

Orthopaedic testimonial: Meet Ian



Since his childhood sprain, Ian* always had a weak left ankle. Despite this weakness, he couldn't stay off of it due to his love for sports. Soon, recurring ankle sprains eventually forced him to stop all activity and undergo surgery.

When his condition didn't improve after the operation, Ian went back to his doctor for further consultations. Tests revealed cartilage injury with swelling consistent with a ligament tear. This meant that Ian would undergo deterioration over time. His doctor recommended arthroscopy, a procedure used to insert a camera into the joint to see what's going on.

Unable to do anything more active than walking, Ian became increasingly unstable on his feet, with his ankle constantly giving way.

However, he had doubts about having surgery, which kept him from proceeding until finally, worried that he might never return to playing sports, he decided to seek expert medical advice, which was available to him through his employer.

This advice would give him the confidence to make a decision one way or the other on surgery and what was next in his health journey.

"I'm so pleased I reached out to an expert. They really set my mind at ease."

"My quality of life has really improved since I received the expert's report and recommendations."

The service helped specify the right kind of expert for Ian's case. It selected an acclaimed orthopaedic surgeon who specialised in foot and ankle surgery. After reviewing his long history of ankle issues, surgery, and pain, the expert came to a diagnosis that had never been addressed before: chronic ligament instability, as opposed to ligament tearing from

his original diagnosis. In the expert's opinion, this was at the root of the problem and required correction before anything else.

The expert then provided a detailed plan of action, aimed at providing the best options for a lasting recovery, beginning with further testing and ending in corrective surgery. The

expert report also included advice on practical measures that Ian could adopt in his daily life to prevent his condition from worsening.

Ian was extremely happy to receive the report and detailed action plan. He felt confident in the expert's opinion and decided to go ahead with the recommended surgery. A year later, he was nearly pain-free and was able to play his favourite sports again.

"My quality of life has really improved since I received the expert's report and recommendations."

When you need answers, get an expert medical opinion.

Our world-renowned doctors can review an existing condition and treatment so you can make the best possible choices for your health. We can confirm or recommend a change in your diagnosis or treatment for conditions like back and joint pain, cancer, chronic disorders, and much more.

An informed medical opinion can help you:

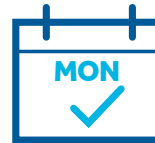
- Feel confident in your diagnosis
- Verify correct treatment and prescription
- Avoid unnecessary surgery and costs
- Get the peace of mind you deserve

Use an expert medical opinion when you:

- Are unsure about a diagnosis or need help deciding on a treatment option
- Have medical questions or concerns and want a leading expert's advice
- Need help finding a local expert who specialises in your condition
- Have been admitted into the hospital and want expert intervention in your care



Over 200 million
people are affected
by osteoporosis
(bone weakness) worldwide¹



440 million
work days are
missed annually
due to bone or joint pain²

¹<https://www.iofbonehealth.org/facts-statistics>

²<http://newsroom.aaos.org/media-resources/news/a-nation-in-motion.htm>

Starting a case is easy

Visit bestdoctors.com/canada/start | Call 1-877-419-2378

*Teladoc Health, Inc., encompasses consumer brands: Teladoc, Best Doctors, Advance Medical, and HealthiestYou member's name changed upon request. This is a real Teladoc Health, Inc., case. Where necessary, personal details have been modified and photographs have been used for illustrative purposes in order to respect and maintain patient privacy. Expert Medical Services are being provided solely for the purpose of providing medical information for use in the treatment provided by your treating doctor(s). The outcome of this case does not represent or guarantee that anyone will obtain a similar result, as the case will vary depending, among other circumstances, on the information provided to Teladoc Health, Inc. It's prohibited to copy, use, or publish the content or parts of the content of this case story without the express permission of Teladoc Health, Inc.

Best Doctors is now part of Teladoc Health, the global leader in virtual care.

© 2019 Best Doctors and the star-in-cross logo are trademarks of Best Doctors, Inc., in the United States and in other countries, and are used under license.
322900503_03052019_IAN