

JOINT REPLACEMENTS & OBESITY RESOURCES

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[updated April 2020; check back for future updated information]

["A Tale of Advocacy: Two Knees and a Surgeon"](#) -- my own story about being denied knee replacement surgery, and how I fought to have both knees replaced.

Websites and Online Articles:

"Obese Patients Don't Need to Lose Weight Before Total Joint Replacement, Study Finds": <https://tinyurl.com/obesity-knees>

"Functional Gain and Pain Relief After Total Joint Replacement According to Obesity Status": <https://tinyurl.com/ncbi-nim-nih-gov>

"Is Obesity a Reason to Avoid Joint Replacement Surgery?":
<https://tinyurl.com/harvard-obesity-article>

"Resources to Fight Joint Replacement Denials for Fat Patients": Blog post by the amazing Ragen Chastain, packed full of resources, articles, studies and experts on this topic. ****A must-read for anyone dealing with this issue!****
<https://danceswithfat.org/2020/03/05/resources-to-fight-joint-replacement-denials-for-fat-patients>

TOTAL KNEE REPLACEMENTS & BMI

Smaller bodies (av BMI 27)

vs larger bodies (av BMI 45)

Short term (<90 days) function: no difference
Long term (to 14 years) function: no difference
Post operative complications: no difference
Deep infections: no difference
Surgical revisions: fewer for larger bodies
Life of implant: longer in larger bodies
Functional improvement with surgery: same

Vaishya, Raju, et al. "Is total knee replacement justified in the morbidly Obese? A systematic review." Cureus 8.9 (2016).

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