

**Mayo Clinic News Network**

**Title: Mayo Clinic Minute: Helping Kids Make Strides Toward Better Health / May 23, 2016**

Intro: A girl from Nigeria says she has a new future ahead, after a life-changing trip to Mayo Clinic. The new Limb Lengthening and Regeneration Clinic, incorporating many medical specialties, enabled doctors to restore her legs to normal, so that she might enjoy the simple steps that most take for granted. Dennis Doua reports.

**Video**

**Audio**

<b>Total running time [1:04]</b>	<b>/// VIDEO</b>
Dennis Doua speaking	Amarachi Austin-Okoh is taking huge strides forward. Just six months earlier, the 11 year old found each step to be filled with pain. A condition called Blount’s disease had caused the long bones below her knees to grow very unevenly.
<b>TITLE: Todd Milbrandt, M.D. Mayo Clinic Children’s Center</b>	<b>“Her disease progressed to the point where she had severely bowed legs.”</b>
Dennis Doua speaking	Her mother says they were heartbroken when previous surgeries elsewhere failed to allow her to walk and play like other children.
Amarachi’s mother Modesther Austin-Okoh speaking	<b>“Very sad. We were always crying for her.”</b>
Dennis Doua speaking	But, specialists at Mayo Clinic’s limb lengthening and regeneration clinic knew they could help by using a team approach. Radiologists printed 3-D models of Amarachi’s leg bones to help plan her surgery. A cut was made across each lower leg bone. External braces, called fixators, were then attached, and, over a three month period, were very gradually and precisely adjusted, repositioning each leg’s angle.
Dr. Todd Milbrandt speaking	<b>“You have to now basically grow the bone and correct it at the same time.”</b>
Dennis Doua speaking	Amarachi gained over 9 inches in height and was delighted with the result.
<b>TITLE: Amarachi Austin-Okoh Patient</b>	<b>“I’m excited now, because it has opened a whole new horizon. I can do anything and everything I want to do.”</b>
Dennis Doua speaking	For the Mayo Clinic News Network, I’m Dennis Doua

Anchor tag: Although excess weight was not believed to be the cause for Amarachi’s

(ah-mah-rah-chee's) condition, which started in infancy, Blount's disease has been on the rise worldwide. The increasing rate of childhood obesity is often to blame, as pressure on the ends of the bones can affect how they grow. The condition is also more common among those of African heritage.

[ ]

For more information, visit our website at ... [STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.MayoClinic.org> or voice tag "MayoClinic.org" for more information.]