

## ABOUT OUR TEAM

### Melvin C. Mahoney, MD

Assistant Clinical Professor of Medicine

#### Medical Degree

Cetec University, Santo Domingo,  
Dominican Republic

#### Residency

Metropolitan Hospital, New York, NY  
NY Medical College, Valhalla, NY



### Vera Whalen, MS, RN-C, FNP

Board-Certified Family Nurse Practitioner  
Clinical Instructor of Orthopaedic Surgery

#### Master of Science, Nursing

Pace University, Pleasantville, NY

#### Certifications

Family Nurse Practitioner and  
Perioperative Nurse



### Peter Perou, RPA-C, MS, ATC-L

Board-Certified Physician Assistant

#### Bachelor of Science, Physician Assistant

Touro College, New York, NY

#### Bachelor of Science, Athletic Training

West Virginia University, Morgantown,  
WV

#### Master of Science, Sports Administration/Exercise Physiology

University of Louisville, Louisville, KY

#### Certifications

Certified/Licensed Physician Assistant  
Certified/Licensed Athletic Trainer  
ACLS/BLS Certification



## Quality Orthopaedic Care— Right in the Heart of Brooklyn

Musculoskeletal pain can be a serious problem that requires expert and compassionate care by a specially trained and experienced specialist like Dr. Vijay Rasquinha. He and the joint replacement team at University Orthopaedic Associates will evaluate your condition and provide personalized, state-of-the-art treatment to help relieve your pain and get you back to your routine activities.

All of the resources at SUNY Downstate Medical Center are available to you throughout the course of your treatment, including a dedicated orthopaedic/joint care nursing unit and an on-campus rehabilitation unit.

To best serve the needs of the borough's diverse population, the staff at University Hospital of Brooklyn is fluent in English, Spanish, French Creole, Russian and Chinese.

University Orthopaedic Associates is the premier joint replacement service in Brooklyn and is part of SUNY Downstate Medical Center, one of the nation's leading urban medical centers.

### Practice Locations:

University Hospital of Brooklyn  
470 Clarkson Avenue, Lower Level  
Brooklyn, NY 11203

(Valet parking is available on campus.)

Long Island College Hospital  
97 Amity Street  
Brooklyn, NY 11201

University Orthopaedic Associates Bay Ridge  
9202 Fort Hamilton Parkway  
Brooklyn, NY 11209

**Phone (718) 270-2045 • Fax (718) 270-3763**

### MAILING ADDRESS

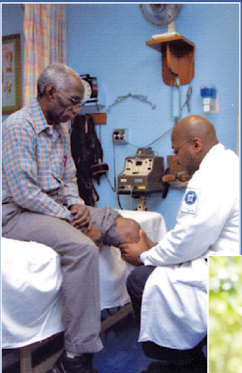
450 Clarkson Avenue, Box 30, Brooklyn, NY 11203

[www.downstate.edu/orthopaedics](http://www.downstate.edu/orthopaedics)

*Most insurance plans accepted, including Medicare, Medicaid and Managed Care*

Vijay J. Rasquinha, MD  
Director, Adult Reconstruction Service

## Specializing in TOTAL JOINT REPLACEMENT and REVISION SURGERY of the HIP and KNEE



## UNIVERSITY ORTHOPAEDIC ASSOCIATES

*An Affiliate of SUNY Downstate Medical Center*  
Department of Orthopaedic Surgery & Rehabilitation Medicine



SUNY  
**DOWNSTATE**  
Medical Center  
University Orthopaedic Associates

**(718) 270-2045**

## ABOUT OUR DOCTORS

### Vijay J. Rasquinha, MD, FRCS

Board-Certified, Fellowship-Trained  
Orthopaedic Surgeon  
Assistant Professor of Orthopaedic Surgery

Specializing in Total Joint Replacement;  
Revision Surgery of the Hip and Knee;  
Adult Reconstructive Surgery

**Bachelor of Medicine (MB) and  
Master of Surgery (MS), Orthopaedics**  
University of Bombay, Bombay, India

#### DNB, Orthopaedics

National Board of Medical Sciences  
New Dehli, India

**Fellowship of the Royal College of Surgeons (FRCS)**  
Royal College of Surgeons of England, United Kingdom

#### MCh, Orthopaedics

University of Liverpool, United Kingdom

#### FRCS, Orthopaedics

Intercollegiate Board, United Kingdom

#### Surgical Arthritis and Joint Reconstruction Fellowship

Mentor: Dr. Chitranjan S. Ranawat  
Center for Total Joint Replacement  
Lenox Hill Hospital, New York, NY



### Dennis Dimaculangan, MD

Board-Certified Anesthesiologist  
Assistant Clinical Professor of Anesthesia

#### Medical Degree

University of the Philippines

#### Residency

Anesthesia  
SUNY Downstate Medical Center,  
Brooklyn, NY

#### Fellowship

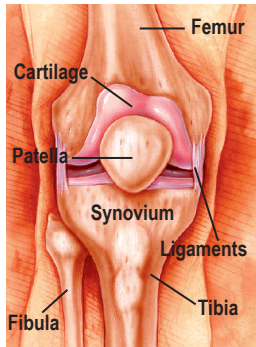
Neurological Anesthesia  
SUNY Downstate Medical Center, Brooklyn, NY



# ADVANCED AND CARING SOLUTIONS FOR JOINT PAIN

## Joints—The Body's Natural Hinges

Joints connect the bones in your body while enabling your skeleton to rotate and swivel. The ends of the bones in a joint are connected by thick bands of tissue called **ligaments** and are covered with smooth, plastic-like tissue called **cartilage** that prevents them from rubbing against each other. A delicate membrane called the **synovium** produces a lubricant to reduce friction and wear in the joint.



## Common Causes of Joint Pain

The proper functioning of your joints allows you to move without pain. Injury, disease and age can make joints stiffen in much the same way as wear and a lack of lubrication can cause stiffness and squeaking in a door hinge. Arthritis is the most common cause of joint pain, afflicting nearly 20% of Americans. Joint pain can also be caused by deformity or by direct injury to the joint, as in the case of trauma or a sports injury.

**"Total hip replacement is an option for nearly all patients with diseases of the hip that cause chronic discomfort and significant functional impairment. Most patients have an excellent prognosis for long-term improvement in symptoms and physical function."**  
— NIH Consensus Statement Online: Total Hip Replacement, September 1994; 12-14;12(5):1-31.

## Team Approach to Treatment and Care

Dr. Rasquinha is dedicated to relieving your joint pain and restoring mobility and quality of life. He may recommend conservative methods of treatment, such as oral medication, injections or physical therapy. In such cases, he will work with the physiatry and physical and occupational therapy teams at the University Orthopaedic Associates to implement the recommended course of treatment. Severe pain or disability, however, may indicate the need for surgery.

We emphasize a team approach to surgical care. In addition to Dr. Rasquinha, our team consists of a nurse practitioner, physician assistant, internist and anesthesiologist. For patients who qualify, we offer a bloodless surgery program that utilizes the latest technologies to minimize or eliminate the need for blood transfusions during surgery. Our goal in all cases is to utilize the latest techniques and technologies to customize care to your individual needs.

## Total Joint Replacement— a New Lease on Joint Life

One of the most effective treatments for certain types of severe joint pain is total joint replacement (TJR). TJR is a surgical procedure in which an arthritic or damaged joint, such as a hip or knee joint, is removed and replaced with an artificial joint called a prosthesis. Dr. Rasquinha has performed numerous joint replacement procedures, including secondary, or "revision" surgeries, to repair or replace the original prosthesis.



## The Latest in TJR Technology

Dr. Rasquinha keeps current with the latest surgical techniques and advances in TJR technology. One such advance is a new polyethylene liner, which is 90% more resistant to wear than standard polyethylene. Another is a new ceramic hip implant that has demonstrated superior wear performance in the laboratory—meaning that it presents the potential to last even longer than its metal/plastic implant "cousins." Dr. Rasquinha believes that this new ceramic technology will provide an important alternative for younger patients requiring TJR.



**Dr. Rasquinha is dedicated to relieving your joint pain and restoring mobility and quality of life.**

## Expertise in Complex Revision Surgery

When joint revision surgery is required, patients can take comfort in knowing that Dr. Rasquinha has extensive experience and has been specially trained in this procedure. Revision surgery is more complicated than the original joint replacement. After the old prosthesis and damaged bone are removed, metal wedges and bone grafts may be needed to replace the lost bone and fill in bone cavities. In revision hip surgery, the top of the thighbone (femur) may need to be cut into segments, cleaned of old cement, and then wired together around the new metal femoral component.

## Is Joint Replacement Right for You?

Joint replacement surgery is usually reserved for patients over 55 years of age with severe arthritic conditions. However, thanks to recent advances in artificial joint technology, it is now being performed in greater numbers on younger patients. While circumstances vary, patients are candidates for joint replacement surgery if:

- Pain is severe enough to restrict not only work and recreation, but also the ordinary activities of daily living.
- Pain is not relieved by more conservative methods of treatment.
- Stiffness in the joint is significant.
- X-rays indicate advanced arthritis or other problems.

## Quality Care

Dr. Rasquinha and his team are dedicated to providing the highest level of total patient care—from diagnosis through recovery—making it a comfortable experience for both patients and their families. They will discuss your overall healthcare issues prior to treatment and will educate you in what to expect with each treatment option so that you can choose the best one for you.

**"LIFE IS MOTION AND MOTION IS LIFE"**