



# OrthoLink



A newsletter dedicated to bone and joint health

## In This Issue

[GLA:D Annual Report](#)

[Grateful to walk without pain](#)

[Community Innovation Award](#)

[Orthopaedic Residents Scholarship Opportunity](#)

[Saskatoon Walk & Step Challenge Results](#)

[Powering Pain Free Movement Recognition](#)

[COF Annual Report](#)

## Free Patient Resources



Go to

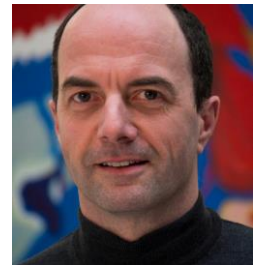
[whenihurtstomove.org](http://whenihurtstomove.org)  
to learn more about your orthopaedic journey.

## Keep Current

Share our Passion and [join our mailing list!](#) You will receive our newsletter, *OrthoLink*, and other information on events, activities and programs that support our mission.

## Message from the COF President and Chair

The past few months have been busy ones for the Canadian Orthopaedic Foundation. Our Research Review Panel adjudicated applications to our Community Innovation Awards, and as I write this message, they're in the process of reviewing applications for our CORL and Samson research competitions. Trained Ortho Connect volunteers were actively working with new orthopaedic patients, reaching out to offer them tips and comfort. Our [GLA:D™ Canada](#) team was working hard to lead training sessions in Toronto, Ottawa, West Vancouver, Calgary and Halifax, certifying health professionals to offer the course designed for those with osteoarthritis. A volunteer group organized an in-person Hip Hip Hooray! walk in Saskatoon, and groups across the country were fundraising and counting steps in our 5-Day Step Challenge. Busy times indeed!



One of our busiest groups this fall was our Board of Directors. This critically important team of surgeons and other professionals gathered for the day at our one in-person meeting held annually. The Board focused on strategies for the coming year - strategies for our programs of research, education and care, and strategies for raising the funds necessary to put them into action. It was an intense and invigorating day, and it is a pleasure to work with this inspired and inspiring team.

As the end of the year approaches, we take the time to reflect on those whose kind commitment and support have meant so much to us over the past year. Thank you to all who have contributed to the Canadian Orthopaedic Foundation.

On behalf of the Board of Directors of the Canadian Orthopaedic Foundation, I extend very warm wishes for a happy holiday season, and best wishes for a safe, peaceful and healthy 2020.

*Pierre Guy*

Pierre Guy, MD  
President & Chair of the Board, COF

## More than 3,000 Canadians helped by GLA:D™ Canada program

We are pleased to announce the release of the GLA:D™ Canada Annual Report for 2018. The report "Implementation and Outcomes" provides the data analysed from participants from 154 sites across Canada who went through the program up to the end of 2018. The program has resulted in improvements to patients' symptoms with the 3 months results showing:

- a mean 26% improvement in pain
- over 30% of individuals experiencing a marked improvement in activities of daily living and sports and recreation
- over 40% of individuals experiencing a marked improvement in quality of life

The program has grown extensively over the last 3 years and we would like to acknowledge Aileen Davis for her contribution to the launch of GLA:D™ Canada. Aileen was instrumental in the development of the database and the reporting structure and will continue to work closely with GLA:D by supporting the training. We would also like to acknowledge Rhona McGlasson for her work supporting implementation of the program at sites across Canada, and Dr. Michael Zywiell for his role in the ongoing development of the database. We can effectively use this data to improve the management of hip and knee osteoarthritis across the country. The GLA:D program has been acknowledged internationally with the researchers, Dr. Ewa Roos and Dr. Søren Skou winning the Value Based HealthCare (VBHC) Prize in 2019.



*GLA:D participant Maureen Cassidy and the Canadian Memorial Chiropractic College GLA:D training staff*



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

## Ortho Connect Story: Grateful to walk without pain



*Judith on the Nile in Sudan*

Judith, Managing Editor at an educational publishing company, lives on Vancouver Island. An active person, Judith enjoyed daily walks and going to the gym. In 2015 Judith began to experience chronic hip pain, and her quality of life deteriorated rapidly due to the debilitating effects of arthritis, which had destroyed most of the cartilage in her joint. Says Judith, "I went from taking daily walks and exercising at the gym, to being unable to walk longer than a few minutes without experiencing crippling pain."

As a first time surgical patient Judith was apprehensive, not knowing what to expect. Her orthopaedic assessment clinic told her about the COF's [Ortho Connect](#) peer support program and she reached out. Judith was matched with a trained volunteer who shared her experience and helped Judith feel more comfortable and confident with her own orthopaedic treatment. "I was afraid to have the surgery initially", says Judith. "I'm so happy I was able to overcome my fear and go ahead with it - it has changed my life immeasurably."

In March 2018 Judith had hip replacement surgery and has since regained her mobility. Judith happily notes, "It's been almost 2 years since my surgery, and every day I feel blessed. Grateful that I can walk without pain."

*Thanks to Judith for sharing the story of her orthopaedic journey.*

The COF's Ortho Connect program is supported by Bayer Inc., an industry partner in the *Powering Pain Free Movement* campaign. "Bayer is deeply committed to supporting programs that help to improve the lives of patients," said Venessa Cocuzzoli, Marketing Director, Bayer Inc. "We are very pleased to partner with the COF in this most worthwhile endeavour."



Venessa Cocuzzoli, Bayer Inc.  
and Isla Horvath, COF CEO

## COF Presents 2019 Community Innovation Award

The Canadian Orthopaedic Foundation (COF) announced the recipient of its 2019 Community Innovation Award competition in October 2019. The award celebrates community-based surgeons and research studies dedicated to improving patient care or musculoskeletal health in their community.

This year's project is:

**Correlation Between the Capitate-to-Axis-of-Radius Distance (CARD) Radiographic Index and Patient-Reported Outcomes One Year Post Distal Radius Fracture** - Dr. Ahaoiza (Diana) Isa, Moncton, NB

For details about the research project, visit the COF [Website](#).

The Canadian Orthopaedic Foundation's Community Innovation Awards competition represents the Foundation's recognition that there are important projects across the country, identified by orthopaedic surgeons working in the community, which would benefit from some much-needed funding. Dr. Rick Buckley, Chair of the COF Research Committee, says, "This competition continues to fill a gap in the orthopaedic research environment, enabling us to fund some community-level research that otherwise might not be funded. We're pleased to provide funding for Dr.

Isa's project which will have a direct impact on the orthopaedic community."

*The COF's research program is supported by industry partners in the Powering Pain Free Movement campaign: Zimmer Biomet, DePuy Synthes Canada, and Wright Medical Technology Inc.; and by orthopaedic surgeons and patients across the country.*



Dr. Ahaoiza (Diana) Isa

## Orthopaedic Residents Scholarship Opportunity

The Canadian Orthopaedic Foundation is pleased to announce that applications are now being accepted for the 2020 Bones and Phones Legacy Scholarship Award.

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. Commitment and contributions may be in the form of volunteerism, education or special events, and must be in addition to what is typically expected during training.

One thousand dollars is awarded on an annual basis to an orthopaedic resident in his or her year prior to their final year of clinical training who is a member of the *Canadian Orthopaedic Association (COA)* and who meets the criteria as outlined in the guidelines and application documentation.

Founded by Dr. Veronica Wadey and Mr. Henry Chow, this award recognizes and honors the vital role surgeons play in the lives of others. The scholarship fund celebrates exceptional residents by honoring their dedication to community spirit and giving back for the benefit of others. It recognizes individuals who demonstrate passion for orthopaedics and embrace initiatives that go well beyond their expected duties.

Deadline for applications is **March 31**. Details are posted to the COF [website](#).

## Walkers support the Canadian Orthopaedic Foundation

This fall surgeons, patients and donors supported the COF's fundraising efforts. An in-person *Hip Hip Hooray!* walk in Saskatoon on October 5, with support from Drs. Bill Dust, Tousief Hussain, Tony King, Ian Lutz, Jeff McKerrell and David Sauder and their patients, raised \$23,000.



October 21-25 walkers tracked their steps across Canada in the 5-Day Step Challenge and raised \$24,000. Surgeon teams from St. Michael's Hospital (*No Bones About It*), Banff Sports Medicine Foundation (*Hot Steppers*), Stollery Children's Hospital (*Stollery Strollers*), and South Campus Research Unit for Bone & Soft Tissue (*SCRUBS*) participated. Highlights from the Step Challenge:

- Top Team Fundraiser: **Stollery Strollers**
- Top 2 Surgeon Fundraisers: **Dr. Jim Waddell** and **Dr. Sukhdeep Dulai**
- Most team steps: **SCRUBS**, with an honorable mention to the **Hot Steppers** coming in at a very close second

Funds raised support the COF's national programs in orthopaedic research, education and care, and community projects across the country. Thanks to all donors and participants.

## Powering Pain Free Movement partners recognized

On October 19 COF Directors hosted an intimate dinner to thank some special contributors.

President Dr. Pierre Guy shared with attendees some of the COF's achievements over the last year, including the continued expansion of the COF's research program. He confirmed this growth wouldn't be possible without the ongoing support of surgeons, individual donors and industry.

Dr. Guy gave special recognition to the *Powering Pain Free Movement* campaign - a fundraising program aimed at raising significant funds to grow the research program while continuing to support and maintain education and care programs - noting the major impact this program has had on the COF's success.

Recognition plaques were presented by COF President Dr. Pierre Guy to *Powering Pain Free Movement* partners in attendance.



*Pierre Guy presents awards to:*  
(Top L-R) Dr. Robin Richards (orthopaedic surgeon), Marie-Eve Potvin (Bayer);  
(Bottom L-R) Dave Simpson (DePuy Synthes), Jim Wilson (Wright Medical), Jordan Gilbert (Zimmer Biomet)

The COF is grateful to all 2019 *Powering Pain Free Movement* partners.

**Benefactors:**



Dr. Robin Richards

**Leaders:**

Dr. Cecil H. Rorabeck



**Supporters:**



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Nelson Arthur  
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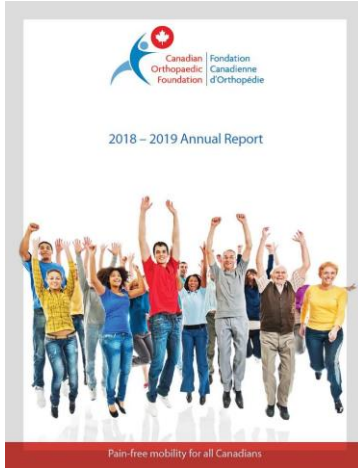


Wright Medical Technology  
Inc.

**Friend:**

Dr. Albert J.M. Yee

## COF Annual Report: Read about our year



"I am pleased to introduce this Annual Report by telling you that the Canadian Orthopaedic Foundation had another tremendous year, with growth in all three of our program areas: research, education and patient care." So begins Board Chair Dr. Pierre Guy's opening message in the Canadian Orthopaedic Foundation's just-released 2018-2019 Annual Report.

Did you know that our research program grew, for the third year in a row, with a record number of research grants being awarded? And that our GLA:D program for people with hip or knee osteoarthritis is now available in 9 provinces and 1 territory and has been accessed by more than 3,000 patients?

You can read details of these accomplishments, see our financial position, and look for the names of our donors in the pages of the report, posted to our [website](#). Check it out!

## Are you on the list?

We value those who contribute to the Canadian Orthopaedic Foundation. As a charitable organization, we simply wouldn't exist without donors.

We recognize donors on our [website](#) in several giving categories, including [Club 206](#) (those whose gifts are \$206 and more, recognizing our 206 bones) and our [surgeon donors](#).

See who is on the list and secure your place on next year's list with a donation now. Please note, to qualify for a 2019 tax receipt, make your donation before December 31.

Thank you, COF donors. We couldn't do what we do without you.

*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](mailto:patti@canorth.org); or call her at 1-800-461-3639, ext. 221.*



## 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.**

Canadian Orthopaedic Foundation  
P.O. Box 1036, Toronto, ON M5K 1P2  
Tel: 1-800-461-3639  
Registered Charity number: 89059 4740 RR0001



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