



Ted Velikonja

A life-changing surgery

Ted Velikonja had a goal to complete seven of the world's toughest cycling race routes, including the renowned Tour de France. It almost didn't happen. With four international routes completed and an average of 15,000 kilometres clocked on his bike each year, Ted suffered his worst injury right in front of his London home.

Turning into a rain-slicked driveway at the end of a training ride, Ted's bike slid from underneath him and his hip hit the pavement at more than 30 km/h, shearing the head off of his femur.

A break as severe as Ted's usually means a hip implant. That would have kept him mobile, but it would have also meant the end to his long-distance cycling – a devastating outcome for Ted, who was determined to keep riding.

With this in mind, Dr. Douglas Naudie and the

orthopaedic surgery team at London Health Sciences Centre (LHSC) opted to reposition and reattach the displaced femur head instead of replacing it.

"I appreciate the fact that, after listening to me, they understood that I still wanted to ride my bike – I hadn't finished my seven tours yet," Ted said. "Based on my age and because I was active, they decided to repair rather than replace the hip."

Continued on next page

“The surgery was life changing – because life didn’t change – I want to cycle as long as I can,” says Ted. “It all could have ended, but it didn’t. How fortunate that I was in London and several kilometres away in the hospital, a world-class surgeon is there ready to perform the operation and make a decision that’s right for me.”

Ted took his recovery seriously, being careful not to put too much strain on his hip until Dr. Naudie gave him the good news that he was free to start riding again.

Less than one year after the injury, Ted was once again racing toward his goal on a Grand Tour ride in Spain, followed by the US Pro Challenge in Colorado. Two years later, he completed his seventh route: following Hannibal’s Trail 3,000 km from Barcelona – over the mountains – to Rome.

He had the screws removed from his fully healed hip in November 2016.

Grateful for his care and recovery, Ted contacted London Health Sciences Foundation (LHSF) to make a gift towards Dr. Naudie’s research in arthroplasty – the practice of repairing and replacing joints – so that other lives could be transformed by innovative orthopaedic care. ■



Outspokin’ Gravel Growler

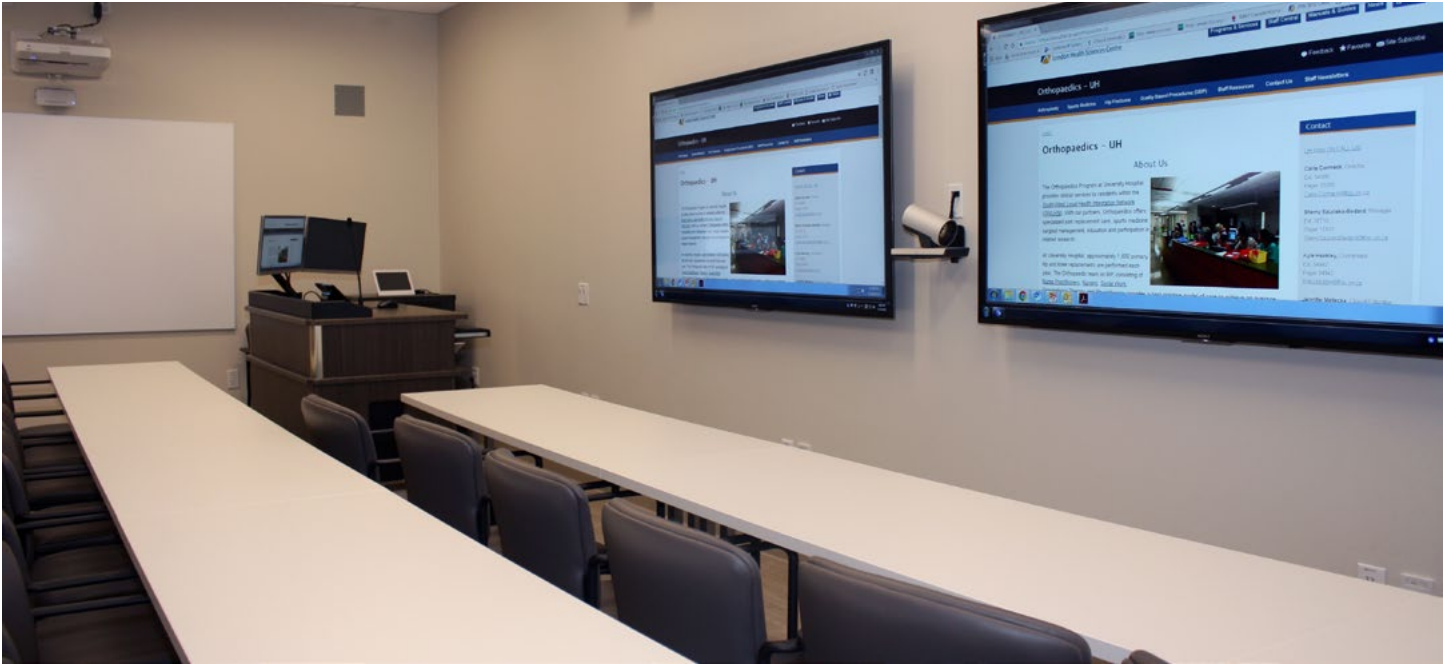


Dust off your two-wheeler for a brand new event on June 10 that raises money for Fowler Kennedy Sport Medicine Clinic. The Outspokin’ Gravel Growler involves a fun day of long-distance bike rides

off the beaten path followed by food truck delicacies, live entertainment and craft beer. Participants can choose to ride 40, 80 or 160 kilometres along primarily gravel roads.

Learn more at lhsf.ca/gravelgrowler ■

Training the next generation of orthopaedic specialists



The new Orthopaedic Care Teaching Room with an interactive digital whiteboard

Building on a long legacy of excellence, the orthopaedics team at LHSC has a vision to become a top international leader in training residents and surgical fellows, specialist nurses and occupational therapists in the areas of joint replacement, sport medicine and complex spine and trauma care.

To help achieve this vision, a donor-funded Orthopaedic Care Teaching Room was created at University Hospital (UH) where trainees can hone their skills in a modern, dedicated space.

The space once consisted of a 40-year-old conference room and an underutilized staff locker room. By combining the rooms, an additional 12 feet in space was created in order to fit as many as 28 trainees in the lecture seats. The new room, completed in April 2018, is equipped with the latest audiovisual technology to provide access to the Ontario Telemedicine Network for information sharing across institutions and to view and discuss detailed surgeries, x-rays and more.

LHSF would like to thank the many generous individuals and businesses who gave to the Orthopaedic Care Teaching

Room to facilitate its construction. Dr. Robert Bourne, retired orthopaedic surgeon at LHSC and long-time hospital supporter, donated more than \$100,000 to the Teaching Room. Having worked as a teaching surgeon for more than four decades at University Hospital, Dr. Bourne has trained countless surgeons.

"High-quality medical education is the foundation for progress – training our future doctors to provide exemplary care, to teach and to innovate," Dr. Bourne says. "To fulfill this mandate, state-of-the-art teaching facilities are essential to provide an optimal learning environment. With this in mind, it is an honour to have played a small role in making this new orthopaedic teaching room a reality." ■

Spine surgery gave Sharon her life back

Sharon Doward was on holidays with her husband when she began feeling back pain that hit her hard and fast. Within a few months, the pain was so intense that she could barely eat, sleep or walk.

An MRI performed at LHSC revealed a cyst on Sharon's spine that required surgery. When Sharon met with Dr. Parham Rasoulinejad, who would be performing the surgery, he immediately put her mind at ease with his expertise and his caring bedside manner.

Dr. Rasoulinejad and his team performed the complex six-hour surgery to remove the cyst and free Sharon's spinal nerves, which had become badly pinched and damaged as a result of the cyst.

When Sharon woke up, she was relieved and grateful to discover the excruciating nerve pain was finally gone.

"Before the surgery, it felt like my spine was being strangled – I've never experienced pain like that in my life," Sharon said. "To wake up and no longer experience that was such an immense relief."

Over the next week while Sharon was in the hospital, Dr. Rasoulinejad would greet her every day with a smile to see how she was healing, while the nurses and physiotherapists worked with her to get her back on her feet.

Within just a few weeks of the surgery, Sharon was outside walking again. Now, she walks her dog daily along the Thames River and cherishes every second of it. ■



Sharon Doward and her dog Melly

LHSC a leader in TeleSurgery



Since acquiring the InTouch Vantage TeleSurgery system through generous donor support, the team at Fowler Kennedy Sport Medicine Clinic (FKSMC) has been able to telecast several surgeries from University Hospital to share expertise and knowledge with other researchers and care providers.

Last July, Drs. Robert Litchfield, Alan Getgood and Kevin Willits used the system to transmit four live surgeries in one day from University Hospital to the American Orthopaedic Society for Sports Medicine (AOSSM) conference held in Toronto.

The broadcasts helped enhance the profile of FKSMC and its talented group of surgeons. Since they are made available on a pay-per-view basis, the initiative brought in nearly \$12,000 to support research at FKSMC. For those who donated to the TeleSurgery System, the return on investment is multifold – it boosts education and surgical research, attracts new specialists and generates funds to support future cutting-edge research projects right here in London. ■

Dr. Alan Getgood receives prestigious award in Shanghai



Dr. Alan Getgood performing surgery

LHSC orthopaedic surgeon Dr. Alan Getgood received the Albert Trilliant Young Investigator's Award at the 2017 ISAKOS Congress in Shanghai, China last summer. The award recognizes a young researcher who has conducted outstanding clinical laboratory research contributing to the understanding, care or prevention of injuries to the knee.

Dr. Getgood received the award in recognition of a study he led at FKSMC called the STABILITY study. The purpose of this study is to compare outcomes (failure, function, strength, range of motion and quality of life) between patients who receive the usual anterior cruciate ligament (ACL) reconstructive surgery and patients who receive ACL reconstructive surgery as well as an extra tendon repair on the outside of the knee. Results revealed that the combination surgery led to better patient outcomes. ■

Tennis Classic for Fowler Kennedy Sport Medicine Clinic

Last year marked the 20th anniversary of the Tennis Classic for FKSMC. Attendees enjoyed a day on the courts at the London Hunt and Country Club, raising \$19,400 towards the TeleSurgery system. This year's Tennis Classic will take place August 22 at the London Hunt and Country Club. Thank you to all the players and sponsors who make this yearly event a great success. ■



New hip in the morning, home by dinnertime

Tony de Boer tells his story



Marian and Tony de Boer at the family business in Exeter

For me, life is always in motion. Whether it's riding my snowmobile, travelling with my wife Marian, or running the family business – a physically demanding job in an industrial knitting factory in Exeter – I'm constantly on the go. So when I was diagnosed with osteoarthritis in my early forties, I was devastated.

At first, I noticed limits to my range of motion. I couldn't bend properly or lift my leg. I started using a cane to help me walk. Eventually, my ability to travel and even perform my job properly was severely compromised. My work is my livelihood and the constant, crippling pain was debilitating.

I can't tell you how relieved I was when I met Dr. Brent Lanting at LHSC. He told me I would benefit from hip replacements and assured me that my quality of life would improve. He was thoughtful – listening carefully and valuing both Marian's and my concerns. Together, we came up with a care plan that suited our needs, involving post-surgical home recovery rather than staying in the hospital.

My right hip replacement was performed in 2016 and the left hip was replaced the following year. We were happy to be back home in Exeter by dinnertime on both occasions. It was great to be able to relax and recuperate surrounded by the comforts of home. We even hosted a neighbourhood block party in our home three days after the second surgery.

Now I am back to my active lifestyle – working hard for the business I love, eagerly counting down the days until the next snowmobile season and planning the next great adventure with Marian. I'm forever thankful to Dr. Lanting and the orthopaedics team at LHSC for giving me my life back and getting me back on the move for many more years to come. That's why I'm a grateful patient. ■

CTV Medical Marvels: Learn more about Tony's journey with the Arthroplasty Outpatient Initiative at lhsf.ca/tonydeboer

CTV NEWS

Ground-breaking Research

REPLACING JOINTS

Arthroplasty Outpatient Initiative



Dr. Brent Lanting displays a total hip replacement implant

More than 200 eligible patients have received hip surgeries through LHSC's Arthroplasty Outpatient Initiative, led by Drs. James Howard and Brent Lanting. Through this innovative program, joint replacement surgery is performed in the morning and the patient can return home later that day, as a result of strong team collaboration including nursing and physiotherapy. Not only does this initiative provide comfort to the patient and lowers the infection risk, it also allows the hospital to care for more patients.

Generous donors funded the purchase of advanced wearable technology devices, which are allowing Dr. Lanting and his team to perform a series of tests that measure early recovery. The tests were critical to the development of outpatient programs because they helped the team improve surgical approaches and enhance recovery for patients undergoing total knee and hip replacements. The devices themselves ensure patient safety after surgery by measuring function and balance, and may eventually be used to monitor recovery remotely while the patient heals at home. ■

TREATING INJURIES

Reducing trauma



Gino Ianni and Dr. Abdel-Rahman Lawendy

Dr. Abdel-Rahman Lawendy is an orthopaedic surgeon who specializes in research and treatment of compartment syndrome. This condition most often occurs from an injury that causes bleeding in a muscle, which then leads to increased pressure within a muscle compartment of the arm or leg that can cause tissue death if not treated in time.

Dr. Lawendy recently completed a study that analyzed the effects of compartment syndrome not only on the affected limb but also on remote organs, and found it can potentially stop other organs from functioning properly. He's now looking at how a carbon monoxide-releasing molecule injected during surgery can protect against some of the more severe effects of compartment syndrome.

This important, donor-supported research is helping Dr. Lawendy save the limbs of people like Gino Ianni, whose leg was crushed by a 1,200-pound piece of equipment. The muscles in the leg had already started to die but Dr. Lawendy performed an emergency procedure to save Gino's leg. ■

All-in for Brain Research



Logan Couture's second annual All-in for Brain Research event is coming up on August 16, 2018 at Centennial Hall. Learn more at couture39.com

PROTECTING THE BRAIN

Last year, NHLer Logan Couture held a star-studded black-tie charity casino night here in London to raise money for concussion awareness, research and rehabilitation programs at Fowler Kennedy Sport Medicine Clinic (FKSMC) and Western University. The San Jose Shark was joined by fellow hockey players Eric Lindros, Corey Perry, Drew Doughty and several other athletes and famous sports celebrities stationed at various casino tables for a night of games, mingling, live and silent auctions and refreshments. Thanks to everyone who attended as well as the sponsors and all the celebrities for their generous support of concussion programs. ■

Quality Care for Concussed Patients

Thanks to community support, FKSMC has been able to devote an increasing amount of resources to concussion care and research. The clinic sees more than 4,000 concussed patients each year, with that number growing.

Jennifer Petrakos was hired as a Concussion Care Physician Assistant with generous funding from Andy and Helen Spriet as well as other donors in the community. Her role has helped reduce wait times and increase patient satisfaction in the Concussion Care Clinic.

The Concussion Care Clinic provides total care for concussed patients, which includes obtaining full history, physical exam, charting a treatment path and providing management options such as physiotherapy and referrals to other health partners.

"A concussion can be a life-altering injury and the patients and families value the reassurance that is provided and the regular follow-up care. They've told me they appreciate the extra time I am able to spend with them and



Jennifer Petrakos, CCPA, Physician Assistant,
Fowler Kennedy Sport Medicine Clinic

educate them on concussion, their expected recovery, and how to manage their symptoms. I am very appreciative of the strong support we have received from the community. This allows us to provide the level of service that we do for our patients," Jennifer Petrakos says. ■

Thank You from the Chair/Chief



On behalf of the Orthopaedics program, we are truly grateful for the world-class initiatives we have been able to realize thanks to donor support, including the many ground-breaking projects described in this update. Your support allows us to translate new discoveries into better outcomes for patients, so that they can get back to their normal day-to-day lives and the people and activities they love. Thank you for your partnership and philanthropy.

- Dr. Steven MacDonald, Chair/Chief, Division of Orthopaedic Surgery

We'd Be Happy to Hear from You!

Please contact us if you have any questions about the Orthopaedic Care Campaign or to learn more about how philanthropic support is helping to create world-class orthopaedic care right here in London.



Alison McCloskey
Senior Development Officer
Tel 519.685.8720
alison.mccloskey@lhsc.on.ca



747 Base Line Road East
London, ON N6C 2R6
Tel 519.685.8409
foundation@lhsc.on.ca
www.lhsf.ca

London Health Sciences Foundation is a charity accredited by both the Better Business Bureau and Imagine Canada.



Charitable Registration Number 894781475RR0001