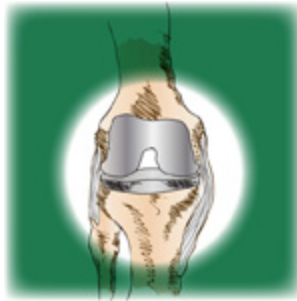


## Increasing Rates of Total Knee Replacements in Aging Population

Nearly half of American adults may develop symptomatic knee osteoarthritis in at least one knee over their lifetime, with an equal risk of this disabling condition among whites and blacks. Total knee replacement (TKR) is an effective method of reducing pain and improving physical function among those with disabling knee osteoarthritis, but whites have been more likely to undergo the procedure than blacks.

CDC studied national and state-specific TKR rates for 2000-2006 Medicare enrollees age 65 years and older. The national TKR increased by 58% between 2000 and 2006, with an increase of 61% among whites and an increase of 56% among blacks.



In Minnesota there was a 72% increase in the TKR rate from 2000 to 2006 (7.8% versus 13.4% per 1000 population). It is expected that as our population ages with baby-boomers desiring to stay active later in life, those with arthritis will be seeking care to enable them to do so. Health-care providers and public health agencies can play a role by routinely distributing TKR information to those with symptomatic knee osteoarthritis that is tailored to the education, literacy levels and culture of all patients.

Full Article: Centers for Disease Control (CDC) - *MMWR Morb Mortal Wkly Rep* 2009 Feb 20; 58(6):133-138.