4 Surgery

+ Benefits



Expected reduction of your hip pain



Potential for increased acticity



Improved mobility



Possibility of daily life with less limitations

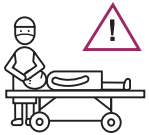


Potential for improved quality of life

- Harms



Risk of minimal pain reduction



Risk of serious complications



Possibly needing a replacement of the prosthesis



Expected sick leave after surgery



Need for rehabilitation

DECISION HELPER™ preview

4 Physical Therapy

+ Benefits



Exercise can be adapted to your daily life



Strengthening the muscles and pain relief



Postponement of potential surgery

- Harms



Risk of minimal pain relief



Potential need for pain medication



Time spend on exercise

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4 Steroid injections

+ Benefits



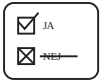
Pain relief



Possibility of postponing potential surgery



Minor procedure



Clarify the need for potential surgery

- Harms



Risk of minimal effect



Short term effects



Risk of side effects from the injection



May need other treatments

DECISION HELPER™ preview!

4 Pain Relief Medication

+ Benefits



Can be adapted to your daily life



Relief of pain



Clarify the need for potential surgery

- Harms



May need other treatments



Side effects of medication



Risk of minimal pain relief

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4 Patient stories

"I have my own business that involves a lot of physical work. I was advised to wait for surgery and take pain relief medication due to my young age. I ended up shutting everything down except for my work because of the pain. I am happy with my decision to have surgery." - Man, 52 years old.

"I had considered the advantages and disadvantages a lot beforehand, and I think that's something everyone should do. You need to know what to expect after surgery and not just assume that being operated on will guarantee happiness." - Woman, 70 years old.

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"I'm not ready to have surgery yet. So, I was offered an injection, and I'm happy about that. It can push the process a bit further, as I'm not ready." - Woman, 70 years old.

"It won't get better by waiting. So, you might as well get something done when it's approved and then move on, instead of dealing with it for several years and eventually only being able to walk 1,000 steps." - Man, 61 years old.

4 Pain-relieving effect of surgery and exercise

The effect of the surgery on pain



90% experience less pain

10% experience no pain relief

The effect of exercise on pain



47% experience less pain

53% experience no pain relief

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preview

4 Pain-relieving effect of using pain relief medication and steroid injections

The effect of the pain relief medication on pain



57% experience less pain

43% experience no pain relief

The effect of steriod injections on pain



50% experience less pain

50% experience no pain relief

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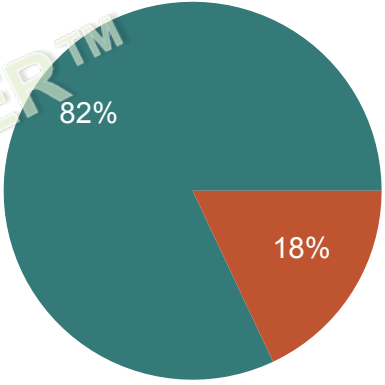
4 Overview of the most commonly occurring complications associated with hip surgery

Overall risk of serious complications from surgery



Out of 100 patients undergoing hip surgery, 4 are at risk of developing a serious complication (infection, blood clot, bone fracture, or nerve damage)

The proportion of patients who need a new surgery within 20 years



Out of 100 patients, 18 require a new surgery within 20 years

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