



OrthoLink



A newsletter dedicated to bone and joint health

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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 Executive Director and CEO

As we approach the end of the year, no doubt some people are already thinking about resolutions for the new year. For many, quitting smoking is a top priority. For those preparing for orthopaedic surgery, this is even more important. In this issue of *Ortho Link* we share information about the benefits of stopping smoking prior to surgery, highlight one clinic that prescribes to the COF "Stop Smoking" program, and recognize a champion of the program.

We're also pleased to share with you some of our successes over the last few months, and recognize some of our major contributors. We hope there is something for everyone in these pages.

As we wind down for the holidays, we send you season's greetings and wish you all the best in 2019.

Isla Horvath



Seasons Greetings

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As the holidays approach, 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 2019.



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

Stop smoking for surgical success

The evidence is in: stopping smoking prior to orthopaedic surgery has a positive impact on surgical outcomes and healing. Consider these facts:

- Bone and joint surgery patients who smoke are exposed to far more surgical risk and see decreased surgical outcomes.
- Smoking interferes with the cells needed to repair bone, so that smokers are less able to heal after bone surgery.
- In back surgery, the failure rate for spinal fusion is twice as high in smokers as in non-smokers.
- Smokers have a worse outcome one year after a knee ligament repair, have more pain, poorer knee function, and are less likely to be able to return to sports than non-smokers.
- Smokers are up to six times more likely to have a wound infection after surgery.

Quitting smoking six weeks prior to surgery has significant positive impact for bone and joint surgery patients. If you, a patient or family member are considering orthopaedic surgery in 2019, now is the time to consider stopping smoking.

The COF can help. Refer to our Stop Smoking brochure in our [virtual library](#).

Encouraging patients to stop smoking: one clinic's perspective

The clinicians at the Sunnybrook Holland Centre have been actively promoting smoking cessation for several years. Patients who smoke are given the COF's Smoking Cessation brochure.

Jan Flynn, an RN in the Pre Admission Clinic says, "The COF program and literature make it easy to start the dialogue. Patients are often surprised to find out the benefits of quitting or cutting down, even for a short time, to promote a successful surgical outcome. Having surgery is a powerful motivator. They want to do well and be active again and they don't want complications. Quitting or cutting down improves blood flow, oxygenation and nutrients to their surgical site. This promotes healing of bone and tissue and reduces the risk of infection. This message is a little different than the one they usually hear....and can empower them to try! We know it's not easy, so we immediately refer our patients to Smoker's Helpline for support."

Orthopaedic clinics can order free copies of the COF's brochure as an easy way to introduce the message of stopping smoking prior to surgery. It only takes an additional couple of minutes during a pre-op visit, and can have very positive results.

To order copies of the brochure, or to see the on-line version, visit our [virtual library](#).

This initiative was made possible through an Educational Grant by Pfizer Canada Inc.



Smoking Cessation Champion: Dr. Beverly Bauer



*Dr. Beverly Bauer and COF CEO
Isla Horvath*

For many years, Dr. Beverly Bauer has been a champion of the COF's program to encourage smoking cessation for surgical success. As a leader on the Champix® medical quit smoking aid portfolio at Pfizer, the COF contacted Dr. Bauer for some insight into the science behind the positive effects of quitting smoking on recovery from surgery. Working with COF staff, Dr. Bauer designed a presentation for clinicians, showing why smoking cessation is especially beneficial for orthopaedic patients.

Dr. Bauer and COF staff visited hospitals, speaking to orthopaedic clinic staff about the positive impact of quitting smoking on their patients. She helped to design the brochure which is now available to all orthopaedic clinics to assist in their patient education, and has continued to be a champion of the cause for the past 4 years.

Says Dr. Bauer, "I know the science - the evidence that proves the positive effect of stopping smoking prior to orthopaedic surgery. I am a firm believer that this one step will help in the promotion of faster, better healing."

Dr. Bauer will retire from Pfizer at the end of this year. We take this opportunity to thank her for her dedicated support of the COF's smoking cessation program.

COF Presents Two Community Innovation Awards

The Canadian Orthopaedic Foundation announced the approval of two awards under its Community Innovation Awards competition in October 2018. The awards celebrate community-based surgeons and research studies dedicated to improving patient care or musculoskeletal health in their community.

Using patient reported outcomes and mobility monitoring to optimize hospital care for patients undergoing knee arthroplasty - Dr. Scott Wiens,

Dr. Wynand Wessels, Dr. Elroy Campbell, Dr. Jean Gelinus, Grande Prairie, Alberta

For details about the research project, click [here](#).

Smoking Cessation prior to Elective Surgery: Quality Improvement in a Centralized Intake Clinic Model - Assessment to Implementation -

Dr. James McInnes, Victoria, BC



Dr. Scott Wiens



Dr. James McInnes

See details of Dr. McInnes' project [here](#).

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, that would benefit from some much-needed funding. Dr. Rick Buckley, Chair of the COF Research Committee, says, "This competition enables us to fund some community-level research that otherwise might not be funded. The COF is filling a gap in the orthopaedic research environment with this competition, and we're pleased to be able to fund these projects, which will have a direct impact on patients.

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.

Call for applications: Bones and Phones Legacy Scholarship Award for residents

The Canadian Orthopaedic Foundation is pleased to announce that applications are now being accepted for the 2019 Bones and Phones Legacy Scholarship Award for residents.

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.

A scholarship of \$1000 will be awarded to an orthopaedic resident in his or her second to last year of clinical training who is a member of the Canadian Orthopaedic Association 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 *Hip Hip Hooray!* program. An in-person walk in Saskatoon on September 29 with support from Drs. Bill Dust, Geoff Johnston, Anthony King, Trevor Loback, Ian Lutz, Jeff McKerrell and David Sauder and their patients raised over \$21,000.

Walkers tracked their steps and lined up pledge support across Canada in the Pedometer Challenge, October 15-19 and raised over \$20,000. Surgeon teams from Sunnybrook Health Centre, St. Michael's Hospital and Banff Sports Medicine participated, along with Industry Team Zimmer Biomet, and individual walkers. Big winners from the virtual event are:

Top Surgeon Fundraiser: Dr. Jim Waddell

Top Individual Fundraiser: Judith Hall-Patch (Courtenay, BC)

Most team steps: Banff Sports Medicine Blazers

Funds raised support the COF's national programs in orthopaedic research, education and care, and 4 community projects across the country. Thanks to all donors and participants.

Recognizing major donors



Dr. Veronica Wadey

On October 25 COF Directors hosted an intimate reception for donors and friends and used the opportunity to recognize some special contributors.

Awards were presented by COF President Dr. Pierre Guy.

Dr. Veronica Wadey was on hand to accept a recognition plaque for establishing the Bones and Phones Resident Scholarship. Dr. Wadey and her husband, Mr. Henry Chow, established the program, which recognizes 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. Read about the [NYOTA](#) project of Dr. Supriya Singh, the most recent Bones and Phones scholarship recipient.



Laban Cook,
DePuy Synthes

President Dr. Pierre Guy told attendees about the increasing growth of the COF's research program, thanking surgeons, individual donors and industry for making the program possible. In particular, Dr. Guy noted that one of the programs that made a major impact in the COF's success was 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.



Jim Wilson, Wright
Medical Technology Inc.

The COF is grateful to all 2018 *Powering Pain Free Movement* partners.

Benefactor:



Leader:



Supporters:



COF Annual Report: Read about our year

"As I complete my term as President and Chair of the Board of the Canadian Orthopaedic Foundation, I must say, these 4 years have gone quickly. Much has been accomplished by the COF, with the past year being particularly positive." So begins our 2017-18 Annual Report. The words were written by Past President Dr. Geoffrey Johnston, reflecting on his last year as President of the Foundation.

Did you know that our research program grew, for the second 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 helped more than 600 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 2018 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; 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
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