



# OrthoLink



A newsletter dedicated to bone and joint health

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## Keep Current

Share our Passion and [join our mailing list!](#) You will receive our newsletter, *OrthoLink*, written for people interested in building and keeping their bone and joint health, and other information on events, activities and programs that support our mission.

## Message from the Executive Director and CEO

Welcome to the Spring Issue of *OrthoLink*. It's very fitting that in this early growing season, a recurring theme of this newsletter and of the COF in general is one of GROWTH:

- GROWTH of our research program (a new named award announced)
- GROWTH in our education program (a new resource underway)
- GROWTH in our patient care program (new GLA:D clinics introduced)

Much of the Foundation's success rests on the shoulders of our many volunteers, and in this season, as we celebrate National Volunteer Week (April 16 - 20) I'd like to take a moment to thank the 300+ people who volunteer their time and talents to support our shared commitment to enhancing bone and joint health. THANK YOU.

I hope all of you - orthopaedic patients, surgeons, donors and friends - find something of interest in this issue of *OrthoLink*. Please take 2-3 minutes to complete our on-line readership survey. We want to be sure that our newsletter is valuable to you. You'll find the survey link at the end of this newsletter.

Happy Spring to all.

*Isla Horvath*



## COF thanks Dr. Marvin Tile, Introduces Dr. Cecil Rorabeck

For the past two years Dr. Marvin Tile, Professor of Surgery (Emeritus), University of Toronto, and Orthopaedic Surgeon, Sunnybrook HS, has served as Patron of the Canadian Orthopaedic Foundation (COF). Dr. Tile was instrumental in helping to launch *Powering Pain Free Movement*, the COF's major gifts campaign aimed at enlarging our investment in orthopaedic research and securing the funds needed to maintain programs in education and patient care. During its first two years the campaign was a tremendous success, with the research program growing from 2 or 3 research awards annually to a record 12 awards.

Dr. Tile has completed his term as Patron, and the Foundation extends our heartfelt thanks for his contributions.

We are pleased to announce that Dr. Cecil Rorabeck has accepted the role of Foundation Patron. Dr. Rorabeck practiced joint replacement surgery at London Health Sciences Centre for 30 years before moving on to Interim Chief Executive Officer and Scientific Director of the Robarts Research Institute. He was appointed an officer of the Order of Canada in 2012 for advancing orthopaedic medicine and became president of the Royal College of Physicians and Surgeons of Canada in 2013.



Dr. Cec Rorabeck

"The Canadian Orthopaedic Foundation funds impressive research projects and provides direct support to our orthopaedic patient community. I'm sure others will want to join me in supporting the Foundation," says Dr. Rorabeck.

Dr. Geoffrey Johnston, President and Chair of the COF, says, "We have been exceptionally fortunate to have had Dr. Tile's support of the Foundation during these past two years. And now we are delighted to welcome Dr. Rorabeck to this role for the next two years. The Foundation is privileged that two such giants of the orthopaedic world would express their belief in our mandate by accepting this key leadership role."

Read more about Dr. Rorabeck on the COF website [here](#).

## COF presents 10 research awards

We are pleased to announce that the COF's research program continues to expand thanks to the Foundation's generous donors.



Dr. Richard Buckley, Chair of the Research Committee, says, "As reviewers, we had our work cut out for us this year. The expansion of the research program over the past two years has led to increased applications of very good quality. We look forward to seeing the results of these projects. They will provide new knowledge in such areas as hip dysplasia in infants and young children, osteosarcoma (Terry Fox Cancer), surgery for patients with dislocating kneecaps, surgical treatments for shoulder dislocations, and interventions to prevent hip cartilage damage. Each project has the potential to enhance the orthopaedic health of our patients."

Award recipients are:

**J. Edouard Samson Award** recognizing the best career orthopaedic research over a period of five years or more: *Dr. Kishore Mulpuri (Vancouver, BC)*

**Carroll A. Laurin Award** for excellence in clinical orthopaedic research:

*Dr. Paul E. Beaulé and Dr. Stéphane Poitras (Ottawa, ON)*

**Robert B. Salter Award** for excellence in basic science research:

*Dr. Michael J. Monument (Calgary, AB)*

**Inaugural Cy Frank Award** recognizing excellence in innovation. This new award is presented in conjunction with the Canadian Orthopaedic Research Society (CORS):

*Dr. Bas A. Masri, Dr. David R. Wilson and Dr. David J. Stockton (Vancouver, BC)*

**Canadian Orthopaedic Research Legacy (CORL) Grants:**

*Dr. Ryan Degen (London, ON)*

*Dr. Laurie A. Hiemstra (Banff, AB)*

*Dr. Moin Khan (Hamilton, ON)*

*Dr. Ian Lo (Calgary, AB)*

*Dr. Peter MacDonald and Dr. Jeff Leiter (Winnipeg, MB)*

*Dr. Prism S. Schneider (Calgary, AB)*

To read about the research projects, see our [Research Impact Report](#).

*Thanks to our Powering Pain Free Movement industry partners and individual donors who support our research program.*



## COF announces recipient of inaugural Cy Frank award



*Dr. Cy Frank*

The Canadian Orthopaedic Foundation, in conjunction with the Canadian Orthopaedic Research Society (CORS), announces the first recipient of the new Cy Frank research award.

Dr. Frank was a long-serving Director of the COF, a respected orthopaedic surgeon, recipient of many awards and honours (including the Order of Canada) and a passionate researcher. The orthopaedic community was saddened when Dr. Frank passed away in March 2015.



*Dr. Bas Masri*



*Dr. David Wilson*

In tribute to Dr. Frank, the new award celebrates innovation - something dear to Dr. Frank's heart. The first recipients were just announced: Drs. Bas Masri, David Wilson and David Stockton. Their research focuses on using an innovative procedure of upright MRI to help patients with ACL injuries. Read about their research in the COF's [Research Impact Report](#).



*Dr. David Stockton*

The COF is grateful to generous industry and surgeon donors, without whom this and all other research awards would not be possible.

## Calling all orthopaedic researchers! Applications are now being accepted for Community Innovation Awards.

The Community Innovation Award celebrates community-based surgeons and research studies dedicated to improving patient care or musculoskeletal health in their community. There are many Canadian orthopaedic surgeons interested in research working in the community. These community surgeons are not full time academics, do not have a research history, and do not have research staff, but may have an academic appointment to teach on an occasional basis. Surgeons who do not have academic appointments or a research history may find it difficult to obtain funding for their innovative research ideas. This program fills a gap in the research landscape in Canada, encouraging community orthopaedic researchers to bring their research ideas to fruition.

Two \$15,000 awards are available in 2018 to be used by the recipients to further their research project.

Application forms and guidelines are available [here](#). The deadline for submitting applications is **June 30, 2018**. Decisions will be announced in October 2018.

## Volunteer Profile: Sherry Bassin

Anyone who reads *OrthoLink* and other COF communications knows Sherry Bassin: as the creator and host of the *Bad to the Bone Charity Golf Classic* Sherry's name has appeared in many COF documents. But did you know what drives Sherry in his volunteer efforts for the COF?

Sherry laughs, as he says, "As the recipient of four new hips and two new shoulders, I have more joint implants than real moveable body parts. Thanks to advances in research in orthopaedic surgery, and my surgeon, Dr. James Waddell, my quality of life has changed. I am able to lead a busy, active life at 78 years of age, despite being challenged by osteoarthritis."



Seven years ago, after his third successful joint replacement surgery, Sherry wanted to give something back to support the orthopaedic community that served him so well. He introduced the *Bassin Bad to the Bone Charity Golf Classic*, which has raised more than half a million dollars for the Foundation to date. And last year, he joined the COF's Board as a Director.

"Volunteer time for the COF is time well spent," says Sherry. "It is fulfilling work, and it warms my heart to see the growth of the Foundation over the past few years. I'm pleased to be part of it."

The COF is proud and thankful to count Sherry Bassin among our volunteer community. Read more about Sherry Bassin [here](#).

## Calling all golfers: *Bad to the Bone Charity Golf Classic* takes place on June 25, 2018

The 7th Annual golf tournament will be held at Wooden Sticks golf club in Uxbridge, Ontario, on June 25. Tournament creator and host Sherry Bassin and his volunteer committee are working hard to ensure a great day for all.



*Bad to the Bone* combines hockey and golf into one event. A former hockey executive and lifelong hockey lover, Sherry brings in a roster of hockey stars for the day. Every foursome has a chance to play with stars like Connor McDavid, Ryan O'Reilly and Connor Brown.

COF supporters can participate in a number of ways:

- Register to play
- Donate an item for the silent auction
- Sponsor the event

Check out the [website](#) for more details, or contact [isla@canorth.org](mailto:isla@canorth.org) directly.

## GLA:D™ Canada continues to grow



GLA:D™ Canada is helping Canadians with hip and knee osteoarthritis (OA) across the country. 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%. Other outcomes include a reduction in pain intensity, reduced use of joint related pain killers, and fewer individuals on sick leave. Program participants also report high levels of satisfaction with the program and increased levels of physical activity.

This program is unique in that the education and exercises provided can be applied to everyday activities. By strengthening and correcting daily movement patterns, participants train their bodies to move properly, prevent symptom progression and reduce pain.

With funding from the Ontario Trillium Foundation, the COF and its knowledge translation division, Bone and Joint Canada, are leading training programs for healthcare professionals at sites across Ontario. 41 clinics across the province are now offering the program.

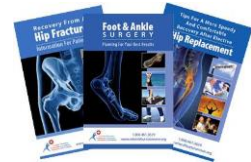
GLA:D™ Canada continues to grow across the country, with clinicians trained in BC, Alberta, Manitoba and the Atlantic provinces.

For information on GLA:D™ Canada and to find a directory of sites offering the program visit [www.gladcanada.ca](http://www.gladcanada.ca).

## Use the COF's Virtual Library

Have you seen our [on-line library](#) of booklets and videos designed to provide education and support to patients and their families? We have booklets for many orthopaedic issues:

- Hip and knee pre- and post-surgery
- Recovery from hip fracture
- Preparing for foot and ankle surgery



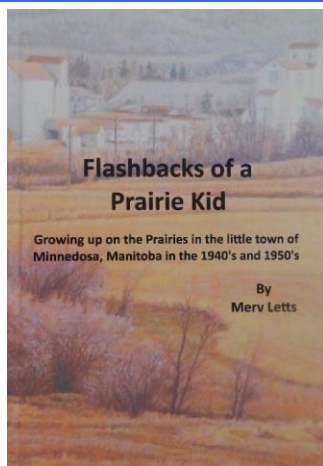
... and more. As well, we have patient education videos on hip and knee arthroplasty.

All of our materials are surgeon-approved and reviewed by our Medical and Scientific Review Committee regularly, ensuring that the latest information is provided.

**COMING SOON:** Based on patient requests, the COF is working with the Canadian Shoulder and Elbow Society (CSES) on a new booklet designed to support those with shoulder issues. Dr. Darren Drosdowech, Chair of CSES, says, "CSES is pleased to be able to contribute to this resource, through providing both financial support and content. We know in the end patients will have an excellent, useful booklet, and we're happy to contribute to the COF's library of patient resources."

The new booklet will be available this summer.

## Orthopaedic surgeon to donate proceeds of his book to the COF



Introducing "**Flashbacks of a Prairie Kid**", a narrative history of vignettes of life growing up in a small town on the Canadian Prairies during the war years by orthopaedic surgeon and former Canadian Orthopaedic Association (COA) Past President Dr. Merv Letts.

Dr. Letts has offered to donate to the COF the entire sale price of all books purchased by COA members and COF supporters and friends.

The book itself is high quality, profusely illustrated in color, 575 pages, with a soft vinyl cover and is being offered at the price of \$30 plus shipping ... all proceeds go to the charitable work of the Canadian Orthopaedic Foundation.

If interested, please order the book from [letmer13@gmail.com](mailto:letmer13@gmail.com) and indicate in your message that you read about the book sale in *OrthoLink*.

You will enjoy the book, even if you didn't grow up on the Prairies!

Read more about Dr. Letts and his book on the COF website [here](#).

*Dr. Letts has also indicated that a few copies of his previous book "Sinai Surgeon" are also available at \$25 a copy; if interested in both, please indicate this in your email ... no extra shipping charges! All proceeds go to the COF.*

## OrthoLink Readership Survey

Could you give us just a few minutes of your time to make sure our *OrthoLink* newsletter remains a valuable resource? Please complete our short survey. Your participation is entirely voluntary, and individual responses will remain confidential. The results of the survey will help us determine how to improve our newsletter.

This survey should take 2-3 minutes to complete.

Thanks again for your time and support.

Please complete this survey before May 15, 2018.

[Click Here](#) to start the survey.



## 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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