



Alive&Well

A health presentation by UPMC

## SIGNS IT MAY BE TIME FOR A HIP OR KNEE REPLACEMENT

**Wednesday, May 25, 2022**  
**11 a.m.**  
**Live, Virtual Event**

Join our free virtual program from the comfort of home! Using a “Q&A” feature, you can even submit questions privately any time during the live presentation.

**Register Online:**

1. Visit [UPMC.com/VirtualEvents](https://UPMC.com/VirtualEvents)
2. Scroll down and click on **Register Now** under the event name.

Once registered, you will be sent a confirmation email with access to view the live, virtual presentation on your computer, tablet, or smart phone!

Considering hip or knee replacement surgery? Advancements in both technology and technique may help speed your recovery and improve your outcomes.

Join board-certified orthopaedic surgeon, **Mark Gardner, DO**, for a virtual presentation on how new advancements in hip and knee replacement surgery can benefit you. He'll explain how he and other UPMC orthopaedic surgeons are:

**Applying technology in new ways** — Like using 3D modeling for more precise replacement surgery and MRI-guided surgery for less invasive total knee arthroplasty

**Offering outpatient surgery as an option** — Many patients can elect to go home the same day after total joint replacement surgery

**Finding longer-lasting, safer, and better results** — They're happening every day in total knee/hip arthroplasty, from cementless knee replacements to hip resurfacing

**UPMC | HORIZON**

For more information, email  
[communityoutreach@upmc.edu](mailto:communityoutreach@upmc.edu)