



OrthoLink



A newsletter dedicated to bone and joint health

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Message from the Executive Director and CEO

The Canadian Orthopaedic Foundation has registered a staggering number of successes this past year, including the tremendous growth of our research program, the implementation of the GLA:D™ Canada program for those with hip and knee osteoarthritis (delivered by our knowledge translation division, Bone and Joint Canada), the successful transition to our virtual library of educational resources, and our most successful golf tournament to date (in spite of Mother Nature). But we won't rest on our laurels; we have lots of activities planned for the coming months.

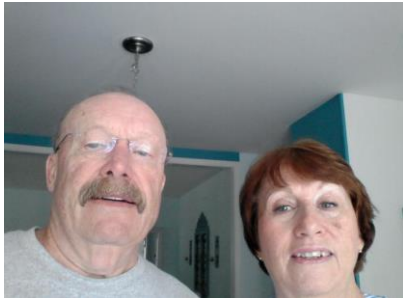


In this newsletter, I humbly note that there's something for everyone. If you or a family member is living with orthopaedic challenges, you might benefit from our articles about driving with arthritis, or our GLA:D™ Canada program for those with hip or knee osteoarthritis. If you are an orthopaedic researcher, check out the call for proposals and deadlines for our upcoming research competitions. Everyone can be inspired by reading John and Sue Kasubeck's story of orthopaedic success and volunteer commitment. And no doubt all friends and supporters of the Foundation will enjoy reading about our *Bassin Bad to the Bone* Golf Classic and the plans for our Fall *Hip Hip Hooray!* program, in which everyone can participate.

Enjoy this issue of *OrthoLink*. And do drop me line. Did you enjoy this issue? Do you have ideas about articles for a future issue? Do you have any questions about the COF? As always, I'd love to hear from you. Reach out to me at isla@canorth.org.

Isla Horvath

From Ortho Patient to Volunteer: John Kasubeck's story



John & Susan Kasubeck

From orthopaedic patient to volunteer for *Hip Hip Hooray!*, Ortho Connect, and *Bad to the Bone* - John Kasubeck has been entwined in many facets of the Canadian Orthopaedic Foundation for 16 years.

John's relationship with orthopaedics began in October 2001 with a right total hip replacement. Before that, John was living with constant pain. "I had a twisted body," he says. "I had to give up golf and playing goal for an old-timers hockey team. I couldn't sit, couldn't sleep, or walk ... it was terrible."

John's first consultation with Dr. Cecil Rorabeck in London, Ontario, was the first positive step in John's orthopaedic journey. He had his surgery 6 months after that initial visit when he was 51, and he has never looked back.

John threw himself into rehab exercises, and now, 16 years after that surgery, John plays golf three times a week, rides his bike regularly, walks, and swims.

After his successful surgery, John was highly motivated to give back to orthopaedics in some way, and signed up to volunteer with Dr. Rorabeck for the London *Hip Hip Hooray!* walk fundraiser. Two years later, he was co-chairing the event, a position he held for three years, until *Hip Hip Hooray!* wrapped up.

John next served on a COF Advisory Committee, looking at how the COF could help patients. The outcome? A program called Ortho Connect, matching people scheduled for orthopaedic surgery with trained volunteers who have had similar surgeries. John was one of the first to volunteer for the program.

Three years ago, John signed up to volunteer for the *Sherry Bassin Bad to the Bone* Golf Classic. The event combines 2 things John loves: golf and hockey. "I'm very excited about the golf tournament and pleased to volunteer each year," he says.

Last year, John became recommitted to supporting orthopaedics when his wife, Susan, had a right knee replacement in September 2016, followed fairly quickly by a left total knee replacement in May 2017.

Susan says, "Pain totally impeded my lifestyle. After the success of my first knee replacement I couldn't wait for the second, to get back to normal life."

John and Susan Kasubeck now, once again, lead healthy, active lives after their orthopaedic surgeries.

And the big winner? The Canadian Orthopaedic Foundation, which has benefitted greatly from John's volunteer commitments over the years.

Read the full story in our Personal Stories section [here](#).

Bassin Bad to the Bone Golf Classic competes against rain and hail - and wins!

The sixth annual *Sherry Bassin Bad to the Bone* Golf Classic was held at Wooden Sticks Golf Club in Uxbridge, Ontario, on June 26, 2017. Despite the fact that pouring rain and hail put a stop to the golf, and golfers were called off the course after only 3 or 4 holes, the day was a success. Golfers received a voucher from Wooden Sticks for a later game at their convenience, and the banquet was quickly moved up from 6:30 to 2:30, where guests enjoyed a fabulous dinner and a lively auction led by host Sherry Bassin. The event raised a gross total of \$112,000 - the most yet from this annual event.



In total, there were 126 guests, including VIPs like Connor McDavid (Edmonton Oilers), Darnell Nurse (Edmonton Oilers), Connor Brown (Toronto Maple Leafs), and Andy Andreoff (Los Angeles Kings.)

Golf volunteer John Kasubeck sums up the atmosphere nicely. He says, "What makes Sherry's tournament unique is that the hockey players who attend - like Connor McDavid - are not just there in name only. They mingle and talk to the golfers. And of course Sherry is just phenomenal."

The live auction, led by Sherry, was a big success, with 10 packages bringing in \$20,750. Samples of the auction packages are:

- Montreal package: two tickets to a Montreal Canadiens game, Via Rail Voucher (\$500), Team signed jersey and Connor McDavid signed cap.
- Toronto package: Tickets to Toronto Maple Leafs, Toronto Argonauts and Blue Jays games, heritage hockey stick signed by all members of the Maple Leafs, Maple Leafs jersey signed by player Mitch Marner.
- Caribbean vacation: Private house in Aruba, airline voucher (\$1500), one in-house dinner prepared by a professional chef/sommelier, NHL referee signed jersey and official league book.

Thanks to all golfers and auction item donors. Special thanks to our 2017 sponsors:



The day would not have been possible without the work of the golf planning committee: Sherry Bassin, Lawson Gay, and Jim Hall.

Plans are already underway for the 2018 golf tournament. Watch for details, coming soon.

New resource for drivers with arthritis, health professionals and caregivers

People with arthritis diseases are at higher risk for car crashes. When operating a motor vehicle these drivers may experience pain, fatigue, decreased mobility, joint stiffness and decreased reaction time. Because of arthritis, they may have problems with sitting for long periods, getting in and out of the car and doing a shoulder check while backing up or changing lanes.

A new **National Blueprint for Injury Prevention in Drivers with Arthritis** has been launched as a guiding document for teams interested in advancing research, training curricula, practices and policies to support drivers with arthritis. This blueprint is directed towards the health and wellness needs of the over 4.6 million Canadians diagnosed with arthritis who want to maintain their occupation of driving.

[Access The National Blueprint for Injury Prevention in Drivers with Arthritis document \(2017\)](#)

Celebrate pain free movement with *Hip Hip Hooray!*

Orthopaedic surgeons and other healthcare providers agree: walking is an excellent way to stay active, and to regain activity following surgery. It's only fitting, then, that one of the COF's signature events revolves around walking.



Hip Hip Hooray! takes place this fall and surgeons, healthcare teams, orthopaedic patients and their families can get involved.

Join us in [Saskatoon](#)

In Saskatoon, an in-person walk will be held on September 30. This 1 km fun walk is a short walk celebrating people's return to pain free mobility. Whether people have had knee or hip replacements; surgery for their shoulders, hands, elbows or feet; or are recovering from broken bones - all are welcome to get involved to celebrate pain free movement. A team of participating surgeons invite their patients and all others interested to join them.

Take part anywhere in [Canada](#)

Across the country, people can take part in a virtual walk. Register, and we'll send you a pedometer. Join us from October 16 - 20 as we log our steps together. Individuals can participate, organizing their own personal week-long movements.

Surgeon teams, raise funds for your programs

A special program is offered to surgeon teams. Groups of five or more can register to track their steps together. Bragging rights go to the top fundraising surgeon teams, and to those who log the most steps. Registered surgeon teams are eligible to participate in our revenue sharing program; proceeds are split between the surgeon team for a local orthopaedic initiative, and the COF to support national programs of research, education and care.

There are lots of ways to get involved in *Hip Hip Hooray!*

- Join the walkers in person in Saskatoon
- Organize a personal week-long commitment to walking, and track your steps
- Surgeons and clinics, organize your *Hip Hip Hooray!* teams
- Recognize a surgeon with a donation in his or her name through the *Hip Hip Hooray!* program

Contact us at hph@canorth.org or find out more at:

- 5-Day Pedometer Challenge: www.hiphiphooray.org
- Saskatoon Walk: www.hiphiphooraylive.org

Calling all orthopaedic researchers!

The Canadian Orthopaedic Foundation is pleased to announce that applications are now being accepted for the following two research awards:

J. Edouard Samson Award

The premier award for orthopaedic research in Canada, the J. Edouard Samson Award, recognizes the best career orthopaedic research over a period of five (5) years or more at a Canadian centre. This \$30,000 award is intended to promote further research by the recipient. The recipient will present his/her research at the Annual General Meeting of the Canadian Orthopaedic Association (presentation opportunity to be determined). The award consists of an educational grant and a personal research grant to be used by the recipient at the Canadian institution where he/she currently resides.

Canadian Orthopaedic Research Legacy Grant

The CORL program enables orthopaedic surgeons to make designated donations to ensure continued Canadian research in orthopaedics. Established in 2006, CORL funds new and innovative research leading to improved patient outcomes. Each award consists of a \$20,000 grant to be used by the winner to further their research project.

If you are a researcher, we invite you to submit your application. We also ask your assistance in ensuring orthopaedic researchers at your institution are made aware of these funding opportunities. Application forms and guidelines are available at www.whenithurtstomove.org: click on [Research & Awards](#). The deadline for submitting applications is October 31, 2017. Decisions will be announced early in 2018.

The past year saw a significant expansion to the COF research program. [Click here](#) to learn more about those research recipients.

The Canadian Orthopaedic Foundation is a health charity dedicated solely to helping people maintain and restore their mobility. We are pleased to provide this funding to help ensure Canada retains its status as a world leader in orthopaedic research.

Dr. Ahmed Aoude receives Bones and Phones Scholarship Award

The 2017 Bones and Phones Scholarship was awarded to Dr. Ahmed Aoude from McGill University at the COA annual meeting in Ottawa on June 15. Ahmed's project, "**The International Orthopaedic Surgery Committee**" allows residents and staff at McGill University to give back to the global community through volunteer orthopaedic missions which help improve orthopaedic care around the world.

Ahmed explains, "Missions planned by the Committee provide a unique learning and teaching experience, and provide participating team members with an opportunity to give back in Canada as well as abroad. In future we hope to collaborate with healthcare professionals in other subspecialties to help as many people as possible."



The Committee's first mission took place in January 2017 when they partnered with Team Broken Earth to send a group of healthcare professionals to Haiti. While there the team treated patients in need, and shared their knowledge and expertise with Haitian medical professionals through clinics, operating rooms, and educational lectures.

The project also affords Ahmed and his colleagues a chance to learn in another environment, and to

bring their learnings back to Canada.

The Bones and Phones Legacy Scholarship Fund was established by Dr. Veronica Wadey and Mr. Henry Chow to recognize orthopaedic residents who have demonstrated commitment and contribution to enhancing musculoskeletal health in their community, or abroad.

Read the full story in our News section [here](#).

New GLA:D™ Canada clinics opening - just in time for Arthritis Month

September is Arthritis Awareness Month in Canada, an important month for the one in 10 Canadian adults living with hip or knee osteoarthritis (OA).



The Canadian Orthopaedic Foundation is pleased to hold the licence for GLA:D®, a program that helps people with hip or knee OA. GLA:D® (Good living with Arthritis in Denmark) was developed in Denmark and has been successfully implemented with 10,000 patients, decreasing their symptoms by 30 - 40%. The COF is working with its knowledge translation division, Bone and Joint Canada, to train health professionals across the country to deliver the GLA:D™ Canada program. It's an 8-week exercise and education program being offered in a growing number of clinics across Canada.

Is GLA:D™ Canada right for you? [Visit here](#) to find out. For a map of GLA:D™ Canada locations, [click here](#). For additional information contact Mariel Ang, Program Coordinator - tel: (877) 818-7340 or email: info@gladcanada.ca.

COF highly visible at COA Annual Meeting

June 15 - 17, more than 750 orthopaedic surgeons gathered in Ottawa for the Canadian Orthopaedic Association's Annual Meeting, and the COF was there.



Dr. Marvin Tile presents a CORL research award to Dr. Emil Schemitsch

Activities began on Thursday, June 15 during the opening ceremonies. A packed room applauded as 9 research awards were presented - a record number of awards for the COF. Dr. Marvin Tile, COF Patron, was on hand to present the awards, along with President and Chair Dr. Geoffrey Johnston. See our list of research award recipients [here](#).

Following the awards presentation, COF Director Dr. Hans Kreder introduced the Sunnybrook Challenge - a fundraising campaign launched by the surgeons at Sunnybrook Health Sciences Centre in Toronto. Dr. Kreder challenged other surgeon teams across Canada to match or exceed his group's five year commitment of \$50,000.

Earlier in the day, Dr. Johnston and Dr. Wadey presented the 2017 Bones and Phones resident scholarship during the CORA meeting. Award recipient Dr. Ahmed Aoude from McGill University was on hand to receive his award. Read more about Dr. Aoude's project elsewhere in this newsletter.

The COF also presented the Ian McNabb lecture (presented by Dr. Hani Awad) and R.I. Harris lecture (presented by Dr. Richard J. Hawkins). These lecture series are presented by the COF annually and honour Drs. Harris and McNabb, two leaders of Canadian orthopaedics.

In addition the COF was pleased to partner with the Canadian Shoulder and Elbow Society (CSES) to present the inaugural CSES Best Paper Award to Dr. Peter MacDonald for his paper:

Biceps Tenodesis Versus Tenotomy in Treatment of Lesions of Long Head of Biceps Brachii in Patients Undergoing Arthroscopic Shoulder Surgery.

We look forward to next year's COA annual meeting.



COF Executive Director and CEO presents a CORL research award to Dr. Paul Martineau

Support the gift of pain free movement.

The Canadian Orthopaedic Foundation is Canada's only health charity dedicated solely to helping people to maintain and restore their bone and joint, or orthopaedic, health. Created by Canada's orthopaedic surgeons, the Foundation has three main programs: research (uncovering new and improved surgical and treatment procedures), education (booklets and videos to guide patients through their orthopaedic journey) and care (through connecting patients with volunteer mentors, and programs like GLA:D Canada).

Make your monthly or one-time donation by clicking the link below. Thank you for your important contribution. **Your donation matters.**



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