

A close-up photograph of a person's hands clutching their lower back, suggesting joint pain. The person is wearing a grey long-sleeved shirt and dark pants. The background is a soft-focus indoor setting.

Alive & Well

A health presentation by UPMC

Don't Let Joint Pain Hold You Back!

Understanding Hip & Knee Arthritis and Today's Treatment Options

Wednesday, Sept. 30
Noon
Live, Virtual Event

Join UPMC orthopaedic surgeon, **Alexandra S. Gabrielli, MD**, Tri Rivers Musculoskeletal Centers, to learn about hip and knee arthritis, treatment options, and the latest advances to help reduce pain, improve mobility, and keep you active.

Topics Include:

- Common causes and symptoms of hip and knee arthritis
- Nonsurgical treatments, including physical therapy, medications, and injections
- When it may be time to consider joint replacement
- Advances in hip and knee replacement surgery, including robotic-assisted technology

Join our free virtual program from the comfort of home!

Using a "Q&A" feature, you can submit questions privately any time during the live presentation.

Register Online:

1. Visit **UPMC.com/VirtualEvents**
2. Scroll down and click on **Register Now** under the event name.

Once registered, you will be sent a confirmation email with access to view the live, virtual presentation on your computer, tablet, or smart phone!

For more information, email: **communityoutreach@upmc.edu**.

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