



OrthoLink



A newsletter dedicated to bone and joint health

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Go to whenithurtstomove.org to learn more about your orthopaedic journey.

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Share our Passion and [Join our mailing list](#) to receive information on building and keeping your bone and joint health.

Message from Isla Horvath, Executive Director

There are many patients, surgeons, researchers and volunteers who make up the Canadian orthopaedic community and who contribute to the Foundation's mandate to enhance bone and joint health for Canadians. I have had the pleasure of meeting and speaking with many of them over the past few months, and their stories are inspiring. In this issue of OrthoLink you can read these inspirational stories:



- **Warren Richter**, after many surgeries, has returned to pain free movement to travel, ride his bike and tend to his large garden; he runs his own fundraising program in support of the COF.
- **Dr. Jessica Page** works on a special project in Calgary which introduces arthroplasty to high school students - live!
- **Sherry Bassin**, who proudly tells that he has had 3 hip and 2 shoulder surgeries, thanked his surgeons by hosting the 5th annual Bad to the Bone golf tournament in support of the COF.
- **The Wright Family**, representing three generations of orthopaedic surgeons, made history by contributing the first major gift to our new campaign.
- The team at **Bone and Joint Canada** (a division of the COF) is bringing a new program from Denmark to help those with hip and knee osteoarthritis.

I'm proud of the accomplishments of the COF, and grateful to those who make them possible. I hope you enjoy reading about them in this issue.

Lead donor signs on to support *Powering Pain Free Movement*

We are pleased to announce that the first donation to our Powering Pain Free Movement campaign has been committed. The Wright Family Legacy is a \$25,000 donation that kicks off the program.

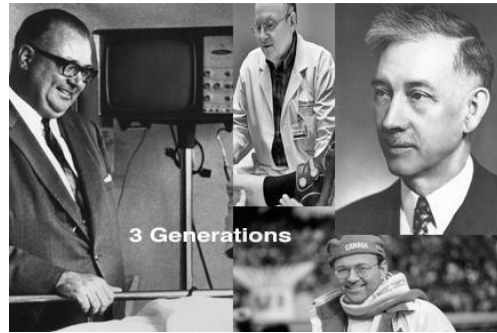
Powering Pain Free Movement is a campaign aimed at growing our revenue base and enabling us to invest additional funds in research, while we continue to provide educational and support programs for patients. The program has 2 components: industry support, and individual/surgeon support.

The case for the campaign is simple: Advances in orthopaedic surgery, care and treatment rely on a strong, vibrant research base. With shrinking funds available for research from governments and industry, the COF must address this need. As the charitable Foundation of the Canadian Orthopaedic Association the COF has strong relationships with orthopaedic surgeons and researchers across the country. Much has been achieved since our first research grant was awarded in 1967, but much remains to be done. The COF is in a pivotal position to ensure the continuation and growth of orthopaedic research in Canada. Each year, there are more qualified research applications submitted to our Review Committee than there are funds available. Quite simply, the Canadian Orthopaedic Foundation is well-positioned to advance orthopaedic research, enhance education and support patient care.

The Wright family has been involved with the COF for many years. Drs. Charles Stewart Wright I, II and III and Paul Wright are long-time supporters. The Wright family immediately saw value in lending their support to *Powering Pain Free Movement*.

In confirming the legacy donation, Paul says, "Our family has been dedicated to the COF for five decades. Philosophically it is one of the few foundations targeted at helping Canadians during the 'prime of their lives.' Our entire family wanted to make a lasting gift with this named donation." Contributing to the fund along with brothers Paul and Stewart are their sister, Nancy, and mother, Jean.

The COF Board is most grateful to the Wright family for contributing this legacy gift, and kicking off the *Powering Pain Free Movement* campaign.



Three generations of orthopaedic surgeons: Charles Stewart Wright I, II, and III, and Paul Wright.

Bad to the Bone golf tournament supports bone and joint health

The fifth annual Bad to the Bone Charity Golf Classic held on June 13 at Wooden Sticks Golf Club was by far the most successful to date, bringing together more than 100 golfers and raising a total of \$110,000.

Host Sherry Bassin, well-known hockey executive, was delighted to welcome so many industry leaders, hockey fans, surgeons and hockey celebrities to the event. Golfers enjoyed a great day on the course, barbecue lunch, and evening banquet. Best of all, each foursome had a chance to play with hockey celebrities.

[Click here](#) to read more about the golf tournament.



Warren Richter: world traveller, orthopaedic patient, and COF supporter

When you first talk to Warren Richter from Pembroke, ON, you would not guess that he has suffered from rheumatoid arthritis for many years, and has had a total of 7 orthopaedic surgeries. This energetic, upbeat man has handled a total hip replacement, plus two revisions, and more with grace and good humour.

Warren says he owes his good health and mobility to his orthopaedic surgeon, Dr. Alan Giachino, now retired. He says, "Because of my surgeon I can ride my bike, grow a large garden, walk, travel and much more."





Since his last surgery, travel has played a large part in Warren's life. He and his wife of 56 years, Norma, have travelled extensively through Alaska, Mexico, Jamaica, and the US, and have stayed in all of Canada's provinces, including the Yukon and Northwest Territories. In 2010, Warren and Norma hiked 15 km up a trail in Denali Park in Alaska, where he stopped to take a photo of a Dall sheep. In recognition of the exceptional care he received, Warren framed the photo and presented it to Dr. Giachino - a very fitting photo location from a man who once had too much pain to walk, never mind hike, 15 km.

Read Warren's full story [here](#).

COF awards Bones and Phones Scholarship: Direct from the Operating Room

The Canadian Orthopaedic Foundation awarded its Bones and Phones Scholarship award this spring to Dr. Jessica Page from the University of Calgary for a project which introduces live broadcasts of total knee arthroplasty to high school students.

"Direct from the Operating Room" provides students with a real-time peek into the world of surgery. Students attend a live broadcast shown at the Telus SPARK Science Centre in Calgary. The surgery is video-streamed from the operating room at Rockyview General Hospital. The surgeon narrates the steps of the procedure and answers questions from the students. Students learn about musculoskeletal health and health-care based careers.

Founded by Dr. Veronica Wadey and Mr. Henry Chow, the Bones and Phones Legacy Scholarship Fund recognizes orthopaedic residents who have demonstrated commitment and contribution to enhancing musculoskeletal health beyond that which would be expected during their residency training period.

To read more about "Direct from the Operating Room" [click here](#).

Celebrate pain free movement with *Hip Hip Hooray!*

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, SK

An in-person walk will be held in Saskatoon on October 1. This 1 km walk is a short walk celebrating people's return to pain free movement. 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

Across the country, people can take part in a virtual walk. Register, and we'll send you a pedometer. Join us from October 17 - 21 as we log our steps together. Individuals can participate, organizing their own personal week long movements.

Surgeon teams, raise funds for your programs

A special opportunity is offered to surgeon teams. Groups of five or more can register to track their steps together. Prizes will be awarded 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.

[Click here](#) to learn more about HHH and how to register.



COF/BJC bring GLA:D® to Canada

Good Life with osteoArthritis in Denmark (GLA:D®) is an 8-week education and neuromuscular exercise program for individuals with hip or knee osteoarthritis (OA). The program in Denmark has shown to decrease pain, improve physical function and increase levels of physical activity. The GLA:D® program is being adapted in a Canadian context through GLA:D Canada™. The program measures participants' symptoms and physical activity levels at one year post-program. Individuals with early or late stages of OA are suitable for the program. GLA:D Canada™ is provided by certified therapists who complete a two-day training course.



GLA:D Canada™ has been licensed to the Canadian Orthopaedic Foundation through its division Bone and Joint Canada. The program is currently being launched in Ontario (with funding from the Ontario Trillium Foundation) and Alberta. Plans to roll out the program nationally are being made. For more information, visit our website: www.gladcanada.ca or contact Rhona McGlasson at rhonaamcglasson@gmail.com.

COF presentations at COA Annual Meeting

The Foundation had an opportunity to present three awards at the annual meeting of the Canadian Orthopaedic Association in Quebec City, June 16 - 18. We want to share with our readers these photos, capturing special moments for the Foundation:



Dr. Geoffrey Johnston, President of the COF, presents the CORL research award to Dr. Ivan Wong, Halifax, NS. Award supported by Zimmer Biomet.



Dr. Pascal-André Vendittoli, Montreal, QC, recipient of the COF's prestigious J. Edouard Samson Award, presented on his research. Award supported by Bayer.



Dr. Geoffrey Johnston presented the Bones and Phones Scholarship award to Dr. Jason Werle, accepting the award on behalf of award winner Dr. Jessica Page, who was unable to attend.

The COF was pleased to have these opportunities to highlight our programs and to recognize award recipients at this premier national orthopaedic conference.

Photo credit: Annie Simard Photo www.anniesimardphoto.com

Simple activities can maintain bone and joint health

No matter what your age, being active, maintaining an appropriate body weight, and building strength are the foundation for healthy living in general - and that includes your bones and joints.

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? [Read more](#).

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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