

From our President & CEO



Ms. Angelique Berg

This fall, the Canadian Orthopaedic Foundation is excited to be developing a public education program to foster bone and joint health in Canada. Beginning with public awareness

strategies, the Foundation aims first to insert to the collective consciousness the importance of bone and joint health, then lead the way for Canadians to build and keep it – and encourage them to do it because they can.

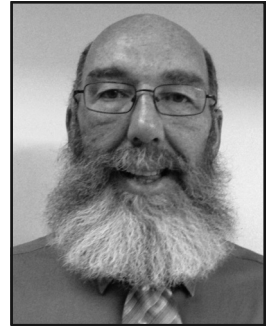
Our education program is aptly named “Because You Can”, with a nod to our annual Hip Hip Hooray! “Walk Because You Can” events. Calling on our intrinsic ability to do the best with what we have, preventative healthcare is the best investment money can buy.

Consider that bone and joint diseases and disorders cost this country about \$16 billion per year – over \$14 billion in indirect costs like long-term disability. Consider the cost to families and the personal cost of having to give up a favoured past-time, being unable to work, drive, or pick up a child. There is real payoff to be had through building and keeping our bone and joint health.

It’s an ambitious goal, and one we’re perfectly suited to accomplish. But we’ll need help. We’re launching a special fundraising drive this fall to fund the development of the Because You Can program, and we hope you’ll support it – give us a leg up, so to speak!

This issue offers tips on two important aspects of bone and joint health: maintenance through physical activity, and restoration through surgery. We hope you’ll try some of them... because you CAN!

Former CFL Great Tackles Orthopaedic Health



Hector Pothier

Hector Pothier knows something about tackling big obstacles. He did it throughout his football career with the Edmonton Eskimos, 1978-1989, when he was among the CFL’s top offensive tackles, and was twice named CFL All-Star. These days, Pothier is tackling threats to bone and joint health with the Canadian Orthopaedic Foundation.

Pothier emcees the Edmonton edition of *Hip Hip Hooray!*, the Foundation’s signature fundraising campaign. He’s also a fervent believer in the importance of physical activity to help maintain lifelong bone and joint health.

Following his football career, Pothier became a teacher, and is currently Principal of Kameyosek Elementary School in Edmonton. He takes pride in the intramural sports he runs every recess and lunch. That’s in addition to the mandatory 30 minutes of phys ed daily. Such activities, says Pothier, add to a child’s enjoyment of school, and help to create an ongoing fitness habit.

Pothier has a personal interest in the Foundation’s work to advance orthopaedic care, education and research. About five years ago, he had a left knee replacement, caused, he says, by years of “wear and tear”. He played five years of high school football, another five of university football, and 12 years in the CFL, and was also active in recreational lacrosse, hockey and basketball.

“I am president of the Eskimos alumni, and see lots of guys getting joint replacements. It’s common in our group,” says Pothier.

Maintaining a healthy weight is another concern of his. Pothier, 6’3”, carried 280-300 pounds during his football career, and last year was up to 375. The excess weight contributed to sore knees and ankles. It’s a vicious cycle, he says. Inactivity contributes to weight gain, then when you’re in pain and find it tougher to move, you tend to be less active - “It just gets worse.”

Pothier went on a medically-supervised diet, and by July had reached his goal and lost 140 lbs. He weighs in at 235 lbs. today. “That’s the lightest I have been since I was 16,” he says.

The weight loss has already relieved a lot of the strain on his bones and joints, and he’s excited about the possibility of getting back to some favourite activities, like curling and umpiring baseball.

Pothier’s personal journey, and his desire to see his students remain active, fits with the Canadian Orthopaedic Foundation’s emerging Because You Can strategy that leads the way to better bone and joint health in Canada. Building and maintaining a healthy musculoskeletal system is largely about making lifelong healthy choices. Learning from people who share their experiences - like Hector - helps us to understand how to put that into practice.

Build & Keep
Healthy Bones
Because You Can!



Motivation for Motion

Active living builds and keeps bone and joint health

Physical activity not only makes bones stronger, but can also improve balance and coordination. It helps maintain healthy muscles, which may prevent falls that could lead to fractures. And, if you're recovering from surgery, physical activity under your doctor's or physiotherapist's care helps you to regain mobility and strength. Need some motivation? Consider:



- Physical activity is critical to the developing bones of children and teens
- Bone mass is determined by the type and intensity of exercise, the age at which it began, and the number of years spent in training
- For adults peak bone mass is reached around the mid-thirties, at which time, physical activity is vital to conserving bone
- Being physically active is a lifelong commitment, beginning in childhood and maintained into our senior years

Pick of the Crop

The best exercises for building and maintaining strong, healthy bones are weight-bearing or load-bearing activities. Pick activities that appeal to you, and try to keep a variety that fall under the following categories:



- Endurance – activity for long distances or periods of time, like swimming, hiking, cycling and running
- Flexibility – activity that includes bending and stretching, particularly helpful to keep joints limber, like yoga, pilates, and Tai Chi
- Strength and balance – activities that require resistance, like lifting weights or working with an exercise band

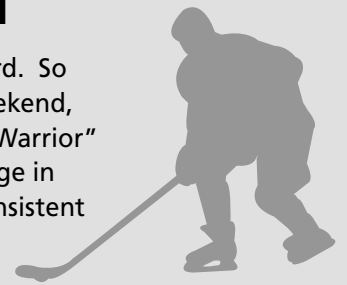
Activities for all ages should be a combination of vigorous and moderate:

- Vigorous activity makes you breathe harder and your heart pump faster
- Moderate activity keeps you moving



Getting Started

We live busy lives and work hard. So when it comes time for the weekend, we play hard, too. "Weekend Warrior" injuries happen when we engage in strenuous activities without consistent conditioning. Consistent conditioning minimizes this risk – so you can play that game of pick up, go waterskiing or tobogganing with the kids. Getting started isn't as hard as you might think:



- Walk whenever you can – take the stairs, get off the bus a stop early, or choose a parking spot farther from the store
- Stretch and bend for a few minutes every so often during periods of inactivity, such as watching TV or sitting at your desk
- Take a brisk walk at lunch to clear the mind and keep your body active
- Sign up for a free "try-out" class for a new activity that might capture your interest. To keep it in your schedule, select a location close to home or work

Physical Activity Payoff

Good bone and joint health is, as is cardiac and respiratory health, essential to overall health. Your bones, joints and muscles are what make it possible to do the most routine of tasks – walk to the mailbox, drive a car, climb the stairs. When they're not well-fuelled and well-maintained, they start to break down and we see the effects in the development of painful disorders and diseases. Active living not only builds your bone and joint health, but also lowers your risk of:



- Being overweight
- Type 2 diabetes
- Bone loss
- Falls and injuries
- High blood pressure
- Heart problems
- Stroke
- Depression
- Colon cancer



Preparing for Surgery?

The time leading up to your surgery – or that of a friend or family member – affords time to learn about and prepare for it. This checklist provides some questions and to-do's to help become familiar with what comes next, and allows some control and understanding over your treatment. The most important person involved in your surgery is you. There is much you can do to become an active participant in your care and to ensure your maximal recovery.



Questions to Ask Before Consent

No surgery can be performed without your informed consent. When you agree to surgery, you're effectively appointing your surgeon to act in your best interests while you're anesthetized. Thus, you're entitled to know what is going to happen. Some questions you might want to ask to help your understanding:

- Why is this operation necessary?
- What happens during the surgery?
- How long will the operation take?
- What are the risks during surgery?
- What are the risks after surgery?
- What type of anesthesia will be used?
- Will I need a blood transfusion?
- How much will I improve?
- How long will I have to wait for surgery?

Questions to Ask About Recovery

Recovery times vary from person to person, depending on the procedure and the individual's general health. Some questions you may want to ask to plan your recovery:

- How long will I stay in hospital?
- How long will the surgical wound take to heal?
- Will I need any special medication? For how long?
- What are my options for the prevention of blood clots?
- Will I be in a lot of pain? How long will it last?
- When do I start physiotherapy? How long will it last?
- How long will it be before I can return to my daily routine?
- How long will it be before I can travel?
- Will I need any special equipment?
- Will I need to arrange for help during my recovery at home?

Tips for Preparing for Surgery

Beyond the expertise of your orthopaedic surgeon, you have the most important role to play in your surgery and recovery. You must prepare for your best outcome possible from your surgery. Here are some tips that you can discuss with your orthopaedic surgeon to help you to get ready for that important day.

- Follow your orthopaedic surgeon's instructions.
- Learn about your surgery and talk to others who have had a similar surgery.
- Maintain or improve your fitness level - maintain strength and mobility.
- Maintain or attain a healthy weight.
- Have any dental work done.
- Quit smoking at least two weeks prior to surgery to avoid complications and aid soft tissue and bone healing.
- Locate a physiotherapy facility close to home.
- Arrange any supportive care, if needed, in preparation for discharge from hospital.
- Fill any prescription medications.



Canadian
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Home Checklist: Things to Do Before Surgery



Household:

- Get special equipment recommended by the surgeon
- Identify local pharmacy with delivery service that stocks your medication
- Identify grocery with delivery service
- Arrange home services, if necessary, such as snow removal, lawn care, and pet care
- Organize "recovery room" for your return after surgery
- Remove area rugs, cables and other hazards that could cause a fall
- Prepare/buy frozen microwaveable and other easy-to-prepare dinners
- Arrange ride to and from hospital
- Pack bag for hospital
- _____
- _____
- _____
- _____
- _____

What to Pack for the Hospital:

- Loose clothing that are easy to put on
- Personal care items
- All your medications in their original containers, and a list of them
- Books and magazines
- Nightclothes, dressing gown and slippers if you'll be spending the night
- _____
- _____
- _____
- _____
- _____
- _____



Medication List:

Medication	Reason	Dosage	How Often
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

For more information, visit www.canorth.org. The Canadian Orthopaedic Foundation offers Ortho Connect, a free, telephone-based peer-support program through which patients newly referred for surgery can connect with a trained volunteer who has been through a similar surgery. Call us for more information at 1-800-461-3639 x 1



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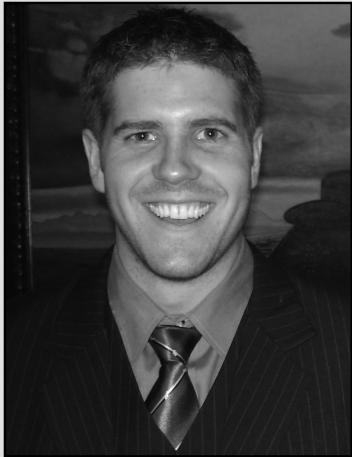
High-Performance Volunteer

Meet Janice Benoit of Gander, NL, and you can just tell she's always been a high achiever. Janice has been at the helm of Gander's *Hip Hip Hooray!* planning committee for several years, but this registered nurse and orthopaedic clinical manager doesn't stop there. Two years ago, Janice committed her professional expertise to the Canadian Orthopaedic Foundation's Medical & Scientific Review Committee, and was appointed to a standing committee of the Board of Directors in 2007. She jokes that she comes by her passion for the cause naturally – Janice herself has broken an arm, wrist, thumb and her pelvis: "I'm the Orthopaedic Poster Child!"



Janice Benoit

Research into Motion Loss



Dr. Mike Monument

Stiffness following a joint injury is a common problem. The elbow is of particular interest, as it is commonly injured in young adults and sensitive to motion loss after injury. Dr. Mike Monument, orthopaedic surgery resident at the University of Calgary, and winner of the Canadian Orthopaedic Foundation's Robert B. Salter award for research, explains that current prevention and treatment strategies targeted toward elbow stiffness don't always adequately restore the motion needed for many occupations and activities of daily living. "It's the goal of our present research to determine what consequences of joint injury account for this irreversible motion loss, so we can provide patients with better outcomes after elbow injuries." Initial results are encouraging,

he says, following suspicion that mast cell activity may be important in the development of elbow stiffness. "While there's more work to be done, we're beginning to see that by inhibiting mast cells after injury using a medication called Ketotifen, joint stiffness can be reduced."

What does that mean for patients? Dr. Monument explains, "Our research is providing more insight into why joints get stiff after traumatic injury, and it is our hope this understanding can be used clinically to prevent occupational and recreational disability after elbow injuries."

Are you newly referred for bone or joint surgery?

Do you still have non-medical questions after seeing your surgeon? Patients connect with trained volunteers by phone to learn a real-world patient view of what to expect from their treatment. Ortho Connect helps patients to feel confident and informed through greater understanding of the orthopaedic treatment they will receive and how it will affect their everyday lives. Ortho Connect is a free peer support program through which newly referred patients are matched with volunteers who have already undergone similar surgical treatment.



Interested in the Ortho Connect program?
Call 1-800-461-3639, send an email to mailbox@canorth.org, or visit our website at www.canorth.org, click on Patient Resources then Ortho Connect.

Looking for patient information?

Visit the Foundation's website www.canorth.org and click on Patient Education or Patient Resources to find essential information about the most commonly performed surgeries, complemented with articles featuring actual patients. We're continually adding information to help patients and their families to understand what to expect so that they feel more at ease with the treatment they will receive.



About the Foundation

The Canadian Orthopaedic Foundation is Canada's only health charity dedicated solely to helping people maintain and restore their bone and joint, or orthopaedic, health. We work closely with orthopaedic surgeons, residents, researchers, nurses and other health care professionals to keep Canadians moving. We believe by advancing research, supporting education and promoting excellence of care we can make a healthy difference for the benefit of patients.

Canadian Orthopaedic Foundation
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For information on our programs, press 1 to leave a message in our general mailbox. Messages are checked and returned several times daily. For receipts or to make a donation - press 6.

About OrthoLink

OrthoLink is published four times a year to share practical tips and information about the Canadian Orthopaedic Foundation's programs with people interested in building and keeping their bone and joint health. Copies are distributed to donors, volunteers and individuals who have requested information about bone and joint health or the Foundation.

If you have any comments, article ideas, or would like to receive a copy of this publication, contact the Foundation.



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Help us to foster bone and joint health... because we CAN!

Make your donation by completing and sending this form by mail or fax to the Canadian Orthopaedic Foundation. Or, you may phone in a donation by credit card. Thank you for your important contribution to improved bone and joint health!

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donation online at
www.canorth.org

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Contact me about becoming a volunteer

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Our mission is to achieve excellence
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