

AWARENESS

Events to Look Forward to From Us!



Creating a Culture of Innovation

By Kaya Frazier, Board Member



June is Hip Dysplasia Awareness Month (more info on page 4)!

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get ready for...

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June 2024

MOVEMENT

Miles4Hips

TEE SHIRT
CONTEST

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MINUTES WITH DR. MILLIS

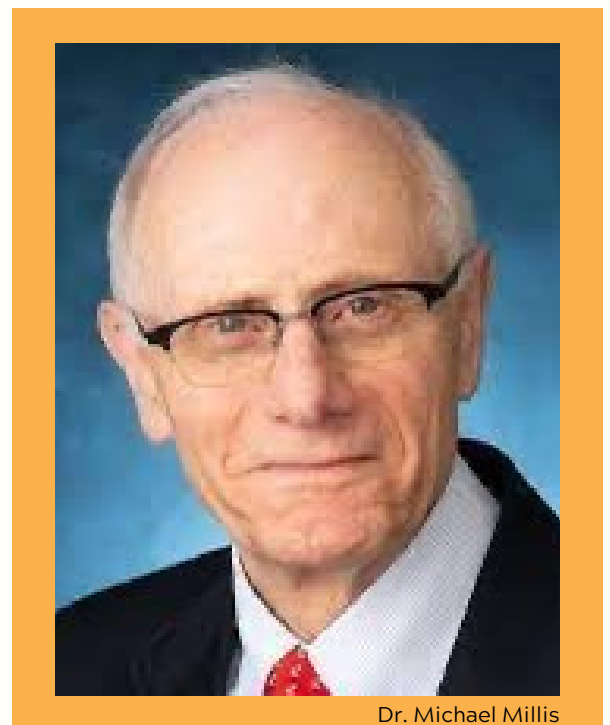
AN INTERVIEW WITH OUR NEW MEDICAL DIRECTOR
BY ASHLEY SPALLA, BOARD MEMBER

1. How did you become interested in treating patients with hip dysplasia? How did Hip Preservation become your specialty?

My several great mentors included:

My father, Jack W. Millis, of Toledo, OH, whose orthopaedic practice included many children; My Orthopaedic Residency and Pediatric Orthopaedic Fellowship Chief, John E. Hall, of Boston Children's Hospital, who was a great hip and spine surgeon with an international practice; Dr. William Harris of Boston, who was my residency thesis advisor; Dr. Harris was very interested in how pediatric hip conditions caused hip osteoarthritis; Professor Heinz Wagner of Altdorf and Rummelsberg, Germany, with whom I did an advanced surgical fellowship; Professor Wagner developed several osteotomy techniques and arthroplasty techniques which were the first in the world; Professor Reinhold Ganz of Bern, Switzerland, who developed both the PAO and the surgical hip dislocation techniques and led the group that discovered the modern concept of FAI.

Each of these great men were very interested in the care of patients with hip dysplasia. Their strong influences on me were both additive and complementary as I evolved from an orthopaedist first, caring mostly for hip problems in children, to one with a more life-long focus.



Dr. Michael Millis

MINUTES WITH DR. MILLIS

2. Why are you excited about the Miles4Hips Medical Advisor Role? What made you get involved with organizations such as the International Hip Dysplasia Institute (IHDI) and Miles4Hips?

I view both Miles4Hips and IHDI as opportunities for me to learn, to teach, and to improve the means of communication that as so vital to optimal patient care.

3. Can you tell us a fun fact or something most people do not know about yourself?

Fun Facts?? I was actually born in Texas, early childhood in Iowa City, Iowa. Childhood/high school in Toledo, Ohio. I am definitely NOT Boston born-and-bred. Though I went to Harvard College, Harvard Medical School, did the Harvard Orthopaedic Residency Program and have spent my entire orthopaedic career based at Boston Children's Hospital.



CONGRATULATIONS, ATESA, ON YOUR SENIOR PROJECT!!!



About Atesa

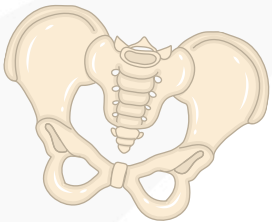
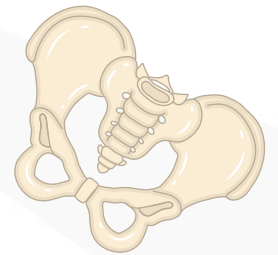
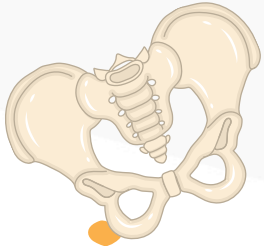
Atesa is a high school student who interned with Miles4Hips for her senior year project. She was able to share what she learned with her teachers and classmates and used this opportunity to raise hip dysplasia awareness. Atesa is heading to college this fall and will be studying molecular biology and biochemistry.

About Her Project

Atesa was inspired by her family's personal journey with hip dysplasia. Atesa learned a lot about hip dysplasia risk factors, diagnosis, and treatment. She interviewed three members of the hip dysplasia community to learn about their experiences. She found seven similarities between these individuals and summarized them. Which experiences do you share?

1. **Misdiagnosis/delayed diagnosis** were experienced due to the complexity of symptoms, co-conditions, and lack of awareness about hip dysplasia.
2. **Difficulty finding specialized care** was described, and individuals traveled to find doctors who specialized in hip dysplasia.
3. **Pain and decreased mobility** limited these individuals from doing the things they loved to do.
4. **Mental Health** Hip dysplasia negatively impacted mental health and well-being.
5. **Good social support** helped these individuals cope with their hip dysplasia diagnosis and treatments.
6. **Impacts on many areas of life** were described by these individuals; hip dysplasia impacted their work, daily routines, recreation and relationships.
7. **Advocacy and awareness** were important to these patients; they hoped these efforts will improve early diagnosis and treatment.

MEET OUR NEWEST CHAMPION TEAM



[Click Here to Meet the Team](#)



STRAIGHT FROM THE HIP

THIS NEW PODCAST FROM THE INTERNATIONAL HIP DYSPLASIA INSTITUTE, IS FOR ANYONE SEEKING INFORMATION ABOUT HIP PROBLEMS, INCLUDING HIP DYSPLASIA AND OTHER CONDITIONS. HOST, DR. PABLO CASTANEDA, DISCUSSES HIP ISSUES WITH A NUMBER OF EXPERTS WHO ARE INVESTED IN IMPROVING HIP SURGERY AND THE BODY OF KNOWLEDGE SURROUNDING HIP CONDITIONS. THIS PODCAST CAN BE FOUND ON [SPOTIFY](#).



Have you read our stories?



At Miles4Hips, we believe in the healing power and community support that comes from sharing our stories. We invite hip dysplasia patients, caregivers, friends, advocates, and health care professionals to share your hip dysplasia stories with us.

Our stories are organized by age and also by some treatments.

This June we will be adding a NEW section on being active with hip dysplasia and return to sport after hip dysplasia surgery.

Email us at miles4hips@gmail.com to share YOUR story or to let us know what other kinds of stories you would like us to feature.

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OUR STORIES](#)



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