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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

How has your summer been? Here at the Canadian Orthopaedic Foundation we've been busy. We started the summer at the Canadian Orthopaedic Association Annual Meeting in Victoria where we presented a whopping 12 research awards, our Bones and Phones scholarship and, in conjunction with the Canadian Shoulder and Elbow Society, a Best Paper award. Next, we enjoyed a day on the golf course at the 7th annual *Bad to the Bone* golf tournament. Just a few short weeks later, we held our Annual General Meeting, where we elected our Board and Officers - those dedicated men and women responsible for our Foundation's governance.



You can read about these activities in the pages of this newsletter. You'll also learn about the ongoing success of our GLA:D™ Canada program for osteoarthritis, implemented by Bone and Joint Canada. And there's a short article with tips on keeping active in these last few weeks of summer.

Whether you're a surgeon, orthopaedic patient or caregiver, or a COF donor and friend, I'd like to thank you for reading OrthoLink and keeping up with Foundation news. As always, I'd love to hear from you with any suggestions for articles, comments or questions. Reach out anytime to isla@canorth.org.

Isla Horvath

Changing COF Board Leadership



Dr. Pierre Guy, Isla Horvath and Dr. Geoff Johnston.
Photo courtesy of Paul Wright.

At the AGM of the Canadian Orthopaedic Foundation on July 18, Dr. Pierre Guy was appointed President and Chair of the Board. Dr. Guy is an orthopaedic trauma surgeon and Associate Professor and clinician-scientist at UBC. He has served two years as Vice Chair of the COF. He says, "The COF is in a strong position to deliver on its mandate, thanks to the leadership of Past President Dr. Geoff Johnston, the rest of the Board, staff and volunteers. I look forward to continuing the momentum to forge strong relationships with our key constituents - including patients, donors, industry and surgeons - to enhance our programs in research, education and care."

Dr. Guy takes over from Dr. Geoff Johnston, who completed his term as President and Chair of the Board. In thanking Dr. Johnston for his four years of leadership, Governance and Nominating Committee Chair Dr. Stewart Wright said, "Dr. Johnston has been a tireless leader of the COF, guiding us through a re-focused mandate to grow the research program while continuing to offer first class education and patient care programs; leading us through the development of a new strategic plan; and representing the COF and Board to our internal and external audiences." Dr. Johnston was appointed Past Chair.

Find out more about the Directors and Officers elected on July 18 [here](#).

Dr. Guy and the COF Board look forward to continuing to advance the Foundation's vision of pain free mobility for all Canadians.

Dr. James Waddell is named a Member of the Order of Canada

The COF congratulates Dr. James Waddell on being named a Member of the Order of Canada in June. Dr. Waddell is recognized "for his sustained leadership within the field of orthopaedic surgery and for his dedication to advancing best practices in orthopaedic care across Canada."

The Order of Canada is the second highest merit in Canada which recognizes individuals in Canadian society for their outstanding achievement, dedication to the community and service to the nation. Dr. Waddell is a well deserving recipient of the honour with a long history of promoting care for patients with orthopaedic and musculoskeletal conditions both nationally and globally.

Dr. Waddell graduated in 1973 in Orthopaedic Surgery from the University of Toronto. He worked throughout his career at St. Michael's Hospital where he was the Chief of Orthopaedic Surgery in 1980-89. He has a long-time commitment to the Canadian Orthopaedic Association including serving as the President in 1997. Dr. Waddell has also been a committed supporter of the Canadian Orthopaedic Foundation, serving on the Board of Directors from 2007 - 2015, and as President and Chair from 2010 - 2014. Dr. Waddell has a long history of working with orthopaedic programs across Canada and around the world.

We congratulate Dr. Waddell on the recognition of his work in orthopaedic care.



Bones and Phones Scholarship Awarded to Dr. Supriya Singh



Dr. Veronica Wadey,
Dr. Supriya Singh and
Dr. Geoff Johnston.

Photo courtesy of Paul Wright.

A trip to Tanzania as part of a medical outreach program profoundly affected first year medical student Supriya Singh. There, she met a number of street children facing serious health concerns, including rickets and other bone diseases, due to a lack of clean water, shelter and nutritious food. Moved by what she saw, Supriya conceived the NYOTA Project (in Swahili 'nyota' means 'star'), spending countless hours fundraising and sharing the children's stories in her community. Through Supriya's personal donations and gifts from generous donors, the first 12 street children helped by the project are now self-sufficient and healthy.

As an orthopaedic resident Supriya continues to contribute to the orthopedic health of the "stars" in Tanzania. She was awarded the COF's Bones and Phones Scholarship in June for her work on "The NYOTA Project."

The Bones and Phones Legacy Scholarship Fund was established to recognize orthopaedic residents who have demonstrated commitment and contribution to enhancing musculoskeletal health in their community, or abroad, beyond that

which would be expected during their residency training period. Founded by Dr. Veronica Wadey and Mr. Henry Chow, this \$1,000 award recognizes and honours the vital role surgeons play in the lives of others.

Supriya Singh certainly played a vital role in the lives of the many children helped through the NYOTA project. Read more about her project [here](#).



Dr. Singh with NYOTA Project participants

Calling All Orthopaedic Researchers

Applications are now being accepted for the following COF research awards:

J. Édouard Samson Award: The premier award for orthopaedic research in Canada, the J. Édouard Samson Award recognizes the best career orthopaedic research over a period of five years or more at a Canadian centre. This \$30,000 award is intended to promote further research by the recipient.

Canadian Orthopaedic Research Legacy (CORL) Grant: 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.

Application forms and guidelines are available at www.whenithurtstomove.org: click on [Research & Awards](#). The

deadline for submitting applications is October 31, 2018.

Click [here](#) to learn more about last year's research recipients, pictured below.



An impressive array of orthopaedic researchers received their awards at the COA Annual Meeting in Victoria, June 20, 2018. *Photo courtesy of Paul Wright.*

The COF Research Program and other programs are supported by our *Powering Pain Free Movement* campaign, a fundraising campaign aimed at raising significant donations to advance the COF's mandate. Thanks to our *Powering Pain Free Movement* partners: **Zimmer Biomet, DePuy Synthes, Bayer Healthcare, Sunnybrook Associates** and **Wright Medical**. Find out more about the campaign [here](#).

***Bad to the Bone* exceeds target**

The Sherry Bassin *Bad to the Bone* Golf Classic was held at Wooden Sticks Golf Club in Uxbridge, Ontario, on June 25, 2018 and raised just over \$110,000.

133 guests enjoyed the day, teeing off in bright sunshine and enjoying the chance to play with special hockey VIPs like Connor McDavid (Edmonton Oilers), Connor Brown (Toronto Maple Leafs), Alex DeBrincat (Chicago Black Hawks) and many more.

Host Sherry Bassin entertained the crowd in the evening with his story telling, and he once again took on the role of auctioneer. Lucky bidders went home with tickets to hockey and baseball games, signed hockey jerseys and sticks, and even a Caribbean vacation.

Sherry created *Bad to the Bone* 7 years ago after his fourth orthopaedic surgery as a way to show his appreciation to his surgeon, Dr. James Waddell, and to recognize the orthopaedic care he received that enables him to lead an active life. The COF thanks Sherry and planning committee members Lawson Gay and Jim Hall for their work on the tournament. Thanks, too, to event volunteers Hailey Watkins, John Kasubeck, Peter Salloum and Josh Simpson.

Check out the 2018 photo gallery [here](#).

Special thanks to volunteer Josh Simpson, photographer for the day.



Sherry Bassin poses with hockey stars Connor McDavid, Alex DeBrincat, Dylan Strome and golfers at the banquet. *Photo courtesy of Josh Simpson.*

Thanks to our 2018 Bassin Bad to the Bone Sponsors

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Jerry Glass



SHERRY BASSIN



Start Walking!



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 for our in-person walk being held on September 29. 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 in our virtual pedometer challenge. Register and we'll send you a pedometer. Join us from October 15 - 19 as we log our steps together. Individuals can participate, organizing their own personal week-long movements.

Surgeon teams, raise funds for your programs in your own Pedometer Challenge. 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.

Make a donation to the program if you're not able to take part. Recognize a surgeon who has had an impact in your life, or that of someone you love.

For more information contact us at hjh@canorth.org; or visit the event websites:

Saskatoon Fun Walk: www.hiphiphooraylive.org

Pedometer Challenge: www.hiphiphooray.org

More than 600 Canadians helped by GLA:D® Program

GLA:D™ Canada is pleased to announce the release of its 2017 Annual Report on the Implementation and Outcomes of the GLA:D Program in Canada. The report summarizes the highlights from inception to December 2017 on the community-based education and exercise program for people with hip and knee osteoarthritis (OA).

Some of the key findings of the report underscore the value of the program for people with OA:

- 28% reduction in pain intensity
- Quality of life improved on average 10% for hip participants and 25% for knee participants
- 35% of participants increased their physical activity

At the end of its first year 607 people had been through the program, which was implemented in 61 sites in 5 provinces.

Read the full report [here](#). For more information on GLA:D™ Canada visit www.gladcanada.ca.



GLA:D
CANADA

Activity Choices to Restore and Maintain Bone and Joint Health

Physical activity is important for keeping your joints limber and muscles strong, but also can improve balance and coordination. It helps maintain healthy muscles, which may prevent falls that could lead to fractures. The best type of activity for you depends on age and ability.

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.

If you already have joint pain, select non-impact exercise that won't cause further wear to your already painful joints. Consider cycling, swimming, even in-line skating, and other activities during which you're not coming down hard on your feet (like running) or pivoting and twisting joints (like basketball). This is important, because knees absorb the greatest force of the impact.

As your joints become stronger, check with your doctor, and graduate to walking and stair-climbing. Listen to your body - it will tell you when you're pushing your own limits.

Non-impact exercise is the best choice for people who are overweight, for the same reasons as those who already have joint pain. Rather than risk wear and tear on your joints, develop a regimen of non-impact exercise. As you lose the pounds, you can expand your activity choices. Your joints will thank you in a lifetime of healthy service. Regardless your level of ability, you'll benefit from choosing from a variety of activities that develop different skills and keep your activity habits interesting:

- **Endurance**, vigorous activity for long distances or periods of time
- **Flexibility**, bending and stretching activities such as Yoga or Tai Chi
- **Strength and Balance**, resistance activities such as lifting weights

For more tips on restoring and maintaining bone and joint health, visit www.whenithurtstomove.org. Always consult with your doctor before beginning any exercise program.

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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