



PROPER (BODY WEIGHT/BODY MASS INDEX) FOR JOINT REPLACEMENT

Obesity and arthritic lower extremity joints is an extremely common combination amongst us Americans. Proper treatment for your arthritic joint symptoms whether nonsurgical or surgical requires getting your weight under control. To consider safe joint replacement surgery it is imperative that the obesity be brought under excellent control. Dr. Kenerly recommends a BMI of 35 or lower prior to joint replacement surgery. Weight reduction for any of us is difficult! For the patient who is overweight and has arthritic lower extremity joints, weight loss is even more challenging... But it can be done! Exercise to facilitate weight loss efforts is frequently not realistic. Therefore the weight loss strategy has to be primarily diet based.

Dr. Kenerly recommends for his patients needing to lose weight prior to joint replacement surgery follow a high protein, high fiber, low carbohydrate diet plan. Many patients have found great success reducing their weight prior to surgery and keeping it off after surgery following this diet program. Some patients have found that by reducing their weight they no longer desire joint replacement surgery because their arthritic joint pain is so improved!

DIET PLAN: Eat plenty of nutritious protein. Eggs, bacon, pork, fish, poultry, beef. Preferably grilled or baked or fried (without batter). Eat plenty of fiber. Leafy green vegetables and non-tropical fruits including lettuce, broccoli, green beans, carrots, apples, strawberries, blueberries. Salads are okay but only oil and vinegar for dressing...no croutons! Drink plenty of fluids... water is best! Eliminate sodas... 1 or 2 diet sodas daily is okay...unsweet coffee and tea in moderation is acceptable. Eat frequently. Dr. Kenerly suggest 3 meals a day plus snacks in between. Don't skip meals. Small frequent portions are better than large meals.

Now for the items to avoid! White stuff... Bread, corn bread, biscuits, grits, pancakes, rice, potatoes, corn, pasta, spaghetti, macaroni and cheese, pizza, and breakfast cereals. Junk food... It is very difficult to eat properly from the fast food restaurants. Hamburgers, french fries, fried chicken products, and pizza are all off limits. Dessert foods including ice cream, cake, cookies, candy bars, food bars, protein bars, candy, breath mints, cough drops must be eliminated. Be suspicious of any casserole... It's really hard to know what is actually in there.

Portion control! For many of us as we begin to eat this combination of foods the appetite will be suppressed. Allow this to work in your favor and gradually lessen your portions for your meals.

- You may not be able to exercise your weight off... Therefore you must diet it off!
- Losing weight is more about what we eat than how much we eat.
- **IF IT'S WHITE OR SWEET IT'S BAD!**
- Drink lots of water.
- Eat small portions several times a day.
- Eating should become a chore rather than your most enjoyable experience of the day.
- There is nothing in the convenience store on your diet! (Well, maybe a bottle of water)
- Parties, holiday meals, family reunions, and meals at church will be a real challenge...be very cautious!

Get on the scales and weigh weekly. You should see your number decrease weekly. If it does not then obviously you must be more strict with your diet.

Dr. Kenerly recommends contacting your primary care physician to verify this diet is consistent with the proper management of your other medical conditions.