

Healthy

JANUARY/FEBRUARY 2020

KANSAS CITY



A Strong FOUNDATION *with Sano Orthopedics*

Bringing patients back to wholeness and restoring the body that needs healing.

Front row: Matt Daggett, D.O. and Tim Roberts, D.O.
Back row: Kevin Witte, D.O., Stephanie de Vere, M.D. and Adnan Saitlha, M.D.

PLUS...

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Building a Kansas City Legacy

CHILDREN'S MERCY EAST
*Unparalleled Standards
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SANO ORTHOPEDICS

Expertise. Compassion. Relief.

Maintaining a focused and balanced environment so we're able to consistently provide a high level of care for all of your orthopedic needs.

*Story by Cheri Woodsmall
Photography by Matthew Anderson*

It's a new year and most of our resolutions include keeping our bodies strong and healthy. And good bone health is essential to these efforts. That's where the innovative doctors of Sano Orthopedics come in.

The caring team at Sano Orthopedics (formerly Advanced Orthopedics and Sports Medicine) make it their priority to bring their patients back to wholeness and restore the parts that need healing.

PLEASE TURN THE PAGE



Wellness Center Opening Spring 2020

With two offices in the KC Metro area – one in Overland Park, KS and one in Lee’s Summit, MO, Dr. Matt Daggett, orthopedic surgeon and founder explains, “Since we started our practice 3 years ago, our focus is about providing the highest level of care through the most innovate techniques in orthopedic medicine. We are passionate about not just obtaining the best outcomes but we want to create a healthier community and a healthier village. Sano is Latin for “health” and the root of what we are trying to do is create a healthier person, not just fix an injury when they occur.”

And this year, Sano is putting those words into action. As part of a new state-of-the-art wellness center – opening in Spring 2020 – the focus will be on preventative care and follow-up care to ensure optimal patient health. Dr. Kevin Witte points out, “Historically, healthcare is very reactionary and expensive and our goal is to shift that entirely. The facility will be a hub for musculoskeletal health, with elements focused on maintaining

health.” Dr. Daggett explains, “This embodies who we are as a practice. Our model is focused more on prevention and wellness and when interventions are required, we are leading the way in both innovative techniques and affordable outcomes-based interventions.” Dr. Tim Roberts adds, “We are partnering with a few medical professionals to make this happen. We want to shift the focus to taking care of the community. This facility is one of the most unique facilities in the nation.”

In the next couple of years, Sano will continue to innovate and perform clinical research and will roll out new programs. They know from multiple studies that maintaining a home exercise program or a guided physical therapy while suffering from arthritis can really help the patient. Dr. Daggett says, “Movement is medicine. When we can’t move due to joint or skeletal pain, the pain can worsen and our overall health suffers. We want to keep our community moving and healthy.”



Dr. Stephanie de Vere

A GREAT TEAM AND A STRONG FOUNDATION



Dr. Matt Daggett was born and raised in Kansas City, MO. After graduating from University of Missouri-Columbia, Dr. Daggett received his medical degree from Kansas City University of Medicine and Biosciences and MBA in Healthcare Leadership from Rockhurst University. He completed his orthopedic residency in Kansas City.

Following residency, Dr. Daggett obtained a sports medicine fellowship at the American Sports Medicine Institute with Dr. Lemak in Birmingham, AL and a shoulder fellowship with Dr. Gilles Walch and Dr. Lionel Neyton in Lyon, France.

Dr. Daggett is an active researcher in his orthopedic field and an expert in injury prevention, knee ligament injuries, sports medicine and shoulder rotator cuff repair and treatment. He also serves on the Sports Medicine Advisory Committee of the Missouri State High School Activities Association (MSHSAA). He is leading technique innovation for Needle Arthroscopy, a new procedure that utilizes a hand-held arthroscope to perform many common orthopedic surgeries without the use of general anesthesia or even the use of a scalpel.

GROWTH IS THE GOAL, BUT THE RIGHT GROWTH IS CRITICAL TO OUR VISION

As techniques, materials and treatment modalities in orthopedic surgery are in constant evolution, it is necessary for practitioners to continuously update their knowledge and practice. Sano Orthopedics make it their top priority to keep on the latest advances in adult knee & hip arthroplasty, shoulder arthroplasty, joint preservation, advanced recovery & pain protocols and the value of new technology and integration within the new paradigm of health care delivery. "It's critical to our overall vision of our practice to hire those who have the same health & wellness first philosophy. I am proud of the team we have and honored to work alongside some of the best orthopedic physicians in the country", says Dr. Daggett.

The Sano Orthopedics team has 4 additional renowned orthopedic surgeons. Dr. Stephanie de Vere, an exciting addition to the team last fall, is dual fellowship trained in orthopedic spine surgery



Dr. Stephanie de Vere received her undergraduate degree in Neuroscience, from the University of Lethbridge, Lethbridge, Alberta, and later obtained her medical degree from the Cummings School of Medicine, Calgary, Alberta.

After completing her residency at the University of Alberta in Edmonton, Alberta,

Dr. de Vere completed two spine fellowships. First, she completed a fellowship in Complex Spine surgery through the University of Toronto, Ontario, one of the largest trauma centers in North America. There, she received significant exposure to spinal trauma and oncology. Additionally, she did a second hybrid spine fellowship with cross-appointment to the Divisions of Neurosurgical and Orthopedic Surgery at the University of Ottawa in Ottawa, Ontario. This fellowship experience has allowed her to perform a high volume of complex spinal surgeries and develop world-class expertise in the area.

Dr. de Vere, who is new to the practice, started in October. She is compassionate and caring for patients of all ages and brings with her extensive fellowships. She always has their best interests in mind and will exhaust all non-operative treatment options before surgery is offered. She is candid with patients, ensuring that they understand the proposed treatment, risks and benefits of each intervention or surgery, prior to their planned procedure.



Dr. Tim Roberts



Dr. Tim Roberts, Board-Certified orthopedic surgeon, obtained his undergraduate degree from the University of Missouri, Columbia. He attended medical school at Touro University Nevada College of Osteopathic Medicine in Henderson, NV. He completed his residency in orthopedic surgery through Kansas City University of Medicine and

Biosciences and St. Mary's Medical Center.

His interest in hip care led him to pursue advanced training in France where he formed close relationships and learned the importance of total hip care. A unique approach in orthopedics, Dr. Roberts treats hips from start to finish (from arthroscopy to joint replacement) as part of his total hip care methodology. In addition to hip care, Dr. Roberts interests include knee injuries and knee replacement, injury prevention and fracture care. PLEASE TURN THE PAGE



Dr. Adnan Saithna and Dr. Stephanie de Vere



Dr. Adnan Saithna is Professor of Orthopedic Surgery, Adjunct Clinical Faculty at Kansas City University, and has over 160 scientific publications. He is an internationally renowned knee and shoulder surgeon with excellent clinical results. He was recently featured in the British media for operating on an athlete who went on to win three gold medals in the National Gymnastics Championships. He has a great passion for orthopedic sports medicine that was born out of his experience of sports injury during his own athletic career and his desire to improve the outcomes of patients who suffer orthopedic injuries. This passion has led to world leading research that has received global recognition and the highest possible research awards from the Arthroscopy Association of North America (Richard J O'Connor Award) and also from the Royal College of Surgeons, UK (King James IV Professorship). This Professorship recognizes surgeons "who have made a significant contribution to the clinical and/or scientific basis of surgery over an extended period of their consultant career and have acquired a National or International reputation."

Dr Saithna states "If you are suffering from an injury it is likely to be having a significant impact upon your daily life. My aim is to get you back to doing the things you love. My entire team is focused on delivering the highest possible standards of care in a friendly, caring and individualized manner."



Dr. Adnan Saithna



Dr. Kevin Witte is a fellowship trained and board-certified orthopedic surgeon. A native of Windsor, MO., Dr. Witte obtained his undergraduate degree from the University of Missouri-Columbia. He attended medical school at Kansas City University of Medicine and Biosciences while obtaining an MBA in Healthcare Leadership from Rockhurst University.

He completed a fellowship in orthopedic sports medicine at the Andrews Institute for Orthopedics and Sports Medicine in Gulf Breeze FL, working under the leadership of world-renowned orthopedic surgeon, Dr. James Andrews. During his sports medicine fellowship, he learned the latest techniques in the treatment of knee injuries, elbow complications and shoulder conditions in athletes of all ages. ■



TWO LOCATIONS

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