



# OrthoLink



Canadian  
Orthopaedic  
Foundation

A newsletter dedicated to bone and joint health

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## Your Support is Needed! Make a difference and walk with us.

### **Hip Hip Hooray! returns September 21-25, 2011**

Get ready to lace up your sneakers - Hip Hip Hooray!, the signature fundraising event of the Canadian Orthopaedic Foundation, is being re-launched coast-to-coast on September 21-25, 2011. For everyone's convenience and ease of participation, the event will be held in a new format where Participants will be counting their steps with a pedometer to raise critical funds. Symbolic of regained life through mobility, we encourage you to join your surgeon, family and friends for this special event!

Participating is fast and easy - please visit [www.hiphiphooray.org](http://www.hiphiphooray.org) or call 1-800-461-3639 ext. 2 for details and instructions on registering. Proceeds will directly help tens of thousands of Canadians through the production and distribution of educational materials and resources, and to expand local services of the Ortho Connect Peer Support Program.

Hip Hip Hooray! is an important opportunity to celebrate mobility. With your first donation of \$25 dollars, you receive a free pedometer.

Give renewed life through the gift of mobility. Register today at [www.hiphiphooray.org](http://www.hiphiphooray.org) or call 1-800-461-3639 ext 2.

## Quick Links



Sign in to

[OrthoConnect.org](http://OrthoConnect.org)

for peer support and  
patient resources or  
call

1-800-461-3639 ext 4

## My surgery is booked - now what?

### **How to be an active participant in your orthopaedic surgical treatment.**

When facing major surgery to your bones and joints, the information about your treatment and what you need to do can be overwhelming. As daunting as that can be, learning and preparation are key to achieve your best possible outcome from your surgery. That's because beyond the expertise of your orthopaedic surgeon, the patient - you - has the most important role to play in regained mobility. [Read more >>](#)

## Join Our List

[Join Our Mailing List!](#)

### What Canadians Are Saying...

*"Catherine, my volunteer, is the first person I've talked to who really knows what this is like. I feel really good about my decision now, and feel that I know what I'm getting into, and why I'm doing so. Ortho Connect provides a truly valuable service."*

### Ask an expert

#### Question:

I want to travel. Will a new joint set off the airport security metal detectors?

#### Answer:

Planning air travel as a recent recipient of an orthopaedic implant? Be it an artificial joint or pins and plates, with the elevated sensitivity of metal detectors in airports, it's possible that your implant may be detected. [Read more >>](#)

### Help loved ones cope with bone and joint pain

Do you have an aging parent or loved one coping with chronic pain as a result of a bone and joint disorder? Do you feel helpless with not knowing how to alleviate their suffering?

Fortunately, there are many options you have to help them. The Canadian Orthopaedic Foundation offers these tips to help with bone and joint related pain management. [Read more >>](#)

### Inspire change

#### Call for Ortho Connect volunteers

We are successful because of our volunteers. Volunteers ensure the Ortho Connect program is both effective and impactful for all Canadians. You can inspire change for future patients by helping with our volunteer recruitment.

Have you recently completed surgery yourself or do you know a friend or family member that would make a good Ortho Connect volunteer? We're seeking volunteers who have recently and successfully completed their return to mobility following orthopaedic surgery. Simply provide our phone number or email and we will take care of the rest.

1-800-461-3639 x 4 [volunteers@canorth.org](mailto:volunteers@canorth.org)

### Help to support the gift of mobility.

All patient programs and resources are produced free of charge by the Canadian Orthopaedic Foundation. It is through your kind generosity that we are able to offer these much needed resources to thousands of Canadians. Your joining the monthly giving plan enables the Foundation to plan in advance allowing us to deliver the best tools and resources month after month. Please give generously to help thousands of Canadians cope with and recover from their orthopaedic journey.

Make your donation by clicking the below link. Thank you for your important contribution. **Your donation matters.**



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