

Arthritis Walk®



www.arthritiswalk.org



Kristin Copeland
Arthritis Walk Honoree
Manhattan, KS

Kristin began suffering from hip pain during her freshman year at Kansas State, when she was in the best shape of her life. First diagnosed as a pulled muscle, the pain and stiffness would come and go in cycles. At least five times a year, she would be in unbearable pain for about a week, pretty bad pain for another couple weeks and then it would trail off. The orthopedic doctors knew her joint was dying but didn't know why. They threw around diagnoses of a labral tear, degenerative joint disease, osteoarthritis and avascular necrosis, all with surgery as the final solution. They suggested that the pain was associated with her recent weight gain and prescribed various medications, but they didn't make a dent in the pain or help her mobility. Many of the medications can have side effects, including severe stomach issues, which Kristin now has.

Two years after the first onset of hip pain, Kristin's left knee starting filling with fluid and swelling. Within three months of each other, doctors went in and scraped out the bad cartilage in her hip and then her knee. Kristin had mere months of relief. When she entered her senior year of college, she had trouble getting down the hallway to the kitchen, which made attending classes nearly impossible. While the doctor wanted to hold off on replacement surgery as long as possible, at Kristin's urging, they proceeded with the surgery in late October; and put in a new ball and joint. She felt immediate relief upon waking from surgery and was able to graduate in December. Six years later, she thankfully has flair-ups only a handful of times a year.

We are proud to have this courageous fighter as our 2013 Arthritis Walk Honoree.

About the Arthritis Foundation

The Arthritis Foundation (www.arthritis.org) is committed to raising awareness and reducing the unacceptable impact of arthritis, which strikes one in every five adults and 300,000 children, and is the nation's leading cause of disability. To conquer this painful, debilitating disease, we support education, research, advocacy and other vital programs and services.