

NEWS RELEASE



For more information, contact:
Gail Wade
252 535-8111
gwade@halifaxrmc.org

For Immediate Release

January 2, 2012

DR. HOLM TO HOLD FREE SEMINAR ON JOINT REPLACEMENT SURGERY IN ROANOKE RAPIDS

Residents of Halifax County are invited to a free seminar on joint replacement surgery January 24 at the Hampton Inn in Roanoke Rapids.

Richard Holm, M.D., of the Joint Care Center at Halifax Regional will discuss the latest advancements in hip and knee replacements and explain his unique recovery method that allows patients to return to normal activities quickly.

The seminar begins at 6 p.m. on Tuesday, January 24 at the Hampton Inn, located at 85 Hampton Blvd. at US 158 and Interstate 95. Complimentary hors d'oeuvres and beverages will be served. To reserve a seat, call 252 535-8757.

Dr. Holm's patients begin walking soon after surgery. "A little friendly competition between our patients after surgery results in better outcomes," said Dr. Holm. "Patients walk around the Joint Care Center and often develop friendships with other patients as they compete to see who walks the most."

The current record for the most feet walked after a joint replacement is 50,400 set by Christopher Mabine of Ahsokie. Only 48, Mabine reflects a trend of younger and more active people having joint replacements. The *Wall Street Journal* reports that more than half of all hip replacement surgeries performed last year were expected to be on people under 65. The fastest growing group is patients 46 to 64, according to the American Academy of Orthopedic Surgery.

Since 2005, Dr. Holm has performed more than 2,000 joint replacement surgeries at Halifax Regional. He is board certified in orthopedic surgery.

A graduate of the University of Washington School of Medicine, Dr. Holm completed his surgical residency at the U.S. Naval Hospital in California.

For more information, visit www.halifaxjointcare.com

###

About Halifax Regional

Halifax Regional Medical Center is licensed for 204 beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit www.halifaxregional.org.