



# BETTER HEALTH, BETTER RESULTS

## Ways you can help yourself

OrthoCarolina is committed to our patients having the best possible results from treatment for their orthopedic problem. While complications can occur from any treatment, these can be minimized by maximizing your health. Those who are not healthy are at greater risk for complications, including infection, poor wound healing, delayed fracture healing, and slower return of daily activities.

Patients can improve their results by improving these health conditions.

- » Poorly controlled diabetes increases the risk for infection, stroke, and death.
- » Obesity increases the risk of infection, fracture healing and reoperation.
- » Poor nutrition increases the risk of complications four fold.
- » Smoking increases the risk of pneumonia, stroke, infection, slow fracture healing and death.
- » Anemia increases the risk of infection or heart problems.
- » Depression increases the risk of suboptimal results.
- » Chronic narcotic use can result in poorer results.

The treatment of your orthopedic problem is likely to involve a team of physicians, PAs, therapists, nurse practitioners, OrthoCarolina staff, and hospital staff, all working together to get the best result. You, the patient are the most important member of this team. For you to have the best result, you should work to improve those health conditions with your primary care physician, follow directions given by your providers, and be respectful of the other team members as they work with you for the best result.

**YOU. IMPROVED.**

OrthoCarolina

EXCELLENCE  
IN ORTHOPEDICS