

**John T. Dearborn, M.D.**  
*Orthopaedic Surgeon*

Spring 2021

**John G. Costouros, M.D.**  
*Orthopaedic Surgeon*

Dear Patients,

**Kelly K. Haws, PA-C**  
*Physician Assistant*

Welcome to spring! With the warmer weather and emerging blooms, we look forward, along with you, to more encouraging times in the very near future.

**Dave Bryan, PA-C**  
*Physician Assistant*

We continue to recommend getting the COVID-19 vaccine as soon as possible. True, there have been very rare cases of blood clots and other more minor problems, but the percentages are in the 1 in a 1000 to 1 in a million range. After you are vaccinated, please continue to wear masks around the unvaccinated, especially when distancing is more difficult. The end of masking is coming and will get here sooner if the vast majority of the country is immune.

**Breane Wong, PA-C**  
*Physician Assistant*

Some important updates:

Our clinics are open Monday—Friday. If you have been exposed to COVID recently or are awaiting test results, please do not come to our office. We perform temperature screening although that in itself is not reliable. We cannot stress personal responsibility enough. Our entire clinic staff has received the COVID-19 vaccine, so if you would like to see us in person, you are safe doing so. Telemedicine annual visits are still an option that many are choosing.

We are currently working a full surgical schedule, so if your hip, knee or shoulder is keeping you from enjoying life, now is a safe time to have your problem solved. Our unique, quarantined space adjacent to Washington Hospital allows the best possible patient experience, however brief. Every patient is tested for COVID 3-4 days before their surgery date, either close to where they live or at our hospital testing site. One family member is allowed into the care unit for a few hours on the day of discharge, to help with information transfer.

Construction on our Peninsula Surgery Center in Redwood Shores is complete and we have been waiting for Medicare certification since February. You can expect to have PSC as a surgical site option in late May 2021.

Dr. Dev Mishra, our Associate specializing in nonoperative restorative medicine, is offering ultrasound-guided injections with long-acting steroids, hyaluronic acid and now amniotic fluid, which has level one evidence from randomized clinical trials showing efficacy in managing arthritis symptoms.

Thank you for taking time to read this update. Please join me in continuing to pray for healing in our nation, as we look forward to better times ahead.

Blessings to you all,



John T. Dearborn, M.D.

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