

**Yes, it's possible to erase the pain.  
Find out how. Attend the next  
McLaren *BONE UP* Seminar:  
**ERASE THE PAIN****

**DATE**

Tuesday, April 19, 2005

**LOCATION**

Holiday Inn Gateway Centre  
Hill Road at U.S. 23  
Flint

**TIME**

Check-in begins at 6:00 p.m.  
Program begins at 6:30 p.m.

**SPEAKERS**

Curtis Young, M.D., M.S., Board certified orthopedic surgeon  
George Dass, M.D., Board certified Orthopedic surgeon  
Rick Bastarache, P.T., M.S., physical therapist

**These leading authorities will answer your questions, such as:**

Are aching joints unavoidable? • What is wrong?

Is surgery my only option? • How can physical therapy help?

What other treatments work? • Which pain medications are safe?

**The program is FREE.  
Registration is required**

Call 1.877.McLAREN

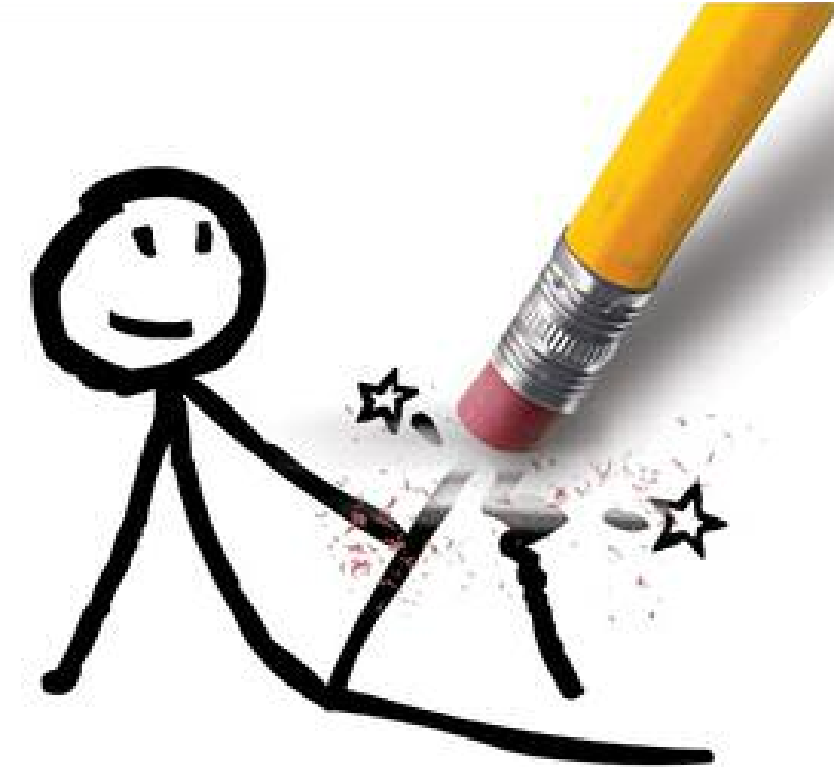
(1.877.625.2736)

**Take the  
Joint Pain  
Assessment  
Test**

1. Do you feel persistent pain in one or more of your joints?
2. Do you feel pain in one or more joints that worsens with movement or activity?
3. Do you feel stiffness in your joints in the morning?
4. Is it possible that you injured yourself recently at work or playing sports?
5. Does one or more of your joints appear swollen?
6. Have you noticed a change in the range of motion of any of your joints?
7. Does one or more of your joints appear red, or feel warm to the touch?
8. Have you noticed any deformity in your hands or feet?

If you answered "yes" to one or more of these questions, call 1.877.McLAREN for a referral to a McLaren orthopedic surgeon and attend the upcoming free seminar to find out how to "Erase the Pain."

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**ERASE THE PAIN.**

FIRSTNAME LASTNAME  
STREET ADDRESS  
CITY, STATE ZIP

**McLAREN**  
REGIONAL MEDICAL CENTER  
A McLaren Health Service  
401 S. Ballenger Hwy.  
Flint, MI 48532

# PICTURE YOURSELF WITHOUT PAIN.

## Pencil in an appointment with McLaren.

Is pain making you miss the things you enjoy? You're not alone. At McLaren Regional Medical Center, our orthopedic specialists have treated more than 100,000 people. People just like you who suffer with ailments ranging from joint pain in the knees, hips, elbows or ankles, to conditions resulting from repetitive motion syndrome, osteoporosis, arthritis, spinal degeneration and more.

At McLaren, we diagnose the cause of your pain, determine the therapeutic, surgical, or non-surgical methods required to alleviate it, and then show you how to avoid future problems.

McLaren's dedicated orthopedics unit is staffed with nurses, therapists, and clinicians who specialize in innovative, technologically advanced and patient-focused orthopedic programs and care. Our state-of-the-art physical therapy department within the unit provides optimal patient convenience, care, and recovery.

Seasoned athletes and weekend warriors of all ages benefit from McLaren's sports medicine program. Certified athletic trainers, physical therapists, occupational therapists, orthopedic physicians, and surgeons team up to get patients back in action.

And if your condition does require surgery, McLaren's orthopedic surgical team is the largest and most experienced group in the region. Every surgeon is board certified, and many have additional expertise in specialty areas, including hand, spine, foot/ankle and sports medicine.

Joint Express is McLaren's innovative approach to hip and knee replacement. Patients become more actively involved in their recovery, learn personal pain management, and get back on their feet faster—all without compromising quality of care.

## Draw on our experience, and erase the pain.

*You don't have to live with constant foot or ankle pain. McLaren will determine the cause of your pain, then create a treatment plan that will have you back in step in no time.*

*Do you dread climbing stairs? Are you giving up activities you enjoy because your knees hurt too much? McLaren's minimally-invasive treatment methods and surgical and non-surgical techniques will bring the enjoyment back to your life.*

*The hip bone is connected to ... just about everything! And when your hips ache everything seems to hurt. We repair or replace over 700 joints every year. That's a lot of happy hips.*

*You don't have to play tennis to develop tennis elbow. Our orthopedic specialists are experienced in treating this common ailment, and can often do so without the use of surgery. No matter what the injury or condition, McLaren can get you back in the game.*

*"Oh my aching back!" McLaren offers the most advanced treatment for spinal conditions and injuries. We've recently introduced two new minimally invasive treatment options—vertebralplasty and kyphoplasty—designed to realign the space and structure of the spine. Now that's a relief!*

*Peace of mind. Our range of treatment options, our wellness programs, and our caring, compassionate staff will make you feel good from head to toe.*

*Of course we treat carpal tunnel, arthritis, ganglion cysts, and trigger finger—the most common ailments of the hand and wrist area. But because we are a teaching hospital, we have access to the latest orthopedic advances right at our fingertips!*

*Do you want to give your shoulder pain the cold shoulder? Come to McLaren. We are experts at repairing rotator cuff injuries, using surgical and non-surgical interventions including arthroscopic treatment.*

**McLAREN**  
REGIONAL MEDICAL CENTER

A McLAREN HEALTH SERVICE

**Better Doctors. Better Care.<sup>SM</sup>**

[mclaren.org/jointpain](http://mclaren.org/jointpain)

1.877.McLAREN