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Showcase to weigh in on knee and hip surgery

Local residents can hear about the research into obesity and osteoarthritis in patients preparing for knee and hip replacement surgeries at the second online Health Beyond Research & Innovation Showcase on Wednesday 16 June.

The live and online format is proving to be popular, with the first showcase seminar for 2021 held on 19 May celebrating nursing research a great success.

South Western Sydney Local Health District Chief Executive Amanda Larkin is inviting community members to tune into the June event to hear about the latest research into obesity and arthroplasty that will benefit the region and residents around the world.

“I am delighted the second seminar will feature Fairfield Hospital’s senior physiotherapist Natalie Pavlovic, who will talk about the hospital’s pilot study into whether diet-based weight loss before surgery reduces complications after arthroplasty,” Ms Larkin said.

“Natalie will be joined by orthopaedic surgeon Associate Professor Sam Adie, from St St George and Sutherland Hospitals, who will give a surgeon’s perspective on obesity and musculoskeletal disease.”

Ms Pavlovic, who is completing a PhD at the University of NSW, said the two-year pilot study was also exploring barriers to weight loss and reviewing a variety of different diets, including the Mediterranean diet.

“The Mediterranean diet is anti-inflammatory and we are seeing that this diet also helps reduce the inflammation and joint pain associated with osteoarthritis,” Ms Pavlovic said.

South Western Sydney Local Health District is proud to again partner with the Ingham Institute for Applied Medical Research to host the monthly showcase.

It is being staged as a series of online Zoom seminars throughout this year. Local and international speakers will present a wide range of topics including pancreatic cancer research in July, falls and frailty in October and diabetes in November.

Community members can watch the monthly presentations through Zoom and via the website, www.healthbeyondshowcase.org.au

Anyone who misses a live seminar can view it at a later date via the website.