



OrthoLink



A newsletter dedicated to bone and joint health

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Go to whenithurtstomove.org to learn more about your orthopaedic journey.

Keep Current

Share our Passion and [Join our mailing list](#) to receive information on building and keeping your bone and joint health.

Message from Isla Horvath, Executive Director

As we enter into the busy holiday season, I'm pleased to take a moment to share with you this issue of *OrthoLink*. The holidays give us time to reflect and say thank you to all who have had an impact over the past year. Looking at the line-up of articles, I think "Thank You" seems to be a recurrent theme:



- Thank you to John Racovali who shares his personal story of triumph, reminding us that pain free movement following orthopaedic surgery IS possible.
- Thank you to our COF-funded researchers who contribute ground-breaking knowledge to improve orthopaedic surgery, treatment and care. Two orthopaedic researchers, Drs. Jomha and Kwon, are featured in this issue.
- Thank you to our division, Bone and Joint Canada, for introducing GLA:D™ to Canada. The program will enhance the lives of thousands living with osteoarthritis.
- Thank you to our supporters - volunteer leaders who contribute their time as Directors, those who participated this fall in *Hip Hip Hooray!* and, of course, our generous donors. This issue of *OrthoLink* is filled with their stories.

Grab a cup of coffee, relax, and enjoy this issue of *OrthoLink*. And please do share your thoughts with me; I'd love to hear from you. Email me at isla@canorth.org.

The Value of COF Research

An essential part of a vibrant health community is a strong investment in research. It is only through research that new, innovative approaches to care and treatment are uncovered. The COF research program manages to contribute in a significant way to orthopaedic knowledge with strategic research investments.



An excellent example is the COF's J. Édouard Samson Award. Presented annually to an orthopaedic researcher for work over a five year period, the award is intended to promote further research. Two Samson award recipients recently submitted final reports of their awards, and the importance of COF funding couldn't be more clear.

Dr. Nadr Jomha from the University of Alberta received the Samson award for his research project, "Vitrification of intact human articular cartilage." His research team has been able to cryopreserve joint cartilage, and they're working towards being able to bank human articular cartilage to enable transplantation for joint defects. Dr. Jomha points out since his research focuses on optimization of previously determined knowledge, rather than new knowledge, the project doesn't fit traditional funding streams. Through the Samson award, the COF provided funding to fill a gap where other funding was not available.

Dr. Brian Kwon at the University of British Columbia, received the J. Édouard Samson award for his research entitled "Bench to Bedside and Back: Translational Research in Acute Spinal Cord Injury". Dr. Kwon and his team used Samson award funding to support two initiatives in his research: identifying biomarkers of spinal cord injury; and comparing two different vasopressors in the management of acute spinal cord injury. Dr. Kwon's COF-funded work was leveraged to help generate data that was used in successfully applying to Brain Canada for a \$3M Multi-Investigator Research Initiative entitled "Biomarkers for crossing the translational divide in acute spinal cord injury."

As evidenced by these two research projects, the COF fills a definite niche in research that other funding bodies do not fund; and contributing to research that is used as a springboard to larger, innovative projects. The COF plays an important role in making these projects possible.

To read more about these two research projects, [click here](#).

Meet ultra-walker John Racovali - two years after surgery

I'm an active person who grudgingly conceded loss of function to a wearing left knee. By grudging I mean I had to stop running in 2009, but completed Ironman Lake Placid wearing a DonJoy carbon brace and walking the marathon portion of this triathlon. Two attempts at Ironman Canada in 2012 and 2013 ended with my failing to finish. By 2013, my left leg was so badly bowed it was affecting my lower back, which was almost always sore.

I decided to proceed with a total knee replacement in December 2013 with Doctor Richard Jenkinson at the Holland Orthopedic Clinic in Toronto. I did it to save my back, I did it so I could regain my fitness, I did it so I could preserve my health into my 60s and 70s...

... It's been such a gift to walk without a brace and pain, to not have to ice afterward or take anti-inflammatories.

... I began taking advantage of my new knee in trail races. I line up at the start, look at the young excited faces around me (I'm 59) and think, 'You're the oldest guy here; you're already a winner.' Of course, they leave the walker in the dust once we go!

John's biggest challenge came in September 2016 when he registered for a 50 km trail race. Did he complete the event? Find out. Read John's full story [here](#).



*John Racovali (l) and training partner Mike Starmans.
Photo credit: Dave Sweeney*

Core Sustainers: making a monthly commitment to support bone and joint health

A growing number of people are choosing to make their contributions to the COF through our Core Sustainer monthly giving program.

Mrs. Emiliana Fleischmann from Richmond Hill has been a long-time supporter of the COF and opted to take advantage of the monthly giving program earlier this year. Mrs. Fleischmann, an orthopaedic patient who has had two hip replacements, knows first-hand the value of good orthopaedic care. She says, "My surgeon, Dr. Camazzola, returned me to an active life. I'm glad to be able to make my monthly donation to the Canadian Orthopaedic Foundation to thank my surgeon and celebrate my active life." By joining the Core Sustainer program, Mrs. Fleischmann enjoys an easy way of contributing: each month her credit card is charged her donation amount, and she receives an income tax receipt for all her gifts at the end of the year.

Dr. Brendan Lewis, Western Memorial Regional Hospital in Corner Brook, NL, recently accepted COF President Dr. Geoffrey Johnston's challenge to donate the equivalent of one consult per month to the COF. Dr. Lewis says, "I was pleased to take up Geoff's challenge, and donate \$89 per month: the cost of just one consult. This one commitment makes it easy for me to contribute and means I avoid forgetting. I am committed to helping fund the COF for research and education to improve the care of our patients in Canada."

The COF is grateful to our Core Sustainers: those whose regular gifts contribute greatly to the stability of the Foundation, and help us to meet our mandate of enhancing orthopaedic research, education and care. We are pleased to recognize our Core Sustainers on a new page on our website: visit whenithurtstomove.org/core-sustainers to see our list of these generous supporters.

To become a Core Sustainer visit www.whenithurtstomove.org and click "Donate." In the donation option, click "Monthly Giving". Or, contact Patti Watkins at 1-800-461-3639, ext. 221.

NEW on the web: COF recognizes supporters - Are you listed?

As a charitable foundation, the Canadian Orthopaedic Foundation simply could not exist without the support of our donors. They make it possible for us to meet our mandate of enhancing bone and joint health through orthopaedic research, education and care.

In an effort to relay how very important our donors are to the Foundation, we introduced a new section of our website dedicated solely to donor recognition. Visit whenithurtstomove.org/donors. There you will see our various Giving Clubs with links to the lists of donors in each category.

THANK YOU to all our generous supporters. THANK YOU for sharing our commitment to enhancing the bone and joint health of Canadians.

Every effort is made to recognize those who give us permission to do so. If you note an error on our lists, please contact us. Send an email to patti@canorth.org; or call her at 1-800-461-3639, ext. 221.



GLA:D™ officially launched, Fall 2016

The Canadian Orthopaedic Foundation (COF) and its division, Bone and Joint Canada, held an official launch event to introduce GLA:D™ Canada, a program aimed at helping those living with osteoarthritis (OA). The launch of the program was held on September 16 at the



University of Toronto's Department of Physical Therapy.



Certified GLA:D® Trainer Mark Asuncion demonstrates one of the exercises in the program

Developed and implemented in Denmark, GLA:D® is an education and tailored exercise program that has been demonstrated to reduce the symptoms of knee and hip OA by up to 32%. With funding from the Ontario Trillium Foundation the COF/BJC is leading training programs for physiotherapists, kinesiologists and other healthcare professionals at sites across Ontario. Those participating in the training program are then certified to deliver the program in their communities.

Thirty people attended the launch, representing healthcare associations, public health, industry and universities. Attendees learned about the program and had an opportunity to try the specially-designed exercises.

Plans are underway to expand the GLA:D™ Canada program across the country.

The COF is proud to be the first organization outside of Denmark to be licenced by the developers to deliver the program.

Read the full news release about the GLA:D™ launch [here](#).

Hip Hip Hooray! Saskatoon celebrates a successful 2016 event

On Saturday, October 1, orthopaedic surgeons, grateful patients and their families from across Saskatchewan met at The Bentley Saskatoon Retirement Residence to help raise funds for the Canadian Orthopaedic Foundation through their annual *Hip Hip Hooray!* Fun Walk.



COF Director Dr. Bill Dust with long-time fundraiser Foster Finell

Despite the cooler weather, attendance was high and the event raised almost \$20,000 in support of bone and joint health. Congratulations are extended to Dr. Jeffrey McKerrell, who with the help of his wonderful patients was this year's top surgeon fundraiser, and also to Foster Finell and Janice Attfield, this year's top patient fundraisers. We would also like to give special recognition to *EJ & Crew* and *Hip to be Square* for their amazing team participation.

Funds from this year's event will be gratefully used to support the COF's national programs as well as to support Saskatoon's

Orthopaedic Division's ongoing participation in a national orthopaedic trauma research project.

Thank you to the Saskatoon companies that supported the event with prize donations - Starbucks Circle & 8th Indigo, Sobey's Preston Crossing, Circle Centre Mall and Boston Pizza Nelson Road. And a special thank you to The Bentley Saskatoon for being such gracious hosts and providing an outstanding location for the Walk to take place.

The COF also extends heartfelt congratulations and thanks to all the volunteers, surgeons, patients and their families who contributed to the success of this year's event. Our collective efforts advance the COF's mission to improve bone and joint health in communities across the nation.



Team Hip to be Square

Step Counters Raise \$33,740 in Fall *Hip Hip Hooray!* Pedometer Challenge

Across the country, people tracked their steps for five days, October 17 - 21 in the COF's *Hip Hip Hooray!* pedometer challenge.

Five surgeon teams participated, from Calgary to Halifax. Winning teams are:

Most steps walked: *Team MacOrtho Research* - 910,203 (with 15 teammates)

Most money raised: Dr. James Waddell's team, *No Bones About It* - \$14,720

Funds raised support the COF national research, education and care programs, as well as local initiatives of the participating surgeon teams, such as Dr. Ivan Wong's research on arthroscopic repair of chronic rotator cuff tears, and new education resources for MSK patients at Holland Orthopaedic Centre.

In addition, several individual patients and friends did their own step counts for the week, raising funds for their efforts from their families and friends. Top individual fundraiser was Marian Fulmore, who raised a total of \$585.

Congratulations and thanks to all walkers on demonstrating the value of mobility, and raising funds to enhance the bone and joint health of Canadians.



MacOrtho Research Team registered the most steps over the five day challenge

COF pays tribute to retiring Directors

At its Board Reception on October 20, the COF recognized the volunteer contributions of three people who completed their terms as Directors on the COF Board.

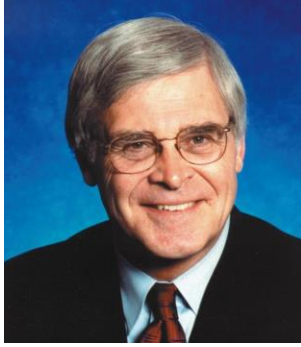


*Dr. Stewart Wright (l) thanks
Dr. James Waddell*

Dr. James P. Waddell, St. Michael's Hospital, has made numerous contributions to the COF. He served on the Board of Directors for 8 years - 6 years as an officer, including vice chair, chair, and Past chair. He demonstrated his personal commitment to the Foundation as a founding contributor to the Canadian Orthopaedic Research Legacy program, and is a continuing and longstanding donor. Five years ago, Dr. Waddell worked with Sherry Bassin to introduce a new fundraising event, and the Bassin Bad to the Bone Charity golf classic was born. Last year's golf tournament brought in an unprecedented \$100,000.

Dr. Erin Boynton is an orthopaedic surgeon and researcher specializing in sports injuries. She served as consulting or chief orthopaedic surgeon to the Toronto Blue Jays, Argos, Maple Leafs and Marlies. Dr. Boynton served 9 years on the COF Board of Directors and served as Chair of the Canadian Orthopaedic Research Legacy steering committee. For 6 years she chaired the COF's Research Committee, and was key in implementing the current rating system for scoring the research applications that are received, and introducing new guidelines and reporting requirements for research recipients. She is a generous contributor to the Foundation.





Mr. Peter Cathcart practises law as counsel in affiliation with McMillan LLP, and served for five years as a COF Director. He filled the role of legal professional very well. Mr. Cathcart also helped in soliciting foundations for financial support. As well, he served as the chair of the Foundation's Audit Committee.

Thanks to these generous Directors for their contributions to the leadership of the COF.

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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