



DORR RESEARCH FOUNDATION

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General Information

323-747-6641

New Patient

Appointments

with

Lawrence D. Dorr, M.D.

or

Paul K. Gilbert, M.D.

323-747-6641

Jeri Ward R.N.

310-493-8073

jeriopwalk@yahoo.com

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TOTAL HIP REPLACEMENT *by Lawrence D. Dorr, M.D.*

AFTER a fun and successful weekend of golf I woke up on Monday morning with my back so sore I could barely walk. I canceled one day, then another, then the whole week. By the following Monday I was sick and admitted to the hospital. I had a septicemia with the germ *staph aureus* which originated from my elbow. The probable origin of the elbow infection was a bug bite during golf. The bacteria circulating in my bloodstream landed in my spine and affected three lumbar discs and one thoracic disc. I can testify that spinal discitis is a really painful disease. To compound it I was allergic to the initial intravenous antibiotic used. It took two weeks to determine that because this allergy is so rare. I spent one month in bed and this results in 50% deconditioning of the body, so it has been a difficult road to rehabilitation. Three months after the onset of this disease I am now strong again, and nearing normal function. Since this is the first real illness I have had, it was an enlightening experience for me! I have never had much patience but with



Lawrence D. Dorr, M.D.

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Operation Walk will honor founder LAWRENCE D. DORR M.D.

Saturday, October 6, 2018

Please join us for an exciting event at the California Club in Los Angeles. Visit our website at www.operationwalk.org for details on sponsorship and ticketing, as well as information on how you can participate in honoring Dr. Dorr.

For more information contact Jeri Ward at jeriopwalk@yahoo.com or 310-493-8073 or Alejandra Castillo at Alejandraopwalk@yahoo.com or (424) 558-8076.



www.operationwalk.org



Dr. Paul K. Gilbert

New Developments Enhance Our Practice

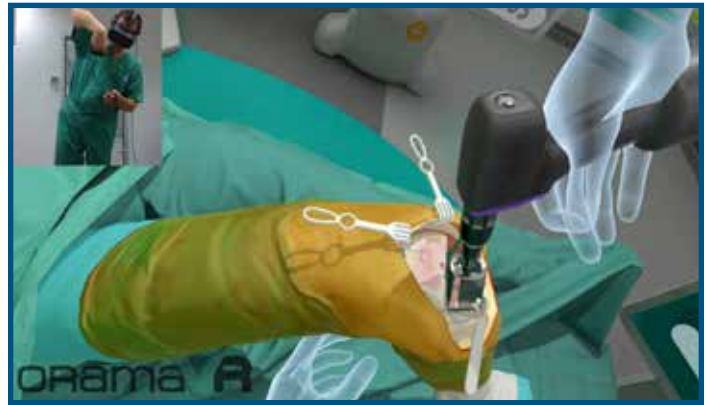
by Dr. Paul K. Gilbert

In May of this year, Verdugo Hills Hospital received certification as a Hip and Knee Replacement Center of Excellence. This was the result of hard work by our entire multidisciplinary team. The focus has been on an efficient

process, great outcomes and patient satisfaction.

Our Makoplasty robotic surgery is now extended to include total knee replacements. This phenomenal technology, which has revolutionized partial knee replacements, is now being used for the full knee replacements.

In partnership with OramaVR, Dr. Dorr and I have introduced virtual reality as a teaching tool. This technology allows as many as seven people



from anywhere there is internet access to enter a virtual operating room to teach and practice surgery.

You can see that we have been busy and things are happening. Our entire team is working hard to bring the best tools, the best patient centered programs and to share these techniques with others. I can't wait to see what the future holds!

We are now collecting donations of canes, crutches, walkers and commodes for our 2019 missions

Clean, gently used items can be dropped off at the office during your follow up visits, or at our Torrance office Monday through Friday between 10 am and 2 pm. Please call Alejandra Castillo to arrange drop-off at (424) 558-8076.

The Torrance address is 381 Van Ness Ave, Suite 1514, Torrance, CA 90501 and is located in the Van Ness Business Park in the southwest corner of the park.



Pedro Lopez practices stairs just four hours after hip replacement surgery.

Read more Operation Walk post-replacement success stories on pages 6-7.

Total Hip Replacement continued from page 1

this disease I had no control and had to learn patience! Fortunately my wife of fifty years was a fabulous nurse. She gave up all her own activities to care for me, and certainly that is one reason I am returned to normal. Love is a powerful medicine! I felt it from all my friends, my medical team, national colleagues and patients who were truly concerned about me.

While I recovered I had much time to reflect on my passion – Total Hip Replacement. I read the history of Sir John Charnley who developed THR. He had failures in his first use of plastics for the cup. Fortunately he persisted and a new and good plastic was found. But the impact of what he accomplished is difficult to comprehend. THR is a medical revolution that changed society. Every joint replacement mimics the principles of Charnley so indirectly every replacement has his work behind it. Think about how many people can travel, play golf or the sport they enjoy, hike, play with grandkids, and remain productive because of a total hip, total knee, or shoulder. Certainly it has contributed to a longer life expectancy. Prior to Charnley's discovery, people were severely disabled by their hip arthritis and deep depression was common because they were isolated from their social world. The depth of their disability is illustrated by the reality that when Charnley's first design of THR failed in 2-3 years, they still lined up at his clinic and said they would accept 2-3 years of relief.

In medicine we are good at repairing the human machine – joint replacement, cataract lenses, fracture fixation devices, new coronary arteries, spinal fixation devices, hearing aids,

artificial limbs, blood pressure pills, and insulin are examples. I expect that the revolution of genetic research which is so prevalent today will find cures for disease. But the heroes in medicine are those who created revolutions. Penicillin is the one discovery that created a

class of drugs that can cure infections, and it is the most important discovery in medicine. There are not many heroes: Morton for anesthesia; Pasteur for germ theory; Lister for antisepsis; Fleming for penicillin; Salk for polio vaccine; Ridley for cataract lens; Lillehei for open heart surgery; DeBakey for vascular surgery; Harrington for spinal fixation; and Charnley for joint replacement. Since the 1960s the only revolution has been heart stents in the late 1980s. All other developments in medicine are evolutionary not revolutionary.

I participated in evolution with non-cemented hip replacement and advances in patient care after surgery. But I have had the good fortune of being a surgeon in the golden era of surgery, and contributing to its improvement.

My time of reflection allowed me to appreciate even more the operations with which I have made my career – Total Hip and Knee Replacement – and appreciate every patient who has let me operate on them. THANK YOU. I came to appreciate the magnitude of the impact of Operation Walk on all who have experienced it, and its impact on Orthopedics. I have always believed in God, and this healing time only strengthened my gratitude for His gifts to me. My healing from this disease has provided me the opportunity to continue to be a doctor for a while longer. I am thankful for that.



Dr. Dorr measuring leg lengths by feeling the iliac crest of the patient.

Former USC Song Girl Finds Healing

• *Reflections on Successful Hip Surgery at the Keck Medical Center of USC*

by Dorie Mattson

I was introduced to the USC Trojan Family by my father who was a dedicated alumnus. The sight of the Los Angeles Memorial Coliseum still conjures up childhood memories of times spent with dad cheering on the Trojan football team – one of the most storied teams in the history of college football. While the athletic talents of the football team made quite an impression, it was the artistic talents of the cheering USC Song Girls that caught my attention.

The USC Song Girls connected two of my passions – a youthful delight in the art of dance and a respected university that would challenge my insatiable love of learning. Only years later, when I realized my childhood dream, did I understand the hard work it took to be a USC Song Girl. Symbolizing USC's proud tradition of school spirit and athletic excellence, the Song Girls appear at athletic games, rallies, alumni functions and media events.

In my years as a USC Song Girl, the squad was honored to perform at the Rose Bowl game as well as traveling to numerous athletic events such as the USC vs. Norte Dame game in South Bend, Indiana, and the International Collegiate Football Game in Tokyo, Japan. While I enjoyed the challenging schedule, the flexibility and strength required to perform complex choreography was exhausting. Upon graduating from USC my dance activity continued.

I embarked on an unusual career path that led to the creation of a meaningful dance ministry I led for many years. While I have been blessed immeasurably with unique dance opportunities, I gave little thought to the physical toll they were taking on my body. According to the Cedars-Sinai/USC Gloria Kaufman Dance Medicine



Former USC Song Girl Dorie Mattson's training as a dancer helped her recover rapidly from hip replacement surgery.

Center, "Dance is as much about pounding athleticism as it is art."

I first noticed a problem with my right hip joint when I returned to USC to study at the Leonard Davis School of Gerontology. Climbing up and down the stairs at the USC parking structure for class triggered sharp hip pain. While arthritis, injury, and aging are among the many causes behind the degeneration of joints, performing recurrent choreography most likely added to the erosion of my hip joint.

As my joint pain increased I consulted an orthopedic doctor who recommended a variety of remedies to no avail. The razor sharp pain radiating in my right hip joint had progressed to the point that simple daily movements were

becoming increasingly difficult to execute. Efforts to avoid surgery faded as the paralyzing pain prompted me to search for a solution that could alleviate suffering while restoring activity.

Sensing my struggle, a friend highly recommended her Surgeon, Dr. Lawrence Dorr, Professor of Clinical Orthopedic Surgery and Replacement of The USC Center for Joint Preservation and Replacement. Dr. Dorr, has earned a reputation as one of the top surgeons and researchers in the field of hip and joint replacement surgery. In his lifetime he has performed more than 7,000 hip replacements.

Last August I was admitted to the Keck Hospital of USC to undergo a right hip arthroplasty to replace my severely damaged hip joint. My surgery was perfect, and recovery has gone remarkably well. While I am grateful for Dr. Dorr's skill as a surgeon, his exceptional medical team at the Keck Medical Center of USC brought to my attention the admirable reputation he holds among his colleagues. A nurse shared that she began working for Dr. Dorr in 1998, while my physical therapist told me that she began working with him in 1996.

Ironically, many of my physical therapy exercises are the same movements I used to warm up with for performances as a USC Song Girl. At a later stage in life, I am learning the usefulness of dance as a means to improve joint function, regain range-of-motion, and strengthen one's sense of balance. Regaining my dance mobility has also restored the occasion to connect with other USC Song Girls through cheering at homecoming.

For the past several years I was unable to participate in the long-standing homecoming tradition due to the severity of pain in my hip joint. I could not march with "The Spirit of Troy" USC Trojan Marching Band from the Tommy Trojan statue to the Los Angeles Memorial Coliseum, let

alone "Dance to the Music." Now I look forward to reconnecting with USC Song Girl alumnae at homecoming games in the years ahead.

While I have always been grateful to the University of Southern California for the excellent education that has enriched my life, I am also appreciative for the fine medical care that has restored my health. I am especially grateful to God, for leading me to Dr. Lawrence Dorr, USC's skilled surgeon who has spent a lifetime healing those who hurt. A world-class academic medical center, which is well positioned to meet the growing demands of compassionate, quality, health care for years to come – Keck Medicine of USC really is beyond exceptional medicine.

Operation Walk Angels



Theresa Murphy, Jane Song-Gee, Mary Ellen Sieben and Ava Baldwin attended the first annual *Operation Walk Angels Luncheon*.

Operation Walk Angels are a group of women who support Operation Walk and connect with patients having surgery during our missions.



Angels "meet" their patient before surgery via email, and are able to follow their progress during the week we perform surgery. Angels make an annual donation to help offset costs for patients, such as lab work, x-rays, medications and transportation.

If you are interested in becoming an Operation Walk Angel, please visit our website at www.operationwalk.org for details.

Operation Walk – Changing Lives, One Operation at a Time

Juan Diaz is a 27 year old young man with a passion for living and for his art. When Juan was five years old he was playing with his cousin and fell due to the instability of his knee. He was in horrible pain and had a lot of trouble walking. His knee had become very swollen. When he went to the doctors he was diagnosed with Rheumatoid Arthritis (RA).

For the next 14 years he went through multiple treatments, but was not able to walk without significant help. The RA continued to break down his body. Some days he was in so much pain that he could not even move. When he was 9 he developed a passion for painting. He had a real talent and it became one of his true joys. With limited mobility, most activities were impossible, therefore painting became his sanctuary.

Through some treatment he was able to walk on good days, but the trajectory of his health was becoming more evident. Eventually he would not be able to walk.

Juan lives on a peninsula about one hour outside of Granada. He has lots of family support. He lives with his parents and his four

siblings. His father comes from a family of 12 and all of his aunts, uncles and grandparents live close by. In total they number close to 70.



Juan Diaz taking his first steps post-surgery, and sharing his artwork with Dr. Gilbert.

The type of treatment that Juan needed was really not a possibility for someone living an hour outside of Granada in Nicaragua. The RA had destroyed his hips and his right knee. While he did not have a lot of pain in his fingers, the RA had caused severe deformities in his fingers as the RA attacked the cartilage. The pain became so bad that he could no longer paint.

Then in 2016, he met Shelley Craft. Shelley had traveled to Nicaragua on a medical mission with her daughter. After her mission ended Craft and her daughter traveled to an island to relax for a few days. The manager of the eco-resort where they were staying asked Craft if they had heard about a local artist who struggled with RA. Craft had not, but immediately wanted to meet him and see his art.

When Shelley met Juan, it was heartbreaking for her. She met a 27-year-old who had been decimated by 22 years of untreated RA. The



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We are
on Twitter
@OPWalkLA



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paintings and sketches of the self-taught artist showed great talent, however, she knew that without treatment his art career would end. At that moment Craft vowed to Diaz and herself to somehow get him treatment.

Shelley had quite a task ahead of her to get Juan the help he needed. She worked diligently on the task and perspicuously was able to connect to Operation Walk. Operation Walk decided to take on Juan's case. Through the coordination of several Operation Walk teams they began to focus on helping Juan. In January of 2018 the Mid-west chapter of Operation Walk successfully completed Juan's bi-lateral hip replacement. Then the Los Angeles Operation Walk team replaced Juan's right knee in March of 2018.

The hope is that after the knee surgery, he will be able to walk again, and his pain will be reduced. Juan has a great attitude and is very focused on the goal of getting better. You can hear hope and gratitude in his voice. When he was first met by the Los Angeles Operation Walk team his focus was on presenting one of his paintings to Dr. Dorr. It was a painting of the national bird, the Guardabarranco. Which means the guard of the canyon. So appropriate as Operation Walk is attempting to help guard Juan from the terrible effects of RA.

Rogelio Estrada had legs that just wouldn't cooperate. Born with *tibia vera*, Rogelio's lower legs sharply angled inwardly, giving his femurs the appearance of an archer's bow. Determined to lead a normal and productive life, Rogelio worked as a farm hand for over forty years, was married and had several children. But as time went on, his deformity took its toll. He was no longer able to walk unas-



Rogelio Estrada before and after surgery.

...at 62, Rogelio was able to place his feet flat to the earth for the first time.

sisted, he could not continue to work the field, his wife and family left, and his legs were ready to give out. Rogelio knew he needed help, but lacked the funds and resources for surgery to straighten his "crooked legs." Over forty times he made the six-and-a-half hour trip by bus to Antigua, Guatemala to apply for assistance, only to hear that his surgery was impossible. It was in August of 2017 that his luck would change. When evaluated by our team, our founder Dr. Dorr knew that he could perform the surgery that Rogelio so desperately needed. That is how, at 62, Rogelio was able to place his feet flat to the earth for the first time. Truly, Operation Walk can change a person's life with joint replacement surgery.

Did You Know – you can receive this newsletter in your e-mail!

If you wish to receive our newsletter electronically please email us at jeriopwalk@yahoo.com and we will put you on the email list. You will be the first to receive information and updates from Dr. Dorr and Dr. Gilbert.

Alejandra Castillo Joins Operation Walk LA Team

Alejandra is delighted to be joining the Operation Walk Los Angeles team. She has eight years of experience working with youth in after-school tutoring programs in low-income communities. Alejandra grew up in Guadalajara, Mexico and in East Los Angeles, which inspired her to major in Anthropology and Sociology in college. She attended Kalamazoo College in Michigan as a Posse Scholar.

Upon graduating, Alejandra began her career in the non-profit world working as a Programs Coordinator at 826LA.

In her free time, Alejandra enjoys writing and reading poetry. Her work can be found in *Mujeres de Maiz*, *East Jasmine Review*, and *Hinchas de Poesia*.

Alejandra may be contacted at Alejandraopwalk@yahoo.com and (424) 558-8076.



Alejandra Castillo