterson today – 203-869-2002 ext. 14 or [spetterson@ofals.org](mailto:spetterson@ofals.org).

### A Highlight of one of our Published Articles

Eighty percent of patients with anterior cruciate ligament (ACL) tears develop arthritis 5 to 10 years after injury. Partial knee replacement has been traditionally contraindicated in knees with an ACL tear; however, enhancements in technology have made this a procedure for younger, active individuals. Partial knee replacement is indicated for patients who have arthritis and related pain localized to one compartment, either the inside (medial) or outside (lateral) part of the knee. We compared outcomes after partial knee replacement in patients with and without an ACL-deficient knee using Patient Acceptable Symptom State (PASS). PASS quantifies a patient's wellbeing by focusing on a patient's current state and satisfaction with treatment. Two-hundred fifteen knees were included with an average follow-up of 10 years. Partial knee replacement resulted in high patient satisfaction, high survivorship, and a high proportion of patients reaching PASS in both knees with and without ACL-deficiency. With careful patient selection, partial knee replacement is an excellent option to return patients back to activities and sports with excellent long-term outcomes.

*Plancher KD, Briggs KK, Brite J, Petterson SC. Patient Acceptable Symptom State (PASS) in Medial and Lateral Unicompartmental Knee Arthroplasty: Does the Status of the ACL Impact Outcomes? J Arthroplasty. 2022 Feb 2:S0883-5403(22)00096-1.*

### Roundtable Discussion

Q: What is the most exciting medical technology on the horizon?

A: In a nutshell, intraoperative navigation is the most exciting technology on the horizon. Navigation is already in use in joint replacement for precision. I think its expansion to sports medicine will help to improve the accuracy of reconstructions and will help to navigate through narrowed joint spaces.

Many thanks to Dr. Karthikeyan Chinnakkannu, MD, Attending Physician for Orthopaedic Surgery at BronxCare Health System in Bronx, NY, for this month's Roundtable Discussion! Dr. Karthikeyan was our sports medicine fellow in 2020-2021 and specializes in Sports Medicine and foot & ankle surgery.



*One of our Fellows, Dr. Cliff Voigt, MD, attending a Stryker lab in Denver, CO on Feb 2, 2022.*

### **OFALS Medical Immersion Camp**



OFALS is proud to announce the launch of our inaugural Medical Immersion Summer Camp Experience! This unique summer program for high school students aged 15-18 years blends a wide range of hands-on surgical experiences with a classic New York entertainment experience, giving your future doctor exposure and preparation to the field of medicine. The Medical Immersion Camp covers a range of subjects, including general orthopaedics, radiology,

pathology, anesthesiology, plastic surgery, vascular surgery and emergency medicine. The Medical Immersion Camp will take place at our BioSkills Lab, located in Murray Hill, Manhattan from July 10-16, 2022. If you are interested in learning more about this incredible experience, please contact our Executive Director, Janine Bahar, at [jbahar@ofals.org](mailto:jbahar@ofals.org) or by calling (203) 869-2002.

### **Leafy Green Vegetables are Essential for Bone Health**



A study by Edith Cowan University in Australia has shown that certain leafy green vegetables improve strength and muscle function independently of physical activity. The study found that cruciferous vegetables, such as kale, broccoli, brussels sprouts, and spinach, contain nitrates—a natural chemical compound that researchers credit with the effect. Strong muscles apply pressure on bones, which stimulates the growth of new bone tissue. This foundational relationship between muscle and bone is called Wolff's Law and describes how bones adapt to applied force.

The study, published in *The Journal Of Nutrition*, set out to determine whether regular consumption of nitrate-rich cruciferous vegetables improve muscle function and whether that effect was dependent on physical activity levels. The study found that people who consumed a nitrate-rich diet, primarily from cruciferous vegetables, had significantly better muscle function in their lower limbs. Dr. Marc Sim, the lead researcher for the study, states that “we should be eating a variety of vegetables every day, with at least one of those being leafy greens, to gain a range of positive health benefits for the musculoskeletal and cardiovascular system.”

[Content: [Science Daily](#) and [Edith Cowan University](#)]

### **A New Use for Leafy Greens**

In need of a great recipe using cruciferous veggies after reading the article above? Check out this great, healthy recipe for a Farro Salad with Spinach from one of our Honorees, Ellie Krieger. Many thanks for the recipe!



*Herbed Farro Salad with Walnuts, Feta, and Spinach*

**Ingredients:**

- 1 cup of semi-pearled farro
- 3 cups of water
- 1/3 cup of walnut pieces
- 2 cups of chopped baby spinach leaves
- 1/2 an English cucumber, peeled and diced
- 2/3 cup of crumbled feta cheese
- 1 thinly sliced scallion
- 1/4 cup of chopped fresh parsley
- 3 tablespoons of chopped fresh dill
- 2 tablespoons of extra-virgin olive oil
- 2 tablespoons of fresh lemon juice
- Kosher salt and black pepper to taste

**Instructions:**

1. Place the farro in a pot over medium-high heat. Cook until boiling, stirring periodically, then reduce the heat to low. Cover the pot and continue cooking until the farro is slightly

chewy and tender (about 30 minutes). Drain the farro and allow it to cool to room temperature in a refrigerator.

2. Toast the walnuts in a skillet, moving around continuously until walnuts are fragrant and lightly browned. Set aside and coarsely chop.
3. Whisk the extra-virgin olive oil and lemon juice together with the salt and pepper.
4. Add the remaining spinach, cucumber, feta cheese, scallion, parsley, and dill to the farro. Drizzle the olive oil mixture and toss to coat.
5. Top with toasted walnuts and enjoy your healthy meal!

Stay safe and healthy.

Warm regards,

Janine Bahar  
*Executive Director*



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