

# MUSCULOSKELETAL CENTER AT SCRIPPS CLINIC

Supporting Excellence in Orthopedic Care

*Scripps Clinic offers the largest orthopedic medicine program in Southern California, performing more than 6,000 orthopedic surgical procedures every year. We are committed to providing the best care available to quickly get our patients, like you, on the road to recovery. As nationally recognized leaders, our physicians are experts in treating musculoskeletal disorders and injuries. Our groundbreaking orthopedic research also continues to produce revolutionary diagnostic and treatment options.*



Currently, musculoskeletal services at Scripps Clinic – orthopedic surgery, neurosurgery, podiatry and rheumatology – account for more than 100,000 patient visits annually. And, the number is expected to grow by 22 percent in less than three years.

To enhance our services and make your care as seamless as possible, we have developed a plan to create a new Musculoskeletal Center at Scripps Clinic. The center on the first floor of the Anderson Outpatient Pavilion will consolidate all of our orthopedic subspecialties, as well as podiatry,

neurosurgery, rheumatology, radiology and rehabilitative services, to offer treatment and care at one location.

Just as joints, bones and muscles work together to keep a healthy body active, the physicians and staff at our new Musculoskeletal Center will work as a collaborative team to provide comprehensive patient care.

The center will offer rehabilitative care, enabling our physicians to be at the same location and meet with colleagues or therapists at a moment's notice to coordinate your treatment plan. It will also add space to accommodate seven new physicians to meet our community's growing needs. With philanthropic support, the new center will enhance our healing environment to provide you with greater convenience and comfort.

## LEADING THE WAY IN ORTHOPEDIC CARE

Our physicians are nationally recognized as leaders in medical and surgical orthopedic care:

- Team physicians for the San Diego Padres since 1981
- Physicians for elite athletes at the United States Olympic Training Center
- Surgeons named Best Doctors in America in 2007–2008 by Best Doctors, Inc.
- Recipient of the 2007 Orthopedic Care Excellence Award from HealthGrades, third consecutive year for honor
- Recipient of the 2005 Kappa Delta Award for cartilage research from the American Academy of Orthopedic Surgeons
- February 2005 recipient of the Chitranjan Ranawat Award for E-knee innovative surgical technique and research

# CATCHING A WAVE

## Revolutionary Surgery Helps Surfer Return to the Waters



*As an avid surfer, Zack Pekin enjoys riding the waves of Southern California. He's been surfing since he was 12. But after shattering his kneecap during his sophomore year in college, he was like a fish out of water.*

Severely damaging his patella – the triangular bone that covers and protects the knee joint – Zack required reconstructive surgery. His knee was repaired with multiple metal pins, but his injury did not heal properly and he experienced a serious infection.

Nearly one year and four surgeries later, the 20-year-old surfer was told that he would never fully recover from his injury. It was likely that he would develop arthritis in his knee and his physical activities would be limited.

Exhausting all options, Zack's physician referred him to William Bugbee, M.D.,

an orthopedic surgeon at Scripps Clinic. Dr. Bugbee specializes in osteochondral allograft surgery, a procedure that replaces damaged or missing cartilage with a bone and cartilage graft. He is internationally known for his skills and has more experience performing osteochondral allografts than any other surgeon in the United States.

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***“For my son, I would say Dr. Bugbee saved his life,” says Carol Pekin. “Surfing is like oxygen for Zack. I’m not sure what he would do without it.”***

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In September 2007, Dr. Bugbee performed allograft surgery on Zack's knee. By Christmas the same year, Zack was cleared to get back on his surfboard. He has been shredding waves ever since.

“Dr. Bugbee was our last hope,” says Zach's mother, Carol Pekin. “He is a one-of-a-kind physician.”

*Three months after undergoing osteochondral allograft surgery to replace his damaged kneecap, Zack Pekin was back in the water surfing the San Diego coast.*

# WALKING TALL

## Hip Replacement Enables Father to Walk His Daughter down the Aisle

*Leo Serakos proudly remembers June 27, 2008. It was his daughter's wedding day. Thanks to orthopedic care he received at Scripps Clinic, he was able to walk her down the aisle.*

One morning out of the blue, Leo began experiencing back soreness, accompanied with knee and thigh pain. Consulting his physician, he was prescribed an anti-inflammatory medication. The pain persisted. Leo's aches were X-rayed and he began intensive therapy, twice a week for three months.

Increasingly, walking became more difficult for Leo and his pain intensified. He began acupuncture treatments, but his condition did not improve. At this point, his pain was unbearable and he could no longer play golf or participate in activities he enjoyed.

At the glowing recommendation of a friend, Leo made an appointment to see Adam Rosen, D.O., an orthopedic surgeon at Scripps Clinic. Looking at Leo's X-ray, Dr. Rosen saw that Leo's hip had collapsed, a process called rapidly destructive osteoarthritis, and recommended total hip replacement surgery.

"My hip socket was a mess. The bone had worn almost completely flat," Leo recalls. "After meeting with Dr. Rosen, I felt reassured. He was so invested in my care and treated me like I was his most important patient."

Nearly three months after his total hip replacement surgery, Leo was experiencing pure joy during a monumental moment in fatherhood. He was walking beside his daughter, arm in arm, toward the altar on her wedding day.



*Just months after receiving a total hip replacement at Scripps Clinic, Leo Serakos walks his daughter, Tracy, down the aisle on her wedding day.*

## BENEFITING PATIENT CARE

Our new Musculoskeletal Center at Scripps Clinic and Scripps Green Hospital will transform the patient experience – enhancing comfort, convenience and care.

The center's integrated design will allow our physicians to diagnosis your condition and provide treatment, follow up and therapeutics, all within close proximity. Within a matter of steps, you will be able to quickly and easily go from diagnostic imaging, to clinical consultations, to treatment areas.

Scheduling appointments will be easier too. It will be centralized, in one prominent location, simplifying the process. Currently there are 10 different locations where patients can schedule surgery, follow-up care and other appointments.

Bringing together services at our Musculoskeletal Center will also enable our physicians to better coordinate your treatment plan to get you back to doing the things you enjoy most.

# ADVANCING LIFE-CHANGING CARE

With Your Help

*Orthopedics – and philanthropy –  
are the foundation of Scripps Health.*

*In 1922, following her recovery from a hip  
fracture, Ellen Browning Scripps founded a  
modern hospital in La Jolla with her visionary  
gift. Today, more than 85 years later, your help  
is needed to continue this legacy of caring for  
our community.*

Together with your support, we can continue to offer the best physicians, technology and care in the areas of orthopedic medicine, podiatry, neurosurgery, rheumatology, radiology and rehabilitative services. The estimated cost to develop our new Musculoskeletal Center is \$17 million. Scripps Health will fund \$7 million and community contributions will be needed to raise the remaining \$10 million for the project.

Your contribution will enhance the lives of thousands of people every year who will return to active living thanks to the latest in diagnosis and treatment. And, you will help to train medical professionals who will care for thousands more during the course of their careers. By encouraging important medical research, you will have an impact on the future of orthopedic medicine.



*For more information about how you can make a gift to benefit the Musculoskeletal Center at Scripps Clinic, please call 858-554-3971.*