

## 8. Total Knee Replacement Resources

**Alta Bates Summit Medical Center**  
[altabatessummit.org](http://altabatessummit.org)

**Alta Bates Campus**  
2450 Ashby Ave  
Berkeley, CA 94705  
(510) 204-4444

**Summit Campus**  
350 Hawthorne Ave  
Oakland, CA 94609  
(510) 655-4000

**Health Pavilion** (Outpatient Services)  
5700 Telegraph Ave, 2nd floor  
Oakland, CA 94609  
(510) 204-1788  
[altabatessummit.org](http://altabatessummit.org)

**Jackson Orthopaedic Foundation**  
A local non-profit education, research, and patient outreach center.  
3232 Elm St, Suite 2  
Oakland, CA 94609  
(510) 238-4851  
[jacksonortho.org](http://jacksonortho.org)

### EDHEADS

A non-profit corporation providing educational online experience, including “virtual hip surgery” and actual pictures.  
[edheads.org](http://edheads.org)

### Other Helpful Websites

- Arthritis Foundation  
[arthritis.org](http://arthritis.org)
- American Academy of Orthopedic Surgery  
[orthoinfo.org](http://orthoinfo.org)
- American Association of Hip and Knee Surgeons  
[aahks.org](http://aahks.org)
- American Orthopedic Society for Sports Medicine  
[sportsmed.org](http://sportsmed.org)
- American Academy of Orthopedic Surgeons  
[aaos.org](http://aaos.org)
- Medline Plus National Institutes of Health  
[medlineplus.gov](http://medlineplus.gov)
- United States Bone and Joint Decade  
[usbjd.org](http://usbjd.org)

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**Stop Smoking Websites:**

- American Cancer Society  
(800) 227-2345  
cancer.org
- American Lung Association  
(800) 586-4872  
lungusa.org
- smokefree.gov
- quitnet.com
- nhsgiveupsmoking.com
- tobaccofreeCA.com

**Water Exercise Classes:**

Downtown Berkeley YMCA  
2001 Allston Way  
Berkeley, CA 94704  
(510) 848-9622

Downtown Oakland YMCA  
2350 Broadway  
Oakland, CA 94612  
(510) 451-9622

Mt. Diablo Family YMCA  
350 Civic Dr  
Pleasant Hill, CA 94523  
(925) 687-8900

Albany Pool  
1311 Portland Ave  
Berkeley, CA 94706  
(510) 559-6640

Richmond Swim Center  
S. 45th St & Fall Ave  
Richmond, CA 94804  
(510) 620-6788

Hayward Plunge  
24176 Mission Blvd  
Hayward, CA 94544  
(510) 881-6703