

Low sodium levels linked to adverse outcomes after total joint replacement

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Patients with low sodium levels before or after total knee or hip arthroplasty are more likely to experience complications and other adverse outcomes, reports a study in *The Journal of Bone & Joint*

Surgery.

Hyponatremia is an overlooked sign of trouble following total joint arthroplasty (TJA), according to the new research by Javad Parvizi, MD, FRCS, and colleagues of Rothman Orthopaedic Institute at Thomas Jefferson University. They write, "Efforts should be made to evaluate and, if possible, address hyponatremia in the preoperative period."

Large study looks at incidence and impact of hyponatremia after TJA

The researchers analyzed 3,071 primary and revision TJAs performed at their high-volume orthopaedic surgery center between 2015 and 2017. All [patients](#) had at least one preoperative and one postoperative sodium measurement. The patients' average age was 67 years, and 54% were women.

In 84.6% of patients, [sodium levels](#) were normal both preoperatively and postoperatively. Another 9.4% of patients had normal sodium levels preoperatively but had hyponatremia (serum sodium level

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