

# ARTHRITIS ALLIANCE OF CANADA NEWSLETTER

March 2015

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## In Memory of Dr. Cy Frank



Members of the Arthritis Alliance of Canada (AAC) are deeply saddened to hear about the loss of Dr. Cy Frank. We extend our deepest sympathies to Cy's family, friends and colleagues, as they struggle through this period of shock and sorrow.

Cy was a very kind, incredibly passionate man, a dear friend and a mentor to all of us. He was a strategic genius and innovator, with an unsurpassed commitment to improving health care, for the benefit of patients. Cy's relentless enthusiasm, tireless efforts and remarkable contributions to the Alliance and the MSK community are responsible for the robust network that exists today.

Cy was co-founder of the McCaig Institute for Bone and Joint Health at the University of Calgary. This multi-disciplinary research institute takes a comprehensive approach to finding solutions for bone and joint disorders. Cy also co-founded the Alberta Bone and Joint Health Institute which is dedicated to independent testing and implementation of bone and joint research. To read more about the many hats Cy Frank wore, please click here: <http://www.theglobeandmail.com/life/health-and-fitness/health/surgeon-innovator-cy-frank-wore-many-hats/article23513357/>

Dr. Frank received numerous awards throughout his career, including an appointment to the Order of Canada in 2014.

Beyond his remarkable professional accomplishments, we were touched deeply by Cy's warmth, generosity and compassion to everyone around him.

Everyone has a personal story to tell of some act of kindness where Cy went out of his way to help and followed through with whatever he promised to deliver. He will be dearly missed. Our condolences go out to his family, friends and many colleagues.



*Featuring a special tribute in recognition  
of Dr. Cy Frank's achievements and legacy*

## SAVE THE DATE!

THE ARTHRITIS ALLIANCE OF CANADA  
3RD ANNUAL CONFERENCE

in partnership with  
CIHR's Institute of  
Musculoskeletal Health and Arthritis

22-23 OCTOBER 2015  
CALGARY, ALBERTA

For inquiries, please contact:  
[lgazizova@arthritisalliance.ca](mailto:lgazizova@arthritisalliance.ca)

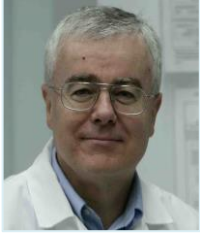


## Subsequent Entry Biologics (SEB's) Hot Topic Review



Please click [here](#) to read the latest hot topic paper by the Arthritis Alliance of Canada, a review of Subsequent Entry Biologics (SEBs).

### AAC Research Committee



We are very excited to welcome Dr. Jeff Dixon, as a Co-chair of the Alliance Research Committee. Dr. Dixon joins Dr. Deborah Marshall from University of Calgary, (elected as AAC Research Chair in November 2014) to focus and facilitate collaboration in aligning and strengthening arthritis research in Canada.

Dr. Jeff Dixon (DDS, PhD) is a Professor of Physiology and Pharmacology and of Dentistry in the Schulich School of Medicine & Dentistry, Western University, London, Ontario. He received a DDS from the University of Western Ontario, specialty certification in Periodontics, PhD in Oral Biology from the University of Toronto, and postdoctoral training at the Hospital for Sick Children, Toronto.

Dr. Dixon's research focuses on cellular and molecular mechanisms underlying the formation and destruction of bone. In collaborative studies, he is investigating mechanotransduction in skeletal cells and is developing advanced materials for bone regeneration.

He is a member of the Advisory Board of the CIHR Institute of Musculoskeletal Health and Arthritis and the Scientific Advisory Committee of The Arthritis Society, a past-president of the Canadian Association for Dental Research and was a founding member of the Canadian Arthritis Network (CAN).

## MEMBER'S CORNER

### ARTHRITIS CONSUMER EXPERTS (ACE) *JointHealth™ Medications Guide*

The *JointHealth™ Medications Guide* will be available online at [jointhealth.org](http://jointhealth.org) and in print at rheumatology and research offices across Canada in March. This annual publication is a concise consumer's guide to arthritis medications. It provides essential information about the medications most commonly prescribed by arthritis specialists to treat the most common types of arthritis, including rheumatoid arthritis, axial spondyloarthritis, juvenile idiopathic arthritis, psoriatic arthritis, systemic lupus erythematosus, vasculitis, osteoarthritis, as well as osteoporosis.

This year's guide includes two classes of medications newly approved by Health Canada – the targeted small molecule medication, tofacitinib citrate, and a subsequent entry biologic for infliximab. To receive your copy of the *JointHealth™ Medications Guide*, please contact [info@jointhealth.org](mailto:info@jointhealth.org) or call 604-974-1366.

### ARTHRITIS RESEARCH CENTRE OF CANADA (ARC)

Researchers from the University of British Columbia, Arthritis Research Canada and their knowledge user team, ACE, the Alzheimer's Society of BC, and the Canadian Association of Retired Persons (CARP) have teamed up to encourage people across Canada to improve their health by walking every day. *The Walk 10 Blocks* project is inspired by research showing that walking a minimum of 10 city blocks a day will help maintain good cognitive health and may also improve joint health.



The team will be working with the Centre for Digital Media to create a user-friendly map-based app that will customize walking and exercise for all Canadian users. To help with this process, the Walk 10 Blocks group is conducting a short online survey to hear your thoughts about what you would like to see in an app like this and to present you with some ideas for public awareness about "Walking 10 Blocks."

If you are willing to help, please take 10-15 minutes to fill out this survey:

<http://open.arthritisresearch.ca/survey/index.php?survey=index/sid/297297/lang/en>. Walk 10 Blocks is funded by the ICON (Improving Cognitive and Joint health Network), a CIHR knowledge translation network led by Linda Li, John Esdaile and others. If you would like more information, please contact Jasmina Memetovic, Research Coordinator by phone at 604-207-4007, toll-free 1-877-871-4575 or email [jmemetovic@arthritisresearch.ca](mailto:jmemetovic@arthritisresearch.ca).

## THE ARTHRITIS SOCIETY

### NATIONAL

#### Childhood Arthritis Month

To launch [Childhood Arthritis Month](#) 2015, The Arthritis Society announced its [three-year funding commitment](#) to one of the most important studies in Canada on juvenile idiopathic arthritis (JIA). The Society will invest \$300,000 to keep alive “ReACCH” (Registry in Arthritis in Canadian Children), which since 2005 has tracked Canadian youth newly diagnosed with arthritis. Since inception, 1,500 Canadian children with JIA have enrolled in the registry, giving researchers the means to track the disease’s impact and progression. Additional resources in focus for this month: [an infographic](#) on childhood arthritis and the [Kids get it too video” targeted at educators](#) who may see arthritis in their classroom.



### BC & YUKON

#### New blood test for early RA detection

JOINTstat™ is a new blood test that can be used for the early detection of rheumatoid arthritis (RA). Rheumatologist, Dr. Kam Shojania, helps explain how the test works, "The JOINTstat™ test measures the levels of 14-3-3η protein in the blood. When 14-3-3η is present in blood, it is believed to 'switch on' immune cells causing them to release factors that are involved in promoting inflammation and joint destruction." JOINTstat™ is available at Lifelabs® Medical Laboratory Services in Canada at a cost of \$75.00. To find out more about this new blood test, visit <http://jointstat.com/> or speak to your rheumatologist.

## BRISTOL-MYERS SQUIBB

Bristol-Myers Squibb (BMS) has officially joined the robust Arthritis Alliance Membership. BMS has gained reputation of a pioneer in pharmaceutical research and development of innovative drug treatments and is a key contributor to Canada’s global leadership position in health and pharmaceuticals. A warm welcome to BMS!

## CANADIAN ASSOCIATION OF OCCUPATIONAL THERAPISTS (CAOT)

### CAOT Pre-Conference Workshop on “Management of Arthritis of the Hand: A Practical Approach”

Presenters: Amanda Lock & Lynn Richards, Wednesday, May 27th 8:30-noon



There are over 100 types of arthritis, many of which can affect function of the hands: pain, swelling, joint deformity, loss of strength and range of motion. This presentation will focus on practical strategies to address each of these issues for the most common types of arthritis-inflammatory arthritis and osteoarthritis. Participants will learn “low technology” techniques to teach clients how to control pain, protect joints, and increase function.

They will learn how to do a hand assessment, management techniques such as exercise, “easy” splinting techniques (demonstration of custom and off-the-shelf splints). Participants will learn pain management techniques that clients can use at home. Professional Development resources will be made available for further study. This workshop will focus on evidence-informed and best-practice arthritis management. Presenters will be Arthritis Society OT’s working with people with arthritis, who utilize these techniques in their everyday practice. No need to sign up for conference to register for this workshop <http://www.caot.ca/default.asp?pageid=3984>.

## CANADIAN ORTHOPAEDIC FOUNDATION Bad to the Bone Golf Tournament – June 8, 2015

Join us for a day filled with philanthropy, fun, food, and entertainment at the Wooden Sticks Golf Club in Uxbridge, ON. Hosted by hockey icon Sherry Bassin and the Canadian Orthopaedic Foundation, this is your opportunity to celebrate your mobility and play golf with an NHL player or VIP Guest. Shotgun start at 11:30 am, followed by an on-course lunch and contests. Afterwards, relax with a cocktail, check out the silent auction, and enjoy stories of Canadian hockey with emcee Sherry Bassin and other hockey legends over dinner. To register, [www.badtothebonegolf.org](http://www.badtothebonegolf.org).

## CANADIAN RHEUMATOLOGY ASSOCIATION (CRA) Stand up and Be Counted!” Rheumatology Workforce Survey

How many rheumatologists are there practicing in Canada and where are they located? Unfortunately, in Canada we don't have a comprehensive answer to this question...yet. The Canadian Rheumatology Association has launched a rheumatology workforce survey to quantify the current capacity for Rheumatology care in Canada, define the geographic distribution of care, and inform future planning. Please email [claire@rheum.ca](mailto:claire@rheum.ca) . *Stand Up and Be Counted!*

## CHOOSING WISELY CANADA

**Choosing  
Wisely  
Canada**

In partnership with the  
Canadian Medical Association



*Do I really need that test, treatment or procedure? What are the down sides?* The best care starts with a good conversation. A group of patient partners and members of the Canadian Rheumatology Association (CRA) worked together last year to create a list of items that may be overused or inappropriately ordered. The purpose of the CRA Choosing Wisely recommendations are to help patients and physicians engage in conversations about when a test, treatment or procedure may be needed, and when there is evidence of no benefit to patients.

The five recommendations are as follows:

1. Don't order anti-nuclear antibody test as a screening test in patients without specific signs or symptoms of systemic lupus erythematosus or another connective tissue disease.
2. Don't order an HLA-B27 genetic test unless spondyloarthritis is suspected based on specific signs or symptoms.
3. Don't repeat dual energy X-ray absorptiometry (DEXA) scans more often than every 2 years.
4. Don't prescribe bisphosphonates for patients at low risk of fracture.
5. Don't perform whole body bone scans (e.g., scintigraphy) for diagnostic screening for peripheral and axial arthritis in adults.

Unnecessary tests do not add value to care and could be hazardous. More medicine doesn't always mean better medicine. To find out more about the CRA Choosing Wisely Recommendations please visit [http://rheum.ca/en/the\\_cra/choosing\\_wisely\\_canada1](http://rheum.ca/en/the_cra/choosing_wisely_canada1). To find out more about the Choosing Wisely Canada campaign and other recommendations please visit <http://www.choosingwiselycanada.org>.

## CANADIAN SPONDYLITIS ASSOCIATION (CSA)



The Canadian Spondylitis Association together with SPARCC (Spondyloarthritis Research Consortium of Canada), and in collaboration with The Arthritis Society, will be holding patient forums in Montreal on May 30, Calgary on September 17 and Saskatoon on September 19, 2015.

These free forums will address the latest research into and treatment options for Ankylosing Spondylitis and Psoriatic Arthritis. Each forum also features an Ask the Expert Question and Answer session. Full details may be found at <http://www.spondylitis.ca/>!



## McCaig INSTITUTE FOR BONE AND JOINT HEALTH (MIBJH) UNIVERSITY OF CALGARY

TELUS World of Science Edmonton and the Faculty of Rehabilitation Medicine at the University of Alberta partnered to present the Wood Forum on Juvenile Arthritis in Edmonton on Saturday, March 7, 2015. Young patients and their families listened to experts on the latest research developments in JIA and best ways to manage the disease.

The highlight of the event was presenter Kristine Erickson who shared her first-hand experience growing up with JIA. Kristine is now training to become an occupational therapist and is a vocal advocate for those that suffer from JIA. The Wood forums are designed to promote public awareness of the causes, consequences and preventative measures of joint disease. Stay tuned for the Calgary event date in the fall of 2015!

## Community Updates

### CANADIAN RHEUMATOLOGY ADMINISTRATIVE DATA (CANRAD) NETWORK



The **CANRAD Network** team includes a variety of decision makers, epidemiologists, clinicians and researchers interested in the use of administrative data for rheumatic disease research. We are organizing our Spring Webinar for May 2015, final date to be determined soon. It will be a presentation by Drs. Lisa Lix and Natalie Shiff on their results looking at the validation of JIA/JRA using Manitoba data. For more information pertaining to the CANRAD Network or our

upcoming webinar, please contact Autumn Neville at [autumn.neville@clinepi.mcgill.ca](mailto:autumn.neville@clinepi.mcgill.ca) or visit our website <http://www.canradnetwork.ca/>

The **Canadian Network for Advanced Interdisciplinary Methods for comparative effectiveness research** (CAN-AIM) team was funded by CIHR to develop novel methods using prospective longitudinal cohorts and to respond to key knowledge gaps regarding drug safety and effectiveness by answering queries which arise from Health Canada and other regulatory parties.

Our demonstration project looked at the comparative effectiveness of anti-tumour necrosis factor (TNF) agents versus traditional disease-modifying agents (DMARDs) in reducing orthopaedic surgery in rheumatoid arthritis (RA). For information on our preliminary results or for more information on our team, please contact Autumn Neville at [autumn.neville@clinepi.mcgill.ca](mailto:autumn.neville@clinepi.mcgill.ca) or visit our website <http://canaim.ca/>.



### UNIVERSITY OF TORONTO

#### The Advanced Clinician Practitioner in Arthritis Care (ACPAC) program



The Advanced Clinician Practitioner in Arthritis Care (ACPAC) program is pleased to announce that applications for its 2015-2016 program are NOW OPEN. ACPAC is a hybrid academic and clinical training program that prepares experienced physical therapists, occupational therapists, and nurses for extended practice roles in the diagnosis and management of patients with arthritis. Fellowships are available for this year's program. **The deadline to apply is Friday May 15, 2015.** For more information contact Dr. Katie Landon ([katie.landon@utoronto.ca](mailto:katie.landon@utoronto.ca)) or to apply visit <http://acpacprogram.ca/about-the-program/register/>.

## Calendar of Events

American Association of Orthopaedic Surgeons Annual Meeting	March 24-28, 2015	Las Vegas, Nevada
Orthopaedic Research Society Annual Meeting	March 28-31, 2015	Las Vegas, Nevada
Ontario Physiotherapy Association - Inter-Action	March 27-28, 2015	Ottawa, ON
Society for Biomaterials Annual Meeting & Exposition	April 15-18, 2015	Charlotte, NC
Canadian Foundation of Healthcare Improvement- Taming of the Queue	April 16-17, 2015	Ottawa, ON
Ontario Gerontological Association 34 <sup>th</sup> Annual Conference	April 21-22, 2015	Toronto, ON
Canadian Conference on Medical Education 2014	April 25-28, 2015	Vancouver, BC
9 <sup>th</sup> Annual Summer Obesity Boot Camp	April 28- May 2, 2015	Toronto, ON
Pediatric Orthopaedic Society of North America AGM	April 29-May 2, 2015	Atlanta, GA
OARSI World Congress	April 30-May 3, 2015	Seattle, WA
Primary Care Today Conference	May 6-9, 2015	Toronto, ON
Canadian Pain Society's 36 <sup>th</sup> Annual Scientific Meeting	May 20-23, 2014	Charlottetown, PEI
12 <sup>th</sup> Annual Cochrane Canada Symposium "Reaching New Heights, Measuring Success"	May 21-22, 2015	Calgary, AB
Ontario Rheumatology Association AGM	May 22-24, 2015	Muskoka, ON
Canadian Orthopaedic Nurse Association Conference	May 24-27, 2015	Fredericton, NB
Canadian Association of Occupational Therapists Annual Conference	May 27-30, 2015	Winnipeg, MB
Canadian Connective Tissue Conference	May 28-30, 2015	Québec, QC
Canadian Pharmacists Association Conference	May 28-31, 2015	Ottawa, ON
Canadian Orthopaedic Foundation – Bad to the Bone Golf Tournament	June 8, 2015	Uxbridge, ON
EULAR - European League Against Rheumatism International Conference with FIMS (International Sport Medicine Federation)	June 10-13, 2015	Rome, Italy
Canadian College of Health Leaders and Canadian	June 15-16, 2015	Charlottetown, PEI
Biotechnology Industry Organization International Convention	June 15-18, 2015	Philadelphia, PA
Canadian Physiotherapy Association National Congress	June 18-21, 2015	Halifax, NS
Canadian Paediatric Society Annual Conference	June 24-27, 2015	Toronto, ON
Council of the Federations (COF) - 2014 Council of the Federation Summer Meeting	July 14-18, 2015	Newfoundland
12 <sup>th</sup> Annual World Congress on Industrial Biotechnology	July 19-22, 2015	Montréal, QC
Canadian Association of Critical Care Nurses - Dynamics of Critical Care Conference	September 27-29, 2015	Winnipeg, MB
Cochrane Collaboration Colloquium	October 3-7, 2015	Vienna, Austria
Vasculitis Symposium	October 8, 2015	Calgary, AB
Canadian Vasculitis (CandVasc) Annual Scientific Meeting	October 9, 2015	Calgary, AB
<b>Arthritis Alliance of Canada 3<sup>rd</sup> Annual Meeting</b>	<b>October 22-23, 2015</b>	<b>Calgary, AB</b>
American College of Rheumatologists (ACR) Annual Meeting	November 6-11, 2015	San Francisco, CA

### ABOUT THE ARTHRITIS ALLIANCE OF CANADA

With more than 36 member organizations, the Arthritis Alliance brings together arthritis health care professionals, researchers, funding agencies, governments, voluntary sector agencies, industry and, most importantly, representatives from arthritis consumer organizations from across Canada. While each member organization continues its own work, the Alliance provides a central focus for national arthritis-related initiatives.

**For more information about the Arthritis Alliance, please contact:**

Jaime Coish at [jcoish@arthritisalliance.ca](mailto:jcoish@arthritisalliance.ca) or visit our website [www.arthritisalliance.ca](http://www.arthritisalliance.ca)