

SUBSTANTIAL WEIGHT LOSS POST TKR: A MYTH?

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INTRODUCTION

Total knee replacement (TKR) is an established treatment option in advanced knee osteoarthritis (OA), and obese patients are advised and expected to lose weight after the surgery. Literature reports loss of weight (2-5kgs) post TKR in a small percentage of patients.

We report a case of a lady who underwent bilateral knee TKR and able to reduce 47kg in 2 years (BMI 39.7 to 19.8)

REPORT

A 53-year-old teacher (overweight) presented with unresolving bilateral knee pain of six months duration with symptoms in the left knee being worse. X-rays of both knees showed advanced osteoarthritic changes.

She underwent left total knee replacement surgery in July 2016 and the right knee was operated in January 2017.

Post operative periods were uneventful and was able to ambulate well without walking aid. Postoperative radiographs during follow-up were acceptable (Figure 2). During follow up patient stated that her physical activities had improved after bilateral TKR done and this helped her reduce her weight with proper diet control. She lost 47 kgs of weight over 2 postoperative years. Patient had not resorted to any other form of treatment (bariatric surgery or any pills) during this period.



Figure 1: Post Surgery X-rays



Figure 2: Pre and post weight loss

CONCLUSION

According to most studies, patients who underwent TKR achieved weight loss that was comparable to the normal population after the procedure even as function had dramatically improved. In our case, the increased activity that was possible for her post TKR, helped her to reduce 47 Kg of weight in 2 years.

REFERENCES:

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