



THIS ISSUE

Prosthetic
Knees

TSA Procedures
Need to Improve
for Disabled

New Calumet
Calendar
Available

End-of-Year
Insurance
Tips



An amputee since third grade, Nancy M. has not led her disability stop her from reaching her goals and living a rich, full life. Above, Nancy confidently walks down the aisle with husband, Richard. At right, Nancy and Richard today with granddaughter, Claire Elizabeth.



Some Things Change, Some Things Remain The Same!

Saying a lot has changed since Nancy M. became a Calumet patient is definitely an understatement. Nancy and Calumet have been a partnership since 1957 when the company's founder, Wally P., fit her for her first prosthesis. That first leg was a hollowed, wooden device with a leather cuff and laced corset/belt suspension.

Her 21st century leg is "a lot lighter and much, much more comfortable," she states. Nancy's current prosthetist is Mickey O., who she has been working with for about four decades. For the past two-and-a-half years, she

has been wearing a Seattle Select Knee with a flexible liner suction socket and a SACH foot.

Nancy's left leg was amputated above the knee when she was in third grade as part of her treatment for osteosarcoma. She was among the very lucky 10% (survival rate at that time) to overcome the disease. She considers herself fortunate just to be here.

She has enjoyed a rich life since that long-ago day when she was operated on at the Mayo Clinic in Rochester, Minnesota. Following her

Continued on next page

surgery, Nancy set goals for herself as a youngster and was able to reach those milestones with lots of perseverance. She was not going to let losing her leg stop her from anything. She made up her mind to learn to ride a bike, she was sure she would be able to drive a car, and she planned on getting married and having children. All those plans were achieved!

Nancy is married to Richard and is a mother and grandmother. She worked for more than 35 years in the banking industry before retiring. Now she spends her time enjoying her family and keeping busy with gardening and remodeling.

"My granddaughter, Claire Elizabeth, is seven years old and a real treasure," Nancy said. "My daughter's family lives about three-and-a-half hours from us, but we make trips out to see them when we can. They also come to visit us at the holidays.

"My daughter is good at letting us know what Claire is up to," she added. "She's played sports, taken ballet classes, and right now she's a cheerleader!"

When she's not with Claire, Nancy enjoys gardening in her yard and spending quiet time on her deck. She's also busy planning updates inside her home. "We're in the dreaming stage right now," she said. "Taking our time with the planning so we can get what we want done right!"

'Done Right' are important words for Nancy and are part of the reason why she has been a Calumet patient for more than 50 years. While she now makes only annual visits to Calumet to see Mickey for normal adjustments, she speaks fondly of her relationship with them. "I really trust them and they do a good job for me. They are very caring. They know my case and know what I need."

"I wouldn't want to go anywhere else!" Nancy added.

Selecting the Right Knee For Your Lifestyle

Selecting a prosthetic knee depends largely on an individual's activity level, age, health and lifestyle.

Ossur's Mauch Knees operate with progressively designed hydraulic systems that provide wearers with a controlled means of ambulation on varied terrains and in sports activities and help to conserve energy for the wearer. From running, to walking step-over-step down stairs, Mauch Knees offer a smooth, natural gait and a high level of flexibility for more active lifestyles. A new design, introduced recently, includes a heavy-duty aluminum frame and mechanical extension stop. The new and enhanced features improve durability and provide more security for amputees at any activity level. The Mauch Knee is engineered for a 300 lb. weight limit. It's Plus version offers a 365 lb. weight limit. The new advanced connection method between the cylinder, frame and bracket features spherical bearings to protect the cylinder twisting forces, reducing the chance of failure. Side stability is improved with specially designed



bushings of all moving parts in the knee.

Otto Bock's lightweight 3R95 knee is a compact, dynamic single-axis modular knee joint with a low-profile design. This knee is ideal for patients who wear a cosmetic cover and are sensitive to appearance. The 3R95 features a unique miniature hydraulic system that offers dynamic movement resistance while supporting the needs of an active user. Swing phase is easy to initiate and conserves energy. Flexion degrees are reduced automatically at fast walking speeds. The wearer controls stance phase with easy adjustment options allowing for fine-tuning resistance.

Otto Bock's 3R60 features Ergonomically Balanced Stride (EBS) and is smaller and lighter than its predecessor. The knee offers proximal

connections for various amputation levels and an innovative hydraulic system to control knee behavior during swing phase. The knee is easily adjusted to suit the user's individual needs and to initiate swing phase at various walking speeds. Individual adjustments can help to avoid hip hiking and other compensatory movements during the gait cycle minimizing hip and back discomfort.

Consult your practitioner about specific functional characteristics of the different models, and for recommendations for the model that is most appropriate for you, and to teach the proper way to use the prosthetic knees.

Calumet Orthopedic & Prosthetics makes every effort to match our patients' needs with the most appropriate and suitable prosthesis. For more information, contact our office at 219-942-2148.



Security Procedures Expected to Improve for Travelers with Limb Loss

Trying to get on an airplane can make amputees feel like there's a spotlight trained on them. Although critical for everyone's safety, transportation security has abused and embarrassed the disability population, and the Amputee Coalition of America (ACA) is demanding change.

While most of the 7,300 amputees surveyed by the ACA were unsatisfied with their most recent Transportation Security Administration (TSA) experience and felt that TSA personnel had a lack of training in dealing with disabled travelers, the future of traveling with limb loss may be changing with the introduction of a TSA Action Plan.

The security procedures involved with air travel have been unfair and a source of embarrassment for many amputees. According to the survey, Transportation Security Officers (TSOs) often are confused about how to handle security screenings for prosthetic arms and legs. Not only are there different procedures at different airports, but also different procedures at the same airport in some instances, amputees reported.

Some of the abusive behavior reported in the survey included screenings done by TSOs not of the same gender, denying amputees the ability to have their caregivers in the screening rooms, and taking an excessive number of X-ray scans – sometimes more than 15 – during a screening. In addition, half of survey respondents reported that they were required to raise their clothing during a procedure called “explosive trace sampling” with no explanation given by TSA personnel.

One respondent was separated from her 4-year-old son and forced to remove her prosthetic leg, as well as her liner sock even though it is critical to keep it sanitary. Another respondent was separated from her husband and forced to stand on a stack of six unsecured storage bins while being exposed to multiple X-ray scans.

In response to the survey, TSA officials met with the

ACA in Washington, D.C., on July 19, 2010, to address security procedures relevant to travelers with limb loss. Their discussion led to an action plan designed to address, correct, and mitigate the TSA agents' lack of consistency and training.

“TSA was responsive to each issue we brought to the table,” said Kendra Calhoun, ACA president and CEO. “We view this meeting as a significant step in the right direction.”

Part of the action plan covers TSA training, with which the ACA offered to participate. The TSA and their training personnel will be working closely to develop sensitivity training with real-life scenarios and a variety of images to help TSOs become more familiar with the many types of prosthetics they encounter.

The action plan also includes a re-examination of the CastScope X-ray procedure. To address the ACA's concerns over the amount of radiation exposure, the TSA will increase training and develop user-friendly safety information, which the ACA

will help to disseminate. TSA agreed to examine screening techniques that do not involve amputees having to elevate their feet or legs while standing.

Finally, the action plan discusses the development of a notification card that allows people with disabilities, medical conditions, or medical devices to discreetly inform TSOs that they have a condition that may affect their security screening. The card could move them to the front of any security line or grant them access to a security line designated for people with disabilities.

The ACA is grateful for TSA's prompt action, concern, and dedication. “We are hopeful that we will continue our dialogue about the important issues facing travelers with limb loss as part of the broader conversation about accommodating people with disabilities while maintaining appropriate security,” Calhoun said.



Make Confirming Your Insurance Benefits An End-of-Year Priority

Health care and health care insurance is a major topic in the news these days. A variety of changes will take place in everyone's coverage in the New Year as a result of the recent passage of the health care bill.

The best way to understand your insurance company benefits, including covered expenses, co-pays, and preauthorization requirements is to call the insurance company

directly. Doing so before your next visit is important to avoid any difficulties.

Please remember, we will help you in whatever way we can to ensure you get the full benefits for which you are entitled. Our staff is willing to assist with questions regarding the services we provide to you.

Calumet Orthopedic & Prosthetics Co.

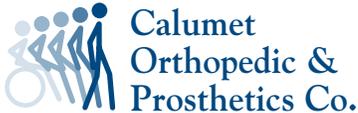
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Season's Greetings

*From
The Staff of
Calumet Orthopedic & Prosthetics*