

Feeling Fit

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Mind • Body • Spirit

The men in black

Dr. Jason Reiss and Dr. David Kaler are working together to bring state-of-the-art care to the community through the Spine and Orthopedic Center at Fawcett Memorial Hospital.

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this area) and it does offer some advantages. We try different sizes to find the one that will fit best — often a half size is what works.”

In 2006, Dr. Kaler became the first surgeon in Charlotte County to implant a “Gender-Specific” knee replacement. Another advanced surgery is hip resurfacing. It is not a true replacement, but by shaving the ball of the hip instead of

“I’ve seen a lot of change since I’ve been here in this community. People need to understand that they can get the best care right here. They don’t need to go outside the area anymore.”

— Dr. David Kaler

removing it, then capping it and replacing it into the socket, the patient’s healthy bone is preserved.

“This is done mostly for younger people, so as they age, if the hip goes bad

again, it can be converted to a regular hip replacement. This is a new type of hip replacement for people who are physically active,” said Reiss.

Similarly, Dr. Kaler is working with a new procedure that is designed for younger, more active people.

“A lot of people who sail and ski can benefit from a total knee replacement. The idea is to return them to a level of activity that they are used to.” New technology is providing the means to help Kaler achieve that goal.

Some of the implants he uses provide the feedback and stability that one would experience with a normal knee.

Change is good

Changes in orthopedics over the last few years have been tremendous. “When you take a very successful state-of-the-art surgery and improve it, it is exciting to be part of that,” Reiss added. His passion for his work is evident to anyone who listens to him, and there has been plenty of opportunity to listen. Dr.

Reiss has been an integral part of Fawcett Hospital’s extremely successful “Physician Lecture Series.”

He volunteers a great deal of his time to present free educational lectures for the community, and has become well known and respected since joining with Dr. Kaler only two years ago.

“My goal was to become entrenched in a growing community and grow my practice in that community,” Reiss said. “There is a large need for the services I provide, and Charlotte County is the community I wanted to live and work in.”

Dr. Reiss was recently chosen as one of the orthopedic surgeons to present his research at the Joint Arthroplasty Young Investigators Conference sponsored by Duke University Medical Center. He is also a member of the American Academy of Orthopedic Surgeons, the American Orthopedic Association and the American Osteopathic Association and the American Osteopathic Academy of Orthopedics.

For more information about Dr. Reiss, Dr. Kaler or the Spine and Orthopedic Center at Fawcett Memorial Hospital, call 941-624-4441 or to the Web site:

www.FawcettHospital.com.

Michele L. Ritter-Ellwood is the Director of Marketing for Fawcett Memorial

Got joint pain? See the men in black

By **MICHELE RITTER-ELLWOOD**
FAWCETT MEMORIAL HOSPITAL

Over the past several years, orthopedic surgery has changed dramatically with new advancements and tools that are available to hospitals and physicians.

Recognizing the need for a premiere center for orthopedic care, Fawcett Memorial Hospital introduced their new Spine and Orthopedic Center in January of this year. Staffed with some of the finest orthopedic surgeons around, the program has been a tremendous success for Fawcett.

The object is to provide the community the finest healthcare experience possible, while continually introducing new advancements. Dr. Jason Reiss, Orthopedic Surgeon, brought many of those new advancements in the field when he joined the staff at Fawcett.

What's a fellowship?

Dr. Reiss completed his orthopedic residency training at the prestigious Philadelphia College of Orthopedic Medicine, where he was named chief resident in his final year.

After completing his residency, Dr. Reiss spent the next year training in a Fellowship in Joint

Replacement under the tutelage of Dr. Booth, a world renowned joint specialist at the University of Pennsylvania Hospital in Philadelphia. Fellowship trained physicians are those that not only completed the educational requirements of their specialty, but took an extra step to become more specialized in their field.

"More and more people are taking fellowships,



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Photo provided

focusing on one aspect of medicine. A fellowship is basically taking extra training in one discipline," Reiss explained.

The extra training pays off in the end for patients, resulting in shortened recovery times and better outcomes. The elective year of extra training gave him specialist status.

One of us

Growing up in Fort Lauderdale, Dr. Reiss graduated from the University of Florida and attended med-

ical school at Nova Southeast University. "Until I went to Philadelphia, all my schooling was in Florida," he said. That was his last stop before coming to Charlotte County almost two years ago.

Coming back to Florida was always in his plans, as his family still lives on Florida's east coast, and his wife Kristin is from Cape Coral where her family lives. "We can go and visit anytime and we are always close to the water." Being near the water is important

because fishing and boating are tops on his recreation list but he also admits to being a sports fanatic. "All kinds of sports! I'm a Gator fan, we even named the dog Gator," he laughed. "We haven't been able to enjoy as much recreation time because it takes time and energy to build a practice."

Reiss came to Charlotte County in 2006 when Dr. David Kaler invited him to join his practice. "This practice is my dream," he said. Dr. Kaler opened their practice, Charlotte Orthopedic

Clinic, in 1983. Then, as now, Kaler's focus is to always consider the long-term fix for his patients. "Each patient requires a different approach," explains Kaler. "I need to have a good idea of who they are and what they need. Only then can we determine the appropriate surgery to fit that patient's needs."

Right here, right now

Drs. Kaler and Reiss are concerned that many people in our community feel they have to go elsewhere for procedures that could dramatically improve their lives.

According to Reiss, "We are losing many local people who feel they have to go away, to go somewhere else to have the surgery they need. We need to change that philosophy, they can get excellent care here, a personable experience and on top of that, they get state-of-the-art care."

Dr. Kaler explained, "I've seen a lot of change since I've been here in this community. People need to understand that they can get the best care right here. They don't need to go outside the area anymore."

The Spine and Orthopedic Center at Fawcett was designed to provide patients with a superior hospital experience, while these physicians administer state-of-the-art procedures.

"There are so many new implants and procedures in orthopedics in the last two years," he said. "One of these is gender-related knee implants. We may be the only physicians doing it in