

Message from the Chairman

Dear Friends of UW Orthopaedics,

It is with a great deal of pride that I address you as newly elected Chairman. We have had a most eventful summer, filled with many accomplishments. After the graduation of our Resident class of 2011, and release of our latest edition of **Orthopaedic Discoveries 2011**, our Summit in Seattle: Focus on Upper Extremity was held July 28-30th. This second annual Summit was chaired by Drs. Doug Hanel and Nick Vedder, and was a tremendous success (see Spotlight on p. 2), combining stellar Visiting Professors, alumnae, and a capacity audience. August saw the busiest month on record at Harborview Medical Center. We were proud to host Dr. Freddie Fu, Orthopaedic Chair of University of Pittsburgh, as our 7th Annual James Garrick lecturer September 1st. He spoke at Founders Hall in Hec Ed Pavilion before a capacity audience including many community colleagues. Our increasingly popular educational UW-CME programs unequivocally confirm our faculty's widespread recognition in clinical expertise, basic and clinical research output, and teaching on a national and international basis. Finally, our website, www.orthop.washington.edu, crossed the 100,000 visitors/month tidemark for the first time, through our continuing efforts at content enrichment. We look forward to presenting you our redesigned website in the not too distant future.



Former Chairs D.K. Clawson, M.D. ('65-'75) & Sigvard "Ted" Hansen, M.D. ('81-'85)

As we move forward in our development, the Chairman transition provides an opportunity

to remember the tremendous legacy of previous Chairs. They have not only shaped our Department, but significantly advanced the field of Orthopaedics over several decades. Our first Chair, D. Kay Clawson M.D., transformed what was a Division to the present-day Department in 1965, and served until 1975. Our department library at Harborview is dedicated to his transformational influence.



Dr. Victor Frankel (left) succeeded him from 1976 to 1981, with an expansion of Clinical and Research services, and formed the first academic Sports Medicine Clinic under the direction of Jim Garrick. Sigvard

T. Hansen, M.D. continued the tradition of excellence during his tenure from 1981 to 1985. Dr. Frederick "Rick" A. Matsen III (right) then transferred the seat of our Department from Harborview to UWMC, and instituted pivotal further expansion of Research and Clinical services from 1986-2009. All these Chairs have attained near-iconic status locally and nationally in their distinguished careers, have maintained a high level of visibility, and continue to contribute to our Department. Please look for a special feature on them in an upcoming edition of Ortho eNews. Of course, I will do my best to further the proud traditions they have set in motion. At the same time I will endeavor to enhance our mission of providing musculoskeletal care in a complex health care environment, by coordinating our many research efforts into a few cohesive strategic initiatives, and strengthening our interdisciplinary collaboration across specialties through partnership with other disciplines. We have truly exciting opportunities ahead of us in all our Orthopaedic subspecialties, through the tremendous substance our Department has attained over the years, while we can look to new horizons supported by UW Medicine in the context of this Chair transition. Please stay tuned for news on several pending major developments, such as

in our Sports Medicine and Adult Joint Care specialties.

Thank you for your interest and support, I look forward to hearing from you!

Jens R. Chapman, M.D.

Upcoming 2011 Events

2011 Spine Course: Oct. 1, 7 AM– 5 PM; Location: HMC, R&T Auditorium; All residents invited to attend.

Research Symposium 'Joint Efforts in Research': Oct. 3, 8-9 AM; Location: HR&T Room 117-121; monthly series (1st Mondays); for more info email andhanso@uw.edu or amorgan2@uw.edu

2011 Margo Johnsen Orthopedic Pathology Review: Oct. 21-22; Location: SCH, Wright Auditorium; For details and to register, email zina.ivy@seattlechildrens.org

2011 OITE: Nov. 12, 8AM to 3 PM (Laptops required); Location: UWMC, HSB, Room T435 (Parking, breakfast and lunch provided); Alternate time for residents taking call - Sunday, Nov. 13 at HMC, DKC Library - email amweiss@uw.edu to schedule. All residents required.

AAOS Communication Workshop: December 12, 7 AM – 1 PM; Location: HMC, R&T, Room 117/121; All residents required (R1-5s) and faculty are strongly encouraged to attend.

Grand Rounds on UWTV: Sundays @ 5am, Mondays @ 7am, Thursdays @ 6am. Week of 10/2: Injuries to Long Bones & Lungs; week of 10/9: Cost Savings in Fracture Care; week of 10/16: Treatment of Ankle Arthritis; week of 10/23: Treatment of Adolescent Scoliosis; week of 10/30: Distal Radial Fractures; week of 11/6: Knee Injuries and Vascular Trauma; week of 11/13: Memorial for William J. Mills, MD.



Spotlight: 2011 Summit in Seattle



Summit attendees Dr. Daphne Beingessner; Peggy Hanel; Drs. Lorra Sharp, Ginger Bryant, Lisa Taitzman, & Jennifer Barr; Shirley Chapman

The “Second Annual Summit in Seattle: Focus on Upper Extremity” was held at Harborview Medical Center July 28th through 30th as a UW-CME program to an audience of over 100 attendees. Our Chairs – Drs. Doug Hanel and Nick Vedder, along with Alumni Chair Dr. Sam Agnew and Program Director Dr. Lisa Taitzman – put together a truly outstanding program, and deserve our gratitude. We were privileged to have a true All Star visiting faculty, including Drs. Tom Fischer (Indiana University), Pietro Regazzoni (Basel, Switzerland), David Ring (Harvard) and John “Jack” Wilber (Case Western), and as returning Alumni lecturers, Drs. Peter Cole (Minnesota), Bill Obrebsky (Vanderbilt) and Eli Powell (Anchorage, AK). This unique three-day event provided a chance to catch up on state-of-the-art medical updates through CME lectures from true authorities,



HMC Support Staffers Melanie Kanna and Janet Grant

experience case conferences, and hear about the latest in UW Orthopaedic research through our ACE/Fellows presentations. The meeting also featured live transmissions from our ISIS surgical cadaver training lab, with high-quality interactive broadcasts allowing the audience to experience advanced surgical techniques through close-up demonstrations from renowned experts. We were honored to have our Chief Health System Officer and Vice President of Medical Affairs, Johnese Spisso, as well as Executive Directors Eileen Whalen (HMC) and Steve Zieniewicz (UWMC), attend our sessions and provide opening commentaries. Memorial lectures were held in honor of Dr. Kathryn Cramer (1991-'92 Trauma ACE who passed away in 2005) and Dr. Bill Mills (1957-2011) to commemorate their spirit and contributions to HMC. We were also privileged to have as guests several generous donors such as Mr. John Miner from Fairbanks, Alaska. These illustrious guests attended research presentations pertinent to their support areas and witnessed first-hand the impact of their endowments.

On the social side, the meeting provided a setting for informal Fellowship reunions on Thursday's opening night, a formal dinner and Fellowship/ACE graduation event at Columbia Tower in downtown Seattle Friday night, and a reception and post-event party Saturday night. For the first time all subspecialty ACEs and Fellowships were represented and gradu-



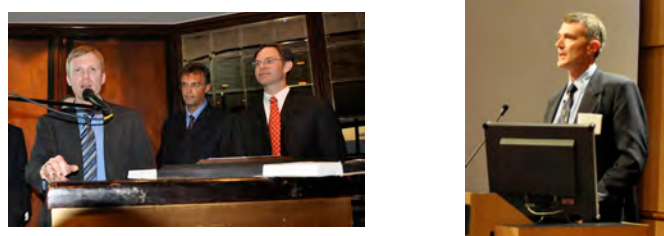
Pietro Regazzoni, M.D. with Dalia and Ted Hansen, M.D.



(photo at l) Co-Chairs Doug Hanel M.D. & Nicholas Vedder M.D., (center) HMC Executive Director Eileen Whelan, (right) Peter Cole, M.D. (U of Minnesota)



(l) Winston Warme, M.D., and Tassos Papakonikolakis, M.D., (c) Dr. John “Jack” Wilber of Case Western University in Cleveland, (r) Pietro Regazzoni, M.D., of Basel, Switzerland



(l) Trauma Group acceptance speech, (r) David Ring, M.D. of Harvard University

ated together - Foot & Ankle (three grads), Fractures & Traumatology (five), Hand (three), Oncology (one), Pediatrics (one), Shoulder & Elbow (two) and Spine (five). The inaugural Summit in Seattle Research Award was presented to Dr. Anastasios “Tassos” Papadonikolakis, for his work on “Shoulder impingement revisited” with Drs. Frederick Matsen and Winston Warme. Our judges panel unanimously agreed on this contribution, for the authors’ willingness to question prevailing assumptions and comprehensive study of the subject. Runner-up was Dr. Anuj Varshney for “Risk factors in complications in spine surgery.”

For those who missed this unique event, please tune in to the “Summit in Seattle 2: Focus on Upper Extremity” lectures on UWTV towards the end of the year, or [visit our Website](#) and You Tube. For anyone interested in receiving a formal boxset of all videos for a nominal fee, please contact Harborview Secretary Supervisor Melanie Kanna.

Planning for the 2012 Summit in Seattle event is already underway, with dates set for July 26-28 at HMC. The SIS-3 Focus will be “Pelvis and Hip” with local chairs Drs. Howard Chansky and M.L.”Chip” Routt, and our wonderful group of Alumni chairs Drs. Sam Agnew, Cliff Jones and George Russell. Expect nothing less than a stellar program from this group!



Dr. Hansen with HMC Medical Director Dr. J. Richard Goss

Department News - Garrick Lecture, Top Docs, Visitors

Freddie Fu, M.D. Gives 2011 Garrick Lecture



Freddie Fu M.D., Orthopaedic Chairman at the University of Pittsburgh, was Guest Speaker at our 7th Annual Endowed James G. Garrick Lecture in Sports Medicine. Upon his arrival in Seattle, the distinguished Dr. Fu was guest of honor at the home of former Sports Medicine Clinic Manager Colleen Johnson. There, he enjoyed a delicious meal in the company of colleagues and friends from our department.



(above) Resident Paige Mallette, Peter Cavanagh Ph.D., Freddie Fu M.D., & med student Calvin Schlepp in the Arthroscopy Lab

“Platelet-Rich Plasma: Fact or Fiction?”. A full audience attended at the Founders Club in Hec Ed Pavilion, adjacent to our Sports Medicine Clinic.

Our special thanks to Pacific Medical for funding the Garrick Lecture.

The following morning, September 1st, Dr. Fu treated the residents to an in-depth lecture on Anatomic ACL Reconstruction, followed by a full demonstration of his surgical technique in our Arthroscopy Lab. Special thanks to second-year resident Paige Mallette M.D. for assisting Dr. Fu. That evening, Dr. Fu gave **this year’s Garrick Lecture** -- a thought-provoking talk and presentation on the controversial topic

(right) James G. Garrick M.D., Trey Green M.D., Colleen Johnson RN, Freddie Fu M.D., Jens Chapman M.D.



UW Orthopaedics & Sports Medicine’s “Top Docs”



Our department was *extremely* well-represented in three new “Top Docs 2011” lists!

Seattle Magazine honored no less than seventeen of our current faculty, and Hand Surgeon Doug Hanel (*at left*) was named to their **Top Doctors Hall of Fame!** Our honorees are Drs. Carlos Bellabarba, Stephen Benirschke, chairman Jens Chapman, Chappie Conrad, Hanel, Rick Matsen, Bruce Sangeorzan, Greg Schmale, Doug Smith, Kit Song, Carol Teitz, and Chris Wahl, joined by Clinical and Joint Faculty members Drs. Janet Eary, Steven Ratcliff, John Sack, Lyle Sorenson, and Nick Vedder. (That wasn’t all -- UW Ortho alums Drs. David Belfie, Christopher Cannon, Caroline Chebli, James Crutcher, Alexis Falicov, and John Thayer are Seattle Mag Top Docs as well!)

The Seattle Super Doctors List has an amazing (but not surprising) 13 of its the 25 Ortho MD’s from UW Orthopaedics and Sports Medicine: Drs. Howard Chansky, Jens Chapman, Chappie Conrad, Michael Goldberg, Doug Hanel, Walter Krengel, Seth Leopold, Rick Matsen, Vince Mosca, Greg Schmale, Kit Song, Carol Teitz, Ted Wagner, and Chris Wahl,

as well as Susan Ott (Joint Faculty).

Finally, Seattle Met magazine named the following Department M.D.’s to their **Top Docs list..**

(Regular Faculty:) Drs. Rick Matsen, John O’Kane, Carol Teitz, Chris Wahl

(Clinical and Joint Faculty:) Drs. David Belfie, Thomas Green, Richard Kirby, Lyle Sorenson, Nick Vedder, Robert Veith

(Graduates:) Drs. Craig Arntz, William Barrett, James Crutcher, Alexis Falicov, Daniel Flugstad, Jeffrey Garr, Scott Hormel, Heidi Shors, Robert Winquist.

Visitors



In late August we welcomed two New Zealand visitors to HMC, Debbie Wilson and Claire Matheson of Middlemore Hospital (*at left: Debbie, Jens Chapman M.D., and Claire*). Debbie, a nurse educator, and Claire, a physical therapist, work in Intensive Care and share a special interest in acute spinal and

trauma patients. Debbie and Claire observed the management of in-patients in the Trauma ICU, Spine, and Early Rehabilitation areas. Reached for this eNewsletter, they wrote “We would like to thank the team for their hospitality and energy. We shared valuable learning and are keenly continuing to develop our acute spinal pathway upon our return. Since our connection is now made, feel free to contact us if there is anything we could help you with!”

General Peter Chiarelli paid UWMC a formal site visit in August. *Photo above right:* Dr.



Alex Cahana, Professor and Director of UW Center for Pain Relief; Dr. Stan Herring, Clinical Professor, Directory of Musculoskeletal Health; unknown; Dr. Deb Schwinn, Professor and Chair of Anesthesiology; General Chiarelli; Dr. Jens Chapman, Professor and Chair of Orthopaedics & Sports Medicine.

Department News - Residents



Group photo of faculty and residents who participated in Resident Research Day May 20th. For more information, please see the July 1st edition of the Ortho eNews

2011 Boot Camp Prepares Residents for Second Year



Dr. Howard Chansky, Chair of our Orthopaedic Workshop, thanks the following teaching and research Faculty, Residents, and Staff for taking time out of very busy schedules to present at this year's workshop, held June 28-30, to prepare the new R2s for their second year:

Steven Bain, PhD; Adam Bakker, M.D. (R5); David Barei, M.D.; Daphne Beingessner, M.D.; Peter Cavanagh, Ph.D.; Jens Chapman, M.D.; Robert Dunbar, M.D.; Brian Gilmer, M.D. (R4); Jennifer Hagen, M.D. (R4); Nason Hamlin, M.D.; Douglas Hanel, M.D.; Bill Hucks, Asst. Nurse Manager, HMC OR; Nick Iannuzzi, M.D. (R3); William Ledoux, PhD; Josh Lindsey, M.D. (R5); Matt Lyons, M.D. (R5); Matt Josey, RN3 HMC OR; Jonathan Medverd, M.D.; Sean Nork, M.D.; Leigh Anne Saunders, RN; Sundar Srinivasan, Ph.D.; Greg



(above) Vice Chair of Research Peter Cavanagh, Ph.D., leads a session. (right) R2s gathered outside of the UW Club

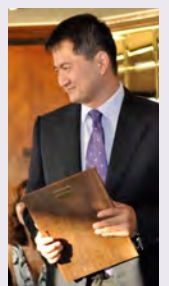


Schmale, M.D.; Doug Smith, M.D.; Sue Theiler, UWMC Nurse Manager 6SE; Liu Yang, Ph.D.; Nick Wegner, M.D. (R3); James Wu, Ph.D.

Evaluations are used to improve the workshop, and feedback from attendees was extremely positive this year. Topics range from spine clearance and compartment syndrome to proper documentation and EPIC Training. The past two years, research faculty have addressed the gathering to give residents early exposure to available opportunities. This year, one day was at the ISIS Lab for suturing, splinting, and proper use of the Jackson table. The workshop culminates with an annual dinner at Peggy and Dr. Doug Hanel's houseboat!



(above) R2s Courtney O'Donnell, Daniel Patton, Amanda Roof, Tim Alton, Laura Stoll, Daniel Holtzman, Paige Mallette, Kenneth Gundle; (right) Steven Bain, Ph.D., leads a session



Resident Graduation Banquet

The Resident Graduation Banquet was held July 1st at the Columbia Tower Club!

Photos (L to R): Drs. Jerry Huang & Ted Wagner (middle) with Graduating Residents Brett Wiater, Cory Lamblin, Peter Scheffel, Ed Moon, Christian Sybrowsky, & Aaron Chamberlain (Brian Daines not pictured); Craig Arntz, M.D.; R5 Greg Blaisdell; Dr. Jason Wilcox; Dr. Wagner; Dr. Huang

Department News - Residents & ACE/Fellows

Welcome New Residents!

Todd Blumberg, R1



Hometown:
Plano, Texas

College:
Rice University

Medical School:
Baylor College of Medicine

Area of Clinical /Research Interest:

- Pediatric Orthopaedics
- Hand & Upper Extremity

Activities:

- Trail running, skiing, hiking
- Traveling
- Photography and Cooking

Akash Gupta, R1



Hometown:
Vancouver, B.C.

College:
University of Southern California

Medical School:
University of Southern California

Area of Clinical /Research Interest:

- Shoulder and Knee Biomechanics
- Rotator Cuff Repair and Healing

Activities:

- Traveling & trying new foods
- Basketball, golfing, cycling
- College football, NHL, NBA

Sean Haloman, R1



Hometown:
Gillette, Wyoming

College:
University of Wyoming

Medical School:
University of California, San Diego

Area of Clinical /Research Interest:

- Sports medicine
- Shoulder

Activities:

- Spending time with wife
- Fishing, hiking, traveling
- Jiu jitsu, all sports

Emily Harnden, R1



Hometown:
San Francisco, California

College:
Stanford University

Medical School:
University of Southern California

Area of Clinical /Research Interest:

- TBD, still exploring

Activities:

- Skiing, surfing, biking, trail running
- Being with friends, family and dog
- Good food, college football, SF Giants baseball, being outside

Clifford Hou, R1



Hometown:
Chicago, Illinois

College:
Duke University

Medical School:
Washington University, St. Louis

Area of Clinical /Research Interest:

- Shoulder & Elbow
- Biomechanics

Activities:

- Basketball & tennis
- Snowboarding
- Eating

Mithulan Jegapragasan, R1



Hometown:
Apple Valley, California

College:
Stanford University

Medical School:
University of Pittsburgh

Area of Clinical /Research Interest:

- Biomechanics
- Trauma

Activities:

- Rock climbing, squash, Pac 12 sports
- Reading philosophy
- Traveling with fiancée

Welcome 2011-2012 ACEs!

Foot & Ankle



James Meeker, M.D.

Dr. Meeker comes to us from University of North Carolina in Chapel Hill where he completed his residency in Orthopaedic Surgery. He was awarded the 2007 OTA Resident Research Grant for his study "The Effect of Nitric Oxide in Intramedullary Vascularity and Fracture Healing."



Ramces Francisco, M.D.

Dr. Francisco's education includes training in the Philippines, Australia, Italy and the United States. He just completed a fellowship in Hand, Microvascular and Upper Extremity Surgery at the University of Medicine and Dentistry in New Jersey. He has been a reviewer for the Journal of Bone and Joint Surgery (British) since 2006.

Spine



Harsha Malempati, M.D., BSc

Dr. Malempati completed a BS in General Science with a minor in Psychology before going on to complete his M.D. and residency at the University of Toronto. Since 2008 he has been working on the research study "The Evaluation of Orthopaedic and Neurosurgical Spine Fellowship Training: Review of Educational Objectives and Current Surgical Practice."



Saravanaraja Muthusamy, MBBS

Dr. Muthusamy completed his residency at the Government Medical College (SRTM University) in Nanded, India. His thesis dissertation was on the "Role of Arthroscopy in Diagnosis of Knee Disorders." Dr. Muthusamy has been a Visiting Fellow with Drs. Orrin Sherman (NYU Hospital for Joint Diseases, NY) and Friedrich Boettner (Hospital for Special Surgery, NY).



Amit Patel, M.D.

Dr. Patel received his M.D. from the Medical College of Georgia before completing his Orthopaedic Surgery residency at the University of Pennsylvania. In March 2010 he co-authored a poster, "Arthroscopic Rempassage with Bankart Repair for the Treatment of Glenohumeral Instability with Hill Sachs Defects," that was presented at the 2010 AAOS Annual Meeting.

Department News - Residents & ACE/Fellows

Welcome New Residents!

Dayne Mickelson, R1



Hometown:
Waukesha, Wisconsin

College:
Lehigh University

Medical School:
University of Washington

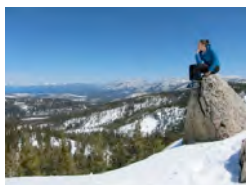
Area of Clinical /Research Interest:

- Sports Medicine, Trauma & Joints
- Biomechanics, Anatomy & Orthopaedic education

Activities:

- Basketball, skiing, movies
- Reading, cooking, photography
- Traveling & spending time with my wife & dog

Jessica Telleria, R1



Hometown:
Boise, Idaho

College:
Western Washington University

Medical School:
Stanford University

Area of Clinical /Research Interest:

- Clinical and translational research in sports, tumor or trauma
- International health

Activities:

- International Travel
- Skiing and biking
- Microbrews

Welcome 2011-2012 ACEs!

Trauma



Mark Adams, M.D.

Dr. Adams earned a BA in History at Duke University before receiving his M.D. from SUNY Downstate, Brooklyn, NY. He was the recipient of the Hellenic Times National Scholarship. Starting in 2006 he worked on "What's New in Distal Radius Fractures," which has been submitted to JOT.



Jonathan Eastman, M.D.

Dr. Eastman received his M.D. at Pennsylvania State University College of Medicine before completing his residency at USC-Davis. He received the 2009 OTA Resident Research Grant. His article "Retropatellar Technique for Intramedullary Nailing of Proximal Tibia Fractures: A Cadaveric Assessment" was published in the November 2010 issue of the Journal of Trauma.



Reza Firoozabadi, M.D.

Dr. Firoozabadi graduated Magna Cum Laude from the Boston University of Medicine. In 2009 he received the OTA Resident Research Grant for his study "Does Plugging Unused Screw Holes Increase the Biomechanical Strength of Locked Compression Plates for Comminuted Supracondylar Fractures?"



Thomas Large, M.D.

Dr. Large received his M.D. at the University School of Medicine-Bloomington in Indianapolis. He completed a General Surgical internship and Orthopaedic Surgery residency at the Carolinas Medical Center in Charlotte. He was a Major in the United States Air Force, Medical Corps, and the Chief of Orthopaedic Surgery, Flight Commander for the 60th Surgical Squadron.



Jason Schneidkraut, M.D.

Dr. Schneidkraut completed his residency at Robert Wood Johnson Medical School in New Brunswick, NJ. In 2009 he received JOT's Best Orthopaedic Teaching Resident, PGY3. Also in 2009, he worked on a study of the LISS plating system, comparing titanium and steel plate/screw constructs and the implication on clinical outcomes.

Welcome 2011-2012 ACE/Fellows!

Shoulder & Elbow



Bradley Carofino, M.D. Dr. Carofino joins us from Farmington, CT where he worked with Drs. Arciero, Browner, and Shea at the University of Connecticut.



Matthew Jenkins, M.D. Dr. Jenkins joins us from George Washington University. In his career, he has worked with Drs. Rocky Tuan, Robert Neviasser, David Lutton, Robert Wilson, and Kenneth Fine.

Oncology



Antoinette Lindberg, M.D. Dr. Lindberg, a UW grad (Psychology), received her medical degree from Columbia University, completed residency at UCLA, and was a 2010-'11 UW Pediatrics ACE.

Hand Fellows



Stephen Kennedy, M.D. graduated with Distinction with a B.S. in Biochemistry from University of British Columbia in Vancouver, and completed his Orthopaedic residency there in 2011.



Jason Ko, M.D. graduated Magna Cum Laude with a B.A in Economics from Duke. He completed residency in Plastic & Reconstructive Surgery at Northwestern University (Chicago) this year.

Hand Fellows (continued)



Lucie Krenek, M.D. graduated Magna Cum Laude with a B.S. in Biomedical Sciences from UC-Riverside before completing Orthopaedic residency in 2011 at UCLA.



Andrew Watt, M.D. graduated Summa Cum Laude with a B.S. in Biology from Indiana University, and completed Plastic & Reconstructive residency at Stanford this year.

ANNOUNCEMENT

There will be an Orthopaedic Trauma Alumni Reception at the OTA Conference!

The reception will be Wednesday Oct 12th, 8-10 pm, Republic of Texas Restaurant, 526 River Walk, San Antonio <http://www.therepublicoftexasrestaurant.com/>

Faculty & Staff News

Welcome Oncologist Darin Davidson, M.D.



Darin Davidson M.D. with son Evan

eNews: Your undergraduate days were at the University of Ottawa. Did you grow up in Canada?

DD: I did, mostly in Ottawa. My wife and I moved to Vancouver, BC for my residency and instantly fell in love with the Pacific Northwest. We really enjoy everything about the region; the amazing scenery, lifestyle, great places to visit, amazing food from the area, and yes, even the climate which is much nicer than what we were used to growing up. Of course, being Canadian I'm a hockey fan, and having lived in Vancouver, a Canucks fan!

eNews: You went to Medical School at University of Ottawa, did residency at University of British Columbia, and then Fellowships in both Toronto and Boston. Are there any significant differences between Canadian and U.S. medical training?

DD: That's a very interesting question. I think there are some relatively minor differences in the training systems. From what I've seen, medical training in Canada provides more autonomy in the early stages of training, but the end result at the completion of training

seems to be very similar. The more major difference is in the health care systems of the two countries.

eNews: Your research focus is on quality of life outcomes, in managing bone and soft tissue tumors. Did this interest develop as a result of any particular case or event?

DD: My research interests did not develop from a specific case, but rather from interacting with patients of different ages with different types of tumors. One of the common areas of concern amongst many of these patients is their ability to participate in their respective roles in life. The treatment for many of these patients is very involved and I think it's important to understand how that impacts their quality of life, particularly from their perspective. It's very interesting to see how the patient's perspective can be quite different at times from our perspective.

eNews: What did you find attractive about the University of Washington? First impressions of Seattle?

DD: The University of Washington is a center with an excellent, highly regarded Oncology program, and an institution that seems to have an amazingly collaborative culture, much more so than many other places. The Orthopaedic Department has an excellent reputation, which I had heard of during my residency in Vancouver. There is also a well-established history of, and importance placed on, innovation which is important as this ensures we are always working to try to improve treatments. Of course it was also very appealing to come back to the Northwest after two years in the East. So far, we're really enjoying Seattle. We have visited the area a few times in the past, but still have many places to explore both in the city and surrounding area.

eNews: How much did you know about your new colleague, Chappie Conrad M.D., before coming here?

DD: I knew about Dr. Conrad prior to my first visit to Seattle last fall but had not previously met him in person. He has a truly fantastic reputation as one of the pioneers of musculoskeletal Oncology, and the person who built and developed the Oncology program here in Seattle. He is one of the working legends of the field and it's a wonderful opportunity to work with, and learn from, him.

eNews: Your personal interests include running. Were you a varsity athlete? Anything competitive running in your past, present or future?

DD: Actually, my interest in running is more recent. I ran short distance track and field events in high school, but nothing more competitive than that. During residency, I became interested in running as a good way of getting exercise during a period of time when there wasn't a lot of extra time. I'm not sure about any future competitive running, although the idea of training for and running a marathon at some point has come to mind.



Dr. Davidson, wife Stacy Chartrand & son Evan

Sports Medicine Rallies As a Team to Help Co-Worker



On September 3rd, Sports Medicine providers and staff held a work party for PSS Supervisor Clarissa Rafanan & her husband Richard. In July, Richard sustained a severe spinal injury while bike riding. After hospitalization, a successful operation, and post-op rehabilitation at Harborview, Richard returned home on September 10th. To prepare for his homecoming, the Sports Medicine team rallied on a beautiful Saturday morning in August to help get the Rafanan house ready. Volunteers did weeding, trimming, & pruning; worked inside on trim & baseboard prep; and helped stain the back deck. Clarissa noted that it would be so great for Richard to come home and see his home and yard in such good shape.

On September 3rd, Sports Medicine providers and staff held a work party for PSS Supervisor Clarissa Rafanan & her husband Richard. In July, Richard sustained a severe spinal injury while bike riding. After hospitalization, a successful operation, and post-op rehabilitation at

The Sports Med Team that helped Rafanans included: Carol Badua-Lagua, Mary & Mike Turner, Theresa Jones and her sons Peter & Jeffrey, Claudia Happe and her children Emily and Philip, Sean McKinney, Aurea Magbalot and her husband Rob Grothe, Dr. Trey Green, Nicole Patrick, Katherine Yano, Michele Honeycutt and her daughter Mackenzie. Additionally, Sports Medicine staff have supported the Rafanans with shared leave, visits, gifts, and food.

Clarissa & Richard are very grateful for all the love & support they have received during this difficult time, and ask for continued prayers and well wishes as these give Richard determination to reach his goals. Richard continues to improve, and he and Clarissa look forward to the arrival of their second granddaughter in January who will join big sister Brielle Avery.

To learn more about Richard's progress visit <http://www.caringbridge.org/> and search for "RichardRafanan." Registration is required to access his page.

Faculty & Staff News

Lew Zirkle, M.D.: SIGN Founder



SIGN (Surgical Implant Generation Network) was founded in 1999 by Clinical Professor Lew Zirkle, M.D. Its mission is to support surgeons in developing nations by providing them with training and modern equipment, so they can provide immediate surgical treatment to patients.

SIGN has manufactured the SIGN IM Nail system, which includes an intramedullary nail, interlocking screws and instrumentation. It can be put in place without x-ray control to treat fractures of the humerus, femur, and tibia.

To learn more about SIGN and/or donate to the organization, please go to: <http://www.sign-post.org/>

Dr. Zirkle teaches a spontaneous saw-bones workshop in Afghanistan.

For more information on how Dr. Zirkle's work has inspired and taught faculty and residents in our Department, see p. 5 of eNews issue #3 (October 2010) and p. 5 of eNews #4 (January 2011).



Dr. Zirkle teaching in Africa

Chris Allan M.D. has a new blog focusing on hand and wrist injuries. Check it out: <http://wristinjuries.blogspot.com>



R5 Adam Bakker M.D. (in addition to Chief Residency this fall at UWMC and VA) was selected to serve on this year's Graduate Medical Education Committee (GMEC)

R4 Liz Dailey, M.D. was nominated and selected to serve a two-year term on the Institutional Resident/Fellow Advisory Committee (IRFAC). Liz also served last year on IRFAC.



New Foot & Ankle specialist **Michael Brage M.D.** was profiled in **UW Today**. Dr. Brage apprenticed at HMC 20 years ago under our "father of Traumatology" **Ted Hansen, M.D.** Dr. Hansen, who retired on June 30th, beckoned Dr. Brage back to HMC to be his successor.

Resident alumnus **Jon Braman, M.D.** became the University of Minnesota's Faculty Residency Director on July 1. Congratulations!

Joy and **Rick Bransford, M.D.** and their children welcome their fourth child, Ethan Daniel Bransford, born the night of September 25th! Ethan was 7 lbs, 7 oz and 19 1/2 inches at birth. (Photo below)

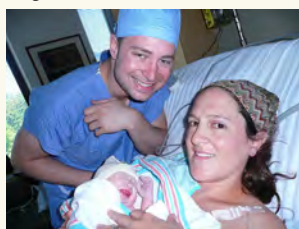


Farewell **Mike Burdett**, our long-time computer guru, who is now performing cyber-miracles for HMC's Surgery Department. Here's a photo from Mike's three-hour "Bon Voyage Party" at Montlake's Rogge Library on August 25! It featured a great turnout of Mike's past colleagues, including many Roosevelt staffers. Long-time chairman **Rick Matsen M.D.** also gave an appreciative reminiscence on Mike's impact on our department. Dr. Matsen and Mike were instrumental in developing our presence on the web; see the **April 1st eNews** for details!

Dr. Robert Clawson has joined our faculty as Clinical Associate Professor and has just turned 70, going strong at Northwest Hospital. (R: *Dr. Clawson with wife Christina*)



Shoulder & Elbow ACE **Matt Jenkins M.D.** and wife Jamie just had their first child, Athena Danielle Jenkins, born on August 24th at UWMC (photo below).



Dr. Seth Leopold, of our Hip and Knee Service, presented two papers at the 63rd Annual Meeting of the Association of Bone and Joint Surgeons, a limited-membership international

orthopaedic society. He was honored with the "Best Paper of the Year 2011" award at that meeting for his presentation "Testing for the presence of positive-outcome bias in peer review: A randomized controlled trial." **Dr. Winston Warme** of the UW Orthopaedics Shoulder and Elbow team was a co-author on the paper, which has been published in Archives of Internal Medicine.

This summer, Dr. Leopold went sea kayaking in the Johnstone Strait off the northern tip of Vancouver Island. In photos (right) are Seth in the kayak, and with wife Jill Sulzberg. Seth also took a summer kayak trip with **Dr. Peter Cavanagh** to the San Juan Islands.



Fifth-year resident **Josh Lindsey M.D.** and wife Katie (below left) welcomed Eliza Sue Lindsey August 15th! She was born at 10:15 pm (7 lbs. 6 oz.) and joins big brother Jack in the Lindsey household. (R: *Jack and Josh with Eliza Sue.*)



Faculty & Staff News

Farewell to **Meagan Loftin**, who did a great job as Research Director Peter Cavanagh's secretary the past year! We wish Meagan good luck in her UW graduate studies in Literature!



Drs. Allison MacLennan ('07), Rajshri Bolson ('09), and Heidi (Ambrose) Schors ('06) (pictured above) had a happy reunion at the ASSH meeting in Las Vegas. They are all successful Hand Surgeons!



In the words of Chairman **Jens Chapman, M.D.**: "Finally, the heart and soul of our Appointments and Promotions - our one and only **Debbie Malestky** - has decided to proceed into her well-deserved retirement

towards the end of November. Needless to say, she deserves our collective gratitude for having shepherded our countless promotions safely through the complexities of the school's bureaucracies. Most recently she guided 6 promotions (Drs. Bellabarba and Mosca to Full Professor, Drs. Beingessner, Bransford, Dunbar and Wahl to Associate) to successful completion, all in one year. Please join me in thanking Debbie for her tireless efforts."

Sports Medicine physician **John O'Kane M.D.** was quoted on high ankle sprains in an **August 16th Seattle Times piece** on Seattle Seahawk offensive tackle Russell Okung.

Administrative Coordinator **Scott O'Neill** will perform in Local Jewell's theatrical production of "Spring Awakening" November 3rd through 12th, in Seattle Center House! Scott will play Headmaster Hart Payne. He says it is set "in 1962, kind of like Mad Men, should be a hoot." [Click here for info](#) about the company and show!

Susan Ott, M.D., Professor of Medicine and Orthopaedics, was quoted in **The New York Times September 5th** about femur fractures that may occur with long-term bisphosphonate use.



Trauma ACE reunion, July 28th at Summit in Seattle



Sports Medicine Clinic News: Medical Assistant **Aurea Magbalot** and Rob Grothe were married this summer after Rob's return from deployment in Afghanistan. Congratulations Aurea and Rob!

Sports Medicine Clinic also welcomes new employees **Jen Wallerich, DPT** and medical assistant **Lori Ruiz**. Former M.A. **Doug Daniell** recently began med school right here at UW.

Stephanie Punt was promoted to Research Study Assistant in August! Stephanie works closely with **Chappie Conrad M.D.** in tumor research. As part of her work, Stephanie visited mainland China Sept. 14-23. She gave her first international presentation, scaled two sections of the Great Wall, visited the Zoo, the Forbidden City, Beihai park, Houhai Lake, Peking University, the Summer Palace, the Olympic Park, and Temple of Heaven, topped off by an adventure to the Lama and Confucius Temples. (Above, Stephanie with 2008 Olympic mascot Huanhuan.) Way to go Steph!!



Chip Rount, M.D. led another successful Pelvis & Acetabular Workshop on August 30th, focusing on external fixation (photo above).

Congratulations to **Chris Wahl M.D.** on his promotion to Associate Professor! Dr. Wahl has also been selected as a delegate for the AOSSM board of delegates.

Winston Warme M.D. and **Frederick Matsen M.D.** have been honored as regional Top Doctors by Castle Connolly. The selection signals the quality of their medical work is highly regarded by fellow physicians. Congratulations to our Shoulder & Elbow specialists!

TED WAGNER'S 50th REUNION WITH TRINITY COLLEGE CREWMATES!

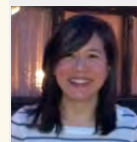


Ted Wagner, M.D. was part of a unique 50-year reunion on June 9th, when the first Trinity College rowing team gathered on their old campus in Hartford, CT. Remarkably, in attendance were 8 of the 9 members of Trinity's first championship squad! That milestone occurred in 1962 at the Dad Vail regatta. They re-lived their Bright College Years by taking to the same Connecticut River waters where they began the program in '61 and quickly established an ongoing winning tradition. Current coach Kevin MacDermott said "to have the founders of Trinity Rowing back is truly special. (We) owe an enormous debt to these men; against significant odds, they created the modern era of rowing at Trinity." (Dr. Wagner is at left in both photos below.)



Correction: MSK Radiologists

The eNews apologizes for incorrectly identifying Musculoskeletal Radiologists Alice Ha and Hazel Mulcahy in our previous issue. Here they are!



Alice S. Ha, Assistant Professor of Radiology



Hyojeong "Hazel" Mulcahy, Assistant Professor of Radiology

Faculty & Staff News

Interview with Dennis Dice, DPM, on the occasion of his retirement

eNews: Where did you grow up, and at what point did you realize you had an interest in being a doctor?

DD: I grew up in the Spokane Valley. After high school, I enlisted in the Air Force. Being a slow learner, it took me about 15 seconds in basic training to realize that if one wants to get ahead in life, a college degree is very desirable. On my first tour of duty, on the beautiful island of Guam, I decided on a career in medicine.

eNews: How was your experience in medical school and beyond?

DD: I attended the California College of Podiatric Medicine and did surgical residency at Waldo General Hospital in north Seattle. This included a very unofficial rotation of Podiatrists that worked with Dr. (Ted) Hansen in the Friday morning foot clinic, which I started attending in July 1976 when I took over as residency director at Waldo. The rotation was every other Friday morning (but) rapidly became three full Fridays, as demand for service increased. Eventually I stopped doing surgeries at HMC, as it became too time-consuming. I also continued a private practice until selling

it in 1994.

Thereafter it was requested that I establish the same service at the Bone and Joint Clinic. I worked there for eleven years until stepping down almost two years ago. Over the past 35 years I have enjoyed working with all the people at both facilities.

eNews: What do you find rewarding about your specialty?

DD: The University system is very different and much easier than private practice, as most ancillary services like more extensive x-rays and MRI's, labs, vascular studies, etc. are readily available; and sometimes, same-day specialty consultation. It has been a pleasure working with a variety of immigrant patients, who often present with a condition I have only read about in a textbook, since early diagnosis and treatment in our health care system has eliminated most of these conditions. Another thing that has always fascinated me is the positive outlook possessed by most para- or quadriplegic patients. Hats off to the Rehab Department. Over the years I have surprised myself on how beneficial Orthotic therapy has been in returning Trauma patients back to

productive lives.

I have made many friends with staff members, interpreters and patients from working at the Bone and Joint Clinic and Foot and Ankle Institute. My fondest memory has been the association with Dr. Hansen, a true visionary, for his uncanny abilities in clinic evaluation and surgery, and willingness to share his expertise with anyone interested in learning regardless of background or training. This is an admirable quality we should all try to emulate. Now that he is retired I too will take my leave. As he told me many times in the past, I couldn't retire until after his retirement.

eNews: What are your future plans?

DD: With this announcement, I am quite often asked if I will travel. Well, no immediate plans other than a swing through the Southwest to see friends and family, however, my wife would like me to clean the garage. I would like to get back to bicycling more after recent arthroscopic knee surgery. I will continue to hunt the elusive rocky mountain elk each year, and expand my pistol and rifle-shooting competitions.

Tech Talk



Please welcome join us in welcoming Senior Computing Specialist Arien Cheronos to our Computer Support Group! Arien, formerly with UW Pediatrics, will support CSG's central infrastructure, and promises to "provide excellent customer support to the Faculty and Staff of Orthopaedics"!

Thanks to the continued efforts of our Computer and Web support group, we are now above 100K

in monthly website hits and over 100K in videos watched on You Tube per month. Please see the information below as to our local rankings as well. Our thanks go to Nidhi Shah and Gholam Fazelinia!

Type "Shoulder Arthritis blog" in Google and you will see [Dr. Matsen's blog](#) on top! Following that, the next 3 listings are from [our department website](#). Also, UWMC is atop the "Seattle Hospitals" search in Google.

The Computer Support Group

Faculty & Staff Publications

Cizik AM, Lee MJ, Martin BI, Bransford RJ, Bellabarba C, Chapman JR, Mirza S. Using the Spine Surgical Invasiveness Index to Identify Risk of Surgical Site Infection: A Multivariate Analysis, number JBJS-D-10-01084R2, Journal of Bone and Joint Surgery 2011.

Davidson D, Mulpuri K, Mathias RG. Skeptical Thinking Series: An Introduction to Skeptical Thinking in the Evaluation of Claims. J Pediatr Orthop 2011; 20: 191-193.

Lee MJ, Hacquebord J, Varshney A, Cizik AM, Bransford RJ, Bellabarba C, Konodi MA, Chapman JR. Risk Factors for Medical Complication after Lumbar Spine Surgery: a multivariate analysis of 767 patients. Accepted for publication, Spine Journal 2011.

Wahl CJ, Westermann RW, Blaisdell GY, Cizik AM. An Association of Lateral Knee Sagittal Anatomic Factors with Non-Contact ACL Injury: Gender or Geometry?, number JBJS-D-11-00099R1. Accepted for publication, Journal of Bone and Joint Surgery 2011.

Presentations:

Prasad J, Huber P, **Bain SD, Gross TS** (2011). Diminished mechanical stimuli following transient muscle paralysis are not associated with acute trabecular bone loss, 33rd ASBMR.

Worton L, Kwon RY, Gardiner EM, Gross TS, Srinivasan S (2011). Fluid flow induced early response genes are selectively altered by age, 33rd ASBMR.

Gardiner EM, Worton L, Bain SD, Gross TS, Srinivasan S (2011). Neuropeptide Y1 receptor antagonist reduces periosteal bone formation and mitigates the bone response to mechanical loading, 33rd ASBMR.