



University Orthopaedic Center

News *Just for you!*

Volume 4, Issue 1

Winter 2008

Just a simple activity added to your daily routine—for example, walking, swimming or dancing—can make a difference in how you feel!

Greetings!

As I reviewed the most recent swarm of information that came home in my daughter’s backpack, I took particular notice of a handout with the newer food group pyramid on it. As I reviewed this with my daughter, she was surprised to see that the dairy section on the pyramid was about equal to the other important parts. I stressed that calcium is crucial for healthy bone development (especially during the teen years), and decided this was a good focus for the newsletter.

Keep in mind that even if you are beyond the teen years, getting the recommended daily allowance of all food groups is just as important to maintaining a healthy lifestyle today.

Sincerely,
Raphael S. F. Longobardi, MD, FAAOS



The blue part of the pyramid is the milk/dairy section. That section is equal to the orange & green sections for grains & vegetables.



got milk?

Although a familiar and catchy phrase in today’s world, it is a question not to be taken lightly, especially if you are a parent of a teenage girl.

With the AOSM reporting that “more than 85 percent of girls ages 12 to 19 fail to consume the recommended amount of calcium” it is worrisome to know the many bone problems — namely osteoporosis and bone fractures — they might be facing as they age due to the lack of calcium intake when they are young. Many people are unaware that 90% of bone mass is acquired by age 19. A proper diet and exercise are key to building a strong bone foundation.

Milk plus cheese, yogurt and green, leafy vegetables are rich in calcium. Children and teens ages 9 and older need 1,300 milligrams of calcium a day. One 8-ounce cup of low fat milk is 300 milligrams.

As we plan for our child’s future, keep in mind that their healthcare needs are as important as the financial ones. Getting enough calcium on a daily basis, let alone during the growing years, is crucial for healthy bone development and can help offset injuries and problems later in life. It is more than a worthy investment!

A Focus on Calcium

Have everyone in the family drink milk at mealtime

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Be creative with snacks—ie: pudding, cheese cubes, mini-pizzas.

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Avoid carbonated drinks—try flavored milk or get calcium enriched orange juice

Inside this issue:

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Interesting Orthopaedic & Sports Medicine links for you:

www.mypyramid.gov
www.aossm.org

The UOC office

⇒ All co-pays need to be paid upon leaving your appointment. For your convenience, we do accept major credit cards, including the FSA card.

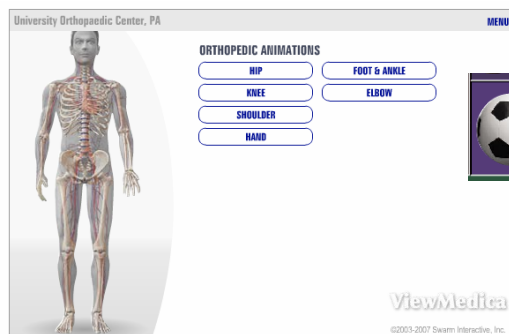
⇒ If you have a question about your upcoming surgery or need the procedure ex-

plained again, please contact the UOC office so you can receive an information sheet on the procedure or log in to the UOC website. (see below)

⇒ If you have any non-urgent matters, please feel free to e-mail us through our website.

⇒ Designated parking is available in the lot beneath our office.

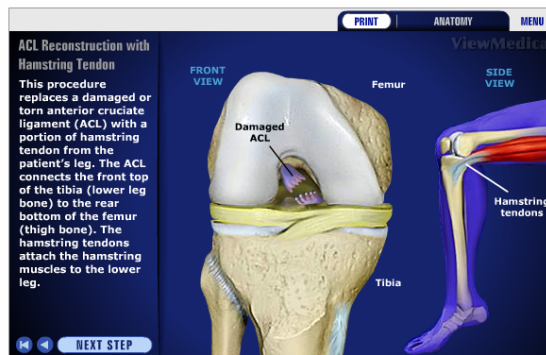
Here's what's new at www.universityorthopaedic.com



From the home page of the UOC website, just click on the picture shown to see step-by-step animations of various orthopaedic procedures.

"To help patients better understand the anatomy of a particular problem area and/or to visually explain a procedure, I have incorporated these features to my website library," notes Dr. Longobardi. "My hope is that after consulting with patients and explaining to them what will happen, they can view these as well and ask additional questions they have so that they are as educated and comfortable with the decision they have made."

The newest animations are both for the knee—"Knee Revision" and "ACL Reconstruction with Hamstring Tendon" Other features on the website include animations for the shoulder, hand, foot & ankle & elbow. Any one of them can be printed out as well.



ORTHO Q & A

Ask Dr. Longobardi

Q. How can I protect my bones now that I am a female adult?

A. Consuming calcium-rich foods, taking Vitamin D and exercising will help to keep your bones stronger.

Our Mission

TO UNDERSTAND THE NEEDS of our patients and their families TO COMBINE COMPASSION knowledge and skill to give each patient the resources and treatment to obtain the highest level of productivity possible TO PROVIDE THE FINEST QUALITY orthopaedic specialty care utilizing the latest surgical techniques and treatment modalities TO RESPECT EACH PERSON'S DIGNITY. TO TAILOR TREATMENT to each patient's individual needs TO PROVIDE EACH PATIENT WITH THE BEST TREATMENT possible—now and for the future.