

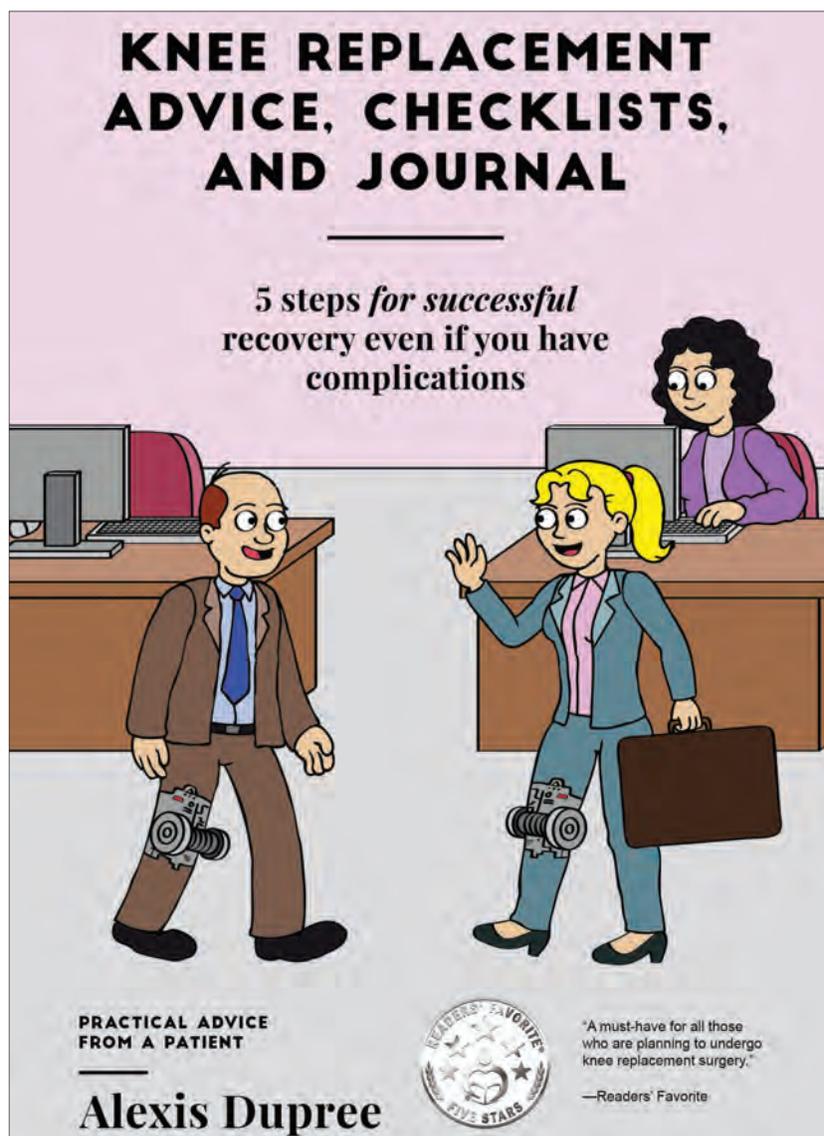


Media Kit

Knee Replacement Advice, Checklists, and Journal—5 Steps for Successful Recovery Even If You Have Complications

Practical Advice from a Patient

by
Alexis Dupree



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Press Release

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BOOK ON RECOVERING SUCCESSFULLY FROM KNEE REPLACEMENT SURGERY DESPITE COMPLICATIONS RECEIVES 5-STAR REVIEW

“A Must-Have for Those Who Are Planning to Undergo Knee Replacement Surgery”

“Surgery is not the end of the world,” journalist Alexis Dupree says, “although it is very definitely the pits. When surgery proves necessary for me, I concentrate on making it go well.” Her nonfiction book, *Knee Replacement Advice, Checklists, and Journal: 5 Steps for Successful Recovery Even If You Have Complications*, gives practical advice to people who must undergo knee replacement surgery.

“Knee replacement surgery was difficult,” Dupree says, “in some ways more difficult than other surgeries I’ve had, even major surgeries. I experienced nerve pain and took twice as long as most people to recover. However, I *did* recover. The book details what I did to make it go as well as possible. My orthopedic surgeon is amazed at how well I did, particularly since I have multiple sclerosis and fibromyalgia.”

In August 2017 the book received a five-star review from Readers’ Favorite saying that “it is a must-have for all those who are planning to undergo knee replacement surgery, chiropractors, massage therapists, physical therapists, and everyone dealing with a knee replacement patient.”

The advice portion of the book, which is deliberately short and concise, concentrates on Dupree’s strategy for adopting the right attitude to surgery and providing practical tips and suggestions. It lists five steps in plain English from a patient’s point of view about how to prepare for and recover from knee replacement surgery successfully.

“I am *not* a medical professional,” Dupree says, “I’m just a patient. So unlike other books on knee replacement, it doesn’t describe the physiology of the knee or provide other medical information. It delivers practical information patients need to know that they probably won’t get from doctors or nurses. I’ve had many surgeries and I’ve learned a great deal along the way.”

The book explains what to do before surgery, what to buy in advance, what and how to set up the patient’s home, and details on how to control pain and swelling. It also includes answers to frequently asked questions and provides helpful tips patients can use during the recovery phase. The last chapter discusses the specific ways life changes after knee replacement surgery, with details on how to handle the changes.

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“I built the book around a very clear goal,” Dupree says. “Resume normal life as quickly as possible. I’m very happy that my right knee was replaced. The surgery got rid of the excruciating pain. I’m far better than I was before.”

“That being said, knee surgery is like the worst hazing ever devised,” Dupree concludes. “Some people cry from the seemingly never-ending pain. The epigraph page includes a quote from Winston Churchill I wanted to share with folks undergoing this surgery. It’s helped me with my surgeries: ‘Never, never, never give up.’”

Appendixes include checklists for recording information about orthopedic surgeons, rehabilitation centers (if needed), physical therapy centers, insurance information, home preparation, medical appointments, medicines, and provides a medical log. The second appendix is a journal in which patients can keep notes during their recovery.

Knee Replacement Advice, Checklists, and Journal (ISBN 978-0-9860882-7-8) is available for \$11.99. For more information about this book or to schedule an interview with the author, contact Denise Timpko, President, Gettier Group, LLC, at 703-723-3005 or denisetimpko@verizon.net. A high-resolution file for the cover may be found at <http://www.gettiergroup.net>.

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About the Author

Alexis Dupree was 61 when she found herself joining the knee replacement community. Currently retired, she worked as an award-winning technical writer, journalist, and team lead for various enterprises for 42 years.

Reviews

Five-Star Review by Readers' Favorite

Knee Replacement Advice, Checklists, and Journal: 5 Steps for Successful Recovery Even If You Have Complications: Practical Advice from a Patient by Alexis Dupree is a useful guide that provides practical advice from a patient's point of view on how to prepare for and recover from knee replacement surgery, even if there are complications. The book discusses the key factors about knee replacement surgery, how to prepare for the surgery and recovery, how to adopt the right attitude, to do the right thing, and living with the new knee. There is no magical solution in this book about surviving and recovering from the surgery, but it helps one to prepare and recover.

The author handles the topic extensively and methodically and shows how the surgery has helped her to maintain a reasonable quality of life. It will encourage patients and keep them motivated before going for surgery. The book gives a lot of positive messages to patients and teaches them to be survivors and adopt the right attitude. The author's personal advice and tips are helpful and can be tried out during the recovery phase. It is a must-have for all those who are planning to undergo knee replacement surgery, chiropractors, massage therapists, physical therapists, and everyone dealing with a knee replacement patient. The techniques to take care of the body after surgery are helpful and will help patients live happily with their new knee. The book gives awareness and hope to all patients recovering from surgery and to all those who are going to have knee replacement surgery.

—Mamta Madhavan for Readers' Favorite

... a humorous but accurate depiction of the trials and triumphs of knee replacement surgery and living with your new knee.

—Pat Ercole, physical therapist

On October 20, 2016, I had a total replacement of my left knee. Four months later I received a draft of this book. Although I offered a few comments, most of what I needed to know was already included. However, I also found several suggestions that guided me through the next few months and I spent a good deal of my reading time saying, "I wish I had known that."

If you're a candidate for joint replacement, do it. Yes, it's painful. Yes, it means a reorganization of your life and habits. But it's worth it. And if you go into surgery well prepared knowing what you will face and having a plan for dealing with the inconveniences and discomforts, you'll come out the other side as a conqueror, with many years of good joint health ahead of you.

And this book will help. Read it. Set aside any ideas you see as ridiculous—but in a place where you can access them, just in case you need them. Take a deep breath, set the date, acquire the equipment you'll need, and begin the adventure that you will look back on as a triumph.

—V. Hartman DiSanto, author of young adult fantasy and science fiction

Catalog Sheet

- **Title:** *Knee Replacement Advice, Checklists, and Journal—5 Steps for Successful Recovery Even If You Have Complications: Practical Advice from a Patient*
- **Author:** Alexis Dupree
- **Book Description:** Everybody is having knee replacement surgery these days. Ask anyone who's had the surgery how miraculous it is—no more of the excruciating pain and limited mobility of osteoarthritis. The problem is that surgery and recovery can be incredibly painful.

Knee Replacement Advice, Checklists, and Journal—5 Steps for Successful Recovery Even If You Have Complications explains the methods journalist Alexis Dupree—someone who's had many different surgeries, including knee replacement—uses to prepare for and recover from surgeries successfully.

The advice portion of the book, which is deliberately short and concise, focuses on what patients need to know for preparing for knee replacement surgery and managing their recovery. Not being a medical professional, Dupree does not provide information about osteoarthritis or the structure of the knee. Rather the book discusses topics she has found helpful in making surgeries, specifically knee replacement surgery, go well.

Subtitled *Practical Advice from a Patient*, the book explains the benefits of adopting the right attitude toward surgery and provides pragmatic planning information for both the surgery and recovery. It also answers frequently asked questions about the surgery. Included are detailed checklists for researching doctors; rehabilitation centers—if needed; physical therapy centers; insurance information; and preparation for surgery, which includes setting up one's home, choosing the right attire for the hospital, and acquiring the necessary equipment or other accessories before the surgery. A recovery journal allows readers to keep a day-to-day journal of their recovery.

- **Audience:** Adult
- **Genre:** Nonfiction
- **Unique Selling Points:**
 - Discover 5 steps in plain English about how to prepare for and recover from knee replacement surgery successfully
 - Includes multiple checklists: orthopedic surgeons, rehabilitation centers (if needed), physical therapy centers, insurance information, home preparation, appointments, medicines, and medical log
 - Includes a recovery journal on which patients can log their levels of pain

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- Formats and Availability
 - Trade paperback
 - **Price:** \$11.99
 - **Product Dimensions:** 6 x 9 inches
 - **Number of Pages:** 300
 - **ISBN:** 978-0-9860882-7-8
 - **Publication Date:** August 20, 2017
 - **Availability:** Amazon, Ingram, Barnes & Noble, others, forthcoming

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Questions and Answers

Alexis Dupree, author of *Knee Replacement Advice, Checklists, and Journal*, answers questions about the book.

How long have you been writing?

I've written nonfiction for over 42 years. I've worked for publishing companies, associations, and corporations as a copy editor, managing editor, book designer, journalist, marketing communications writer, technical writer, information planner, and team lead. I was a member of the Society for Technical Communications for many years and am now a member of the Writers-Editors Network.

How long did it take you to write *Knee Replacement Advice, Checklists, and Journal*?

My right knee was replaced in June 2014. My recovery from the surgery was lengthy so I didn't write much that year. I worked on another project in 2015. In early 2016 I wrote an outline and abbreviated draft of the book. Later that fall I answered a list of questions from someone who needed knee replacement surgery and incorporated those answers into the final draft in early 2017, which I sent it to several people to review. After receiving their comments, I created several revised drafts before finalizing the content in summer 2017.

Why did you write the book?

My knee replacement surgery was my 13th surgery. Since then, I've had surgery in 2016 and 2017 and 2 more scheduled in 2018, although not knee replacement. Most of my surgeries have been minor; some, major. My husband often jokes I'm the surgery-a-year girl, which is a slight overstatement. However, even minor surgery should be taken seriously. One should be informed about the surgery, understand its risks and possible complications, and be assured of its necessity. That is, does surgery improve the quality of one's life?

I wrote the book because some folks fall apart emotionally at the word *surgery*. They don't do their due diligence, as it were. Surgery has been lifesaver for me. By that, I don't mean all my surgeries literally saved my life, but they've improved my quality of life. They've removed pain. They've all allowed me to function better and have prevented other problems from developing.

Are you advocating surgery then?

No, I don't advocate unnecessary surgery. In my opinion surgery is only necessary if it improves quality of life. Although I may joke "what's another surgery?" because I've had so many, I don't like surgery. Going under anesthesia and taking pain medications are serious business. However, the pain with osteoarthritis leads eventually to being in a wheelchair. That's not an acceptable way to live if one can avoid it. Total knee replacement is a miracle.

Why is the advice section of the book brief?

The advice section is concise. Many people don't want to read lengthy books, even if the books talk about something that affects them. I wanted to share all of the information that's pertinent to making surgery and recovery go well, but I didn't want to bore the readers.

How long have you had multiple sclerosis (MS) and fibromyalgia?

I was diagnosed with relapsing-remitting multiple sclerosis (RRMS) in 1993. I believe my first relapse was in 1980. I became aware of fibromyalgia in the early 2000s.

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How did MS and fibromyalgia affect your knee replacement surgery?

Since both diseases damage the nervous system, recovery included nightmarish nerve pain. Recovery was twice as lengthy for me than for people who don't have the diseases.

There's a lot of humor in the book. Why?

Why not? Surgery is serious business, but to be a survivor one needs to develop a sense of humor. Some people who haven't had surgery or as painful a surgery as total knee replacement become very depressed during recovery. They don't have the ability to deal with the pain, inconvenience, temporary disability, or lack of empathy or disbelief others, including family members, display during their recovery.

I have several incurable major diseases other than just MS and fibromyalgia. Theoretically, I could be depressed all the time if I allowed myself to be so. How boring! What would my life amount to then? Nothing. I want the book to help people recover successfully from total knee replacement. Successful recovery means developing a good sense of humor, being determined, and never ever giving up. I try to give advice that helps patients maintain a positive attitude.

Why did you name your right knee replacement?

Again, why not? Naming my right knee replacement Marie Curie amused me tremendously. I could praise her, swear at her, and mention her in conversation to friends without appearing to whine overmuch. Friends would ask me how Marie Curie was doing, and I'd say "Marie Curie is being a real bitch today" and make a joke. Making jokes about a painful situation prevents me from becoming depressed. It allows me to develop a more objective attitude and not make the situation too personal. I even issued a birth certificate for Marie Curie on the day she was installed.

In the book I included a blank birth certificate for readers to complete if they wish for their own knee replacements. If they think naming a knee replacement and issuing a birth certificate are ridiculous, fine. They just don't have my sense of humor.

Do you need another knee replacement surgery?

Yes. My left knee is almost bone on bone, which means there's little to no cartilage.

Do you have pain with your left knee?

I had intermittent pain in my left knee in June 2017. During physical therapy after a surgery I had earlier that year, someone mentioned K laser treatment, which he received after knee replacement surgery. After several K laser treatments, my left knee is no longer painful. K laser is a game changer. I don't know how long my knee will remain pain free. If and when the pain in my left knee becomes horrendous, I'll have my knee replaced.

When your left knee is replaced, will it be as painful as the right knee replacement?

I don't know. Other people who've had both knees replaced told me the pain level with each replaced knee differs. Who knows whether that holds true for me, considering the MS and fibromyalgia? I can only hope the nerve pain with my left knee replacement is less.

Have you written other books?

Yes. I write fiction. In addition, I plan to write more nonfiction.

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Do you have a day job?

No. I retired in 2013. Now I have the luxury of writing for myself.

What are your interests?

I have many interests but not enough time or the physical ability to pursue them all. I love art, reading, and travel.

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