



# OrthoLink



Canadian  
Orthopaedic  
Foundation

A newsletter dedicated to bone and joint health

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## Free Patient Resource



Sign in to  
[OrthoConnect.org](http://OrthoConnect.org)  
to learn more about your  
orthopaedic journey  
1-800-461-3639 ext 222

Join Our List

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**2015 Bad to the  
Bone Charity Golf  
Classic**

# Invitation

## ***We welcome our new Executive Director, Isla Horvath***

Let me introduce myself: my name is Isla Horvath and I'm delighted to have been appointed as the new Executive Director of the Canadian Orthopaedic Foundation (COF). I have been working in the charitable health sector for more than 20 years and am passionate about contributing to the health of Canadians.

Previously, I worked with the Huntington Society of Canada (helping those with Huntington Disease) and the Canadian Foundation for Dietetic Research (funding nutrition research).

I am thrilled to be working with the staff, Board of Directors and volunteers of the Canadian Orthopaedic Foundation to help people to build, maintain and restore their bone and joint health.

I welcome an opportunity to connect with you. Please feel free to contact me at [isla@canorth.org](mailto:isla@canorth.org), or phone 416-410-2341 ext. 225.



## **In Memorial of Dr. Cy Frank**

We were deeply saddened by news of the sudden passing of Dr. Cy Frank, long-time director of the Canadian Orthopaedic Foundation, on Thursday, March 5. As an orthopaedic surgeon and research scientist, he was tireless in his efforts to improve access to care for Canadian patients with musculoskeletal disorders. He will be deeply missed and well-remembered by all who knew him.

[Read more>>](#)

## **Stop Smoking before Surgery**



**Monday, June 8, 2015**  
**Wooden Sticks**  
**Golf Club**  
**40 Elgin Park Drive**  
**Uxbridge, Ontario**

The event is hosted by Canadian Hockey Legend, **Sherry Bassin**, who brings along a roster of NHL and VIP players. Meet **Tie Domi** and others. Chat with **Connor McDavid**, one of the hottest new NHL draft picks.

**NEW THIS YEAR:**

Bid on a chance to play 6 holes with Connor McDavid, and spend some time getting to know him as you make your way around the course.

Celebrate your mobility by joining us in Uxbridge, ON for a day filled with philanthropy, fun, food and entertainment as we hit the links at the beautiful Wooden Sticks Golf Club. For more information, or to register:

[www.badtothebonegolf.org](http://www.badtothebonegolf.org)

Quitting smoking six weeks before surgery has significant positive impact for bone and joint surgery patients. It's not easy - most people make several attempts before quitting for good. Each attempt should be looked at not as a failure, but as a success. If stopping smoking before your surgery results in you stopping for good, you will have done the best thing possible for your future health. For support with quitting smoking, call 1-800-461-3639 ext. 222.

Learn more about the benefits of stopping smoking before surgery:

- [Reduced wound infections](#)
- [Smoking and risk of surgery](#)
- [Breathing problems](#)
- [Heart problems](#)

## Importance of Physiotherapy following Hip Replacement Surgery

Physiotherapists provide assessment, diagnosis, treatment and education for conditions that affect the structure and/or movement of the human body. **What is it and why is it so important?**

[Read more >>](#)

## What your Surgeon needs to know - Foot & Ankle

It's important to prepare for your initial appointment with your orthopaedic surgeon to discuss your treatment options. Preparing for your appointment will help you make the most of the time available. If you have a number of different health problems, you will need to coordinate the information about your care.

[Read more >>](#)

## Arthritis and Knee Surgery

Arthritis is a chronic disease which occurs in about 100 different forms and affects about four million Canadians today. When a person has arthritis, joints and surrounding tissues, such as muscles or tendons, often become inflamed. Inflammation is the body's reaction to illness or injury, which can cause pain, swelling, redness or heat in certain areas, such as a joint.

[Read more >>](#)

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## Help to support the gift of mobility.

All patient programs and resources are produced free of charge by the Canadian Orthopaedic Foundation. It is through your kind generosity that we are able to offer these much needed resources to thousands of Canadians. Your joining the monthly giving plan enables the Foundation to plan in advance allowing us to deliver the best tools and resources month after month. Please give generously to help thousands of Canadians cope with and recover from their orthopaedic journey.

Make your monthly or one-time donation by clicking the link below. Thank you for your important contribution. **Your donation matters.**

We thank donors who have made donations in Dr. Cy Frank's honour supporting his passion for Canada's Bone and Joint Health.



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