Carol Berg

DEVELOPMENTAL DYSPLASIA OF THE HIP (DDH)

Carol Berg, who was born on Halloween, likes to tell everyone that she came into this world on a broomstick – and apparently crash-landed on entry.

Carol's real "crash" landing was actually due to DDH, a congenital condition in which the hips of newborns are unstable or dislocated. In Carol's case, both hips were involved, and the condition caused her to spend much of her early childhood in traction, body casts, and numerous nights in the hospital away from her family. In her late teens and early 20's, osteoarthritis deteriorated her hip sockets to bone on bone. This made it extremely difficult for Carol to engage in her favorite activities of bowling, basketball, hunting, fishing, and golf.

In 1971, the U.S. Food and Drug Administration approved methylmethacrylate (bone cement), and she was able to have her first total hip replacement. Over the next 28 years, Carol had nine total/partial replacements and knows that she would not be active today if it were not for the orthopaedic surgeons in her life. Consequently, Carol has been able to spend her retirement years with family and friends, enjoying her favorite leisure time activities of gardening, traveling, golfing and "just enjoying life."

Since receiving her first hip replacement, Carol has seen many advances. Improvements in prosthetics, materials and instruments have greatly improved the long-term outcome. Surgery and recovery times are shorter, and patient education by physicians and their staff has improved greatly. As for DDH, routine testing of infants and appropriate immediate treatment has greatly reduced the long-term impact of this condition. Continued research into the causes of DDH and support for testing and appropriate treatment remain major concerns. The development of improved testing, equipment, and devices will enable detection of orthopaedic abnormalities at an earlier age, leading to improved quality of life for these patients.

Carol, clearly enjoying her active life post-retirement, would like additional orthopaedic research funding to keep her "shake, rattle and rolling" into her golden years.