



The prettiest places to stay in Provence
Plus Maureen Lipman, 77, on love after grief

Weekend

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Have you got summer skills?

What to wear in the heat

Make a watermelon daiquiri

The fastest ice cream to make

How to stand up on a surfboard

Bring a parched lawn back to life

What top chefs pack in their picnic baskets



The UK's most beautiful meadows
Plus spot rare butterflies



Health and Wellbeing *checklist* ✓

Your body is precious and it pays to look after yourself.
Here are a variety of ideas to be – and stay – healthy

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Manchester Hip & Knee Clinic



Robot-assisted hip and knee replacements

Robot-assisted hip and knee replacements use transformative technology from the Stryker Mako, which allows for better planning before surgery, a customised surgical approach and precise implant positioning for patients. The technology combines pre-operative CT images with 3D technology to allow surgeons to construct a surgical plan that is tailored to the individual patient's anatomy, leading to patient-specific implant positioning.

At the time of surgery, sensors are placed around the joint, which allows the software and robot to locate the joint in three dimensions. The robot arm enters the joint and is able to precisely and accurately remove the correct amount of bone whilst preserving soft tissue.

Patients could have less pain and a quicker recovery and return to full function, which should translate to a higher likelihood of longer lasting joints and joints that feel normal.

Melanie Holdcroft had robot-assisted knee and hip replacements at the Alexandra Hospital in Cheadle, Manchester under Mr Kim's care. She said: "I started to notice that I had a pain in my leg. I started to feel like an old woman. I was limping, I couldn't walk properly, I wasn't enjoying my life and I wanted a better quality of life. I had an X-ray, I was completely shocked; I never dreamt it was my hip. Within two weeks of the diagnosis, I was seen by Mr Kim and within less than a month I was actually having my hip replaced. When I went to the Alex it was a very friendly and warm experience and when I sat with Mr Kim, the combination of knowing I was going to go into the Alex and to have him as my consultant and also to have the robot to assist his procedure gave me total confidence."

"I have got life to look forward to and that's what the combination of the Alex, Mr Kim and the robot has given me, and I wouldn't hesitate to recommend this to anybody."

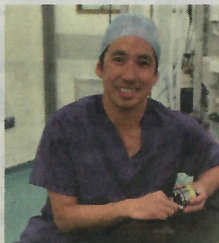
Robot-assisted technology provides much more information than what was previously available to operating surgeons. In the knee, surgeons are able to balance the knee accurately



and precisely throughout the range of movement while ensuring that the stability and alignment of the knee is optimised. With this technology, surgeons have the confidence to perform partial knee joint replacements if appropriate.

In the hip, the centre of rotation of the hip is restored. This means that the patient can have a reduced risk of unequal leg lengths, hip catching and dislocation after surgery. It should translate into longer lasting and natural-feeling hip replacements.

Mr Winston Kim, FRCS (Orth), consultant hip and knee surgeon, who practices at Circle Alexandra Hospital, Cheadle, Greater Manchester, performed the largest number of Mako robot-assisted hip and knee replacements in the United Kingdom in 2022, with more than 300 cases. In total, he has performed more than 850 robot-assisted hip, knee and partial replacements.



For further information, visit manchesterhipandknee.com, call 0161 495 7757 or e-mail manchesterhipandknee@gmail.com

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Smile please

Swissdent's high-tech whitening toothpaste is revolutionising dental cosmetics.

Astrid von Stockar, CEO of Swissdent and a former Swiss TV star, explains why their patented toothpaste is causing a sensation worldwide and why gentle teeth cleaning is important: "Our natural tooth enamel is limited and varies in thickness. The thinner this enamel

becomes, the more the yellow of the dentine shines through. That's why you shouldn't brush abrasively, but remineralise and build up the enamel. You can do this with our latest innovation, Crystal. This toothpaste can make the enamel denser and thus the teeth appear whiter and healthier."

Swissdent is different from conventional toothpaste because conventional toothpastes use silicates such as sand or marble dust that physically scrub away plaque. This cleans the teeth, but also removes a small layer of enamel. Swissdent Extreme cleans the teeth gently with fruit enzymes. Then, their micronised calcium peroxide can brighten the already clean teeth.



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