

From our President & CEO



Ms. Angelique Berg

This month, the nation celebrated along with Coach Pat Quinn and the Junior National Team as they played the World Under 20 Hockey Championship. Sportswriters wrote about

Quinn's challenge to inspire these youths to be the best they could be. Having heard his personal story, it is clearly important to Quinn to be at his best. And this month, it is clear he tapped his players' best, too. Together, they were gold.

The Foundation is working to be at our best, too. We're making responsible decisions to ensure our donors' gifts are used for the greatest possible impact even in uncertain economic times. With careful decisions and your support, we're strengthening to help Canadians achieve optimal bone and joint health for years to come.

One way we help is to fund research for improved patient outcomes. Treatment has come a long way, restoring movement to people when years ago a wheelchair may have been the best available option. Today's best treatments – and the prevention knowledge we incorporate to our education programs – are the result of researchers continually searching for innovations.

No matter what stage of the game we're at – building, keeping, or restoring – we have within our means the ability to improve our bone and joint health. We invite you to work at it with us ... because you CAN!

Hockey Legend Puts Hip Problems on Ice

By: Stuart Foxman, Freelance Writer

Pat Quinn sees the irony. The head coach of the Vancouver Canucks, a former NHL player himself, couldn't even walk with ease, let alone skate.

"Here I am, coaching players to be the best they could be, and I couldn't get on the ice anymore," says Quinn. "I had a big limp, and was totally occupied with the pain. There was a constant ache, and it didn't go away."

As a player and coach, Quinn was known for his toughness. But now, in the mid-1990s, he was hobbled by a bad hip. Finally, in 1997, he couldn't take the discomfort any longer and agreed to a hip replacement, done by Vancouver orthopaedic surgeon Bas Masri.

Quinn was on crutches for seven weeks, unable to bear any weight. But the benefits were immediate. "Other than the pain from the incision itself, which doesn't take long to heal, the constant pain was gone," says Quinn. "The relief was terrifically rewarding."

The decade since Quinn's hip replacement has seen much progress in medical and surgical innovations. "One sign is that hip replacement patients today are able to walk right away," says Dr. Masri.

Quinn recalls the differences since his recovery: "I was traveling with the Canucks, going through airports on crutches, unable to bear weight, and injecting myself with needles every day to prevent clots after the surgery. Today, you can take a pill once a day for that. I just talked to a friend two days after his hip replacement, and he was already up and starting to walk. The progress is amazing."

Helping to spur such progress, and improved patient outcomes, is the research that's backed by the Canadian Orthopaedic Foundation's fundraising.

"Research is critical to innovation," says Dr. Masri. "Before the 1960s, hip replacements weren't common – people with hip arthritis were effectively benched from the things they loved to do. Not so anymore, and hip replacements continue to be the most successful surgeries performed."

With his new hip, Quinn went on to coach the Toronto Maple Leafs, coach Team Canada to a gold medal in men's hockey at the 2002 Olympic Games, and become part-owner of the junior Vancouver Giants of the Western Hockey League (which won the Memorial Cup in 2007). In 2008, he was named the head coach of the Canadian Junior National team.



Mr. Pat Quinn

Continued next page →

Hockey Legend Continued...

As Quinn helps these young players to learn, he's also thinking of other important lessons. Quinn was introduced to the Canadian Orthopaedic Foundation's *Because You Can!* effort, of which Dr. Masri is also an early supporter. The public awareness campaign aims to promote how Canadians can take proactive steps from a young age to improve their bone and joint health, stay active, and avoid injuries (which can help reduce the need for orthopaedic intervention).

"It's an important message – build and keep your bones and joints because you can," says Quinn, now 65. "Don't be sedentary. You don't have to be an athlete, just find something you like, and keep yourself active. We need to promote a rounded life."

As a younger hockey player, Quinn admits that he never thought about bone and joint health. In his 50s, when his hip started to feel uncomfortable, he figured he had a groin injury, common among hockey players. But he had never felt groin problems at night before, and now the pain in his hip was waking him up. In his case, hip surgery was the solution. But Quinn recognizes that much of bone and joint health is within our control.

Being active and maintaining a healthy weight are two positive steps – and can go together, he says. "I'm a big guy, and maybe I could have lost some weight, but here's the thing. You can't work out because you're sore, and if you can't work it off, well your weight starts to climb. It's a cycle and it's frustrating."

Dr. Masri, head of orthopaedics at the University of British Columbia, notes that higher than normal weights (a body mass index of 40-plus) can significantly increase the odds of requiring either a hip replacement or a knee replacement.

"We all need to stay active and keep our muscles strong," says Dr. Masri. "Doing that doesn't necessarily mean you'll avoid surgery. But if you do need surgery, at least you'll be in the best shape possible."

People are living longer lives, says Quinn, but the goal should be to make those years productive by looking after our bodies. Satisfaction comes from being free to choose what makes us happy, he says, with no physical constraints.

"Wouldn't it be awful if we can't do that," Quinn asks, "because we didn't take care of ourselves? When you've got your health, you've got everything."



Dr. Bas Masri

Research Studies Pathways to Healing



Dr. Benjamin Alman

When people fracture a bone, suffer cartilage damage, or undergo a hip replacement, how do they heal best? Ideally, in cases of these and other orthopaedic conditions, patients recover normally and quickly. But that doesn't always occur. Complications can ensue, and recovery can be delayed. The continual challenge for orthopaedic specialists – find methods to improve treatment and ensure optimal healing.

Dr. Benjamin Alman of Toronto is exploring one way to do just that. His research, awarded the Foundation's prestigious J. Edouard Samson Award sponsored by Bayer HealthCare, is studying how signaling pathways are turned on and off in musculoskeletal (bones and joints) pathologic and reparative processes.

In normal human development, these pathways are turned on. Dr. Alman – Chair of Orthopaedic Surgery and Vice-Chair of Research, Department of Surgery at the University of Toronto, and Head of Orthopaedic Surgery at Toronto's Hospital for Sick Children – has tested drugs that are known to modulate the signaling pathways, and that could be modified for orthopaedic treatment.

Data has come mainly from animal studies, and the results are encouraging, to the point where Dr. Alman is starting clinical trials on a drug that could address bone tumours.

But his research has much broader implications, with the potential to identify treatments to improve the rate of fracture repair, make joints regenerate better, improve the cure rate for tumour surgery, and prevent excessive scar formation after surgery. Such treatments will reduce the complication rates of orthopaedic surgery, as well as get patients back to physical activities and work quicker.

"We're not just focused on one condition or one problem," says Dr. Alman, "but we're using this as a paradigm for looking at better treatment for many conditions."



Bayer HealthCare

Warm Up!

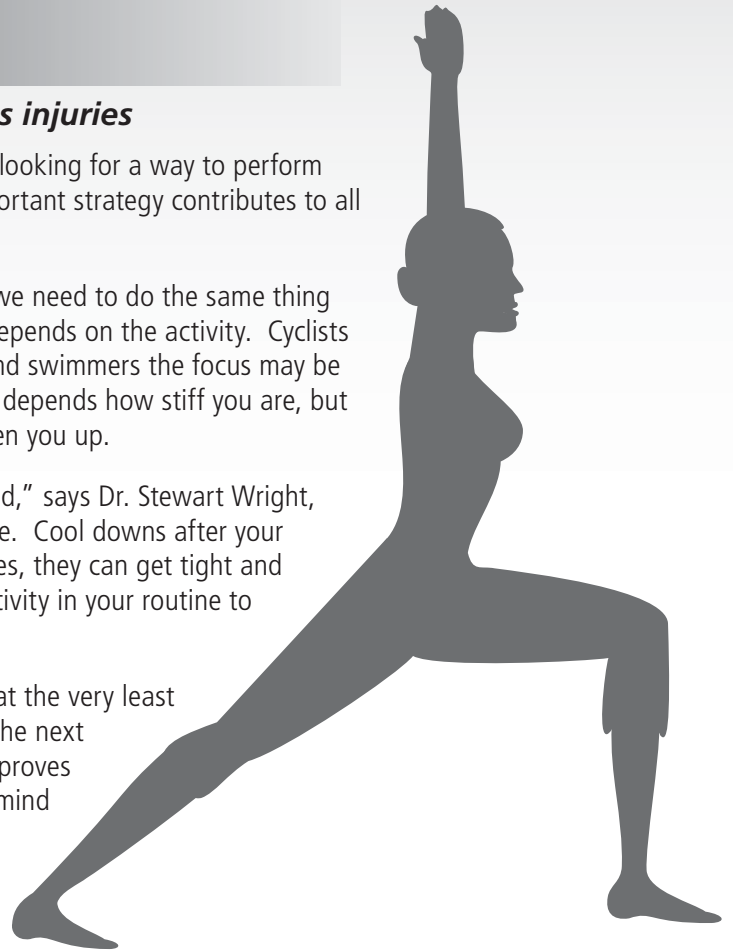
Just a few minutes boosts performance and cuts injuries

Whatever your favourite form of recreation, you're probably looking for a way to perform better, recover faster, and reduce your chance of injury. An important strategy contributes to all three outcomes: warm ups.

Before you take your car out, you let the engine warm up; we need to do the same thing with our muscles, joints and ligaments. The specific warm up depends on the activity. Cyclists want to stretch their thighs and leg muscles, while for golfers and swimmers the focus may be on shoulders and backs. How much prep time do you need? It depends how stiff you are, but just a few minutes will help get your blood flow going and loosen you up.

"Muscles just work better if they're warmed up and stretched," says Dr. Stewart Wright, Chair of the Foundation's Medical & Scientific Review Committee. Cool downs after your activity are just as important. "If you've overloaded your muscles, they can get tight and you can get cramps." Include a couple of minutes after your activity in your routine to stretch out the same muscle groups.

Several studies show that warm-ups decrease injuries, but at the very least stretching before and after recreation reduces muscle soreness the next day. The other reason to do it is performance. Warming up improves timing, gets the right muscles working and gets your body and mind on the same wavelength so you're ready for your activity!



Keep Your Head in the Game

Manage the risk, so you can keep your head, and the rest of your body, in the game!

Leading active lives requires that our minds are active, too, to maximally benefit from our activities and eliminate risk of injury. How? By playing smart, playing to your abilities, and playing safe.

This is especially important in strenuous activities and contact sports – think football and hockey. By taking proper preparations and making good choices, players increase their enjoyment and safety, which means they can stay in the game. Here are some tips to consider for your next game of pick up:

- Take time for warm-ups before and cool-downs after the game or activity, working on strength, flexibility and endurance exercises.
- Ensure that protective gear (helmet, pads, etc.) fits properly, especially as kids grow, and is in good condition. Use it in practices, and pickup games too.
- Learn proper techniques, whether knowing how to tackle in football, or keeping your head up in hockey. You'll improve your skills, and become more injury-resistant.
- Know the rules and show sportsmanship. Fair games are more enjoyable and reduce the chance you'll end up with your arm in a sling or leg in a cast.
- Before a game or practice, check the field or ice for damage or potential hazards.



Build & Keep
Healthy Bones
Because You Can!

Bone and Joint Health Information

Resources On the Internet

When you're concerned about any aspect of your health, the sheer amount of available information can be overwhelming – especially on the Internet. The Canadian Orthopaedic Foundation offers on-line resources specific to bone and joint health.

www.canorth.org

Canadian Orthopaedic Foundation
Fondation Canadienne d'Orthopédie

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VALUESADDED.CA

Got bones? Got joints?
Then you're at the right place! Whether you are an orthopaedic patient or professional, or someone concerned about your health or the health of your community, the Canadian Orthopaedic Foundation exists for you - for your bone and joint health now and in the future.

SHARE OUR PASSION
Join our mailing list dedicated to orthopaedic health. [Click here to register.](#)

Donate Now
through
CanadaHelps.org

Did you know ...?
• Some sources estimate that more than 90% of Canadians will require orthopaedic treatment in their lifetime.
• Canada's physical activity guidelines say that children need to be moderately or vigorously active for at least 90 minutes daily for health growth and development.
• Knee injury prevention alone could reduce osteoarthritis of the knee, and its future disabling pain, by at least 20 percent.
• Demand for new hips and knees will double within the next 10 or 15 years.

There are 206 reasons to get to know more about your musculoskeletal system – your bones – and they carry you throughout your lifetime. Whether you are an orthopaedic patient, or someone concerned about your bone and joint health or that of a loved one, the Canadian Orthopaedic Foundation's website houses informational resources to help people build, keep and restore their mobility.

Website features:

- Bone and Joint health education pages
- Overview of the musculoskeletal system
- Strains, sprains, bone diseases and more
- Following the orthopaedic care path
- Types of surgery and what to do before, during and after
- Diary template
- Patient stories

www.jointslikemine.com

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WALL of GOALS
Jaz's Goal: Daily Exercise
Marce's Goal: walk
Mike_rubbin's Goal: get out of hospital
Shapr's Goal: Run 10k
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Pain-Free Joint Challenge

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Do you – or someone you know – have joint pain and want to learn from others how they're managing?

JointsLikeMine.com is a new experiment in on-line communities. A "joint venture" between Genzyme BioSurgery and the Canadian Orthopaedic Foundation, JointsLikeMine is a community of people who are managing painful joints in a variety of ways. It makes it possible for people across the country to share their wisdom with, and learn from, others like them.

Website features:

- Ask the Expert
- Take the Joint-Pain Free Challenge
- Become a Champion and earn rewards
- Discussion forum
- Bone and joint health education pages
- Community blog

Hip Hip Hooray for Hip Hip Hooray!

After 17 years of celebrating mobility, the national *Hip Hip Hooray!* campaign – the walk for bone and joint health – draws to a close.

"It was a difficult decision for us," says Dr. Kevin Orrell, Chairman of the Foundation's Board of Directors. "Event-based fundraising is increasingly competitive and largely unpredictable – very tough with the current economic instability. We want to do right by our thousands of donors and volunteers to ensure costs don't eclipse results. We called the campaign to a close to ensure the very most possible of every donation is used for charity, rather than costs."

Will there be another national event in its place? Not for some time, says Dr. Orrell. In the unstable economy, the Foundation is developing lower-cost, more predictable fundraising strategies to keep strong the programs *Hip Hip Hooray!* made possible.

"The *Hip Hip Hooray!* campaign lives on in the legacy it created through millions of dollars in community care improvements, research and important patient-focused programs," says Dr. Orrell. "These programs will remain the core of the Foundation and form our future – we have *Hip Hip Hooray!* and the thousands of people who made it possible to thank. We're committed to strengthen those programs for the benefit of Canadians in improved bone and joint health."

There is much to celebrate about the history of this long-running event: 17 years, 84 cities, 200,000 donors, 50,000 walkers, 1,500 volunteers, over 500 supporting surgeons, and our national sponsor Pfizer Canada walking together to raise \$20 million in its lifetime. *Hip Hip Hooray!* – indeed!



Working for a healthier world™

www.pfizer.ca



Looking for information about bone and joint health or surgery?

Visit the Foundation's website www.canorth.org for essential information about health and prevention strategies, the most commonly performed surgeries, articles featuring actual patients, and much more.

We're continually adding new information to help people build, keep and restore their bone and joint health, and to aid patients and their families through their treatment. Check in often!



About the Foundation

The Canadian Orthopaedic Foundation is Canada's only health charity dedicated solely to 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 health difference for the benefit of patients.

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Fax: 416.352.5078

Website: www.canorth.org
Email: mailbox@canorth.org

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.



**Canadian
Orthopaedic
Foundation**

Are you newly referred for bone or joint surgery?

Still have questions? Ortho Connect is a free peer support program through which newly referred patients are matched with volunteers who have already undergone similar surgical treatment. Patients connect with trained volunteers by phone to learn a real-world patient view of what to expect from and how to prepare for their treatment. Ortho Connect helps patients to feel confident and informed about the orthopaedic treatment they will receive and how it will affect their everyday lives.



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.

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

Canadian Orthopaedic Foundation

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Registered Charity number: 89059 4740 RR0001

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OrthoLink

January 2009

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Our mission is to achieve excellence
in bone and joint health, mobility
and function for all Canadians through
the advancement of research,
education and care



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