

January 3, 2012

Issue #8

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### Transitions 2011

With the passage of 2011, I wish to reflect back on a couple of significant transitions that occurred, and look ahead to 2012.

Our Department and its extensive group of alumni and friends bemoaned the loss of very dear supporters with the premature departures of Paul Benca and Bill Mills III. Most recently Dr. William J. Mills Jr., Bill's father, passed away at 93, surrounded by his family. Please look at a commemoration written by Chip Routt regarding this iconic elder statesman of the Alaskan surgical community on page 8, and further reflect on the unique accomplishments of this Orthopaedic surgeon, decorated war hero and Alaska Hall of Famer through a nicely composed **obituary in the Alaska Daily News**. Our thoughts are with the Benca and Mills families and we will keep you apprised on their offsprings' progress as an active commemoration.

We have certainly also had occasions of great pride and joy this past year. There were two very successful and well-attended UW-CME conferences (2nd Annual Summit in Seattle and 10th Annual Seattle Spine Symposium) at Harborview Medical Center, with defining educational materials from an incredible faculty (local and visiting), who received superb audience evaluations. Our Spine Symposium was proud to be the launching event for Washington Spine SCOAP – a first of its kind, state-wide registry for spine surgery (see page 3). Please mark your calendars for the not-to-be-missed July 26-28th 3rd Annual Summit in Seattle at Harborview, with focus on Hip and Pelvis disorders.

We have many highly praised Research publications and awards to report. Special Research recognition, however, goes to our own Dr. David Eyre. In reflection of his outstanding work on collagen function and disorders, Dr. Eyre has won the prestigious Arthur E. Steindler Award from the University of Iowa and will receive the honor during the Orthopaedic Research Society's annual meeting, to be concluded by a visiting lectureship at Iowa. We all are very proud of Dr. Eyre and the foundational work of his lab.

Our monthly Grand Rounds had several 2011



*Drs. George Bagby, Jörg Auer, Jens Chapman*

highlights, but arguably none of more historic value than November 2nd's first face-to-face meeting of two heroes of Veterinary Orthopaedic surgery, visiting Guest Professor Dr. Jörg Auer from University of Zurich, and Washington native (and long term Department friend) Dr. George Bagby. They share a keen interest in equine Orthopaedics and have eminently contributed groundbreaking developments (Dr. Auer with low contact plates, novel epiphyseal locking devices and biologic reconstruction techniques, Dr. Bagby with compression plates and intervertebral threaded cages). Despite authoring books together and being on opposite sides of a transatlantic argument over who developed compression plating, they had never met until that day. Those who expected fisticuffs surely were disappointed – we saw two eminent gentlemen who quite visibly enjoyed themselves. Please **share this historic meeting by viewing the video** to catch the special atmosphere. We sincerely thank both for visiting us and sharing their experiences.

Looking to next year we are engulfed in a very active interview season, with many volunteers aiding Dr. Doug Hanel, Residency Coordinator Angela Weiss, Amanda Schwanz and Frances Huisman in the thankless task of selecting future UW Orthopaedists from another incredible applicant field. We look to conclude the process this month.

As the conference and education season approaches, we are very proud to present an incredible 2012 program, and hope you find your personal interest. In celebration of our strong community ties and ongoing recognition of Dr. John LeCocq's unique role in our region, we are proud to present one of the most well-known Orthopaedic surgeons, former AAOS president Dr. Stuart Weinstein (Ig-

nacio V. Ponseti Professor and Chairman of the Orthopaedic Surgery and Rehabilitation Medicine at the University of Iowa) on January 26th-27th. He is one of the world's foremost scoliosis experts, and will also share his thoughts on the value of long-term outcomes studies of hip dysplasia, and the role of the physician as activist in our present health care environment. His talks will be accompanied by resident case presentations and discussions by a panel of community colleagues in a highly engaging and rich learning experience. For sure, a not-to-be missed event. Please **look for details and RSVP here**.

Drs. Eugene Caragge (Stanford) on January 18th, and Dan Riew (Washington University) on April 18th, are early highlights in our interdisciplinary Spine Grand Rounds schedule, addressing hot button topics of **BMP and treating cervical degenerative disc disease**.

Our Orthopaedic Grand Rounds are rapidly becoming an area institution, with a combination of senior lecturers and up-and-coming residents. On January 4th, a special occasion: join us to officially welcome Dr. Darin Davidson, who with resident Josh Lindsay and Dr. Ernest "Chappie" Conrad will address controversies regarding Orthopaedic cysts. I look forward to reporting back to you in our next (April 1st) Ortho eNews on these events, and to have a first report on major developments underway in Adult Reconstruction, Sports Medicine and elsewhere.

Thank you for your ongoing interest and support. My best wishes for a successful and Happy 2012!

*- Jens R. Chapman, M.D.*

### Upcoming Events

#### 2012 LeCocq Lecture Series:

Thursday, January 26 (HMC R&T) - Friday, January 27 (Swedish Orthopaedic Institute)

#### 2012 Residents' Research Day:

Friday, May 4, 7 a.m.-4:30 p.m., HMC R&T Auditorium. Guest Lecturer: Jesse Jupiter, MD (Mass. General Hospital)

#### 2012 Chief Residents' Banquet

Friday, June 22, 6-10:30 p.m., site TBD

for more information, please visit:  
[www.orthop.washington.edu](http://www.orthop.washington.edu)



## Spotlight: Q&A with Andrea Hanson, Ph.D.

### Introductory Note from Dr. Cavanagh:

I am thrilled that, after a 3-year post doctoral fellowship at UW, Andrea Hanson has moved on to follow her dream of working for NASA. Under current plans, U.S. astronauts will have a constant presence on the International Space Station until it is decommissioned in 2020 and Andrea's job is to help keep these individuals healthy by providing appropriate exercise equipment and prescriptions. Her work will set the foundation for the more challenging trip to Mars expected to occur by 2030. Musculoskeletal deterioration during spaceflight ranks with radiation exposure as a major potential show-stopper for long duration space flight. The fact Andrea is now part of a small group of individuals at NASA who are dedicated to solving this problem is a great source of pride for our department.



Peter R. Cavanagh, Ph.D.  
Vice Chair for Research, Endowed Chair in Women's Lifetime Fitness & Sports Medicine

**eNews:** Andrea, you're now an Exercise Hardware Specialist for NASA. What is that, and what do you work on solving, besides the obvious lack of gravity in space?

**Andrea Hanson:** Space, as you may know, makes everyday movement quite tricky. Lack of gravity is of course a huge problem to which the body reacts in a number of ways. The spine lengthens up to 2 inches, sense of smell decreases, bones and muscle rapidly become weak. My job is to deal with the most difficult reactions. In space, you don't have to hold yourself up against gravity, and certain muscles aren't used (posture muscles are most affected). Your bones are not holding up your body, and if you're not using it, you're losing it! I work for Wyle Labs with NASA scientists and engineers. We're in charge of exercise machines astronauts use to try to reduce the "losing it" part. The machines are complicated to design, operate, and maintain. We not only ensure the machines do what they should, but that astronauts use them correctly, and that scientists on Earth get the right research data.

**eNews:** At what age did you become interested in NASA and the space program?

**AH:** I really wasn't one of those little kids who always dreamed of being an astronaut. As a college freshman I was exposed to the space program through Space Studies Dept.'t. classes. A good friend from U of North Dakota encouraged me to apply as a Counselor at Space Camp. I spent summer 2000 in Huntsville, AL teaching 15-18 year olds how to run a simulated space mission. After that, I was hooked!

**eNews:** What were your academic pursuits in college and post-college?

**AH:** I was misinformed by my high school guidance counselor that as a chemical engineer, I'd be able to make hybrid plants better

suitable to northern climates (I grew up in rural MN). At college I found the "ChemE" program would instead teach me to design chemical plants. They guaranteed I would make a lot of money on that path, so I stayed in it. But, when I later took an interest in the space program, I never looked back. I declined a job offer from Dow in 2002, instead starting grad studies in Bioastronautics and Microgravity Sciences through the Aerospace Engineering Dept.'t. at U-Colorado. I was determined to use my ChemE degree and develop life support systems for the new Space Station. However, I was offered work on an exciting research project testing a pharmaceutical agent to protect against muscle loss during spaceflight. I'm so glad I took it! It led to involvement in experiments on two space shuttle missions testing the muscle loss drug on Shuttle Transportation System-118 (2007) and a bone loss countermeasure on STS-135 (2011)!

**eNews:** You worked for Dr. Cavanagh's Women's Lifetime Fitness & Sports Medicine group -- were you an athlete in school?

**AH:** With a high school of just 300 students, they were always looking to fill the roster! I played volleyball, basketball, summer softball, started a track team, and figure skated. I wasn't much of a focused athlete, thus never had a chance at college sports. However, I was an avid intramural sportster and was on championship teams for broomball, inner tube water polo, dodgeball and co-ed volleyball!

**eNews:** What work did you focus on at UW as part of Dr. Cavanagh's research efforts?

**AH:** If you show interest and enthusiasm in Dr. Cavanagh's projects he will find a way to get you involved! As I was crazy about anything spaceflight-related, I supported MANY exciting projects. Our work centered around capitalizing on bone's positive response to mechanical stimulus. Peter had discovered WHY astronauts lose bone strength during long-duration (6 months-plus) missions -- primarily they don't accumulate enough

impact loads, and the 2 hours of daily exercise prescribed wasn't enough to keep their bones strong [Cavanagh et al., J Biomech. 2010]. My work focused on developing small, wireless sensors to help monitor astronaut activities, know what they did perform and how much was protecting their bone health. I got to test the bone monitoring sensors on a new exercise device, designed for future lunar missions, working with a researcher at UC-San Francisco. We also worked closely with NASA's Glenn Research Center in Cleveland during sensor development and tests, and utilized the enhanced Zero-G Locomotion Simulator as an analog (simulation) of micro and lunar gravity, to better understand how our sensor would respond in reduced gravity.

The activity monitors led to an ongoing project with Dr. Paul Manner, funded by the Coulter Foundation, developing a wireless sensor to remotely monitor rehabs after Total Knee Arthroplasty. In another study, the small sensors help reduce impact injuries in female runners. Whew! No wonder these three years have flown by! My time at UW was a springboard to acquiring the job of my dreams, and a perfect training ground for the fast pace of keeping up with real-time astronaut health issues on the space station.

**eNews:** You're already in a NASA Hall of Fame, right? What work led to that honor?

**AH:** I am a 2010 inductee of the Space Camp Hall of Fame, bestowed by the US Space and Rocket Center in Huntsville, AL. The Space Camp programs and counseling for two summers led to it. It was a huge honor -- the Hall's members include Werner Von Braun ("Father of Modern Rocketry"), esteemed military personnel, Astronaut Dottie Metcalf-Lindenberg, and other campers and counselors.

**eNews:** Lastly, any comments on "The Cavanagh Group" and UW Orthopaedics?

**AH:** It was a great pleasure and amazing experience to work with Dr. Cavanagh! He has perpetually been at the cutting edge of research and it is an honor to be associated with anything that bears his name. I learned from his expertise in research and project management how the spaceflight community operates, how to stay informed of recent innovation, network with the right people, and go the extra mile to stay on top of the game. He always strives for success and surrounds himself with motivated individuals, so everyone brought an advanced and unique skill set.

Dr. Chapman is bringing fresh ideas to OSM to benefit research and foster collaboration among researchers, clinicians, and trainees. I hope everyone is enjoying the Joint Efforts in Research Seminar now led by Amy Cizik and Dr. Darin Davidson! It was a unique rewarding experience to work with you all, be a part of the UW OSM family...and now be a proud alumnus of the CoRE Lab!

**Department News**

**UWMC Roosevelt Open House on Tuesday, January 10th**

On Tuesday, January 10th, UWMC will host an open house to celebrate the renovation of the Bone & Joint Surgery Center and other 2nd-floor specialty clinics. You're invited to come discover advanced medical treatments in Orthopaedics, as well as Radiology, Musculoskeletal, Surgical and Rehabilitation services. UW's multi-disciplinary, leading-edge specialty care clinics will be featured, including Bone & Joint, Sports & Spine, Ambulatory Surgery Center, Exercise Training Center, and Radiology.

The evening will include remarks from Stephen Zieniewicz, Executive Director of UWMC; Dr. Jens R. Chapman, Chair, Department of Orthopaedics and Sports Medicine; Dr. Norman J. Beauchamp, Chair of Radiology; and Dr. Stanley A. Herring, who is Director of Sports, Spine and Orthopaedic Health for UW Medicine and Co-Medical Director, Seattle Sports Concussion Program. The event also features a ribbon cutting ceremony, clinic tours, and hors d'oeuvres and beverages.

The UWMC Roosevelt Open House will take place from 5 to 7 pm at 4245 Roosevelt Way NE. To RSVP, please visit <http://uwmedicine.org/rooseveltopenhouse>.



**HMC Spine Symposium Hosts SCOAP**

On September 30th and October 1st, 2011, the 10th Annual HMC Spine Symposium was proud to host the inaugural Washington State Spine SCOAP meeting. SCOAP (Surgical Care and Outcomes Assessment Program) is an unprecedented step for spine surgery around North America, spearheaded by a collaboration of community and university physicians to document patient safety and outcomes in spine surgery.



The symposium, "Enhancing Patient Safety in Spine Surgery," was chaired by Drs. Carlo Bellabarba (UW Orthopaedics) and Randall Chesnut (UW Neurosurgery).

*Pictured L: Visiting guest of honor Bob McGuire M.D. (Chair Orthopaedic Surgery, University of Mississippi) with Spine SCOAP initiative founding members David Flum M.D. and Neal Shonnard M.D.*

**Orthopaedic Hand Team Recognized for Excellence in Patient Education**



At a ceremony held on Thursday, October 27, at the Waterfront Activities Center, the UW Orthopaedic Hand Surgery Team (Jerry Huang, MD; Dan Patzer, PA; Carol Recor OT, CHT; Connie Wyman, RN; De Yamaura, OT) was awarded a 2011 Golden Eddy in recognition of their excellence in patient education. Medical Director Tom Staiger M.D. and UWMC Chief Nursing Officer Lorie Wild were the presenters.

The 2011 Golden Eddy Awardees are pictured at left.

**Residents Gain Top Honors in Washington State**



*L to R: Drs. Jessica Telleria, Liz Dailey, and Brian Gilmer*

At the 2011 Washington State Orthopaedic Association Meeting, our residents swept 1st, 2nd and 3rd place for the resident research competition!

Jessica Telleria (R1) won first place for her presentation "Risk of Sciatic Nerve Traction Injury During Hip Arthroscopy – Is it the Amount or Duration? An Intra-Operative Nerve Monitoring Study."

Liz Dailey (R4) was second for "Risk Factors for Readmission in Orthopaedic Surgical Patients," on which Drs. Jens Chapman and Mike Lee, and Research Scientist Amy Cizik, were co-authors.

Brian Gilmer (R4) was third for "The Prognosis for Improvement in Comfort and Function After Ream and Run Arthroplasty".

Department News

**OSM Physicians Assistants Honored at Special Dinner!**



*Clockwise from L: Howard Chansky M.D., Ivory Larry, Connie Ly, Dena Pruitt, Suzanne Slaney, Pete Hall, Michelle Cardenas, Jill Eggers-Knight*

Fremont and Ballard)!

PA's attending were Alexander Bertelsen (Shoulder & Elbow), E Ching Bertelsen (Spine), Michelle Cardenas (HMC), Tim Coglton (Total Joints & Tumor), Jill Eggers-Knight (S&E), Peter Hall (Total Joints), Jenni Hamilton (Tumor), Ivory Larry (Sports Medicine), Connie Ly (various),



*L to R: Pete Hall, Michelle Cardenas, Dan Stamper, Tim Coglton, Suzanne Slaney*

Our excellent Physicians Assistants were honored at a holiday season dinner December 2nd! Chairman Jens Chapman M.D., Vice-Chair Howard Chansky M.D., and Administrative Assistant Leslie Meyer were hosts. Festivities were at Le Bon Ton Roule (colloquial French for "The Good Times Roll") on Leary Way in "Fre-lard" (between



Nicole Patrick (Sports), Dan Patzer (Hand), Dena Pruitt (HMC Spine), Suzanne Slaney (Sports) and Dan Stamper (Total Joints).

*At L: Suzanne Slaney was recognized by her fellow P.A.'s for her advocacy on their behalf*

**Patient Communication Skills Workshop Held at Harborview**



*AAOS President-Elect John Tongue M.D. addresses the attendees*

The AAOS "Clinician-Patient Communication to Enhance Health Outcomes" conference was held on December 12th. This fast-paced workshop focused on attendees working individually and in groups to evaluate cases on their positive and negative outcomes, rather than in a lecture setting. Two experienced communication masters led this workshop for our residents, Drs. John Tongue and Peter Mandell. Dr. Tongue practices in Lake

Oswego, OR and is President-Elect of the AAOS; Dr. Mandell practices in Burlingame, CA and is President of the Western Orthopaedic Association.

Attendees discussed how communication between patient and provider underlies successful medical care, how it can increase patient and provider satisfaction and quality of care, and how using the described techniques results in decreased medical malpractice claims.

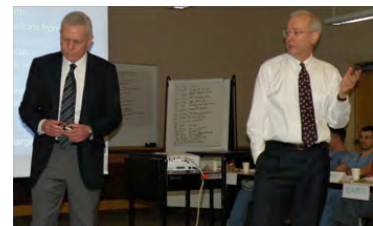
The underlying challenge the conference presented is how to improve provider-patient communication. The goal was to help providers gain communication skills in a brief period of time.

Topics included: how to increase awareness of biomedical and communication procedures; how to identify key communication skills;

how to create opportunities to practice these skills; and applying two learned skills in patient interactions.

After reviewing 30 years of research, the conference's goals were to introduce communication skills such as empathizing, educating, and enlisting the patient as a partner in their own care.

- Elsa Thompson, HMC Office Assistant 3, & Brad Henley, M.D.



*AAOS President-Elect John Tongue M.D. and WOA President Peter Mandell M.D.*

**Staff Appreciation Holiday Party**

A staff appreciation open house and dessert potluck was held at the home of Ted and Iris Wagner on Saturday, December 17th! Further details on page 7.

*Pictured L: Howard Chansky M.D., Leslie Meyer, Iris Wagner, and Ted Wagner M.D.*

*Pictured R: Edward and Calina Garcia*



## Department News

### Knee Exam Workshop

The Orthopaedic Surgery Sports Medicine Interest Group (OSSMIG) at UW's School of Medicine recently held a Knee Exam Workshop for medical students. Led by Nicholas Iannuzzi (R3) and Brian Gilmer (R4), it included a presentation of various aspects of the knee, and instruction on many different knee exams. The forty-five medical students in attendance practiced these exams under the watchful eye of eight Orthopaedic Surgery residents. The workshop was one of many events planned between OSSMIG and our residents throughout the year! For more information on OSSMIG, please visit <http://ossmig.orthop.washington.edu>.

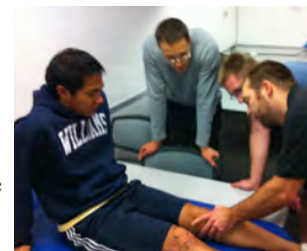


Photo at right: Third-year OSM resident Nicholas Iannuzzi marks knee landmarks on a medical student.

### Visitors

Early this fall, the Harborview Orthopaedics Spine Service welcomed three visitors from the Phillipines! At left: Dr. Carlito Valera, Jr. with our R2 Amanda Roof, Dr. Nico Raga and Dr. Catherine Gonzales. At right: Dr. Raga gives thumbs-up after a successful procedure with Dr. Jens Chapman.



\* \* \* \* \*

Hesham Al-Khateeb, M.D., an Orthopaedist from London, England, visited our HMC Pelvic Team for six weeks in August and September. He wrote to host Milton "Chip" Routt M.D.: "I had a great time at HMC and thoroughly enjoyed my six weeks there, it is truly a centre of excellence (and) an excellent educational experience. You have certainly improved my understanding of the management of pelvic fractures and introduced me to the world of pelvic percutaneous pinning! I am also grateful for you allowing me to conduct some research during my short stay and would certainly love to come back one day."

Hesham took advantage of his time here to also do a pelvic injury research project with HMC Research Study Coordinator Julie Agel. He raved about Julie's huge help and patience. After Hesham's departure Dr. Routt wrote to him "I look forward to a manuscript together that will mark your time here forever."



Trauma ACE Mark Adams with Drs. Chip Routt, Hesham Al-Khateeb, and Kai Cheng Lin at Pelvic Team dinner



In Harborview's O.R.: Doctors Kai Cheng Lin (from Taiwan), Chip Routt, & Hesham Al-Khateeb (from London)

#### ORTHOPAEDICS & SPORTS MEDICINE GRAND ROUNDS: 2012 SCHEDULE

Wednesday, January 4th: Darin Davidson MD, Chappie Conrad MD, and R5 Josh Lindsey MD on Sarcoma Treatment

Wednesday, February 1st: Jason Wilcox MD, Roger Larson MD, and R4 Liz Dailey MD on Cruciate Ligament Reconstruction

Wednesday, March 7th: Daphne Beingessner MD, Jerry Huang MD, and R4 Emily Squyer on Radical Head Fractures

Wednesday, April 4th: James Kreig, MD, Benjamin Starnes MD, and R4 Kyle Chun MD on Compartment Syndromes

Wednesday, May 2nd: Doug Hanel MD, Chris Standaret MD, and R4 Andrew Ghatan MD on Compressive Neuropathies

Wednesday, June 6th: Darin Davidson MD, Mike Lee MD, and R4 Brian Gilmer MD on Creation of Outcomes Systems

#### ORTHOPAEDICS & SPORTS MEDICINE DECEMBER GRAND ROUNDS

Fourth-year resident Mark Miller M.D. tackled the difficult and timely subject of "Orthopaedic Responsibilities in Child Abuse" during our Orthopaedic Grand Rounds December 7th, together with distinguished lecturers Tom Jinguji M.D. and Ken Feldman M.D. from the Department of Pediatrics. Dr. Feldman is Chair of the Child Protection Subcommittee at Seattle Children's Hospital.

The power of interdisciplinary care was evident in the presentations on this sad subject. As one could see from the questions, this topic really hit a nerve with the audience. Attendees were very impressed with the expertise and compassion displayed by our Seattle Childrens Hospital Faculty.

#### GRAND ROUNDS BROADCASTS ON UWTV:

Sundays 5:00 a.m., Mondays 7:00 a.m., Thursdays 6:00 a.m.

Faculty & Staff News

**Carol C. Teitz, M.D. named Director of Sports Medicine Service**



We are proud and fortunate to announce that Dr. Carol Teitz, Professor of Orthopaedic Surgery and Sports Medicine and Associate Dean for Admissions in the UW School of Medicine, has kindly agreed to take on the position of Director of the Sports Medicine Service in our department. Her appointment falls in a critical time of development opportunity for this service, with the major investment of UW Medicine in a nationally eminent multidisciplinary UW Medicine Sports Medicine Clinic and Sports Performance Center at the rebuilt Husky Stadium. With the building effort beginning, there are many planning meetings and organizational efforts pending. To these, Carol will be able to contribute her tremendous personal experience and investment in our historic Clinic, along with her national reputation as an Orthopaedic Surgeon renowned in Sports Medicine, and her excellent ties within all facets of UW Medicine.

We are grateful to former Director, Dr. John “Trey” Green, for his efforts over the last decade, and are very excited about the tremendous developments underway in our Sports Medicine program. I ask all of you to join me wholeheartedly in welcoming and supporting Carol in her new role of creating a new Sports Medicine magnet facility and access point for all UW Medicine. Thank you!

- Chairman Jens R. Chapman, M.D., October 18, 2011

On October 26th, UW Today published Computer Sciences Chairman Dr. Ed Lazowska’s piece, “**Why I Chose UW Medicine: ‘It gave me my life back.’**” Dr. Lazowska hails **Rick Matsen M.D.** for referring him to **Jens Chapman M.D.**, who successfully treated his massive spine infection via a spinal fusion.



**David Eyre Ph.D.** has been selected to receive the 2012 Arthur Steindler Award, and will receive the honor at February’s Orthopaedic Research Society (ORS) Meeting. Chairman Jens Chapman M.D. wrote to the ORS, “We are indeed very honored.... One visit to Dr. Eyre’s lab, or attending one of his lab meetings, would probably have made Dr. Steindler very happy. There is a tremendous amalgam of minds and thoughts abundant, with people from around the world and other labs present – very cosmopolitan, very open to exchanges of thoughts and ideas.”



Vice Chair of Research **Dr. Peter Cavanagh’s** team at Montlake has two new members! They are Research Scientist/Engineer **Molly Glauberman** (above left), and Administrative Assistant **Susan Kim** (above right), who also remains an Admin Assistant at RII. Welcome Molly and Susan!



On September 13th, the Orthopaedic administrative staff at Harborview threw a surprise wedding shower for Office Assistant 3 **Elsa Hansard** (now **Elsa Thompson**), who married Greg Thompson September 30th in San

Francisco. Her gifts included gift certificates to Trader Joe’s and Crate & Barrell, as well as cooking supplies from her gift registry at Macy’s. And, of course, there were nachos (a favorite of the bride) and cake!



At Wedding Shower: Sarah Jordan, Tia Edwards, Melanie Kanna, Connie Robertson, Jan Denali, Karen Morton, Julie Bould. Standing at R: Elsa Thompson, Janet Grant, Lynn Anderson

The Orthopaedic administrative staff at **Harborview** donated items to create a basket for “A Night At The Movies,” part of a silent auction to raise funds for the ICU Volunteer Guild, which works to improve patient and family experience in the ICUs. The basket sold for \$120, which helped the guild raise more money this event than ever before. Of the 77 baskets donated for auction, the Orthopaedic basket brought in the 11th highest donation.

November marked a milestone for physical therapist **Michele Honeycutt** -- 20 years of treating patients at Sports Medicine Clinic!

The New York Times quoted **Bruce Sangeorzan M.D.** and **Sigvard Hansen M.D.** on the **worth and effectiveness of MRI scans** on October 28th. The piece appeared on page A1 of the Times’ New York City edition!



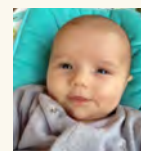
We welcome **Maureen Johnson**, our new Faculty Affairs Manager, to our R2 staff! Maureen will oversee Faculty Appointments and Promotions. She replaces Debbie Malestky, who retired this

fall after over 30 years service to UW.



Warren & Maureen Johnson with sons Andy (15) and Peter (14)

Montlake staff member **Leslie Meyer** recently put her own magical spin on this year’s research report cover (right).



On October 17th, UW Medicine Director of Philanthropy **Jodie Miner** gave birth to **Sabrina Karen Miner** (pictured left)! At birth, Sabrina weighed 7 pounds 13 oz.

**Derek Rains M.D.**, who completed residency with us last summer, welcomed a new addition to his family November 23rd! Baby **Kate** (**Kathryn Juliette Rains**), seen right, weighed in at 7 pounds 14 oz.



Congratulations to **Christian Sybrowsky**, another 2011 residency alum, and his wife Mandy! On Christmas Eve, they welcomed Jonas Christian Sybrowsky into the world. Jonas

weighed in at 7 lbs 11 oz, and was 20.5”. The happy family is seen above left.

## Faculty & Staff News

The Holidays were observed in festive style Saturday, December 17, at an open house desert potluck hosted by **Ted Wagner M.D.** and his wife Iris (photos, p. 4). Orthopaedic faculty, staff, and family members celebrated the season, and admired the Wagners' collection

of antiques, including a chiming grandfather clock that Dr. Wagner just repaired himself!

**Chris Wahl M.D.** taught three fall courses at the West regional AAOS Maintenance of Certification review.



This fall, **Winston Warne M.D.** became a member of the ASES (American Shoulder and Elbow Surgeons). Congratulations!

### Interview with Rockwell G. "Rock" Moulton DPM, New Podiatrist at Bone & Joint Center

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

**Rockwell Moulton, DPM:** I grew up in a small town, Alton, New Hampshire, and graduated from Alton High School. I was very successful in cross-country and track. Treatment from a podiatrist helped me resolve an overuse injury, which got me to thinking about podiatry as a career. Back in the '70s before the running boom, there was very little support for amateur athletes and active people with training injuries. Sports medicine seemed an opportunity to make a change in society, which is always appealing to an idealistic and ambitious young person. In the meantime society has changed and medicine has changed.

**eNews:** Describe your career up to this point, after graduating from Harvard. Where was your medical training?

**RM:** Penn College of Podiatric Medicine in Philadelphia, now part of Temple University. When I finished there were very few employment opportunities. Almost every podiatrist had to go out and start from scratch. I bounced around a couple years until I found a path that allowed me to provide the most patient care with the least business management. I provided care to elderly and disabled people in their residential situations, a mix of retirement homes, adult family homes and private homes. It wasn't the type of care that had attracted me to podiatry but there was a large unmet need and that appealed to my sense of community service. It was also very flexible— ideal for a parent of young children.

**eNews:** What do you find rewarding about Podiatry?

**RM:** The most rewarding aspect is the people. Working with the elderly I have heard the most amazing life stories. Caring for dementia patients has caused me to think a lot about the doctor-patient relationship. Patients often come to me with a list of insoluble chronic medical problems and one simple Podiatric problem. I can't help them with the chronic problems but I can resolve the simple Podiatric problem. They still have the same chronic illnesses but one of their discomforts has been removed. Oddly enough, that makes a big difference to them.

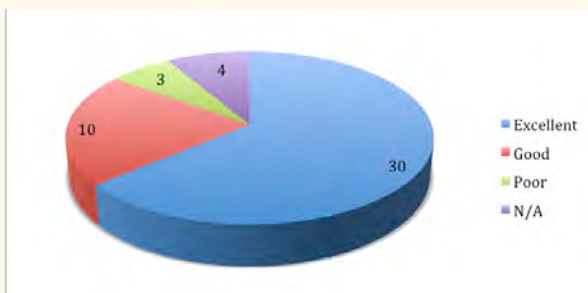
**eNews:** What are your first impressions of the Bone and Joint Center? What are you looking forward to most there?

**RM:** The other part of the people equation is the medical professionals I have worked with. When so much of life is about money, I feel comfortable working with people whose first priority is service. I am very pleased to be working at Roosevelt because care comes first. The bean counters keep a respectful distance from the medical decision-making.

## Tech Talk

Welcome to the slightly re-done Computer Support Group! We've recently undergone some staffing changes and one of our interim goals is to see what CSG can improve on, thus the CSG Feedback survey was created.

We got 47 responses from the Department. Here is the breakdown in pie chart form. The numbers below refer to total responses (not percentages):



What we would like to do is have every eNewsletter answer questions and address concerns the survey brought to our attention.

Concern: "How are we to submit requests for help?" The easiest answer is: whatever works best for you, the customer. We have staff physically located at HMC and UWMC, but we travel to all sites. If you are at UWMC or HMC feel free to drop by our offices, otherwise you can call the help desk, (206) 221-5380, or email orthohlp@uw.edu; we also have an iWeb portal where you can submit tickets. Ultimately, we are here to help; if you aren't here there's no need for CSG, so we are more than happy to do what we can to make your computing experience as easy and enjoyable as possible.

If you have any issues or concerns with CSG, please email me at acherone@uw.edu or call (206) 685-4350. Also, I would love to hear any more suggestions on what we can improve upon.

- Arien Cheronas, Interim Manager, Computer Support Group

## ***William J. Mills Jr., Iconic Alaska Orthopaedist and UW Clinical Professor, Passes Away at 93***

### **Eulogy by Milton “Chip” Routt, M.D.**

The entire Pacific Northwest medical and orthopedic communities were saddened by the loss of our legendary colleague and friend Dr. William J. Mills, Jr. He died at age 93 on Sunday December 4th, surrounded by his loving family.

Dr. Mills earned his undergraduate degree from Cal-Berkeley, and then enlisted in the Navy as an apprentice seaman just after the attack on Pearl Harbor. He served as a commissioned ensign in the U.S. Navy during World War II, from 1942-1945. He graduated from Stanford Medical School in 1949, and completed his orthopedic residency at the University of Michigan in 1955.

Dr. Mills served in the U.S. Navy again in 1966-1967 as the chief of Orthopedic Surgery at Danang Hospital during the Vietnam War. His military awards include the Legion of Merit, the Bronze Star Medal, and the Purple Heart, as well as seven service ribbons.

During his storied career, he worked at Vanderbilt University Medical Center, the Alaska Crippled Children’s Center, and the Alaska Native Service Hospital. Dr. Mills became an international expert regarding cold injury and the care of hypothermia, frostbite and immersion injury. He received numerous grants that allowed the establishment of High Altitude Research Camps at 7,300 feet and 14,000 feet on Mount McKinley. The techniques that he developed became care standards for freezing injuries.

Dr. Mills was an Adjunct Professor in the School of Nursing and Health Sciences at the University of Alaska-Anchorage, and a Clinical Professor at University of Washington School of Medicine. He was awarded an honorary degree from UAA and was inducted into both the UAA Hall of Fame and UAA Athletic Hall of Fame.

His professional awards and honors include the Certificate of Merit from the State of Alaska, induction to the Alaska Hall of Fame, Alaskan Physician of the Year, Hubble Space Telescope Medallion, several Anchorage Mayor’s Awards, Alaska Governor’s Award, Distinguished Achievement Award of University of Michigan, Honorary Doctor of Letters from University of Alaska, and many other citations, certificates of appreciation and honors that are too numerous to mention.

Dr. William Mills, Jr. is survived by his wife of 59 years, Elaine M. Mills, children Sarah Mills, Janet Miessner, Martha Rapuzzi, Mary Day, John Mills and Matthew Mills as well as his 17 grandchildren and four great-grandchildren. He was preceded in death earlier in 2011 by his son, Dr. William J. Mills, III, himself a distinguished University of Washington Orthopaedic Surgeon.





## Faculty & Staff Publications

### Publications:

- Ausk BJ, Huber P, Poliachik SL, Bain SD, Srinivasan S, Gross TS.** Cortical bone resorption following muscle paralysis is spatially heterogeneous. *Bone*, 50:14-22.
- Aliprantis AO, Stolina M, Kostenuik PJ, **Poliachik SL**, Warner SE, **Bain SD, Srinivasan S, Gross TS.** Transient muscle paralysis degrades bone via rapid osteoclastogenesis. *Faseb J.*, fj.11-196642.
- Fernandes R**, Farnand A, **Traeger G, Weis MA.** A Role for Prolyl 3-Hydroxylase 2 in Post-translational Modification of Fibril-forming Collagens. *J Biological Chemistry*, Vol. 268, No. 35: 30662-9.
- Moustafa A, Sugiyama T, Prasad J, Zaman G., **Gross TS**, Lanyon LE, Price JS. Mechanical loading-related changes in osteocyte sclerostin expression in mice are more closely associated with the subsequent osteogenic response than the peak strains engendered. *Osteoporosis Int*, DOI: 10.1007/s00198-011-1656-4.
- O’Kane JW**, Levy MR, Pietila KE, Caine DJ, Schiff MA. Survey of injuries in Seattle area levels 4 to 10 female club gymnasts. *Clin J Sport Med.* 2011 Nov; 21(6):486-92. Link: <http://www.ncbi.nlm.nih.gov/pubmed/21959798>
- Zhang Y, Paul E, Sathyendra V, Davison A, Sharkey N, Bronson S, **Srinivasan S, Gross TS**, Donahue HJ. Enhanced osteoclastic resorption and responsiveness to mechanical load in gap junction deficient bone, *PLoS ONE*, 6(8): e23516.

### Publications - Peer Reviewed:

- Eichinger JK, **Beingessner D.** Intraoperative fabrication of bone tamps for indirect reduction of depressed articular segments. *Orthopedics.* 2011 Dec 1;34(12): 970-4. doi: 10.3928/01477447-20111021-19.
- Beingessner D, Moon E, Barei D, Morshed S.** Biomechanical analysis of the less invasive stabilization system for mechanically unstable fractures of the distal femur: comparison of titanium versus stainless steel and bicortical versus unicortical fixation. *J Trauma.* 2011 Sep;71(3):620-4.
- Beingessner DM, Nork SE, Agel J**, Viskontas D. A fragment-specific approach to Type IID Monteggia elbow fracture-dislocations. *J Orthop Trauma.* 2011 Jul;25(7):414-9.
- Evans J, Beingessner DM, Agel J, Benirschke SK.** Minifragment plate fixation of high-energy navicular body fractures. *Foot Ankle Int* 2011 May; 32(5): S485-92.

### Presentations:

- Gardiner E**, “Neuropeptide Y - a finger in every pie,” American Society for Bone and Mineral Research Annual Scientific Meeting (San Diego), In Vivo Working Group, 9/16/11.
- Gross T**, “Maintaining and Enhancing Bone Morphology Via Exercise: Does Muscle Have a Role?”, Penn Center for Musculoskeletal Disorders, University of Pennsylvania, 11/11/11.
- Large T**, podium presentation at the Orthopaedic Trauma Assoc annual meeting, San Antonio, TX, October 2011: “The effect of negative pressure wound therapy on antibiotic impregnated polymethylmethacrylate beads in a porcine open femur fracture model.”