



# OrthoLink



A newsletter dedicated to bone and joint health

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## Free Patient Resources



Go to [whenithurtstomove.org](http://whenithurtstomove.org) to learn more about your orthopaedic journey.

## Keep Current

Share our Passion and [join our mailing list!](#) You will receive our newsletter, *OrthoLink*, written for people

## Message from the Executive Director and CEO

The past few months have been busy ones for the Canadian Orthopaedic Foundation. Our Research Review Panel was busy adjudicating the applications for our inaugural Community Innovation Awards, and as I write this message, they have begun reviewing research applications for our CORL and Samson competitions. Trained Ortho Connect volunteers were actively working with new orthopaedic patients, reaching out to offer them tips and comfort. Our GLA:D™ Canada team was working hard to lead training sessions in Waterloo, Ontario, St. John's, Newfoundland, and Calgary, Alberta, certifying health professionals to offer the course designed for those with osteoarthritis. Groups across the country were fundraising and counting steps in our *Hip Hip Hooray!* pedometer challenge, and a volunteer group organized an in person walk in Saskatoon. Busy times indeed!



The COF Board of Directors took a break from working sessions for a team picture. Find out more about our Directors on our [website](#).

One of our busiest groups this fall was our Board of Directors. This critically important team of surgeons and other professionals gathered for the day at the one in-person meeting held annually. The Board focused on strategies for the

coming year - strategies for our programs of research, education and care, and strategies for raising the funds necessary to put them into action. It was an intense but invigorating day, and it is a pleasure to work with this inspired and inspiring team.

interested in building and keeping their bone and joint health, and other information on events, activities and programs that support our mission.

As the year draws to an end, I want to thank ALL of the busy people working hard to make the Canadian Orthopaedic Foundation an effective and successful organization. Best wishes to all for peace, health, and all that is important to you in 2018.

*Isla Horvath*

## COF announces first Community Innovation Awards

New this year, the COF's Community Innovation Awards celebrate community-based surgeons and research studies dedicated to improving patient care or musculoskeletal health. The first two awards of \$15,000 each were granted in November, as follows:



**Dr. Olivia Cheng, Collingwood General and Marine Hospital, Collingwood, Ontario:** *"Telemedicine is effective in the reduction of patient care costs for hip fracture patients"*

Dr. Cheng and her team will investigate the use of telemedicine for uneventful orthopaedic follow up appointments amongst local orthopaedic surgeons and local hospitals to decrease the cost associated with travel.

**Dr. Kevin Koo, Markham Stouffville Hospital, Markham, Ontario:** *"Impact of an orthogeriatric collaborative care model for older adults with hip fracture in a community hospital setting"*



Dr. Koo's research team hypothesizes that the systematic implementation of principles of geriatric care through an orthogeriatric collaboration model improves process and outcome measures in hip fracture care in a community hospital setting.

The Community Innovation Awards competition fills a gap in the research landscape in Canada, encouraging community orthopaedic researchers to bring their research ideas to fruition. We congratulate Drs. Cheng and Koo, and look forward to hearing the results of their projects.

*The inaugural Community Innovation Awards competition was made possible through our Powering Pain Free Movement campaign, with special support from Zimmer Biomet.*

## GLA:D™ Canada research results published: 40% improvement in OA pain

In 2016 the Canadian Orthopaedic Foundation introduced GLA:D® to Canada. Good Life with osteoArthritis in Denmark is an education and exercise program designed for those with hip or knee osteoarthritis (OA). Following more than 7,000 patients in Denmark, the program designers were able to prove that GLA:D® had a positive impact on those with OA.



The COF, through its division Bone and Joint Canada, has been rolling out the program in Canada, hoping to achieve similar positive results. Researchers have been gathering and analysing data and have just had their pilot implementation results published in the journal [Osteoarthritis and Cartilage](#). And those results are impressive:

- 40% improvement in pain
- 24% of patients reported increased physical activity
- 99% of participants indicated they benefited from the program
- 90% reported using the knowledge they gained in the program daily

Indeed, the researchers conclude, implementation of the Danish program in the Canadian context is feasible and effective.

Participants in the GLA:D™ Canada program receive two education and 12 exercise sessions, aimed at incorporating strategies for pain free movement into their everyday lives. To date,

more than 50 clinics across Canada are certified to deliver the GLA:D™ Canada program. To find a clinic, [click here](#).

The COF is grateful to the Ontario Trillium Foundation for funding to launch the GLA:D® program in Ontario.

### Volunteer Extraordinaire: Foster Finell celebrating 20 years

Foster Finell well knows the challenge and the drive to regain mobility. Always active, Foster is a farmer from Ponteix, Saskatchewan and an avid golfer. In December 1995 he was seriously injured in a head-on collision. The accident left him with a displaced hip that ultimately required replacement seven months later.

He credits his full recovery to a positive attitude and dedication to exercise therapy. "It was a full year from the date of my accident - almost to the day - before I was back to work full-time. It's hard work."

To celebrate his return to mobility and to say thanks for the orthopaedic care he received, Foster held a fundraising golf tournament in his home town, inviting friends and family to enjoy some golf, supper and time together, all for a good cause. Twenty years later, Foster's annual golf tournament is still going strong, and he's raised approximately \$28,000 for bone and joint health.

The COF was pleased to honour Foster at this year's Saskatoon *Hip Hip Hooray!* and presented him with a plaque in recognition of his contribution.

Thank you, Foster, for 20 years of volunteering for and supporting the Canadian Orthopaedic Foundation.



Foster Finell accepting his plaque from Dr. Geoffrey Johnston and Dr. Jeffrey Mckerrell.

### Hip Hip Hooray! raises over \$22,000 in Saskatoon

On Saturday, September 30, orthopaedic surgeons, grateful patients and their families from across Saskatchewan met at The Bentley Saskatoon Retirement Residence to help raise funds for the Canadian Orthopaedic Foundation through their annual *Hip Hip Hooray!* Fun Walk.

The warm fall weather brought out a record number of participants, who helped raise over \$22,000 in support of bone and joint health. Congratulations to this year's top fundraisers: **Dr. Jeffrey Mckerrell**, who with the help of his wonderful patients was this year's top surgeon fundraiser; and **Foster Finell** and **Nellie Funk**, this year's top patient fundraisers. Funds from this year's event will be gratefully used to support the COF's national programs as well as to support Saskatoon's Orthopaedic Division's ongoing participation in multiple orthopaedic research projects.



Nellie Funk & Team Bees Knees



Doreen Erskine & Gwen Boivin with Dr. Bill Dust

Thank you to the **The Bentley Saskatoon** for their warm hospitality, and to the local businesses that supported the event with prize donations - **Boston Pizza** Nelson Road, **The Centre Mall** and **Sobey's** Preston Crossing.

On behalf of our Board and staff, we extend a heartfelt congratulations and thank you to all the volunteers, surgeons, patients and their families who contributed to the success of this year's event. Our collective efforts advance the COF's mission to improve bone and joint health in communities across the nation.

Save the Date: Next year's *Hip Hip Hooray!* Fun

Walk will take place at The Bentley on **Saturday, September 29, 2018**. We look forward to seeing you there!

### **Hip Hip Hooray! Pedometer Challenge raises \$24,000**

From October 16 - 20 several teams and individual walkers participated in our virtual walk, collecting pledges and counting their steps - all to benefit orthopaedic health.



Top fundraising team was **No Bones About It** captained by Dr. James Waddell (St. Michael's Hospital, Toronto). Top individual fundraiser, tracking her own steps for the week, was **Marian Fulmore** from Edmonton, Alberta. Marian participated in honour of her surgeon, Dr. D.W. Johnston.

Leading the way in racking up steps was the ambitious **Staff Steppin' Squad** from the Canadian Orthopaedic Association, followed closely by team **Bone to Pick**, led by Dr. Stewart Wright (Sunnybrook Health Centre, Toronto). And the team with the most participants was team **Vancouver General Hospital Trauma**, led by Dr. Pierre Guy.

In addition to supporting the COF's programs of orthopaedic research, education and care two community projects receive grants for funds collected:

**Improving the patient experience of Holland Centre MSK education materials** (Holland Orthopaedic and Arthritic Centre - Sunnybrook Health Centre)

**Salary support for orthopaedic clinic research in joint replacement surgery** (St. Michael's Hospital)

Thanks to all who supported *Hip Hip Hooray!* 2017.

### **Healthy eating for healthy bones**

With the holidays just around the corner, there seem to be lots of opportunities to stray from a normally healthy diet. Amid all the festive indulgences, remember these tips to maintain healthy bones:

Your bones need Calcium to keep them healthy and strong, found in:

- Low fat or non-fat milk
- Cheese
- Yogurt
- Broccoli
- Brussel Sprouts
- Fish (with bones in)
- Beans
- Soy and tofu products

Vitamin D is needed to aid absorption of calcium and is found in milk, margarine, egg yolks, and

even sunshine.

Avoid caffeine and alcohol. Both of these can interfere with calcium absorption and lead to bone loss.

Watch sweets, fats, and portions to contribute to your healthy weight. Extra weight on your body is hard on your joints.

These tips and others for maintaining bone and joint health can be found on our [website](#).

### Powering Pain Free Movement partners recognized

On October 19, 2017 the COF Board of Directors hosted a wine and cheese reception to thank some of the Foundation's most generous supporters. President and Board Chair Dr. Geoffrey Johnston spoke about the COF's main achievements of the last year (highlighted in our [Annual Report](#)) and said, "All of you here tonight - directors, supporters, industry partners, and colleagues - have played a part in our achievements of the last year. I hope you're as proud of what we have achieved as I am."

Dr. Johnston 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 the education and care programs. Six groups - industry leaders, surgeons, and a foundation - were the first contributors to the campaign. Dr. Pierre Guy, COF Vice President, and Dr. Johnston presented those in attendance with recognition plaques. (See photos: Dr. Johnston (l) and Dr. Guy (r)).



Jordan Gilbert,  
Director of Marketing,  
Zimmer Biomet



James Brodie, V.P.  
Marketing, DePuy  
Synthes



Dr. Stewart Wright, The  
Wright Family Legacy



Dr. Albert Yee,  
Sunnybrook Orthopaedic  
Associates

A couple of weeks later, COF Executive Director and CEO Isla Horvath met with the marketing team at Bayer Healthcare and presented a recognition plaque for their contribution to *Powering Pain Free Movement*.

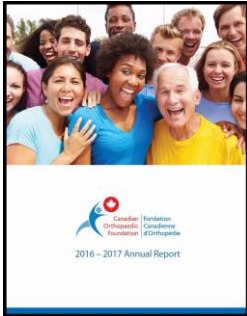
The final plaque will be presented to the Nelson Arthur Hyland Foundation for its contribution.

For information about the *Powering Pain Free Movement* campaign email [isla@canorth.org](mailto:isla@canorth.org).



Bayer Healthcare (l to r):  
Mark Fuller, Jerome Janiak, Antonio Ciaccia,  
Malte Griesbach and Stephanie West,  
with COF CEO Isla Horvath (far right)

## Annual Report now available



"I am pleased to share this Annual Report for the fiscal year April 2016 - March 2017. What a year it has been!" So begins Dr. Geoffrey Johnston's message on the first page of the Canadian Orthopaedic Foundation's just-released annual report.

Did you know that we awarded more research grants than ever before? That our up-to-date library of educational resources went virtual? That we matched many orthopaedic patients across Canada with trained volunteers to lessen their fears and isolation?

These and other facts are detailed in the Report, where you can also read our condensed financial statements, and see the lists of our top surgeon and public donors.

Take a few moments to read through the report and learn more about the Canadian Orthopaedic Foundation.

## 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 2018 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](#).

## 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 2017 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](mailto: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.**



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