

## Note from Executive Director



Ms. Angelique Berg

Welcome to the first issue of Ortho Link a newsletter for those interested in building and keeping their bone and joint health - for your-

self, your family, or your community. Our bones and joints support our bodies and enable us to do all we love to do, as independently as we can. Sometimes, we don't fully appreciate how important this fundamental body system is until our pain-free existence or our mobility is interrupted.

No matter who you are - a young person building your bones, a parent nurturing children, an avid sports person, or a senior wanting to maintain your freedom of movement - Ortho Link is for you.

Ortho Link provides information on bones and joints; issues affecting orthopaedics such as wait times, research, new procedures or technology; patient stories; and about the Canadian Orthopaedic Foundation's programs to help people build and maintain their bone and joint health.

We hope you enjoy this inaugural issue in which we introduce the Foundation's programs and provide some timely tips for your lifelong bone and joint health. Happy reading!

# Hip Hip Hooray!

Thank you for attending the 2007 Hip Hip Hooray! event in your community. If you weren't able to join us, we hope you'll save the last Sunday in May for the 2008 Hip Hip Hooray! campaign.

Hip Hip Hooray! is the Canadian Orthopaedic Foundation's flagship fund-raising program, and is a short walk symbolic of orthopaedic patients' return to mobility. It's also an ideal way to focus attention on the benefits of orthopaedic surgery and the need for lifelong bone and joint health.

Proceeds from Hip Hip Hooray! fund key orthopaedic research initiatives; promote orthopaedic health through education around diagnosis, treatment and prevention; connect patients with each other through our peer support program, Ortho Connect; and support community care by making equipment and services available where it's needed most.

Hip Hip Hooray! is a fun opportunity to celebrate what patients, surgeons and health care professionals have accomplished, and what we can look forward to in the future: excellence in bone and joint health for all Canadians.

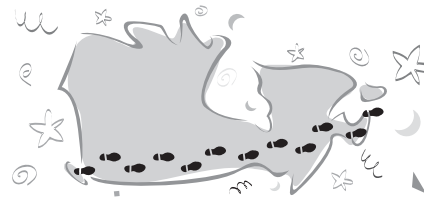
Join us on Sunday, May 25, 2008, dates in some communities may differ, for Hip Hip Hooray!

No event in your community? Call us at 1-800-461-3639 for information on

how to bring the campaign to your city in 2008!

Visit [www.hiphiphooray.org](http://www.hiphiphooray.org) to learn more about Hip Hip Hooray!

# HIP HIP HOORAY!



## Celebrate Your Mobility



## Patient Perspective:

### "Iron Man" Bounces Back from Osteoarthritis

Stelios Chrysochou of Newmarket, Ont. is a man on the move. In 2006, he completed a half-Marathon (21.1 km), a half-Ironman Triathlon (2 km swim, 90 km cycle, 21.1 km run), and a full distance Ironman Triathlon (3.9 km swim, 180 km bike, 42.2 km run). An impressive feat any time, and one that seemed impossible just a year earlier, when Chrysochou couldn't even bend to tie his shoes.

"I was in constant pain," says Chrysochou, 44, who was diagnosed with osteoarthritis in his left hip at 34.

Though he had been a runner, cyclist and skier, Chrysochou had to abandon those pursuits. Eventually, he couldn't lift his leg more than six inches without feeling pain. Getting in and out of the car was "agonizing", he says. He was taking quadruple doses of ibuprophen nightly to sleep. And he found it hard to keep up with his son Nicholas, now 7.

"The pain drains you. I was exhausted every day," Chrysochou says. By the summer of 2004, he had had enough: "This was a quality of life issue."

For younger people like Chrysochou who require a hip replacement, odds are that the new hip will wear out and itself need to be replaced one day. Instead, he had a hip resurfacing. The head of the femur is retained, and shaped to accept a metal sphere (no large stem to go down the central part of the femur). The surface of the socket is replaced with a metal implant, which fits directly into the bone. The resurfacing components produce a low-friction finish, and minimal wear.

Chrysochou had the resurfacing in February 2005 at St. Michael's Hospital in Toronto. When he awoke after the procedure, he was struck by a new sensation - no pain in his hip. In two weeks he was getting around with a cane, and two months post-op he had joined a cycling club.

Itching to use what he calls his "newfound powers", he set his sights on completing the half-Marathon, and Ironman Triathlon competitions. And he's not done yet: "I told my son we're going to do Triathlons together."

Chrysochou is grateful for the research that led to an innovation like hip resurfacing (his implant has only been around 10 years), and commends the Canadian Orthopaedic Foundation for their efforts to further advances in orthopaedic care and support.

"The implant has changed my life completely. I'm fit again. I have no pain. I can play for hours with my son. I feel more alive today than I have my entire life."

## Tips for bone and joint health:

### Getting Your House in Shape Shouldn't Put You Out of It

By Stuart Foxman

Every year, this spring activity puts thousands of Canadians on the shelf with sprains, strains, and assorted aches and pains. Golf? Baseball? No, spring cleaning.

Tidying up your home and yard? All that bending, lifting, climbing and stretching can pose a threat, says the Canadian Orthopaedic Foundation - especially if you don't take the proper precautions.

"Spring cleaning can flare up underlying conditions, or cause other injuries, not just because it's physically demanding, but because it's something you don't do regularly," says Dr. Doug Kayler, a Winnipeg orthopaedic surgeon.

He says back spasms, wrist and shoulder strains, and microtears of muscles and ligaments are all real concerns. To prevent such mishaps, the Canadian Orthopaedic Foundation offers these tips.

- Don't overdo it. The basement didn't get filled with clutter overnight, so you don't have to clean it all in one day. Pace yourself, especially if you've been relatively inactive during the winter. Get help moving heavy objects. And avoid what Dr. Kayler calls the "lazy man's load", where you carry too much to avoid an extra trip. "You can easily strain something, or lose your footing and fall," he says.
- Use proper techniques when bending or lifting - keep feet shoulder-width apart, bend at the knees, keep stomach muscles tight, lift with your leg muscles, and keep objects close to your body.
- When you have to reach that top shelf, use a step stool instead of a chair or couch. If you're using a ladder, ensure it's on a firm and level surface; in the spring, the ground outside can be soft or wet.
- Even simple movements can cause injury. Stay aware of repetitive motions - like stacking boxes or raking - and take breaks. Instead of over-reaching or twisting your body awkwardly, stop and move closer to the task at hand.

While you're getting your house in shape, spring is also a perfect opportunity to get your body in shape, adds Dr. Kayler

"Do a physical assessment," he says. "What's the state of your joints? What's your fitness level? Are your shoulders and knees wearing out? Spring is a great time to commit to being active and mobile."

More information on keeping your bones and joints healthy is available online at [www.canorth.org](http://www.canorth.org).



# Celebrating our volunteers

Canadian Orthopaedic Foundation volunteers are the face of the Foundation in the community.

Our dedicated *Hip Hip Hooray!* volunteers raise funds and act as guardians for the investment of those funds in their communities. Our Ortho Connect volunteers are helping patients to feel confident and informed about their upcoming surgery.



Orthopaedic surgeons, and other healthcare professionals, lend us their wisdom and experience in the development of various programs and services.

The Foundation is proud to have them working along side us to achieve excellence in bone and joint health, mobility and function for all Canadians.

To learn more about volunteer opportunities with the Foundation check the Volunteer page on our website at [www.canorth.org](http://www.canorth.org)



## ARE YOU NEWLY REFERRED FOR BONE AND JOINT SURGERY?

Do you still have non-medical questions after seeing your surgeon? Ortho Connect is a 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 their treatment. Ortho Connect helps patients to feel confident and informed through greater understanding of the orthopaedic treatment they will receive and how it will affect

their everyday lives. Best of all, Ortho Connect is FREE!



Interested in the Ortho Connect program? Call **1-800-461-3639**, send an email to [mailbox@canorth.org](mailto:mailbox@canorth.org), or visit our website at [www.canorth.org](http://www.canorth.org), click on Patient Resources then Ortho Connect.



### Looking for information?

Visit the Foundation's website [www.canorth.org](http://www.canorth.org) and click on Patient Education or Patient Resources to find essential information about the most commonly performed surgeries, complemented with articles featuring actual patients. We're continually adding information to help patients and their families to understand what to expect so that they feel more at ease with the treatment they will receive.



### About the Foundation

The Canadian Orthopaedic Foundation is Canada's only health charity dedicated solely to helping people maintain and restore their 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 healthy difference for the benefit of patients.

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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 4

### 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:

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# MAKE A DONATION [ Visit [www.canorth.org](http://www.canorth.org) for on-line donations ]

Make a one-time donation to support orthopaedic care in your community, or request information on becoming a monthly supporter or joining us as a volunteer. Please fill out the form below and mail or fax to the Canadian Orthopaedic Foundation. Call in your donation to extension 4 at our main number - please have your credit card information ready.

The Foundation is now capable of receiving on-line donations through its website, [www.canorth.org](http://www.canorth.org)

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Keep my contact information on file to receive news about Foundation initiatives and orthopaedic care in Canada

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Please send me information about:  Monthly donations  Bequests  Becoming a Volunteer

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