

PORTICO

WOMENⁱⁿ MEDICINE

*Celebrating Birmingham's
Top Physicians*



Issues With Sleep?

Do you snore, or sleep restlessly?

Do you have daytime sleepiness and fatigue?

Do you ever wake up with a choking or gasping sensation?

Are you forgetful or lacking energy?

You may be suffering from TMJ or Sleep Apnea.

TMJ & Sleep Solutions of Alabama can help you regain your life and comfort with a proper diagnosis. Dr. Amy Hartsfield dedicated her practice only to Orofacial Pain and Sleep Disordered Breathing after suffering from both herself. We want to be your go-to source for TMJ and Sleep Apnea treatment, and we do that by first earning your trust and loyalty. Our energetic team hopes to become a valuable part of your journey and keep you as healthy as possible with premium service. Contact us today.



TMJ & SLEEP SOLUTIONS
OF ALABAMA

1045 BROADWAY STREET, SUITE 109 • HOMEWOOD, AL 35209 • 205-874-9699 • TMJANDSLEEPSOLUTIONS.COM



PORTICO

On the *forefront* of medicine's future.

We are thrilled to celebrate many of Birmingham's best physicians in this special issue of Portico Magazine. In the last two years, the percentage of women attending medical school in the United States exceeded male students for the first time in history, according to the Association of American Medical Colleges, and it's a trend that is expected to continue. Inside our inaugural Women In Medicine special issue, you'll meet 13 diverse and accomplished physicians from six practices, all on the forefront of their specialties. In addition, you'll learn

the story of Dr. Maggie Somerall, a trailblazer who was one of the first—and most well-respected—female OB/GYNs in Birmingham. In her own words, Dr. Somerall discusses her 30-plus-year career as a women's health practitioner and the joys of instructing a new generation of physicians in her second act as an instructor at the UAB School of Medicine.

We hope you will be inspired by our Featured doctors, all of whom are dedicated to providing compassionate and cutting-edge care right here in our community.

PUBLISHER

W.H.Y. Media, LLC

EDITOR & WRITER

Loyd McIntosh

DESIGNER

Terri Jackson

PORTICO

Published by W.H.Y. Media, LLC
400 Office Park Drive, Suite 303
Birmingham, AL 35223

FOR ADVERTISING INQUIRIES EMAIL

Kristen McGarrah

kmcgarrah@porticohomewood.com

Kristen Carbonie

kristen@porticomountainbrook.com

Portico is published quarterly by WHY Media, LLC, 400 Office Park Drive, Suite 303, Birmingham, AL 35223. No part of this publication may be reproduced without the written consent of the publisher. The publisher does not warrant, either expressly or by implication, the factual accuracy of any advertisements, articles or descriptions herein, nor does the publisher warrant the validity of any views or opinions offered by the authors of said articles or descriptions. The opinions expressed are those of the individual authors, and do not necessarily represent the opinions of WHY Media, LLC. WHY Media, LLC makes no representation or warranties regarding the accuracy or appropriateness of the advice or any advertisements contained in this magazine.

Table of Contents

2 Women in Medicine

Celebrating Birmingham's
Top Physicians

4 TMJ & Sleep Solutions of Alabama

Dr. Amy Hartsfield: Getting to the
source of obstructive sleep apnea
and orofacial pain.

6 Nephrology Associates

Dr. Agata Przekwas: Treating and educating
patients for healthy kidneys.

7 Page, Hudson, & Taylor

Drs. Brenda Taylor, Gretchen McCreless,
and Tomeka Roberts: Setting new
standards for women's care.

8 IN HER OWN WORDS

A Birmingham Trailblazer

A 30 year career and the joys of developing
a new generation of women doctors

By Dr. Margaret Somerall

10 Alabama Fertility

Drs. Beth Malizia, Mamie McClean, and
Janet Bouknight: Helping couples
realize the joys of parenthood.

11 Skin Wellness dermatology

Drs. Rayna Dyck and Deborah Youhn:
Proving healthy, beautiful skin is ageless.

12 UCA Women's Center

Drs. Paula Rookis, Nicole Massie, and
Ali Parden: Providing women with new
options for a healthy, happy life.





WOMENⁱⁿ MEDICINE

Celebrating Birmingham's Top Physicians





TMJ & SLEEP SOLUTIONS OF ALABAMA

Dr. Amy Hartsfield

One of the most specialized practitioners in Birmingham is Dr. Amy Hartsfield, DMD, Diplomate, American Board of Dental Sleep Medicine and Diplomate, American Board of Orofacial Pain and founder of TMJ & Sleep Solutions of Alabama. Based in Homewood, Hartsfield is the only dentist in the state of Alabama who is dual boarded in Orofacial Pain and Dental Sleep Medicine. The goal of Hartsfield's practice is to help patients who are experiencing sleep and/or pain issues which may be the result of obstructive sleep apnea and/or orofacial pain problems. Orofacial pain includes migraines, TMJ, and other types of facial pain that can often be difficult to diagnose and, therefore, difficult to treat successfully.

Dr. Hartsfield works in conjunction with sleep physicians, primary care doctors, neurologists, ENTs, dental professionals and other specialists to customize solutions for people whose lives are negatively affected by orofacial pain and/or sleep problems to help them get back to their normal lives.

"With our pain patients we focus on a proper diagnosis for headaches, jaw pain, some types of neck pain, and any pain above the shoulders which has been a mystery to other providers," says Dr. Hartsfield. "Our goal is to get the source of the pain nailed down instead of just treating the site of pain."

"We work back and forth with specialists referring patients to each other," explains Dr. Hartsfield. "They refer sleep patients to me that are CPAP intolerant. It may mean we do a dental device for sleep apnea or do hybrid therapy which includes CPAP and a dental device. We are constantly trying to find an answer for our patients to get them a better night's rest."

Dr. Hartsfield explains, "I have personally struggled with both sleep apnea and orofacial pain. It's why I am passionate about helping patients who have been a mystery to other providers. I know what it feels like to be in their shoes and how frustrating it can be." To learn more about her struggles check out her blog on www.tmjandsleepsolutions.com.

TMJ & SLEEP SOLUTIONS OF ALABAMA

1045 Broadway Street, Suite 109
Homewood, AL 35209
205-874-9699
tmjandsleepsolutions.com





NEPHROLOGY ASSOCIATES

Dr. Agata Przekwas

One of only a handful of female nephrologists in Birmingham, Dr. Agata Przekwas has been one of the premier kidney specialists in the area for more than a decade. The medical world almost missed out on her expertise, as she only decided to attend medical school after initially training and briefly working as an engineer.

“I didn’t want to spend time in front of a computer for the rest of my life,” Dr. Przekwas says. “I like interacting with people much more, and I wanted to apply sciences, so I decided to become a doctor.”

Leaning on her engineering training and that discipline’s reliance on math, Dr. Przekwas was led to nephrology as her specialty, which, she explains, has some correlation. “There is a lot of math, especially in terms of electrolyte disorders, which includes high or low potassium, how high or low blood sugar affects the kidney, acid in the blood, and things of that nature,”

“I believe in extensive patient education...so they can be informed and make better decisions for themselves in the future.”

she explains. “There are very specific formulas to calculate someone’s kidney function, based on their lab values that help guide their care, whether it’s getting them ready for dialysis or trying to keep their kidney function stable.”

Dr Przekwas is a partner with Nephrology Associates, P.C., with 14 offices throughout Birmingham and central Alabama. Their corporate offices are located on Lakeshore Drive in Homewood.



NEPHROLOGY ASSOCIATES

(15 locations)

Homewood Office

2700 Rogers Drive, Suite 102,
Homewood AL 35209
205-226-5900
nephrologypc.com

She also stays busy covering kidney patients at seven hospitals, but, somehow, finds the time to work as an instructor at the UAB School of Medicine, as well as educating patients on the causes and treatments of chronic kidney diseases.

“I believe in extensive patient education and we try to send all of our chronic kidney disease patients to a dialysis education class, so they can be informed and make better decisions for themselves in the future,” Dr. Przekwas says. “We’re basically empowering the patient to be more involved in their medical care.”



PAGE, HUDSON, & TAYLOR

St. Vincent's Health System
806 St. Vincent's Dr., Suite 430
Birmingham, AL 35205
205-939-2806
pagehudsonstaylor.com



PAGE, HUDSON, & TAYLOR

Drs. Brenda Taylor, Gretchen McCreless, and Tomeka Roberts

The physicians at Page, Hudson & Taylor Gynecology at St. Vincent's are rethinking women's healthcare. Drs. Brenda Taylor, Gretchen McCreless, and Tomeka Roberts place an emphasis not just on their patients' healthcare, but also on their comfort. Page, Hudson & Taylor is unique in this area as they are the only exclusively gynecology practice with a 100 percent female staff. They are a practice of women, for women, and they all understand how uncomfortable a visit to the gynecologist can be.

"I think many women feel that we have shared similar experiences and therefore are able to offer more insight," says Dr. Brenda Taylor. "Women typically are willing to share intimate concerns and are not as apt to feel embarrassed in the presence of a female doctor." Offering a full range of gynecological services to females of all ages, including breast health evaluations, menstrual and menopausal management, and any treatment of the uterus, cervix, ovaries and bladder, they are ready to serve. As surgeons, they are trained in laparoscopic and robotic minimally invasive procedures.

Roberts, McCreless, and Taylor strive to ensure women get their healthcare needs met in an atmosphere that is comfortable, reassuring, and even relaxing. "We meet our new patients prior to an examination," says Dr. Gretchen

McCreless, "and we tell them exactly what we're going to do so that they know what to expect and how long it should take. After the exam, we conclude the visit with a consult in our offices to ensure we have addressed all of their concerns."

With an extra emphasis on comfort, these physicians are constantly evaluating how to improve the experience for their patients. "It is not uncommon as we enter an exam room to find our patients resting comfortably on the heated exam table because they are so relaxed while listening to the music," adds Dr. Tomeka Roberts. Inspired to go into gynecology after her mother's successful experience fighting breast cancer, Dr. Roberts says that her goal is to make her patients know they're never alone. Additionally, with in-house ultrasonography, bone density, and laboratory, patients have the advantage of a one stop shop for convenience.

"We don't just say 'Okay, you need to go to the lab, see you later,'" Dr. Roberts adds. "We always escort the patient to the next stop, passing them to the next person on their journey to good health. Our modern and up-to-date patient portal ensures that our patients always have access to their health history. We are partners with our patients, and that's what I like about serving those who chose our practice."



IN HER OWN WORDS

A BIRMINGHAM TRAILBLAZER

Dr. Maggie Somerall reflects on her 30 year career and the joys of developing a new generation of women doctors

BY DR. MAGGIE SOMERALL

Photos by Loyd McIntosh

Practicing medicine in Birmingham is the adult form of playing at the park during childhood. My father influenced my life and I treasure this piece of wisdom he shared with me as an early adolescent: “Mag, I chose my work because I love the research I do and I want to do it here.” I live in a community I adore, serving people with a profession I value, and I want my patients to be the best they can be. I can truly say, “I enjoy my work every day.” This is medicine in Birmingham!

I have a somewhat unique view of Birmingham’s OB/GYN community since I graduated from the UAB School of Medicine, did my residency training at UAB, and then practiced Obstetrics and Gynecology in the private sector for 30 years. I have returned to UAB to assist with education of the OB/GYN residents and students. Obstetricians and Gynecologists in Birmingham have a three-dimensional bonus: a local professional medical community, a family-oriented community, and a world class Medical Center. Our community of OB/GYNs are friends. We look forward to spending time with each other at planned gatherings as well as individually with deeper friendships. I genuinely feel Birmingham is a beautiful place to live with a high quality of life. This is a family centered area. As we all hear, it is “the best keep secret in the south.” It is a true joy to see your patients



After a 30-year career as a practicing OB/GYN, Dr. Maggie Somerall is now preparing a new generation of doctors as an instructor at UAB School of Medicine.

at the gym and grocery store or see a baby you delivered being baptized in church. I value these community connections. Even greater is the young lady in my office, now pregnant, and I had the privilege of helping her enter this world! Women’s healthcare providers experience life affirming joys with the many aspects of female healthcare. These span the spectrum of life from adolescent care and pregnancy to mid-life and menopausal care. The medicine is varied because it includes medical, surgical, and obstetrical disciplines. OB/GYNs in Birmingham have a tremendous resource in the UAB School of Medicine and its hospital system. The relationships between community practice and UAB were established decades ago and specialist care is literally an easy phone call

away! We know our colleagues. This is medicine in Birmingham!

Over the last 3 three decades the number of women in OB/GYN has increased greatly. It is clearly visible within the community hospitals and in residency programs. As a first-year resident, over 30 years ago, I was the only female of five interns and one of three women in the entire program of 23. Contrast with our current first year resident class where all eight are women and the program has 22 women of the 32 total. Beginning and caring for families is much easier during training than it was 30 years ago. In 1984 I was the first female resident in UAB’s OB/GYN residency program to be pregnant and have a baby. We all made it work, truly, with minimal impact on my training or surgical experience. I was fortunate

the birth was during the end of the year holiday season when clinics and surgery were at a minimum. The advantage of our intensive training is we had large volume procedural and clinical experience. In addition, it molded us into one large family. The changes in residency learning today still allow sufficient procedural experience and enhance deep friendships among the residents.

The long hours of continuous duty gave way to current work hour restrictions, focus on wellness, and increased education and research time during residency training. These new guidelines and restrictions create a good work-home balance. All of these changes are transferring into the world of the community practitioners. Residents plan to start families during training. They also have time to do research or special projects. These young physicians make true friendship bonds outside the hospital setting. In addition, the residents manage much of their own infrastructure and scheduling. These skills are used as they design their practice organization post residency for a good work-home balance. Many local practices are examples.

Working with the medical students of today has been amazing.

My personal view, and what I hear from many students when making

residency and career choices, is they like a specialty that combines medical and surgical modes of treatment. I also think the specialty has variety, from obstetrics to endocrinology to complicated surgery and back to well-women routine care. Honestly, that is what hooked me! I truly enjoyed reading and researching the topics related to the patient problems. In addition, it spans the lifetime of many patients vertically and may include multiple family members horizontally.

The medical students today are book and life smart, innovative with technology, and experienced with many professions not related to medicine. They are well read and traveled. They have created student-led community clinics, cared for the homeless and educated inner city women with health screenings. Applying and being accepted into medical school is a job in itself. Last year the UAB School of Medicine received 4,581 applications with a matriculating class of 186. The entering class for 2018 includes 85% Alabama residents with 44% of the total class being female. From my conversations with students, they are drawn to the science of healthcare and the variety of career choices of the 21st century physician. Quality of life issues have improved from medical school to residency to career.

Women's healthcare has evolved into many disciplines. For example, nurse practitioners, pelvic floor physical therapy specialists, special care nurses in labor, delivery and surgery, hospital employed laborists, hormone replacement specialists, and hormone compounding pharmacists all enhance women's healthcare needs. New avenues of care are growing rapidly. Robotic and minimally invasive surgical procedures are more common now than ever in gynecology. Board certification criteria is now incorporating new certifications for these frequently performed 21st century procedures. Fetal surgery



“The medical students today are book and life smart, innovative with technology, and experienced with many professions not related to medicine.”

— DR. MAGGIE SOMERALL

is correcting some of the prenatally diagnosed fetal anomalies. Many incontinence and pelvic organ prolapse issues are managed with physical therapy as well as innovations in the techniques of surgery. High-definition computerized simulators are used to teach and hone surgical skills. Simulation scenarios help healthcare providers learn and stay in practice with life-saving emergencies. All of these modalities are in use in Birmingham.

It is amazing to see and experience the full scope and evolution of women's healthcare in the last 40 years. When I entered medical school, I had no idea the life, science and technology of the medical world would evolve at this pace!

It did! “And it is still hot.” (*Where the Wild Things Are*, by Maurice Sendek)



Dr. Maggie Somerall demonstrates how to measure the pelvis to assess for adequate room for a normal spontaneous birth to a pair of UAB medical students.



ALABAMA FERTILITY

Drs. Beth Malizia, Mamie McLean, and Janet Bouknight

The physicians at Alabama Fertility, Dr. Beth Malizia, Dr. Mamie McLean, and Dr. Janet Bouknight, offer cutting-edge treatment in a comfortable and compassionate environment. “We are excited to be a part of the ‘Women in Medicine’ issue of Portico. Not only is our practice managed by three female physicians but our field of Reproductive Medicine centers around Women’s Health,” says Dr. Malizia.

“The three of us chose a career in Reproductive Endocrinology and Infertility based upon our love of science and deep satisfaction from developing personal relationships with our patients,” says Dr. McLean. And that is the environment they have created at Alabama Fertility.

“We don’t practice off of a protocol,” explains Dr. Bouknight. “We create individualized treatment plans for each patient, so we’re marrying evidence-based medicine with personal, thoughtful care.”

Together, the three fellowship-trained reproductive specialists have combined their experience and knowledge base into one of the most forward-thinking fertility clinics in Alabama. Offering treatments such as in-vitro fertilization, egg freezing, intrauterine insemination (IUI), and reproductive surgery, the physicians at Alabama Fertility work diligently to ensure their methods are as up-to-date as possible as well as safe for the parents and their

future families. Dr. Malizia comments, “There have been significant advances in fertility treatment in the last 10 years and we are happy to see these translate to higher pregnancy rates and safer, healthier pregnancies.”

“This is an exciting time in our field. Not only has research developed treatments that allow more patients to become parents, the conversation around infertility has also changed. As many high-profile individuals share their reproductive struggles there is less stigma associated with infertility and pregnancy loss,” says Dr. McLean. “We hope this will encourage more patients to come in for at least an initial evaluation,” says Dr. Bouknight. “The initial infertility evaluation focuses on identifying the underlying cause of the infertility which we aim to treat directly. Fertility treatment is not necessarily expensive or invasive which are unfortunate misconceptions that many patients have.”

The three physicians at Alabama Fertility are committed to providing the best of Reproductive Medicine to the patients in our community with the help of their supportive and compassionate team. “Advanced fertility care, close to home.”

ALABAMA FERTILITY

2700 Highway 280, Suite 370 East
Birmingham, AL 35223
205-874-0000
alabamafertility.com





SKIN WELLNESS DERMATOLOGY
 205-871-7332
Homewood Office
 1920 Huntington Road
 Birmingham, AL 35209
Chelsea Office
 398 Chesser Drive, Suite 6
 Chelsea, AL 35043
 skinwellness.com



SKIN WELLNESS DERMATOLOGY

Drs. Rayna Dyck and Deborah Youhn

Founded by Dr. Corey Hartman in 2011, Skin Wellness Dermatology has become one of the most successful comprehensive dermatology practices in Birmingham. Dr. Hartman is lucky to have two accomplished female physicians on staff, Dr. Rayna Dyck and Dr. Deborah Youhn, both treating and educating people of all ages on how to keep their skin healthy and vibrant.

“I found in dermatology that I enjoy the face-to-face interaction where I can meet with people and help them with their medical problems throughout their entire life,” says Dr. Dyck. “I see infants and my oldest patient will be 100 next year.”

American Board of Dermatology-certified dermatologist Dr. Dyck focuses primarily on medical dermatology, but also practices cosmetic dermatology as well, utilizing some of the most cutting-edge treatments available for scar reduction, hair removal, anti-aging treatments and tattoo removal.

“You really change people’s lives, and they can

see it,” says Dr. Dyck. “If I fix your blood pressure, you can’t see it. But if I fix your acne, discoloration, remove a skin cancer, or tell you that something on you is okay that you’ve been worried about, you can actually see that, and it makes a huge impact on people.”

Dr. Youhn, also Board-certified, prefers to focus entirely on medical dermatology, especially helping patients understand how damaging the sun is to the skin.

“Every place I’ve lived in the country, it’s a hard message,” says Dr. Youhn. “It’s not just about skin cancer. A lot of times, some of my patients come back worried about wrinkling and discoloration. I tell them, anything that’s sticking out, you have to wear sunscreen on it.”

Skin Wellness Dermatology offers an array of treatment options for most common skin problems including chronic acne and skin cancer at both of their locations in Homewood and Chelsea.



UCA WOMEN'S CENTER

Drs. Paula Rookis, Nicole Massie, and Ali Parden

One of the newest areas of focus for women's health is in the comprehensive diagnosis and treatment of the urological concerns unique to women, and Birmingham is fortunate to have three physicians with the expertise and compassion women need to treat these sensitive issues. The all-female team of Dr. Paula Rookis, Dr. Nicole Massie, and Dr. Ali Parden at the UCA Women's Center, is unique, considering only about 10 percent of urologists in the nation are female.

Having these three specialists under one roof is truly a blessing for women dealing with common issues such as urinary tract infections, overactive bladder and vaginal atrophy, to more complex problems such as ureteropelvic junction (UPJ) obstruction and pelvic floor disorders.

"That's the buzz word for the things we do take care of, 'pelvic floor' disorders, but that includes incontinence, urinary and fecal incontinence, pelvic prolapse, all of the stuff that goes on in the female pelvic organs," explains Dr. Parden. She and Dr. Massie are board-certified in the emerging field of urogynecology, a sub-specialty of gynecology - also known as female pelvic medicine and reconstructive surgery - addressing an array of medical problems that, in years past, would have required visits to multiple physicians.

"Specifically, the things we treat are the quality of life issues," says Dr. Parden, "There are women who say 'I've been leaking on myself for decades. That's normal.' Really, it isn't normal and there's a treatment for it."

"There are also a lot of complications from women who have had children or previous surgeries that the three of us are a little more adept at dealing with," says Dr. Massie. "The UCA Women's Center allows us to focus on the female patient, their conditions and treatments and how to get them back to living a normal life."

"The UCA Women's Center has a fully trained staff to deal with issues specific to female urologic conditions. This allows us to have testing on site, which is a nice service to offer our patients," says Dr. Rookis. We all work a lot with complicated issues that the regular gynecologist or urologist may not really want to, or be able to, deal with."



UCA WOMEN'S CENTER

3125 Independence Dr., Suite 200
Homewood, AL 35209
205-930-0920
ucawomenscenter.com



Discover a unique urologic
approach to **female health.**



The urologists and urogynecologists at the UCA Women's Center understand embarrassing and uncomfortable symptoms are not easy to share. But these issues can lead to serious conversations about your health.

That's why we listen. We explain.
And we're believers of healthy conversations.

- Pelvic Pain
- Pelvic Organ Prolapse
- Urinary Incontinence
- Overactive Bladder (OAB)
- Vaginal Disorders
- Urinary Tract Infections

SCHEDULE YOUR APPOINTMENT TODAY.

205.930.0920

www.ucawomenscenter.com

3125 Independence Dr. • Suite 200
Homewood, AL 35209

Dr. Nicole Massie • Dr. Ali Parden • Dr. Paula Rookis

Gel-One® Cross-Linked Hyaluronate

ONE INJECTION PURE¹ RESULTS

Early intervention for Knee Osteoarthritis

- **91 day** joint residency time²
- **Lowest** single injection treatment volume
- **Zero reports** of pseudosepsis to date^{3,4}



For more information, ask your Zimmer Biomet representative
or visit us at zimmerbiomet.com



ZIMMER BIOMET
Your progress. Our promise.®

1. Lot release testing for protein bacterial endotoxin, and DNA (viscosity decline) performed by Seikagaku Corporation.

2. Animal study done by ADME & Tox. Research Institute, Sekisui Medical Co., Ltd. for Seikagaku Corporation. Data on file at Seikagaku Corporation. Animal studies are not necessarily indicative of clinical results.

3. V. Strand, et al. A multicenter, randomized controlled trial comparing a single intra-articular injection of Gel-200, a new cross-linked formulation of hyaluronic acid, to phosphate buffered saline for treatment of osteoarthritis of the knee. *Osteoarthritis and Cartilage*; 2012, 350-356.

4. <https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfmaude/results.cfm> April 18, 2016. Gel-One Hyaluronate is indicated for the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to non-pharmacologic therapy, non-steroidal anti-inflammatory drugs (NSAIDs) or simple analgesics, e.g., acetaminophen.

Important Safety Information: Before using Gel-One Hyaluronate, ask your patients if they are allergic to hyaluronan products, cinnamon, or products from birds such as feathers, eggs, and poultry. Gel-One Hyaluronate is only for injection into the knee, performed by a doctor or other qualified health care professional. Gel-One Hyaluronate injection should not be used in the presence of a skin disease or infection around the area where the injection will be given. Gel-One Hyaluronate has not been tested in patients who are pregnant, mothers who are nursing, or anyone under the age of 21. Strenuous or pro-longed weight-bearing activities after treatment are not recommended. The effectiveness of repeat treatment cycles of Gel-One Hyaluronate has not been established. The side effects most commonly seen after injection of Gel-One Hyaluronate in the clinical trial were knee pain, swelling, and/or fluid build-up around the knee. These reactions are generally mild and do not last long. Other conditions, including but not limited to skin redness and rash, knee stiffness, knee muscular weakness and dizziness, were also reported. For complete instructions for use, see the package insert and visit www.zimmerbiomet.com. Gel-One® is a registered trademark of Seikagaku Corporation.

©2018 Zimmer Biomet