

Dr Sanjay Gupta: You know, more than half a million Americans every year get their knees replaced, that's every year; and that number's expected to skyrocket⁽¹⁾ even more as these babyboomers age. And this is interesting, 70% of the people who have this operation are women, and there's a new kind of high performance knee that's especially good for them. It uses a new material that's harder and lighter⁽²⁾ than standard implants.

For 30 years, Catherine Hobson took care of others. She was a nurse until her arthritic knees started to betray⁽³⁾ her.

Gupta: What sorts of movements were bothering⁽⁴⁾ you the most?

Catherine: My right knee especially. I can't bend⁽⁵⁾ it more than this.

Gupta: So if you're actually trying to bring it further back...

Catherine: It's excruciating⁽⁶⁾... I can't straighten⁽⁷⁾ it all the way either...

Gupta: At 54, she was told she needed a new right knee.

Dr Haas: Her kneecap⁽⁸⁾ didn't line up⁽⁹⁾ properly for probably a long time.

Gupta: That didn't surprise her, but she was surprised when her doctor Steven Haas told her he would give her a high performance knee...

Dr Haas: The knee is going to bend...

Gupta: ...that moves and feels more like a natural one. It's especially good for women he said who require new knees more often than men because theirs are less muscular, more prone to⁽¹⁰⁾ injuries. As compared to standard knee replacement, this new knee is narrower on the kneecap. Made of special ceramic, it's designed to be easier to bend and rotate.

Gupta: It makes sense to make it more anatomically correct, but does it make a difference really?

Dr Haas: What you want to have the knee do is be all the way shaped⁽¹¹⁾ like her knee, and that means shaping female knees to fit female anatomy, shaping male knees to have male anatomy.

Dr Haas: I do about 400 of them a year so...

Gupta: This operation costs about \$25,000 to \$35,000, that's slightly more than the traditional knee replacement, but this procedure's done with tinier instruments, meaning smaller incisions and that speeds up recovery by about six weeks.

Gupta: So how did it go today?

Dr Haas: It went great, the implant felt great, had a great fit, the ligaments felt really balanced⁽¹²⁾ and her knee moved really right.

Gupta: If another patient of Dr Haas's is any indications, she might do more than she could've ever imagined. Ten months after her operation, Diane Magnani was back to running, and even skydiving⁽¹³⁾.

Diane: I have this amazing knee and I now have the capability of running again without pain. So, It's been really great.

Gupta: Several days after surgery, Catherine is walking with a cane.

Catherine: Good, I'm feeling pretty good.

Gupta: She should be ready to play catch⁽¹⁴⁾ with her dog Sandy in about five weeks.

And standard knee replacements last about 20 years, Katie, but Dr Haas told us with these new knees he expects them to last a lifetime.

Katie Couric: So you think this would be the real wave of the future⁽¹⁵⁾, Sanjay?

Gupta: I think so, and the numbers that you saw for women are so much higher that a high performance knee designed for them might make a difference.

Couric: Meanwhile, there is some news about another kind of knee surgery that isn't that effective?

Gupta: We're talking about arthroscopic knee surgery, that's when they put little scopes into the knee. They found that what's good for repairing torn⁽¹⁶⁾ ligaments does not appear to be very good according to a new study for osteoarthritis⁽¹⁷⁾. So if you have osteoarthritis, the new study shows it's no better than just a placebo.

Couric: Right, Dr Sanjay Gupta, Sanjay, thanks so much.
CBSNews.

Lexical helpline:

1. **skyrocket (v):** go up quickly and dramatically
2. **lighter:** less heavy
3. **betray (v):** act in the opposite way
4. **bothering:** feeling a physical discomfort
5. **bend (v):** incline
6. **excruciating:** extremely painful, unbearable
7. **straighten (v):** make straight
8. **the kneecap:** the patella
9. **line up (v):** align things
10. **prone to:** susceptible to
11. **shaped:** in the form of
12. **balanced:** stable
13. **skydiving:** jumping from an airplane and freefalling before pulling the cords of the parachute
14. **play catch:** send an object for a dog to catch
15. **the wave of the future:** the new trend or tendency
16. **torn:** injured so that some of the tissue is pulled apart or separated
17. **osteoarthritis:** a form of arthritis characterized by gradual loss of cartilage of the joints