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Getting to Know Dr. Craig McAsey



After practicing for several years in the Chicago area, Dr. Craig McAsey has returned to the Anderson Orthopaedic Institute where he completed his joint replacement fellowship in 2013.

INSIDE:

Mr. Jerry Bradley, Hip Replacement Patient
Page 3

Fondly Remembering Dr. James P. McAuley
Page 5

Nancy Ornstein - The No-Excuses! USTA Tennis Player and Juniors Coach Page 6

Clarence "Andy" Andrews - One-of-A-Kind Engineer, Sailor and AORI Benefactor
Page 10

The Anderson Orthopaedic Research Institute (AORI) is delighted to welcome Dr. Craig J. McAsey as the newest member of its Scientific Advisory Council. In this capacity, Dr. McAsey will lead research projects and provide guidance as AORI works to design and conduct clinically-relevant studies with the goal of addressing the contemporary questions that joint replacement patients face. As an experienced surgeon, Dr. McAsey will also help AORI's staff interpret the clinical importance of the Institute's research findings. While Dr. McAsey has assumed a new role at AORI, his affiliation with the Institute dates back to his 2012-13 joint replacement fellowship and his passion for medicine can be traced to his childhood.

Dr. McAsey's love for science and his desire to improve people's quality of life led him to pursue a career in medicine. Since both his grandfathers had knee replacements, he understood the tremendous impact that joint replacement surgery could have by restoring pain-free mobility. As the son of a carpenter who grew up working with his hands, orthopaedic surgery was an excellent match for his talents and aspirations. After earning his bachelor's degree in 2001 at Grand Valley State University where he also played football, Dr. McAsey went on to Loyola University in Chicago where he completed his medical school training, internship and residency. During his residency, one of Dr. McAsey's mentors was Dr. William Hopkinson who had done a fellowship at Anderson in 1987. Dr. Hopkinson's fond memories of training with Drs. Charles and Jerry Engh led Dr. McAsey to pursue his own fellowship training at Anderson.

During his fellowship, Dr. McAsey benefited from working with and learning from five different surgeons including Dr. Jerry Engh, Dr. Andy Engh, Dr. Bill Hamilton, Dr. Kevin Fricka and Dr. Nitin Goyal. Understanding the nuances of each surgeon's approach enabled Dr. McAsey to incorporate their knowledge into his own treatment strategies. After completing his fellowship training in July

See McAsey, page 2

Dr. Craig McAsey Continued from page 1



Dr. Craig McAsey and his wife, Emily, enjoy the 2018 National Cherry Blossom Festival in Washington, DC, with their daughters, Claire (age 4) and Caroline (age 2).

of 2013, Dr. McAsey returned to the Chicago area where he accepted an academic appointment at the Loyola University Medical Center. As an assistant professor in the Department of Orthopaedic Surgery and Rehabilitation, he treated patients while also teaching medical students and residents. He also became the Section Chief of Orthopaedic Surgery at the Edward Hines Jr. Veterans Affairs (VA) Hospital in Hines, Illinois, where he worked to serve the needs of American veterans while also pursuing research.

Since returning to Anderson in 2017, Dr. McAsey's orthopaedic practice has included the treatment of osteoarthritis and post-traumatic injuries with a focus on hip and knee joint replacement. Dr. McAsey's training and experience enable him to treat a broad spectrum of patients, ranging from those contemplating their first surgery to those requiring

complex revisions. In addition to his surgical skills, Dr. McAsey also brings his four years of experience training residents and medical students at Loyola University to the Anderson Orthopaedic Institute where he will work with the other attending surgeons to mentor our fellows. When asked what he finds attractive about Anderson, Dr. McAsey cites the ability to provide state-of-the-art care for patients as well as the camaraderie among the surgeons and staff combined with the opportunity to teach and perform high-quality research.

Dr. McAsey looks forward to incorporating new technologies into his clinical practice while simultaneously evaluating their impact on patient outcomes through his research. Dr. McAsey's approach to patient care is premised on the recognition that each patient is unique. By getting to know his patients and their ambitions,

his goal is to formulate a customized treatment plan that addresses each patient's specific needs. When treating knee osteoarthritis, he is comfortable performing a unicompartmental or total knee replacement. While he routinely uses the Direct Anterior Approach for primary hip replacement (like he was taught by Dr. Hamilton), he is also experienced with the posterior approach and always seeks to tailor his surgical techniques and post-operative management strategies to optimize recovery and reduce the risk of complications for each patient.

Since returning to the Anderson Orthopaedic Institute, Dr. McAsey has resumed working on some of the research he began during his fellowship in addition to embarking on several new studies. During his 2012-2013 fellowship year, Dr. McAsey worked with Dr. Fricka to compare the 2-year outcome of knee replacements using cemented or cementless fixation. During the past year, he has continued working on this study to evaluate the 5-year outcome of the same group of patients. Since differences in outcome are more likely to show up with longer follow-up, Dr. Fricka and Dr. McAsey plan to continue following these patients in the future. Dr. McAsey has also joined the other AORI-affiliated joint replacement surgeons in a multi-center study that seeks to determine the best way to prevent blood clots and related complications after hip and knee replacement.

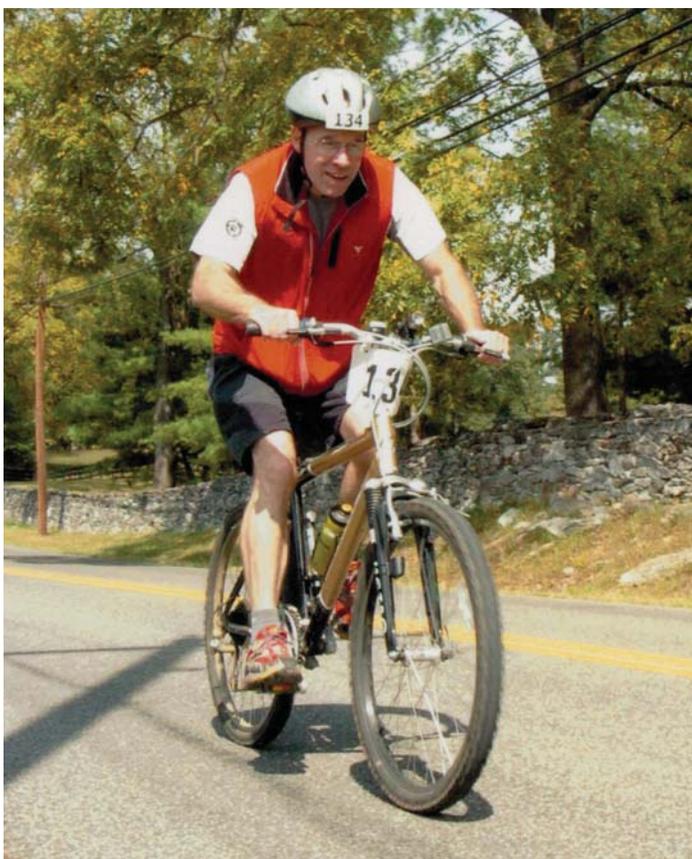
When he is not practicing medicine, Dr. McAsey enjoys spending time with his wife and two daughters. His interests also include woodworking, cycling and exploring the outdoors with his family. Everyone at AORI is grateful that Dr. McAsey has returned to the Anderson Orthopaedic Institute and we look forward to working with him for many years to come.

Mr. Jerry Bradley, Hip Replacement Patient

It's All in The Numbers

By Renée Burkett

Mr. Jerry Bradley is passionate about exercise. He's equally passionate about keeping track of the numbers related to his various workouts. Talking with him was a joyful exercise in arithmetic. He effervesced about his many fitness activities, current and past, while tossing out corresponding numbers such as: dates, race distances, miles completed, total mileage for the week, total hours he spent climbing to a mountain summit, heights of the mountains he traversed, years he began new modalities of exercise, miles of each modality of exercise for the week, month or year...whew! It was a dizzying course in quick addition while savoring the delight of his many accomplishments. In the midst of our number pie, I asked Jerry why he needed a hip replacement.



Having never ridden a bike before his hip replacement, Jerry Bradley rode the Back Roads Century six months post-surgery.



Jerry Bradley descends from the summit of Mt. Rainier after a six-hour night ascent in 2012.

“I grew up in Indiana. Basketball is *the* sport. It’s a part of the culture. I’ve always been active playing basketball with groups and in leagues. When I wasn’t playing, I was coaching my son’s basketball teams. I also coached Special Olympics. When I was in my 30s, to get more exercise, I started running marathons. In 2007, I decided to start running ultra-marathons. I was 55 years old.”

In just slightly over two and a half years, Jerry ran seven or eight ultra-marathons. Ultra-marathons are classified as races 31 to 100 miles long. At age 57, he ran a 100-mile race. The criteria for the race was to complete the mileage in 30 hours or less. The winning time was 13 hours. Jerry finished in 29 hours and 40 minutes. “I just made it,” Jerry shared.

“When I ran the 100-mile race in 2009, my left hip was bothering me. I got a cortisone shot that April. Prior to that I had a cortisone shot that was supposed to last up to a year, but the pain returned six months later. So, when I went to

Jerry Bradley

Continued from page 3



Jerry taking in the view at the summit of Katahdin Mountain, Acadia National Park.

my family doctor for the second cortisone shot, he indicated I may be a candidate for a hip replacement. Unfortunately, the pain returned three months after the second cortisone shot. When I went in for the third shot, I was reminded that the shots were temporary. I knew that, but I was hoping to finish my ultra-marathon race in September of 2009. It was a 12-hour trail run. Contestants run as many miles in 12 hours as possible, up to 100 miles. I only ran 39 miles. The third cortisone shot only provided a few short weeks of pain relief. So, after years of painful activity and a propensity towards osteoarthritis, needing a hip replacement didn't take me by surprise."

Jerry did some research looking for an orthopaedic doctor specializing in hip replacements. He also talked with the old-timers at the gym. "I talked with this one older guy whom I played basketball with for years. He had his hips replaced in 1997 and 1999 at the Anderson Orthopaedic Institute. He was playing basketball with me in 2009!" The older man's ability to move impressed Jerry. He made an appointment at Anderson. "I was 58 years old when Dr. Andy Engh did my hip replacement. I remember vividly it was March 16, 2010, the day before St. Patrick's Day." When he performed Jerry's surgery, Dr. Andy used a crosslinked polyethylene liner that had demonstrated excellent wear resistance based on AORI's research.

Jerry explained that beginning in 2007, he recorded all of his mileage on a calendar. "My wife thinks it's sort of strange, but I do it every day. I like the inspiration it brings me. I enjoy charting the various progressions and changes occurring throughout the last several years of fitness endeavors."

Jerry described how since he had his hip replacement, he marks down every bit of cardiovascular exercise. "I chart it up, so I can see the trends and how I am doing with my mileage. I like to see the accomplishment of the miles, and the different types of cardio I do. It's become a passion or an obsession, not sure which, but I am a numbers guy with my exercise. It is very motivating to see it written on the calendar or in a spreadsheet."

During Jerry's hip rehabilitation, his physical therapist suggested he try biking. "I wasn't a biker, so I bought a bike for \$150 from a teacher friend. That got me started." And at that point, Jerry launched into the many numbers of his post-hip cardio!

About biking, Jerry said, "In mid-September I did the Back Roads Century ride in Berryville, Virginia. That was on September 19, 2010. I did 1,354 miles on the bike the first year I was recuperating from my hip replacement. In 2011, I did the same century bike ride again." As a side note Jerry said, "I also did the same 12-hour ultra-marathon in Prince William Forest Park I had done before my surgery. I ran the same distance, 39 miles, as I did before my surgery." Jerry tells how he has ridden three Bike Virginia rides, completing 300 miles in five days each time. Last time, he followed the intermediate route. "Bike Virginia is very well organized," Jerry added. "They give you a route map so you know where to go."

In 2012, Jerry wanted to try something new, so he took up hiking. Not being one to waste time on a slow build, Jerry went to the Presidential Mountains in New Hampshire. He climbed Mount Washington, the highest peak in New Hampshire, a mere 6,288 feet to the summit. The wind gusts atop the Presidential Mountains have been clocked up to 230 miles per hour. "It can be brutal. So that was my first hike. I carried a small backpack, less than 20 pounds. Years ago, huts were built on the mountain range for hikers. You have to make reservations. I started at a lodge and then went hut to hut for four days. I hiked all day and then went to a hut at night. They feed you too. I went by myself, but since I have a really bad sense of direction, I followed a Boy Scout troop up the mountain."

But for Jerry, that was only the beginning. In 2012, he wanted to try something even more challenging. "Probably the biggest challenge for my hip was climbing Mt. Rainier in Washington State." Jerry noted that climbing Mt. Rainier is not for beginners. "It's a very technical climb, meaning you have to wear spiked boots and use ice picks. During the final ascent you're tied off with ropes and wearing crampons." The climb began at 5,200 feet elevation and over the course of about 20 hours Jerry's group ascended to 14,400 feet. "At

Fondly Remembering Dr. James P. McAuley



Dr. James P. McAuley as his Anderson patients and colleagues would remember him.

Joining with everyone who knew him, it is with a profound sense of loss that we sadly acknowledge the passing of Dr. James P. McAuley. As a world-class orthopaedic surgeon who was an integral part of the Anderson Orthopaedic Institute for almost a decade, he will be sorely missed by his patients, colleagues, family and friends.

Born in 1956, Dr. McAuley attended Dalhousie University in Halifax, Nova Scotia, where he earned his bachelor's degree in 1976, graduated from medical school in 1980 and completed his orthopaedic residency in 1985. As a Fellow of the Royal College of Surgeons of Canada, he served as a faculty member at the University of Toronto

and the University of Ottawa before joining the Anderson Orthopaedic Institute in 1997. Dr. McAuley quickly became a highly respected member of the practice, offering his joint replacement expertise to each of his patients, actively mentoring the fellows and becoming a productive member of the research institute. He partnered with Dr. Charles Engh to examine the outcome of extensively porous-coated stems, revision hip surgical techniques and implant wear. He also worked with Dr. Jerry Engh on topics ranging from unicondylar knee replacements to implant wear and the factors contributing to bone loss around implants. Dr. McAuley also led many research studies including a multicenter Food and Drug Administration (FDA) trial of a new generation ceramic material. With his easy-going, congenial disposition, exceptional knowledge and dedication to teaching, he cultivated close relationships with AORI's staff members as well as the fellows who trained at Anderson. Long after they completed their fellowships, many of the orthopaedic surgeons who spent time at Anderson would stay in touch with Dr. McAuley on a regular basis, seeking his guidance for their most difficult cases and keeping him updated on their lives outside orthopaedics.

Regarded as a role model who led by example, Dr. McAuley will be remembered as an excellent teacher and international leader in orthopaedics who was also a devoted husband and father. While his professional life always kept him busy, he savored opportunities to spend time with his wife, Diane, and their children, Erin and Alexander. More recently, he welcomed two grandsons into his life. Known as a wonderful and caring surgeon who was dedicated to sharing his knowledge with the orthopaedic community, he was widely respected and admired by his colleagues. He frequently presented his research and shared his expertise at national and international meetings, routinely traveling to the United Kingdom each summer to present lectures and talks on a variety of topics. While he was a talented and accomplished surgeon, Dr. McAuley maintained a sense of humility that endeared him to everyone and he was always willing to take the time to engage in a conversation with his patients and colleagues. Sadly, the trajectory of Dr. McAuley's professional career was altered by a brain tumor that was

Nancy Ornstein

The No-Excuses!

USTA Tennis Player and Juniors Coach

By Renée Burkett

Catching up with Nancy Ornstein for a phone interview was like playing a fast-moving game of singles tennis where I tried to pre-determine the next location the ball will land when it is volleyed over the net. In order to speak with Nancy at a time appropriate for a lengthy interview, I had to catch her after 8 p.m. on a Monday night. From the moment we began talking, the ball was launched across the net in our conversation, and it was all I could do to keep up.

Nancy selected her current favorite subject to talk about, teaching juniors tennis. Although she coaches junior tennis players now, Nancy Ornstein is recognized as one of the leading tennis players in the Greater Washington Tennis Association. She was ranked #1 in Women's 35 Singles by the USTA in 1991. But while we were talking about her career, Nancy addressed her concern about young tennis players and tennis as a competitive sport in the United States. She asserted, "Students aren't practicing enough sets. They need to play the game, not just do clinics. Clinics are good, but it's important to practice all aspects of a tennis match."

While she was talking tennis and the importance of training, Nancy interjected that she had just completed a workout of her own. Her workout went like this: a half hour on the recumbent bike, one hour on the elliptical and forty-five minutes on the Stairmaster consecutively. When I acknowledged my amazement, she replied, "I teach students and I want to be a fit as they are." She wants to be authentic and wants to move around the court as much as they do. "How can the students respect me if they look at me and think that I'm fat?" And that is my introduction to Nancy Ornstein.

Nancy then told me how she has spent the last several months of her own life, keeping active by walking outdoors on crutches even in the rain and cold weather. "I walk up to five miles a day to keep going." Her latest rehabilitation is from a left knee revision done by Dr. Andy Engh in September 2017. "I had a stress fracture in my left leg."



A selfie of Dr. Andy Engh and Nancy Ornstein at one of her recent follow-up appointments.

When Dr. Andy did her surgery, he revised her femoral component using a stemmed implant to provide additional fixation. "Now my knee is feeling great, but I might need another revision in the future. Andy will make that call, but if I feel as good as I do now, I'm not having any surgery!" She chuckled, and without missing a breath, launched back into her staunch commitment to physical training and tennis practice.

But to rewind, Nancy began playing tennis when she was eight years old. As a junior, she was ranked fourth in US singles. That was during the Chris Evert era. Nancy Ornstein played with the top 25 in the world including Billie Jean King and Martina Navratilova. While she was telling me her story she commented, "Navratilova was the first female tennis player who really got everyone working out. Tennis in those days, well, there was so much more to the game. I played with a wooden racquet. If you look at the game right now, these girls just hit as hard as they can. The women's game is too one dimensional. American tennis isn't the greatest right now," she said and trailed off. Clearly, Nancy is deeply invested in the sport she's known all but the first eight years of her life.

Nancy has quite a family history with the Anderson Orthopedic Institute. "At the age of 65, my dad, Ervin Ornstein, had his hip replaced by Dr. Charles Engh in 1986. Dad was a great athlete. He was a point guard. He also played handball." Nancy related that when she needed to get

**“Without these artificial parts people couldn’t be active.
At Anderson, they believe in all the movement!! They believe in exercise!!
If it wasn’t for these artificial joints, I wouldn’t even be walking!”**

– Nancy Ornstein

her hip done, her dad insisted there was only one doctor she should go to and that was Dr. Charles Engh. “He loved Dr. Charles so much,” she said. “My dad told me there was no one else. Anderson Orthopaedic was the only place to go!”

Nancy had her left hip replaced by Dr. Charles Engh in 1997 at the age of 45. “Then about ten years ago I had both my knees done by Dr. Andy. My sister, Suzy, had both of her knees done in 2014 and 2015, respectively. After that, I had my right hip replaced in the fall of 2015. My brother, Stephen, just had his right hip replaced this past January. Dr. Andy Engh, Dr. Charles’ son, did all of our surgeries. It’s like a family plan!”

Picking up where she left off about tennis and the importance of physical training, Nancy said, “People who have passed me on the street where I walk say they see my improvement from when I began crutch-walking until now. People stop and ask, ‘Are you the lady that’s doing all the walking on the crutches?’ I did it in any weather too! I’m still walking four miles a day regardless of the weather.” And that reminded Nancy how she approached training as an athlete and a coach. “In Florida, during one tournament it was so windy we were being blown sideways, but as a professional athlete, you just do it. I tell my students, ‘The only way you are missing the lesson is if you’re in the grave,’” guffawed Nancy. “It’s a stalwart way of being. I think we need a little more of that now.” Nancy competes to be her best self every day. “There’s no excuse to not exercise. There’s no cancelling activities because of the wind or the rain or anything else!”

Then Nancy quickly cut herself off to tell me Dr. Andy cautioned her with these words, “Make sure you don’t overdo it!! I know you’re up to something. Make sure you don’t overdo it!” Nancy laughed her free-wheeling laughter. If I could see her, she must have been leaning her head back in the joy of telling me, “I think I’m one of his biggest challenges! He asked me the other day if I was ever going to slow down.” With a big deep laugh, she exclaimed, “Hell No!”

“My mom is the only one who never had any joint replacements. But she loved Dr. Charles and started giving to research in 2003 because she saw how his research changed the longevity of artificial joints for her family. When Nancy’s mother, Shirlee, passed away in December of 2016, Nancy took over giving to AORI for the same reason. Everyone at AORI is grateful for Nancy’s commitment to continue what her mom began a decade and a half ago. At the writing of this article, the Ornstein family has given over \$50,000 to support AORI’s work!

Nancy believes in the research that allows the physicians affiliated with AORI to evaluate the outcome of the joint replacements they perform. As surgeons and researchers, the doctors continually strive to optimize the components they use and the surgical techniques they employ to enable rapid recovery while maximizing implant longevity. Recognizing her family’s legacy of generosity and their propensity for arthritis, AORI will continue striving to improve outcomes with the goal of enabling today’s patients and future generations to enjoy a lifetime of pain-free mobility after joint replacement.

Your Partnership with us is making a difference!

If you would like to make an online donation to AORI using PayPal, please go to aori.org/donate.php and click on the Donate button at the bottom of the page.

100% of your gift is tax deductible.



Dr. McAuley with Diane, his wife of 36 years, and their grandsons, Patrick and Sebastian.

Dr. James McAuley

Continued from page 5

diagnosed while he was working at Anderson. Despite the seriousness of his condition, Dr. McAuley initially sought treatment over the course of several years while maintaining his practice. With surgery and chemotherapy making it difficult to maintain a high-volume practice, Dr. McAuley and his family reluctantly decided to leave Virginia in 2006 and return to Canada where he joined the faculty at the University of Western Ontario.

After a heroic fight where he never lost his optimism or sense of humor, Dr. McAuley passed away at home surrounded by his beloved family on Thursday, December 28, 2017. As we mourn his loss, we extend our sincere condolences to his family and his many friends. Although we miss his physical presence, his legacy will live on through the lives of his cherished family, the patients he treated and those he mentored over the course of his career.

“We were privileged to have Jim as a dear friend and colleague. His humor, talent and spirit will always be remembered. Jim was indeed a brave hero in our lives and will always remain in our hearts.”

– Patty and Dr. Jerry Engh

Jerry Bradley

Continued from page 4

about 10,200 feet you *supposedly* sleep on wooden bunks. They wake you for a midnight ascent.” It took six hours to go to the summit from the wooden bunks. Descending was longer and much more difficult. Jerry shared why it was a really big test of his hip health. “On the way down, you are going forward and then cutting back along narrow ridges so there is a lot of torquing of the hip.” And then with a little pride Jerry added, “The buddy who went with me and I were probably older by 20 years than everyone else.”

“I guess the big thing is, I joined a hiking club. It’s called, Tuesday Vigorous Hikers. And yes, they hike on Tuesday. They are a group of extraordinary hikers doing hikes all over the world.” Pondering his own fitness level, Jerry added, “You think you’re doing pretty well, and then you meet *these* people.” The fast-paced hiking group typically meets at a Kiss and Ride in Northern Virginia and then goes to the Shenandoah Mountains. The hikes are typically 15 to 20 miles at 3,000-4,000 feet elevation.

Because of the group, Jerry has hiked Ben Nevis Mountain in Scotland. He has hiked several times in North Carolina to altitudes higher than 6,000 feet. He has hiked up Mt. Mitchell, the highest peak east of the Mississippi. “We did Acadia National Park and hiked to the top of Mt. Katahdin. I hiked for five days in the Smoky Mountains. In 2015, my son and I went hiking in Nepal. We flew into Katmandu. Folks fly in there to go to Mount Everest. We got as high as 11,000 feet, a place called Lukla. There is an airport considered to be the most dangerous in the world. The reason it is so dangerous is because the runway goes in a slight decline and then a very steep incline up or else you crash into the mountains!”

With all his activity, Jerry has remained in good health, though he had a knee arthroscopy with an Osteochondral Allograft Transplantation (OATS) procedure on his right knee in February of 2013 by Dr. Saddler also at Anderson Orthopaedic. The OATS procedure replaces damaged cartilage in the knee with healthy cartilage from a donor. “I play basketball twice a week in a group with my 26-year-old son, Matt, who had surgery on his knee by Dr. Saddler almost three years ago.” Jerry attributes some of his physical prowess to finding groups of people with similar interests. “I hang around with folks who are remarkably fit. It is neat to physically test your mind and body too. The only advantage to aging is you know your body better. I now do yoga three times a week. It feels like the right thing to do.”

Talking about Anderson, Jerry said, “It is a blessing they fixed up my joints, so I can do all of this stuff. I have another trip to Utah planned with my buddy, and I will probably do another century bike ride this year.” And barely taking a breath, he added, “I’m starting a couple of fitness classes at another gym this year. I may be backpacking the 210-mile John Muir Trail in Yosemite this September like I did last year.”

As our conversation drew to a close Jerry remarked, “If anyone is hurting I tell them about Anderson. Actually, my wife is maybe looking at a knee replacement. If that’s what it comes down to, it’ll be at Anderson too! I know people from the gym, my hiking group, and my basketball group; all who have remained active after procedures done through Anderson Orthopaedic.”

Right before hanging up, I asked Mr. Bradley how his hip is feeling. Without missing a beat, he assured, “No pain. I don’t think about my hip.” Confirming AORI’s research experience with crosslinked polyethylene, Jerry’s hip showed very little wear at his 5-year follow-up visit.

When last heard from, Jerry had just completed 50 miles running/hiking as part of the 24-hour Adventure Trail Run at Prince William Forest Park in Northern Virginia. Since his incredibly active lifestyle will make it difficult to catch up with him again, everyone at Anderson wishes Jerry many more miles of pain-free mobility in the years to come.



Jerry Bradley has put his hip replacement to the test. Here he enjoys hiking Bryce Canyon in Utah.

Do you have a story you would like to share with the readers of the Joint Journal or a question you would like to ask? Please contact Susan Sensi at (703) 619-4411 or email research@aori.org.

Clarence "Andy" Andrews

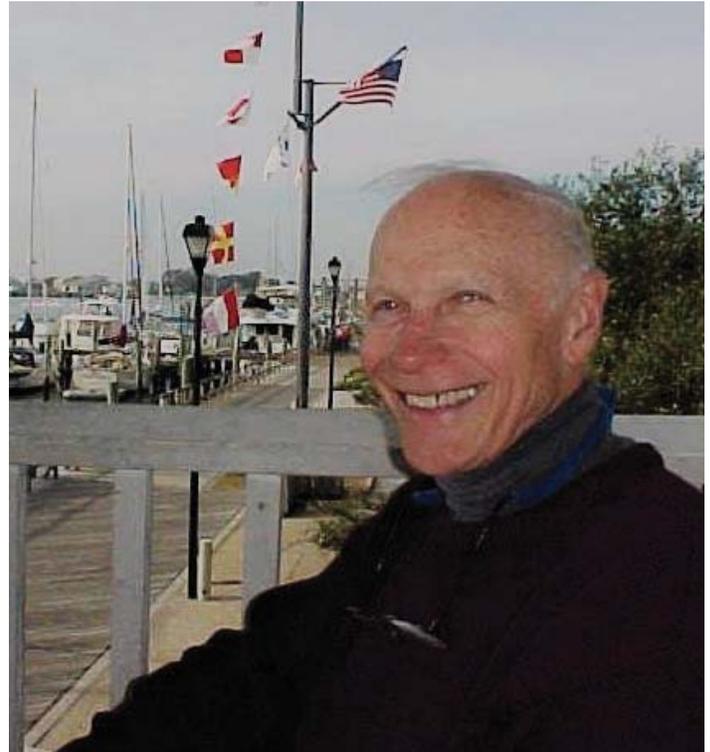
One-of-A-Kind Engineer, Sailor and AORI Benefactor

By Renée Burkett

Clarence E. "Andy" Andrews was a mechanical engineer in every way. He was methodical and organized. "To the nth degree," his daughter, Susan Krisch, remarked as we chatted about her dad this past spring. "Even when he ate crabs, his shell piles were organized. He fixed everything. He would get a schematic, sit down and fix it." To explain more fully the extent that mechanical engineering was in her father's blood, she gave this example, "My dad repaired our family oven over and over for many years. He considered it a challenge to fix it instead of buying a new one. So, years went by and we still had that same oven. Then one Thanksgiving Day, the oven broke down. Dad couldn't fix it in time for Thanksgiving dinner. Mom forbade him to fix it again. It was time for a new oven!" Susan chuckles as she remembers that day and the many years of watching her dad fix almost any household item. "He would fix anything from a radio to a large appliance. His motivation," Susan adds, "came from being raised during the Depression. People made do with what they had."

Clarence Elmer Andrews was born just in time for the Great Depression on July 28, 1928, in Baltimore, MD. He called himself Andy, a nickname of his last name, Andrews, because he didn't like his given names, Clarence and Elmer. Andy grew up in the Baltimore area graduating from Baltimore Polytechnic Institute in 1945, at age 16. After high school, he attended Drexel Institute of Technology in Philadelphia, Pennsylvania. At Drexel, he played lacrosse and became a two-time All-American goalie. He obtained a Bachelor of Science in Mechanical Engineering in 1948. Andy joined the United States Air Force and served from 1950 through 1954, rising through the ranks to first lieutenant. After his discharge, he was hired at Johns Hopkins Applied Physics Lab (APL) in the Strategic Systems Programs. Soon he transferred to Fleet Ballistic Missile Systems. From 1959 through 1994, Andy worked in analysis for Polaris and Poseidon missiles, and Trident Strategic Weapon Systems.

Although Andy retired from APL in 1994, he never lost the "engineer's" mindset. Even in the latter years of his life, fixing things was still a favorite pastime. "A few years ago, while visiting him on the weekend," Susan shares, "Dad



Clarence "Andy" Andrews on the dock near his boat.

mentioned he wanted to fix his Dremel drill. So, we got the specs and the tools and spent an entire day fixing his Dremel. At the end of that day, he was the most satisfied person on earth."

Perhaps it was his engineering mindset that attracted him to his other two favorite pastimes, golf and sailing. Andy's fondness for golf may have been rooted in the fact that he met his wife, Jane Frances Hynan, in a golf league at APL during his early years there. She was his inspiration to stick with golf. Besides, his engineer's brain was forever analyzing the potentially perfect swing. "He tried to teach me to golf, but I was a dancer." Susan explains, "I would stand with my feet pointed outwards and he would try to get me to stand with my feet pointed forward. He finally gave up."

Besides his pastimes, Andy was very civic-minded. He was the president of his civic association often stepping up to solve community problems. During his younger years, he



Andy Andrews loved nothing more than sharing his sailboat with family.

was a Cub Scout pack leader too. "My brother told this story," Susan says. "A Cub Scout pack was starting near our home. The first few meetings, my dad couldn't figure out why there were no African American kids present. So, without hesitation, he went through our community, even several miles away, inviting the neighbors he knew were African American. He told them they were welcome. He explained how the Cub Scouts were all-inclusive. In just a short time, African American children were coming. My dad reached across established boundaries and changed the course of the local Cub Scout pack."

As Andy grew older, he would need both hips replaced. In December of 1988 at the age of 60, his right hip was replaced at Union Memorial Hospital in Baltimore using the AML stem that Dr. Charles Engh pioneered at the Anderson Orthopaedic Institute. Although the stem lasted his lifetime, Andy had a cup revision on that same hip 9 years later due to polyethylene wear and pelvic osteolysis (bone loss around the cup). But after his original

hip doctor passed away, Andy needed his left hip replaced. So, he did what engineers do, detailed research, to find the best hip replacement doctor. His search led him to Dr. Andy Engh at Anderson. His left hip was replaced due to osteoarthritis on July 26, 2012, using the same extensively porous-coated AML that was used for his first hip replacement in 1988. "After my dad had his first hip done, he was so relieved he didn't know why he waited so long!"

But more than a hip replacement patient, Andy became a benefactor to AORI both during his life and upon his passing. When asked what inspired her dad to share his wealth, Susan replied, "He was a very generous person. He donated every year to a list of charities. There were probably 25 or 30 of them. He spread the wealth around." Susan quietly remembered her dad and then added, "He made AORI a financial beneficiary, but he also donated his hip for research." Even in his death, the inquisitive engineer longed to help with new discoveries.

While Andy was forever an engineer, one thing he may have loved equally was sailing. "He had a Bristol 22 sailboat. We raced it once or twice a year. If you have a nice windy day, you can go really fast." But fast or slow, Andy loved sailing and the water. "I think he liked the peacefulness of it. It was relaxing for him. He used to say, 'Pick the point you're heading. Keep your eye on that point. Trim the sails and forget about everything else.'"

"I remember he used to do the work on the boat himself. He wouldn't let anyone other than his children scrape paint and fix his boat. Even with us kids, he saw fixing up the boat as a way to teach us how to take care of things correctly. Taking care of the boat was part of the beauty of ownership to him.

Yes, he was frugal, but he also wanted it done the right way or, rather, his way," she fondly recalled.

For his age, Andy knew a lot about computers but not as much as the younger generation. Still, he didn't let that stop him. "He was the antithesis of the lazy mind." He learned everything he could. He took on the *new* as a challenge." Susan offered this quote as a summary of her dad's affection for boats, "Believe me, my young friend, there is nothing - absolutely nothing - half so much worth doing as simply messing about in boats."

Clarence E. "Andy" Andrews passed away August 23, 2017, but his memory lives on. Anderson Orthopaedic Research Institute is deeply grateful for Andy sharing his wealth and leaving a legacy of curiosity upon his passing. We are also delighted to report that his first AML stem was in service for 28.7 years, achieving Dr. Charles Engh's goal of offering hip replacement patients an implant that would last their lifetime.



Sailing was Andy's favorite pastime.

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