

# Double Hip Replacement Puts 24-Year-Old Back on his Feet

A year ago, Anthony Silva needed crutches to walk. Last month, he went on a six-mile hike in the hills of the South Bay. Now, he's training to climb Mt. Whitney, the highest mountain (14,500 feet) in the 48 contiguous states.

This dramatic turnaround was preceded by years of decline, mystery and pain, all of which changed last year when Anthony, 24, had two hip replacements performed at the Washington Hospital Institute for Joint Restoration and Research (IJRR). John Dearborn, MD, was his surgeon.

When Anthony was 13, he was an avid baseball player and three-time Little League All-Star. "For no apparent reason," he recalls, "I began having pain in several joints, especially my hips, as well as ongoing fatigue." Eventually he was diagnosed with Lyme disease, which was followed by continued joint inflammation. "I was in a lot of pain. It got to the point where I couldn't walk or move around at all."

Anthony's decision to have both his hips replaced was the endpoint of years of trying to determine the cause and treatment for his condition, which was attributed mostly to degenerative arthritis in his hips and spine. "I did a lot of research on what my options were before going ahead with surgery," he recalls.

Some friends suggested he meet with John Dearborn, MD, acclaimed orthopedic surgeon and co-founder of Washington



Surgery may have seemed like a drastic option, but South Bay resident, Anthony Silva, is back to enjoying his life and setting new goals.

Hospital's IJRR. Dr. Dearborn referred Anthony to colleagues who were treating similar conditions with nonsurgical approaches such as injections of stem cells or of platelet-rich plasma (PRP), but they all agreed that Anthony's condition was too far gone to benefit from those treatments.

#### Setting Goals for Surgery

"I'm an independent kind of person, and I was reluctant to go to such extreme measures as two

surgeries to replace both my hips," he says. But after a bad flare-up last year that left him needing crutches to walk, Anthony realized, "Surgery was the only answer for me. I told Dr. Dearborn to go ahead."

"My goals for my surgery were to not have pain anymore, and to be able to move around again. Plus, I didn't want to stay in the hospital overnight," he comments. "Dr. Dearborn and the Washington Hospital staff were wonderful on all levels."

They worked with me to achieve all of my goals."

He especially commends the Hospital staff for their excellent communications with his mom. They kept her informed about Anthony's progress over the eight hours he spent in the Hospital.

#### It's the Little Things

A few weeks after his second surgery in September, Anthony was able to put on his shoes and socks by himself. He now no longer has to sit in awkward

positions to avoid pain and he no longer needs crutches. Anthony is once again able to drive a car. "I had taken so many things for granted," he says, "Now I appreciate all the smaller things I can do, as well as the big ones. And after having trouble just walking on my own for years, it was a joy to take a one-mile walk every day starting a month after my second surgery."

"My faith has been my biggest source of perseverance through a decade of health struggles, surgery and recovery, and now taking on life again," says Anthony. In keeping with his Christian values, he's also on a mission to give back to his community now that he can. He volunteers at a food distribution center where he's on his feet for hours at a time. He helps manage the weekly services at his church – including occasional playing of the cajon (a type of drum) during musical interludes. And, he's begun to tap into his love of music by developing his skills in songwriting.

His advice to others contemplating hip replacement surgery? "Don't feel rushed. Look at all the options, but don't be afraid of surgery—especially if you're working with someone as skilled and effective as Dr. Dearborn."

For more information about orthopedic surgery at Washington Hospital Healthcare System, visit [whhs.com/IJRR](http://whhs.com/IJRR).

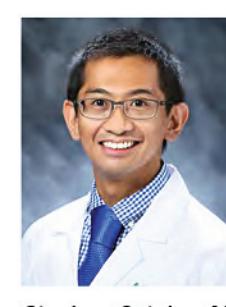


**Wednesday, Feb. 23  
3:30 p.m.**

## COVID-19: What Families Need to Know

After almost two years living with this virus, there are still questions and confusion regarding needed precautions and additional steps families should take to remain safe.

Join Infectious Disease specialist, Stephen Catalya, MD, for an informative update on COVID-19.



**Stephen Catalya, MD**  
*Infectious Disease*