

Message from the Chair

The end of each academic year marks a much-anticipated, yet bittersweet, period of transition and renewal in every Medical School. The long-expected vibrancy of summertime in our Pacific Northwest comes with a commensurate surge in our clinical workload -- bustling activities and (mostly) sunshine serve as a backdrop for the departure of our 8 graduating residents and 22 ACE/Fellows, as well as angst and expectation surrounding the arrival of incoming residents, fellows, and ACEs.

Our graduating residents can rightfully pride themselves on the quality of their work and accomplishments. For our Fellows and ACEs, the intensity and depth of the past year's experiences will provide a lasting jump-off point for their careers. We wish this exceptional group of departing colleagues the very best, and look forward to hearing of their great future accomplishments. Please peruse this eNewsletter, [our website](#), and Orthopaedic Discoveries 2011 (our annual Research Report) for further details on their comings and goings.

Unfortunately I must inform you, our community of Department friends and colleagues, of the loss of another of our most popular and dear faculty members. Paul J. Benca, M.D., served us as Clinical Professor and was past Chief of Orthopaedics at Virginia Mason Medical Center, an integral part of our resident training in the community. Paul passed away after a lengthy and courageous battle with leukemia. His advocacy for education and dedication to patients, at all times and under all circumstances, will be sorely missed. Paul's inspiration will carry on in those who knew him (please see the special tribute on page 6).

Fortunately, I have uplifting news to share as well. Dr. Michael Brage (Foot & Ankle ACE '92) has returned to us as a nationally renowned Foot & Ankle surgeon. Dr. Brage has started seeing patients in the Sigvard T. Hansen Foot & Ankle Institute at HMC, and the Bone & Joint Center on Roosevelt. He brings a unique expertise in cartilage repair in ankle arthritis, as well as motion-preserving surgery for a variety of Foot & Ankle disorders. Our



(l to r) Drs. Jens Chapman, Brad Henley, and Paul Benca

Foot & Ankle Service is also very pleased to welcome Rock Moulton, DPM. We pride ourselves in having an unparalleled group of experts in this subspecialty. Additionally, our expanding program at Seattle Childrens Hospital has received another significant boost, adding Drs. Mark Dales, Cam Mowery and Suzanne Steinman, who are all relocating from downtown Seattle to join us at the main SCH campus as well as the new Bellevue clinic and several outreach facilities. We are very excited about these five new colleagues!

The academic accomplishments of six of our faculty have resulted in well-deserved promotions. Congratulations to Drs. Daphne Beingessner (Trauma and Elbow disorders), Rick Bransford (Spine and Trauma, Director Spine Education), Bob Dunbar (Fractures and Trauma) and Chris Wahl (Sports) on their promotions to Associate Professor. In recognition of their international reputations and sustained contributions, Drs. Carlo Bellabarba (Fellowship Director Spine, HMC Spine and Trauma) and Vincent Mosca (Pediatrics and Pediatric Foot disorders) have been promoted to Full Professor. I am particularly proud that all six newly promoted colleagues have spent their entire academic careers in our Department, and are not only esteemed clinician referral resources, but incredible speakers/educators who make meaningful imprints with research.

Our deeply grateful thanks to Debbie Malstky and Tina Marie Valdez, who have yet again expertly navigated the complexities of the promotions process.

On the research side, we continue to score important recognition. Please read in this issue about the grants, awards, and honors received by Jennifer Hagen, M.D.; Paul Manner M.D., Peter Cavanagh, Ph.D. & Andrea Hanson, Ph.D. (page 5); and Seth Leopold, M.D. (page 9). They join many other success stories for our Department colleagues.

Perhaps the most compelling award goes to our own John A. Sidles, Ph.D., who received the Günther Laukien Prize 2011 for his work on Magnetic Resonance Force Microscopy (details, page 2). I hope in the not too distant future, this "far-out" work will enable us to visualize and follow molecules and cell responses *in vivo* as they are subjected to environmental stressors, and paves the way to a new era of diagnostic tools and disease insights. The breadth and depth of research and technology evolution in our Department is truly breathtaking, utterly current, and covers the entire gamut of musculoskeletal medicine.

As we go through the annual rites of transition, the opportunities within our Department continue to evolve impressively. I hope you will continue to join us as we move forward!

- Jens R. Chapman, M.D.

P.S. Please join us at the Second Annual Summit in Seattle July 28-30th at HMC, focusing on Upper Extremity Trauma with course Chairs Drs. Doug Hanel and Nick Vedder! Details on page 4.

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SPOTLIGHT: John A. Sidles, Ph.D., Wins Prestigious Laukien Prize



John A. Sidles, UW Professor of Orthopaedics and Sports Medicine and co-director of the UW Quantum System Engineering Lab, has received the 2011 Günther Laukien Prize for his pioneering work on magnetic resonance force microscopy (MRFM). The world's most prestigious honor in magnetic resonance, the Laukien Prize is awarded annually to "recognize

cutting-edge research with a high probability of enabling beneficial new applications". Professor Sidles shares the award with Daniel Rugar and H. Jonathan Mamin of the IBM Almaden Research Center in San Jose, CA. The three have worked for two decades on the conception, implementation and application of MRFM, which detects very small magnetic forces to create 3-D, nanoscale pictures of biostructures such as human tissues. This has the potential to radically improve medicine's ability to repair the human body, or as Dr. Sidles wrote, "for Orthopaedics to become a wholly regenerative medical specialty."

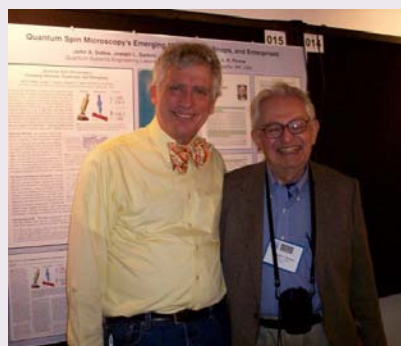
The award was presented April 11th at the Experimental Nuclear Magnetic Resonance Conference in Pacific Grove, CA. Prof. Sidles' pioneering spirit, in-depth understanding of underlying physics, and focused pursuit of MRFM goals were all acknowledged. Indeed, Sidles is considered the project's spiritual father. He traces its beginning to a 1991 UW Orthopaedics Conference, at which Chairman Rick Matsen M.D. reviewed that morning's cases -- tumors, HIV infections, severe traumas, diabetic complications, autoimmune diseases -- and pointed out medicine could not offer definitive cures for most of these patients. He then said gravely: "It is the job of Professor Sidles to provide us with better tools."

Within a half-hour, Professor Sidles had conceptualized the initiatives that led to the Laukien Prize. He realized medical research could be quickened if one of science's oldest dreams were realized -- atomic-resolution microscopy of healing tissues -- and conceived three breakthrough means for attaining it. 1) "Moore's Law Performance Scaling" achieves the profoundly high sensitivity required for the needed visual resolution. By making microscopes smaller, colder, and cleaner, Sidles melded MRI imaging with atomic-force microscopy. The result is known as MRFM. By 2005, MRFM devices had achieved a sensitivity improvement of ten million! 2) "Quantum Pullback Theory" extracts imagery from quantum fluctuations in spins; Sidles was instrumental in merging quantum theory advances with magnetic resonance. 3) "NMR Coherence Lasers," sustaining imaging signal coherence, remains a potential breakthrough -- the final challenge before medical applications can begin.

Also beginning in 1991, experiments by Drs. Rugar and Mamin replaced hypotheses with facts. In 2009, they captured a 4-nano-

meter image of a tobacco mosaic virus -- a 100 million-fold improvement over conventional MRI. The microscopic resolution opens nearly unlimited possibilities for studying nano-objects. MRFM also "sees" farther into sub-surface layers, and doesn't destroy delicate biomaterials; thus it should deepen our ability to study complex structures like viruses, bacteria and proteins.

Upon receiving the Laukien Prize at April's ENC meeting, Sidles offered a Presentation, co-authored with UW's Quantum Systems Engineering group, entitled "Quantum Spin Microscopy's Emerging Methods, Roadmaps, and Enterprises" ([click here and scroll to April 15th](#)). It detailed new experiments striving to enhance the signals of the "NMR Coherence Lasers" -- Sidles' third breakthrough. Should they succeed, atomic-resolution microscopy can be achieved with current MRFM sensing devices. This would create new foundations for 21st Century medicine, one of which is the grand objective of surveying every atom in the cells of living human tissues -- a goal as ambitious as surveying every star in the known universe!



Professor John Sidles (L) with magnetic resonance pioneer Charlie Slichter, Asilomar, CA, April 15, 2011

medical teambuilding. I am pleased to announce---following five years work -- that the required mathematical foundations are now in place. For a non-technical account, there is a brief review in PNAS (Proceedings of the National Academy of Sciences) titled 'Spin Microscopy's Heritage, Achievements, and Prospects' ... Let me pledge that in coming decades, the young physicians we are training will less-and-less have to say 'your healing is not feasible,' but rather, more-and-more will be able to say with joy, 'let's begin your healing process.'"

Contacted for this article, Professor Sidles reports that his son Alex, a U.S. Marine amputee treated by our UW Orthopaedic Service, has finished his fifth combat tour, is headed back to college, and is doing well. He looks forward to eventually providing Alex and his fellow Marines with the regenerative healing that they need.



Department News

Summit in Seattle: Hand and Upper Extremity Trauma



Please join us July 28-30 for the Second Annual Summit in Seattle at Harborview Medical Center!

This year's program will be chaired by Drs. Doug Hanel and Nick Vedder, and will cover topics ranging from Orthopaedic clinical care concerns to research in musculoskeletal disorders, with a focus on injuries of the upper extremities. There will be a diverse mixture of educational offerings, including case conferences, lectures, mini-symposia and

live surgical dissections with new advanced techniques offered by our world-class faculty.

We are proud to be joined by four distinguished visiting faculty: Thomas Fischer from the Indiana Hand to Shoulder Center, Pietro Regazzoni from Basel, Switzerland, David Ring from Mass General in Boston and Jack Wilber from Case Western in Cleveland, all of whom will provide relevant keynote lectures throughout the summit and its events. A number of alumni and our own faculty will present



Participants from the inaugural (2010) Summit in Seattle

research and technique updates and lead discussions. You will also get to see excerpts of the ongoing scientific work at our institution in presentations of our current Fellows and ACEs, and be able to participate in discussions.

This meeting and selected events will be dedicated to our recently deceased friend and colleague, Dr. Bill Mills.

For more information, including a brochure and link to the registration page, go to: <http://depts.washington.edu/cme/live/#MJ1207>

Grand Rounds on UWTV



Dr. Daphne Beingessner plays a tribute to Dr. Mills during the special memorial Grand Rounds

Orthopaedic Grand Rounds UWTV air dates:

"Knee Injuries and Vascular Trauma": This episode of Grand Rounds emphasizes the importance of recognizing vascular injuries in the setting of trauma about the knee and the devastating limb-threatening consequences of missed vascular injuries.

Airs Sunday July 3, 7 a.m.; Tuesday July 5, 7 p.m.; Thursday July 7, 3 a.m. & 3 p.m.

"Memorial for William J. Mills: Things Dr. Mills taught us...": In this special Memorial Grand Rounds, friends and colleagues pay tribute to the life and work of William J. Mills III, MD. Dr. Mills sustained critical injuries from a fall while skiing with one of his sons in the Alyeska resort in Girdwood, Alaska on March 13, 2011. He passed away on March 15.

Airs Sunday July 10, 7 a.m.; Tuesday July 12, 7 p.m.; Thursday July 14, 3 a.m., 3 p.m. & 11 p.m.



Upcoming Grand Rounds

If you haven't done so yet, please make a point of taking the opportunity to join us in our Grand Rounds - we strive to provide our audience with the highest quality education imaginable compressed into one hour.

Upcoming Grand Rounds:

Date: July 6th, 6:45-7:45 am, Foegen Auditorium, UWSOM

Grand Rounds: Mechanobiology of bone: in vitro, in silico and in space

Speakers: Drs. Peter Cavanagh, Ted Gross, Sundar Srinivasan



Pro Football Hall of Fame QB Dan Fouts (San Diego Chargers)

Date: July 27th, 7:00-8:00 am, HMC R&T Auditorium

Special Grand Rounds: Surviving the NFL

Speakers: Dan Fouts (pictured left), Brad Eastman

Department News

Resident Research Day



Keynote lecturer Dr. Jeff Wang

Summary by Chairman Jens R. Chapman, M.D.:

At our 25th Annual Resident Research Day on May 20th, we were very honored to have Dr. Jeff Wang M.D. Professor of Orthopaedic Surgery and Neurological Surgery at UCLA, as keynote lecturer. Dr. Wang gave outstanding talks on “State of Knowledge of Bone Graft



Montlake and VA Vice-Chair
Dr. Howard Chansky

Alternatives,” and a simultaneously critical and positive review of the options of ethically performed “Dynamic MRI-scans in Orthopaedic Surgery”. His research and presentation style reminded us of what is

great about our specialty: a plethora of discovery opportunities, with the chance to make a big difference in patient recovery and sound health care delivery.

Dr. Wang asked me to commend our residents for the quality and bandwidth of their research, and many meaningful interactions provided by our faculty. We also heard our two new faculty partners, Associate Professor Michael Brage, M.D. and Assistant Professor Darin Davidson, M.D., speak on their respective research



Dr. Mark Miller (R3)

interests for the first time. Dr Brage (Foot & Ankle) demonstrated results of “Osteochondral allografts in talar lesions” while Dr. Davidson (Tumor) discussed research principles in his provocatively titled talk “The Mousetrap of evidence gathering”. We thus officially welcomed both to our Department, and look forward to seeing them in action.

I congratulate and thank our colleagues for their contributions to RRD 2011. Particular thanks to: Brad Gilmer M.D., PGY 3 – winner of the Esther Whiting Writing Award for his project on the ‘History and applications of the Codman Endresults idea in clinical Orthopaedic research’; Christian Sybrowski M.D., PGY-5 – winner of the Ed Laurnen Award in Spine Research for his project on ‘Syrinx Formation in Scoliosis’;



Dr. Darin Davidson

Doug Hanel M.D., Program Director – for organizing an exemplary Residency; Peter Cavanagh Ph.D., Research Vice-Chair – for effective directorship of our Residency Research program; Greg Blaisdell M.D., PGY-4 for a great job MC’ing; Seth Leopold M.D., Professor UWMC – for prepping the resident presentations; Teresa Jewell and Angela Weiss – for an outstanding organizational effort!; and our 2011 Residency Graduating Class: Drs. Aaron Chamberlain, Brian Daines, Cory Lamblin, Ed Moon, Derek Rains, Pete Scheffel, Christian Sybrowsky, and Brett Wiater.

Please refer to our Website, <http://www.orthop.washington.edu/> as well as our Annual Report 2011, for further pictures and other mementos!

Residency Program
Director Dr. Doug Hanel
presents 3rd-year
resident Dr. Brad Gilmer
with the Whiting
Writing Award



Meet the 2011-2012 Residents!



Todd Blumberg, MD



Akash Gupta, MD



Sean Haloman, MD



Emily Harnden, MD



Clifford Hou, MD



Mithulan
Jegapragasan, MD



Dayne Mickelson, MD



Jessica Telleria, MD

Welcome 2011-'12 ACE/Fellows!

Foot/Ankle: Ramces Francisco & James Meeker

Spine: Saravananaraja Muthusamy, Sree Malempati, & Amit Patel

Trauma: Mark Adams, Thomas Large, Reza Firoozabadi, Jonathan Eastman, & Jason Schneidkraut

Oncology: Antoinette Lindberg

Pediatrics: Amit Bhandarkar

Shoulder/Elbow: Bradley Carofino & Matt Jenkins

Hand: Andrew Watt, Jason Ko, Lucie Krenek, & Stephen Kennedy

Department News

UW Medical Students Learn from Orthopaedic Residents



Nick Iannuzzi M.D. (now an R3) teaches knee anatomy to medical students at our Musculoskeletal exam workshop in April

The student-run Orthopaedic Surgery and Sports Medicine Interest Group (OSSMIG) provides UW School of Medicine students opportunities to experience Orthopaedic Surgery and Sports Medicine. Membership currently totals 121 medical students across all four years. OSSMIG is relatively new, formed in 2008 by now-incoming UW Orthopaedic resident Dayne Mickleson M.D. Current leadership of the club consists of rising medical students Alex Farnand and Lauren Meyer

(third-year), and Philip Louie and Kara Sawyer (second-year).

Over the past year, with the invaluable help of UW Orthopaedic Residents, students gained a wide Orthopaedic exposure and experience through OSSMIG. Events included a Knee and Shoulder Exam workshop, Mock Interviews for fourth-year students with current residents, and Q&A panels featuring residents and matched students.

In 2009 -- with the help of resident advisors Cory Lamblin (now graduated), Andrew Merritt (now beginning his R5 year), Brian Gilmer (R4) and Ted Sousa (R3) -- OSSMIG started a very popular and successful program for students to take call shifts with the HMC Trauma team. They spend the shift as an integral part of the resident team, learning about care of patients consulted to Orthopaedics. In its second year, 22 first- and second-year students took over 40 call shifts between January 7 and March 11, 2011. Feedback from students and residents has been overwhelmingly positive, and we look forward to the future of the call program.

OSSMIG is now working with the Department to develop a comprehensive mentorship

program. It will better allow students to connect with faculty, help them gain a practical understanding of the field, enhance exposure to ongoing research, and ultimately better educate them on the unique aspects of a career in Orthopaedic Surgery and/or Sports Medicine.

Next year, in addition to other great events, we plan to host a musculoskeletal radiology workshop, and an informal social event for students to connect with residents and faculty.

To learn more about OSSMIG and student leaders please visit our website. If interested in becoming involved with the group and/or events we host, please contact us at:

ossmig@uw.edu.



Cory Lamblin, M.D. (former R5) teaches first- and second-year med students the shoulder exam

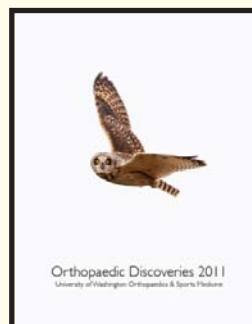
Research News

David P. Barei, M.D. received multiple awards for the Advanced Clinical Experience Program – Trauma. They were: COTA Center for Orthopaedic Trauma Advancement Fellowship Grant, \$75,000 for 2011-12; OMeGA Medical Grants Association, \$88,830 for 2011-13; and OREF Clinician Development Program Trauma Fellowship Grant, \$52,600 for 2011-12.

Carlo Bellabarba, M.D. has been granted the following for the Advanced Clinical Experience Program – Spine: AOSNA Spine Fellowship Grant, \$75,000 for 2011-13; OMeGA Medical Grants Association, \$50,000 for 2011-13; and OREF Clinician Development Program Spine Fellowship Grant, \$54,250 for the coming year.

In May, **Peter Cavanagh Ph.D., Paul Manner M.D., and Andrea Hanson Ph.D.** were awarded a Coulter Foundation Translational Research Grant Award. Their project “Remote Monitoring of Function after Total Knee Arthroplasty” will focus on quantifying patient rehab efforts following TKA, to help ensure a successful transition to a functional range of knee motion using innovative wireless monitoring hardware.

Jennifer Hagen, M.D., now beginning her fourth year of Residency, has received an OREF Resident Grant for her project “The Lateral Tibial Plateau: Predicting and Preventing Failures in ACL Reconstruction”. Congratulations Jennifer!



The 2011 edition of *Orthopaedic Discoveries* (the UW Orthopaedics’ annual research report) was released on June 29th. This year’s issue includes a tribute to Dr. William J. Mills III, a photo recap of the past year in UW Ortho, over 60 pages of articles on current research, and a plethora of information on our Department. The cover features a photograph by Professor and Research Vice-Chair Peter Cavanagh, Ph.D. If you’d like more information on the research report or would like

to request a copy, please contact Managing Editor Fred Westerberg at fwesterb@u.washington.edu

Faculty & Staff News

In Memorium: Paul J. Benca, M.D.



Dear UW Orthopaedic Community,

It is with a great deal of sadness that I have to inform you of the passing of our trusted friend, respected Clinical Faculty colleague and Fellowship alumnus

'89 Paul J. Benca, M.D. Tuesday night, June 27th, after a lengthy and courageously fought battle with leukemia.

Of Bohemian descent, Paul was a proud product of the city of Chicago, where he was born July 24, 1958. After completing a 6 year College/Medical School program at Northwestern University in Chicago with graduation in 1982 he pursued a career in Orthopaedic Surgery with his Residency at Michael Reese Hospital in South Chicago. He was able to convince his new wife Patricia Benca, D.D.S. to take the leap into the great unknown, and relocated to the Pacific Northwest for a Fellowship in Orthopaedic Traumatology at Harborview Medical Center from 1987-1988.

After finding the Pacific Northwest to be more than pleasantly tolerable, the Bencas decided to stay and pursued their careers here. Dr. Paul Benca rapidly became one of the mainstay Orthopaedic Surgeons in our community at Virginia Mason Medical Center. At this hospital Paul was a major factor in making the UW Orthopaedic rotation one of the favorite destinations of our residents. Throughout his career Dr. Benca was a surgeon sought after for his calm expertise, thoughtful pursuit of excellence and genuine fairness. He rapidly developed a strong interest in shoulder surgery and was well recognized as one of the region's leading experts in upper extremity disorders. During one of his much anticipated trips to the Old World in the mid 1990's, Paul witnessed a novel technique in shoulder reconstruction surgery being performed in France termed 'reverse shoulder arthroplasty,' and was subsequently instrumental in getting this now widely recommended approach introduced to the rest of us in the Pacific Northwest. As an Orthopaedic Surgeon Dr. Benca rapidly became an institution in Seattle, cherished by legions of thankful loyal patients for his pur-

suit of the old-school values of taking care of his patients first and foremost. In our times of progressive business orientation and pursuit of greater efficiencies within the field of Medicine, Paul remained an ardent defender of the importance of protecting fundamentally sound Orthopaedic education for students, residents and fellows, and advanced to the rank of Clinical Professor in our Department in recognition of his dedication and efforts. More recently, Paul succeeded Tom Green, M.D. as Chief of Orthopaedic Surgery at Virginia Mason, until a pernicious form of leukemia stopped his surgical career cold in its tracks. Despite his progressive ill health Paul found great personal satisfaction in seeing patients in clinic alongside his partners, staff and our residents.



Paul J. Benca, M.D. and his wife Pat

Undoubtedly, the focal source of happiness for Paul was his family. Together with his wife Pat, a well-known dentist in the South Center region, Paul found pride and happiness in his children with their prolific academic and athletic accomplishments and solid personal developments. Laura (24) is a UW Dentistry student, Jeffrey (23) a UW Biology Major, and Eric (18) just graduated from Mercer Island High School and is heading to Boston for undergraduate studies. Paul loved the fine arts, and held most music composed from the twentieth century onwards pretty much in utter disdain. His favorite pastime was sitting in his library or his English garden and reading a good book, or enjoying well-prepared rich Central European cuisine together with friends and family.

With his fight against such a merciless disease Paul demonstrated bravery and tenacity beyond normal human comprehension. He

received wonderful care at SCCA and UWMC over months while bravely carrying on. Throughout heartbreaking setbacks and many a crushed hope associated with this cruel illness, and in fact up to the very end, Paul managed to recoup and lighten the readily sombered moods of surrounding family and friends alike with his op-ed conversations on pretty much any world affairs topic or political development imaginable.

In Paul J. Benca our community and UW Orthopaedics family has lost an upstanding and utterly principled friend; our profession, a colleague who represented our specialty and its values so well. All those who had the privilege of knowing Paul will forever cherish him; those who didn't will likely be better off for the large shadow his influence cast.

In fond memory of a very good friend,

Jens R. Chapman
Chairman, UW Orthopaedics and Sports
Medicine

Funeral Arrangements:

1:30 pm, July 8th at
Sunset Hills Funeral Home in Bellevue
1215 145th Place S.E.
Bellevue, WA 98007

Directions can be found [by clicking here](#).

Reception following
(commencing ~3:30-4:00 pm) at

The Benca Residence
8124 S.E. 73rd
Mercer Island, WA 98040



Faculty & Staff News

Dr. Manner Goes to Washington



Rick Brown, Sonja Grimm-Lied,
Paul Manner M.D. Rick is Sonja's fiancé.

In March, Dr. Paul A. Manner and former surgical patient Sonja Grimm-Lied attended the AAOS Research Development Committee's Annual Research Capitol Hill Days in Washington, DC.

During the three-day event, Dr. Manner and Ms. Grimm-Lied -- along with nearly one hundred physicians, researchers, and patient advocacy partners -- visited members of Congress to promote federally-funded musculoskeletal Orthopaedic research through advocacy, education, and recognition of excellence.

Ms. Grimm-Lied underwent successful bilateral minimally invasive hip replacements to resolve severe arthritis caused by previously undiagnosed hip dysplasia. She attended as a patient advocate, and a positive representative of how research sponsored by NIH improves the quality of life for patients with debilitating joint diseases.

Paramedics and Orthopaedics Symposium



The Paramedics & Orthopedics Appreciation Symposium was begun in the mid-1990's by **Drs. Michael Copass and Marc Swiontkowski** as an appreciation breakfast, then quickly evolved into an orthopedic educational session for Pacific Northwest paramedics, and as an opportunity for open dialogue. This year's Symposium, "Early Decisions Impact Results," was held May 3, with each lecture highlighting common trauma injuries gone awry due to early management decisions. The experienced acute and reconstructive Orthopedic care available at HMC was discussed. Faculty included **Drs. Jens Chapman, David Barei** (pictured at left), **Daphne Beingessner, Chris Allan, Robert Dunbar, Lisa Taitsman, and Chip Roult**.

Welcome Michael E. Brage, M.D.



We are proud to announce the addition of Michael E. Brage, M.D. to our Foot & Ankle faculty at University of Washington/Harborview Medical Centers. Dr. Brage earned his M.D. at the University of Illinois, completed residency and an internship at the University of Chicago, and was a F&A ACE here at HMC (1991-'92) before practicing at Northwestern University for six years. He also spent six years on the faculty at UC-San Diego before moving to private practice and a Clinical Faculty position at UC-Irvine, where he was promoted to Associate Professor. He is an

editor for *Techniques in Foot & Ankle Surgery*. He has received the AOFAS Roger A. Mann, M.D. Award for clinical research, the J. Leonard Goldner, M.D. award for basic science research (twice), and has been awarded, by residents, the Wayne Akesson Outstanding Teaching Award. We were excited to have Dr. Brage join us this May, he is a huge asset to our Orthopaedics & Sports Medicine team!



Drs. Ted Hansen and Michael Brage

Meet Your MSK Radiologists!



Felix S. Chew, Professor of Radiology, serves as Section Head of Musculoskeletal Radiology, the Program Director for the MSK Radiology Fellowship, and departmental Vice-Chair for Radiology Informatics. Felix has degrees from Princeton, University of Florida School of Medicine, Harvard Graduate School of Education, and the Duke business school. After serving as a general medical officer in the U.S. Army, he completed his radiology residency at Upstate Medical University. Prior to joining UW, Felix was an attending at Mass General and Wake Forest. He has authored two popular textbooks on skeletal radiology, *Musculoskeletal Imaging: A Teaching File*, and *Skeletal Radiology: The Bare Bones*. Felix's most recent work is an e-book, *Broken Bones: The X-Ray Atlas of Fractures*. Stop by his office to see his collection of Felix the Cat items ("Former students and trainees send me that stuff from all over the world")!



Michael L. Richardson, Professor of Radiology, earned his B.S. from Texas A&M University in 1972, and his M.D. from Baylor College of Medicine in 1975. From 1979 to '81, Mike performed his Diagnostic Radiology Residency at the David Grant USAF Medical Center in California, followed by a musculoskeletal radiology fellowship at UCSF. After completing his active duty tour, he joined our UW faculty. Mike is an active speaker (and committee member) in the Association of University Radiologists and American Roentgen Ray Society, especially on how technology enhances radiology education and research. He is Editor-in-Chief of *Radiology Case Reports*, and an examiner for the American Board of Radiology. Rumors that he was the trumpeter for the Aggie marching band notwithstanding, Mike plays the fiddle, and likes to call contra dances ("Neighbors balance and swing!")



Hyojeong "Hazel" Mulcahy, Assistant Professor of Radiology, earned her M.D. from Chonnam National University in Korea in 1992, and subsequently completed five years of radiology training in that country. From 2003 to '07, Hazel performed her Diagnostic Radiology Residency at St. Vincent's Medical Center in Bridgeport, CT. The following year she was a Musculoskeletal Radiology Fellow at University of Washington, and subsequently joined the UW faculty. She is the Director of Radiology Residency Training in Musculoskeletal Radiology. Hazel knows where to find the best Korean food in the U-District ("The best place for cheolpan gui is not necessarily the best place for bibimbap").



Alice S. Ha, Assistant Professor of Radiology, earned her B.S. from UCLA in 1995, then M.D. and M.S. (vertebrate limb patterning...) from University of Pennsylvania in 2003. She completed her Diagnostic Radiology Residency at Penn in 2008, followed by a year as a Musculoskeletal Radiology Fellow. Alice serves as Associate Director of the MSK Radiology Fellowship. She is particularly interested in diagnostic and interventional musculoskeletal ultrasound.

Faculty & Staff News

Born to Run: Carlo Bellabarba, M.D.!



On April 18 **Carlo Bellabarba, M.D.**, Spine and Trauma specialist, completed the legendary Boston Marathon! eNews' Bill Abelson asked him about his running efforts...

eNews: What got you interested in running?

CB: About three years ago I decided that I needed to become more active as all of life's obligations were making it easier to become increasingly sedentary. To motivate myself to run consistently, I signed up for a marathon and raised money for blood-borne cancer research, since these disorders seem to have affected my friends and family disproportionately, and caused the death of my father-in-law, Dale Younge, at age 65.

eNews: How have your times and distances progressed? What is your "personal best"?

CB: So far, other than a 5-mile race that I was coerced into at age 19, I have only raced the half marathon and marathon distances. My best times are 1:30:56 at the 2011 Mercer Island half marathon in March and 3:22:08 at the 2011 Boston Marathon in April. Compared to my first in 2008, my marathon time has improved by more than an hour.

eNews: What is the story behind that anti-Yankee sign you wore at the Boston Marathon?

CB: I spent my youth in New England and a necessary consequence was to develop a certain disdain for the Yankees. It is not uncommon for runners to write their name on their shirt (and) seeing as the race was in the heart of Red Sox Nation, I thought the anti-Yankees sign would be a good alternative to engage the crowd. It was a big hit, especially with the kids.

eNews: What are your future goals in this area?

CB: My goal with running was to become

healthier, which remains the primary focus. Any racing goals will continue to be dictated by life circumstances. Though I enjoy the races, running with the sole purpose of improving my times would become extremely time-consuming and not compatible with having young children and long work hours.

eNews: Finally, feel free to share anything else our eNewsletter audience might like to know!

CB: I want to acknowledge the expert care provided me by John O'Kane, M.D. and Aaron Kingsland, DPT of the UW Sports Medicine Clinic. On two separate occasions, they got me from where I could not run more than a handful of miles without pain (due to overuse injuries) to being able to complete a full marathon and surpass my time goals several weeks later. I'd be remiss to not mention the support of my wife Jane, who has been willing to put up with my absences and hold down the fort during my training runs on weekends when I am home, on top of my usual call and travel absences.



Mike Burdett of our Computer Support Group, is now a grandpa! Mike's daughter Jessica Millers and Armando Ramos are proud parents of son Isaiah, born May 23rd at 9:30 PM, weighing 1 lb, 12 oz. Jessica and Isaiah (above) are doing fine!

Peter Cavanagh, Ph.D.'s CoRE lab took part in the second annual Paws on Science event at Pacific Science Center April 8th & 9th, with over 9,000 visitors from greater Seattle attending! The lab presented hands-on activities at their booth 'Lost in Space,' focusing on mechanisms and bone and muscle loss during spaceflight. In addition to Dr. Cavanagh, participants were **Andrea Hanson, Tom Spirka, Atul Kumar, Kerim Genc, Vi Nguyen,** and students **Elliot Lee** and **Erik Reed**.

The CoRE lab congratulates its four graduating undergrads and thanks them for their contributions! The Fab Four are **Melissa Meister** (BS in Bioengineering), **Elliot Lee** (BS, Bioengineering), **Erik Reed** (BS, Applied & Computational Mathematical Sciences), and **Nick Kramer** (BS, Microbiology and Biochemistry). Elliot and Erik participated in UW's 2011 Undergraduate Research

Symposium May 20th. Erik presented a poster on 'Optimizing Software-based Muscle Recruitment Parameters via Monte Carlo Simulations'. Elliot presented on 'Accelerometer-based Monitoring of Bone Health in Long-Duration Spaceflight'.

Howard Chansky, M.D. recently operated



on a patient from the Congo, who needed a total hip replacement after an act of violence. She suffered from a hip fracture, developed avascular necrosis (AVN), and needed a total hip replacement. Dr. Chansky consults with her in the photo above.

Sigvard "Ted" Hansen, M.D. is finally hanging up his feet! A retirement luncheon was held June 30th at HMC's 9th & Jefferson building. It celebrated his long and remarkably influential career!

HMC Secretary Supervisor **Melanie Kanna** choreographed her first dance in 20 years for Kaleidoscope Dance Company's 30th Anniversary Concert, performed May 6-8. "Imagine The Future Was Yesterday"

featured the songs "Yesterday" by Lennon/McCartney and "Imagine" by John Lennon. (Photo: Bronwen Houck Photography, <http://www.bronwenhouckphoto.com/>)



Department Director **Ken Karbowski** (right) enjoys sports in his free time, and he's not afraid to show it! Below, Ken proudly wears his Seattle Sounders colors while Pro Fee Coordinator **David Thayer** displays his loyalty to... uh... M&M's?.



Faculty & Staff News

Spring Staff Appreciation Event



Appreciated Staff (front, l to r): Preston Smith, Andrea Hanson, David Thayer, Calina Garcia, Stephanie Punt, Howard Chansky M.D., Ken Karbowski, Fred Westerberg, Janet Grant, Mike Burdett, Sarah Jordan, Scott O'Neill, Nidhi Shah, Elsa Hansard, Gholam Fazelinia, Connie Robertson, Tia Edwards, Karen Morton, Tina Marie Valdez, Theresa Jones, Janet Wierenga, Melanie Kanna, Kathy Altamirano, Tom Zorich, Karl Engdahl, Kerim Genc, DeWayne Threet, Tom Spirka, Bill Abelson, Brandon Ausk, Kathy Nguyen, Jan Denali. (Photographer: Jens Chapman, M.D.)

Our annual Spring Staff Appreciation Event was celebrated May 6th at Waterfront Activities Center. Staff from Montlake, HMC, and Sports Medicine Clinic attended, and twelve lucky staff members walked away with door prizes! Highlights included Dinner for Two at Boka Kitchen & Bar, gift certificates to the U Bookstore and Ponti Restaurant, and smoked salmon from University Seafood!



UW medical student **Dana Kerr** was honored with our Douglas Harryman Award, given to the UW medical student who best represents the characteristics we value

in Orthopaedic surgeons: professionalism, integrity, the ability to communicate effectively, teamwork, clinical skill, technical skill, and life balance. Originally from Anchorage, AK, Dana attended Colorado College where she played varsity ice hockey. She's worked with Dr. **Greg Schmale** on pediatric septic arthritis and osteomyelitis, and has done Pediatric Orthopaedics and Musculoskeletal Trauma clerkships with us.

Dr. Leopold was invited to become editor of a new monthly feature on JBJS.org, called "JBJS Adult Hip Surgery Highlights." This is an electronic portal on the Journal of Bone and Joint Surgery website, which will offer evidence-based summaries, timely review topics, and synopses of annual meetings in adult hip reconstruction. To provide this content on behalf of the JBJS to readers, Dr. Leopold has assembled an editorial board of about 10 leading international thinkers in hip surgery.

Dr. Leopold also presented two papers at the international Association of Bone and Joint Surgeons meeting in Dublin, Ireland, in June; on the same occasion, he was inducted into AJBS! The association is a prestigious international organization limited to 90 active members, and is the parent to Clinical Orthopaedics and Related Research, for which Dr. Leopold serves as an Advisory Editor.

Dayne Mickelson was awarded our Codman Award, given to the medical student most likely to make academic contributions to Or-

thopaedic Surgery by demonstrating creativity, professionalism, and the abilities to: write/communicate clearly, define a question and make a plan to answer it, read the literature critically, and present effectively to a live audience. Dayne hails from Wisconsin and attended Lehigh (PA). He has worked with Dr. Julius Bishop on tibia fractures, and did a Musculoskeletal Trauma clerkship with the Orthopaedics department in July 2010. This month, he's starting his first year of Residency with us. He's also an avid filmmaker!



Kathy Nguyen (left), Fiscal Specialist with the RII Accounting Office, is on maternity leave May 23rd to Aug. 31st. We're happy to report **Sunhuy Bae** is back with us while Kathy is away!

Former UW Orthopaedic resident **Brian Shafer M.D.**, a 2003 graduate, is now team physician of baseball's LA Dodgers and hockey's Phoenix Coyotes! He's featured in both teams' annual yearbooks.



Chip Rountt, M.D. was a visiting professor and graduation speaker at the University of Kentucky. Above, he (4th from right) poses with UK graduates. Dr. Rountt also recently guided the annual HMC Pelvic Fracture Lab (photo at right).



Above, Dr. Rountt poses with Visiting Professor Reto Babst, Professor of Surgery and Head of Trauma Surgery at the Catonal Hospital of Luzern, Switzerland.



Congrats to **Tina Marie Valdez** (photo: *Debbie Malestky L, Tina Marie R*) of our RII Staff, who celebrated her 10th Anniversary with us in May! Tina Marie is

a Program Coordinator with Appointments & Promotions.

News brief: The Department of Orthopaedics at UWMC and HMC is the only nationally ranked Orthopaedic group in **U.S. News & World Report's** Metro rankings!



Dr. Chip Rountt (3d from left) was Chief Instructor at this spring's annual HMC Pelvic Fracture Lab



Follow the blog of our Shoulder & Elbow Surgeon and former Chairman, Frederick Matsen, M.D.! It's called "[Shoulder Arthritis - Quality information for those concerned with arthritis of the shoulder](#)".

The blog connects patients with Dr. Matsen, who is dedicated to providing them with both the best knowledge about their condition and the most current evidence-based care options. His patients have access to his personal email, so all questions can be answered expeditiously. Dr. Matsen's goal of a full patient-surgeon partnership has been achieved with this blog.

It is a personal one, because it is his ongoing commentary on shoulder arthritis. More than just a way to communicate, it is a way to reflect on the lives of people living with the condition. It serves a business purpose too, since it is used externally for marketing our departmental website and its patient-related articles. Dr. Matsen's Shoulder Arthritis Blog is ranked very high on Google's Search engine!

Also, Nidhi Shah of our Computer Support Group has created a [blog for Harborview Trauma Cases](#).

Free Computing Workshops at UW Seattle Campus

UW-IT offers a wide variety of free computing workshops! Topics include Web publishing and computing fundamentals, as well as multimedia and productivity software from Adobe, Apple, Microsoft, and others. [Full schedule and detailed workshop descriptions are online](#). All workshops are taught by student-instructors. Most are walk-in; just bring your UW NetID and Husky card, or sign up to ensure a seat.

UW Information Technology Service Catalog

Services offered by UW-IT to the UW community:

- * **Video Production:** Multi-Media Communications, Original Programming, Distribution Services
- * **Video Distribution:** Broadcasts, Live Webcasts, Online Distribution
- * **Engineering Services:** Streamlined Video Management - UWTV's new MediaAMP (Asset Management and Publishing), Modern Classroom Technology

CSG Infrastructure Is On the Move

Computer Support Group is moving our Sabey infrastructure (the department servers) to the UW Tower in the U-District. This six-month project will result in long-term cost-saving, and more effective use of technological resources. (CSG personnel can be found as always at our 10th-floor Montlake offices.)

New Server: Spine

We have a new file server, "Spine"! Spine, the backbone of our network information, offers the same files, same services, and new hardware, with a new name.

Windows access: [\\spine.orthop.washington.edu](file://spine.orthop.washington.edu)
MAC access: [cifs://spine.orthop.washington.edu/](file://spine.orthop.washington.edu/)

Everything You Always Wanted to Know About Spam (But Were Afraid to Ask)

In Washington State, the [number one consumer complaint](#) the last two years has been spam. UW technology dumps literally [millions of spam messages](#) into Junk folders every week.

Tips to help reduce spam:

- * Avoid responding (even asking to be removed from a mailing list). Any response can increase your amount of spam, because spammers then know your address is active.
- * When you go on vacation, set "auto reply" to reply only to people in your address book.
- * In email preferences, turn off automatic download of images, because spammers use the download to confirm you received their message.

Sending messages to junk mail, and clicking "Block Sender," do help some filters target future attacks -- but generally have minimal or temporary effects because spam tends to be sent from different addresses, and/or different computers.

It's a lot of investigational work, but if you find a spammer who resides in Washington, you can file a complaint with the State or the FTC.

This is a constant battle -- as spam filters get better at detecting junk, spammers pay skilled programmers to circumvent detection. Once a new pattern emerges, new filters are created to block spam... and the battle rages on.

-The Computer Support Group

Recent FACULTY PUBLICATIONS

Spotlight on: Seth Leopold, M.D.



Dr. Leopold published a paper in the Journal of Bone and Joint Surgery in April, using a mathematical approach called "decision analysis" to guide treatment of the infected total hip arthroplasty. This important paper was the [subject of a JBJS commentary](#). He also has an upcoming paper in Clinical Orthopaedics and Related Research, comparing costs of less-invasive total knee replacement to traditional total knee replacement; it is available as [an ePub ahead of print](#).

Recent FACULTY PUBLICATIONS (Continued)

Peer Reviewed:

Vilela MD, **Bransford RJ**, **Bellabarba C**, Ellenbogen R. C1 Horizontal Fractures in Association with Craniocervical Dissociation. J Neurosurgery: Spine. E-pub ahead of print April 29, 2011

Elgafy H, **Bransford RJ**, Semaan H, **Wagner TA**. Clinical and Radiographic Evaluation of Sagittal Imbalance: A New Radiographic Assessment. AJO. 2011 March; 40(3): E30-E34

Christal AA, **Taitsman LA**, **Dunbar RP**, **Krieg JC**, **Nork SE**. Fluoroscopically guided hip capsulotomy: effective or not? A cadaveric study. J Orthop Trauma. 2011;25(4): 214-7

Nicandri GT, **Slaney SL**, Blazej N, **Larson RV**, **Green JR III**, **Wahl CJ**. Can Magnetic Resonance Imaging Predict Posterior Drawer Laxity at the Time of Surgery in Patients With Knee Dislocation or Multiple-Ligament Knee Injury. American Journal of Sports Medicine, Vol. 39, No. 5, May 2011.: 1053-1058

Publications – Book Chapters:

Chapman JR, **Patt J**, **Bransford RJ**. "Odontoid Fractures." The Cervical Spine, 5th Edition. Edited by Edward C. Benzel. Lippincott Williams & Wilkins, 2011

Bransford RJ, Nguyen QT. "Radiographic Measurements in Spine Trauma." The AO Spine Manual of Spine Severity Measures and Instruments. Edited by JR Chapman, JR Dettori, DC Norvell. Thieme, 2011

Chapman JR, **Bransford RJ**. "Upper Cervical Spine Trauma." Spine Secrets. Edited by Vincent Devlin. Hanley and Belfus Publications, 2011

Chapman JR, **Bransford RJ**. "Cervical Spine Trauma". Review of Orthopaedic Trauma. Edited by Mark Brinker. W B Saunders, 2011

Presentations:

Barei DP. Presenter: "3 and 4 Part Proximal Humerus Fractures" and "Tibial Plateau Fractures." Moderator: "Ankle/Hindfoot" and "Ankle/Hindfoot Reconstruction and Salvage." AO Advanced Symposium: Solutions for Fracture Fixation Problems. Las Croabas, Puerto Rico, April 7-10, 2011

Beingessner DM. "Salvage of Failed Forearm Fixation" and "Complex Elbow Fracture Dislocations." AO Solutions Course. San Juan, Puerto Rico, April 7, 2011

Bellabarba C. Guest Speaker: "Occipitocervical Injuries: Update on Survival & Clinical Outcomes." Expert Panel Discussion: "Cervical Spine Trauma." XIII Annual Meeting of the Brazilian Spine Society. Campos de Jordao, Brazil, April 28-30, 2011

Bellabarba C. Guest Speaker: "Management of Acute Traumatic Central Cord Syndrome" and "Circumferential Approach for Cervico-Thoracic Kyphosis." AOSpine Latin America Complex Cases & Controversies in Spine Surgery. Campos de Jordao, Brazil, April 27, 2011

Bellabarba C. Lecture: "Modern Concepts of Trauma Treatment" and "Treatment of Thoracolumbar Injuries." Debate: "Anterior vs Posterior Treatment for Thoracolumbar Burst Fractures with Neurological Deficit." Controversies in Deformity Spine Surgery Symposium. Santa Fe, NM, March 4-5, 2011

Bransford RJ. Presenter "Autograft Options: Indications, Harvest Techniques, Outcomes and Cost," "What's New in Cervical Trauma: Recent Advances" and "Update on Spinal Cord Injury." AO Spine Advanced Concepts in the Management of Spinal Disorders, San Diego, CA, April 28 - May 1, 2011

Cavanagh PR. Presenter in the Featured Science Session on Biomechanical Aspects of Musculoskeletal Changes in Spaceflight. 2011 American College of Sports Medicine Annual Meeting, San Francisco, CA, May 31 - June 3, 2011

Dunbar RP. "Knee Injuries and Occult Vascular Injury." Medic One Lecture Series, Seattle, WA, May 3, 2011

Dunbar RP. "Distal Femur Fractures" and "Nonunions." AO Principles Course, Sun Valley, ID, March 2011

Henley MB. Faculty/Instructor: "Tips to Improve Your Practice's Revenue and Revenue Cycle" and "What's New in 2011 for Coding and Reimbursement." Washington State Orthopaedic Association Regional Meeting Spokane, WA, May 20, 2011

Henley MB. Faculty/Instructor: "Humeral Shaft Fractures." Smith & Nephew Masters Fracture Forum, Huntington Beach, CA, May 13, 2011

Hanel DP. Panel Discussion and Cases: "Elbow Reconstruction" and "Elbow Trauma." Panelist: "Distal Radius Fracture Panel." 7th Annual Upper Extremity Tutorial Course, Snowmass, CO, March 20-24, 2011

Nork SE. Course Chairman, AO Solutions Course. Lectures: "Operative Treatment of Pilon Fractures" and "Osteotomy for Long Bone Malunions." Fajardo, Puerto Rico, April 7-10, 2011

Nork SE. Lectures: "Minimally Invasive Plate Osteosynthesis," "Pilon Fractures: Operative Fixation" and "Femoral Head Fractures." AO Advanced Principles of Fracture Management Course. Sun Valley, ID, March 13-18, 2011

Sidles JA, Garbini JL, **Jacky JP**, Picone RAR. "Quantum Spin Microscopy's Emerging Methods, Roadmaps, and Enterprises." Experimental Nuclear Magnetic Resonance Conference. Pacific Grove, CA, April 11, 2011