



Preoperative Optimization of TJA Surgical Risk

Moderator: William Jiranek, MD

Speakers: William Milhalko, MD, PhD, Louis Stryker, MD,
Bryan Springer, MD, Greg Golladay, MD

Plan: The speakers will briefly review why their assigned risk factor is significant. They will then discuss how the risk factor is best assessed and monitored. Lastly, they will present “real life” techniques to modify these risks, and the timing of the intervention. The goal is to provide joint surgeons with information they can use immediately for their patients.

Schedule:

1. Obesity - **William Milhalko MD PhD** (Campbell Clinic - Univ. Tennessee)
 - a. Risk assessment of the obese patient and associated comorbidities
 - b. Is BMI or body habitus more important?
 - c. How does risk increase with BMI?
 - d. Patient activation and how to modify the risk factors involved

2. Diabetes - **Louis Stryker MD** (Univ Texas Galveston)
 - a. Best measures of glucose control
 - b. Type 1, Type II or Everyone?
 - c. Preop through postop control
 - d. Working with the Med doc

3. Nicotine - **Bryan Springer MD** (Ortho Carolina)
 - a. All or none? Or middle ground?
 - b. Measuring nicotine levels
 - c. Off for how long?
 - d. Cessation strategies

4. Malnutrition - **Greg Golladay MD** (Virginia Commonwealth Univ.)
 - a. What labs to check?
 - b. How to supplement?
 - c. How long does it take?
 - d. Nutritionally depleted patient – Day of Surgery