From the Chair

This summer we bid farewell and good luck to yet another group of brilliant and dedicated Residents and Fellows. Graduation events kicked off with our annual Resident Research Day and banquet held on June 30th (details on p.2). They concluded with the Fellow/ACE research presentations and graduation dinner on July 28th (p.3). We also welcomed a new class of residents to the Department. You can learn more about our new residents on p.2, or by visiting our Meet the Residents page on the Departmental website.

On the research front, we released the 2017 edition of Discoveries. Discoveries is an annual Departmental publication that primarily highlights the clinical and basic research performed by our trainees and faculty at all of our sites. I’d like to thank managing editor Fred Westerberg as well as co-editors Drs. Chris Allan, Stephen Kennedy, and Adam Sassoon for their contributions to this year’s publication.

To learn more about our current research and annual faculty and programmatic developments in the Department, please view Discoveries 2017 online. We have also listed our Department’s recent funding on pages 7-8 of the eNews.

We also made time to take advantage of our fabulous Seattle weather this summer. Dr. Maryse Bouchard and the Seattle Children’s Hospital Limb Reconstruction Team took a group of patients and their families to watch the Seattle Sounders play (p.3). The Department also held eclipse-viewing parties, organized by our newly formed Ortho Wellness Team (p.4).

Please continue reading to learn more about what happened in our Department over the summer, including our Staff Appreciation Party, new arrivals to our Orthopaedics family, faculty presentations, publications, and honors.

Sincerely,

Howard A. Chansky, MD  
Professor & Chair

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Have something you want to include for the next edition?  
Please email calinab@uw.edu or sep720@uw.edu.
Congratulations and Good Luck!

June and July are memorable months of the year for our department as they mark the end of some chapters and the beginning of others. Our annual Resident Research Day, which celebrates the accomplishments of our graduating residents, was held on June 30. We welcomed Dr. Mitchell B. Harris as our Visiting Professor for the event. Dr. Harris is a Professor of Orthopaedic Surgery at Harvard Medical School and is the Chief of the Orthopaedic Trauma Service at Brigham and Women’s Hospital. The day began with presentations by Dr. Harris and our residents at Harborview Medical Center and concluded with a banquet at the Columbia Tower Club. Please check out where are new graduates our headed next!

L to R: Dr. Calvin Schlepp - Sports Medicine Fellowship at Taos Orthopaedic Institute; Dr. Christopher Domes - Trauma Fellowship at R. Adams Cowley Shock Trauma Center; Dr. Kevin Hug - Joint Reconstruction Fellowship at Stanford University; Dr. Neil Tarabadkar - Hand and Microvascular Surgery Fellowship at Barnes-Jewish/Washington University in St. Louis; Dr. Douglas Hanel; Dr. Ahmad Bayomy - Pediatric Orthopaedics Fellowship at Columbia University/Children's Hospital of New York, then a Sports Medicine Fellowship at Cleveland Clinic; Dr. Howard Chansky; Dr. Sara Shippee Wallace - Adult Hip and Knee Reconstruction Fellowship at Rush University; Dr. Shawn Schoch - Foot and Ankle Fellowship at Orthopaedics Associates of Michigan - Dr. Alexander Lauder - Hand, Microvascular & Upper Extremity Fellowship at Duke University.

Please join us in welcoming our newest class of talented residents! Drs. Sagar Chawla, Sara Gruner, William Hannay, Corey Schiffman, Ryan Stancil, Mario Taylor, Cathy Vu, and Jacob Wilkerson. If you happen to see them at the next departmental event, please be sure to introduce yourself. You can learn more about each of them by visiting our Meet the Residents page on our website.
Department News

Congratulations Fellow/ACE Graduates

The department bid farewell to our latest class of Fellows and ACEs on July 28. We welcomed Dr. Shepard Hurwitz, Professor of Orthopaedic Surgery at the University of North Carolina and Director of the ABOS, as our guest speaker for the graduating ACE research presentations held at Harborview Medical Center. Dr. Hurwitz specializes in foot & ankle surgery, lower extremity amputations, and bone & joint infections. The day concluded with a graduation dinner at the Columbia Tower Club. Some programs chose to host their own graduation parties in addition to the larger departmental banquet. The Shoulder and Elbow fellowship program hosted a celebration at Dr. Warme’s house. We appreciate Dr. Hurwitz taking the time to preside over our Fellow Research Day this year and look forward to hearing about the success of all of our graduates in the coming years. Please visit our website to meet our newest Fellows/ACEs and introduce yourself the next time you cross.

Celebrating Success of SCH Patients

Dr. Maryse Bouchard was in the news for a remarkable procedure being done at Seattle Children’s Hospital for children with leg-length discrepancies. The procedure involves inserting a thin metal rod within another rod into the femur. The patient is able to gradually increase the rod’s length using a magnetic device until the appropriate leg length is achieved. A spotlight on one of Dr. Bouchard’s patients can be found here. Dr. Bouchard and her team also took a group of patients to a Sounders game in August to celebrate each patient who had successfully completed his or her lengthening or deformity correction at Seattle Children’s Hospital. This was the first Sounders game for the patients and it was fantastic experience. The day was extra special because the kids were allowed onto the sidelines of the field and treated to a Sounders victory! The complete gallery of photos can be found on our department’s Facebook page.
Department News

Eclipse Viewing Party
Our region was treated to a rare celestial event in the form of a solar eclipse on August 21. The newly formed Ortho Wellness team organized formal viewing gatherings for interested faculty and staff at our UWMC, HMC, and Roosevelt locations. NASA-approved eclipse classes were provided free of charge. Attendees were encouraged to bring blankets, chairs, snacks, and any other necessary items for watching the eclipse. Everyone present said it was an amazing event to witness in-person and remarked at how bright it remained even when 92% of the sun was blacked out. Seattle was too far north to experience complete totality but it was nonetheless remarkable and everyone appreciated the official eclipse glasses!

Spotlight: Arien Cherones
Every issue of the eNews will feature a brief spotlight on a member of the department (faculty or staff) that explains why, in the words of our Chair, they are so valuable to our Orthopaedics family. This spotlight is on Director of Technology and Systems Management Arien Cherones.

I often think of Arien Cherones as being our Department’s MacGyver. Like the character in the late 80’s/early 90’s series, Arien has a talent for problem solving and resourcefulness. Give him a roll of duct tape and a box of miscellaneous equipment, and he can build something useful in record time (e.g. the Shoulder & Elbow Kinect stand, hundreds of rebuilt and redesigned computers).

His practical application of IT knowledge, easy-going manner, and inventiveness in a pinch make him a valuable asset to this Department.

-Dr. Chansky

Staff Appreciation Party
The department held its annual Staff Appreciation event in the HUB Games Bowling Alley on the afternoon of June 9. The party included Pagliacci catering, games, and a raffle for prizes donated by local businesses. The event also coincided with a surprise for Arien Cherones, Director of Technology and Systems Management. Director Ken Karbows-ki presented Arien with a certificate marking 10 years of service to the University of Washington. Congratulations on reaching this milestone Arien! We hope you’re with us for another 10 years. Attendees enjoyed an afternoon spent with colleagues and friends, and it was even sweeter because nearly everyone went home with a raffle prize. We wish to thank the following vendors for their generosity and support for our Department’s mission and staff members:


Watch your inbox!
The department is implementing a wellness campaign to promote physical and mental wellbeing. Please keep an eye out for the latest events and lifestyle tips!
AOTrauma hosted a course in Bellevue August 17-20 and was co-chaired by Dr. Lisa Taitsman, Drs. Benirschke, Hebert-Davies, Firoozabadi, Githens, Kleweno, and Sassoon all served as course faculty.

Dr. Brian Krabak has joint appointments with the Department of Orthopaedics & Sports Medicine as well as Rehabilitation Medicine. The 2017 Fina World Championships were help in Budapest in July and is the second largest aquatic competition outside of the Olympic Games. Dr. Brian Krabak was the head physician for the US Swim Team. He says, “Our goal is to optimize the athlete’s overall health by addressing acute and chronic illnesses/injuries relating to travel, adaptation to the new venue, training and competition.” The team won the most US medals at an international swimming event ever!

Drs. Gee, Kweon, Christman-Skieller (R4), O’Brien (R4), and Ahsan (R4) attended the AOSSM Annual conference in Toronto from July 20 to July 23.

Drs. Michael Githens and Conor Kleweno were Invited Faculty at the 2017 Updates in Orthopaedic Surgery Conference in Kuai, HI July 2017. The meeting is intended for all healthcare workers with an interest in orthopaedics.

Associate Director of Finance & Operations Karl Engdahl celebrated a very important birthday (50) in July. His co-workers at Harborview were kind enough to decorate his office with heartfelt sentiments. Happy Birthday Karl!

Dr. Matthew Thompson joined the department in August. The Assistant Professor recently graduated from the MSK Oncology Fellowship and specializes in sarcoma and complex limb reconstruction. He will be seeing patients at SCCA, Seattle Children’s, and Roosevelt.

Assistant Professor Dr. Kushagra Verma was interviewed as part of an article, in US News & World Report, on the risks of joint damage in the neck in patients with rheumatoid arthritis. You can read the full article here.

Anastasia Whitson is the new Research Assistant for the shoulder and elbow program. She’s pictured here with the Kinect, which is used for capturing range of motion. Welcome Anastasia!

Welcome to the world Lenora Jean Goodman! Program Coordinator Nadia Goodman and her husband welcomed their second child on August 12. Lenora Jean weighed 8lbs. 4oz. and measured 20 inches long. Both mom and baby are doing well!

Have something newsworthy to share? Send it to sep720@uw.edu and it will be included in the next edition of the eNews!
**Tech Talk: Updating – What is it good for?**

“Absolutely nothing,” is the wrong answer here. Updating your computer's operating system (OS) and programs help keep your system safe and secure. Equifax recently disclosed that over 140 million social security numbers were exposed when hackers targeted a well-known vulnerability in Equifax’s servers. Simply running the operating system’s update program could have prevented this. Yes, OS updates are annoying when they happen at random and often seem to occur when you are in the middle of writing a grant, finishing a presentation, or streaming your favorite TV shows. But instead of hitting the “Update Later” button, consider saving your documents and presentations or pausing your binge watching to allow the updates to be downloaded. Use that time (1 minute or 1 hour, depending on how long it’s been since the last update) to do some deep breathing, stretches, or tidying up if your desk is particularly messy. Grant application and presentation deadlines are very important, but data loss due to a cyber attack is avoidable. Which is worse – losing an hour of your time or losing all of the documents on your computer because you didn’t update it?

We are always happy to examine your home machines in order to ensure HIPAA compliance, as we understand everyone works on multiple devices. If you would like to schedule a time with a tech, email orthohlp@uw.edu and we will find a time to help protect you and our department.

**Presentations & Publications**

**Presentations:**


**White KK.** MPS: Integrating Medical and Surgical Care Within an Expert Multidisciplinary Team. EPOSNA Industry Symposium, Achondroplasia (ACH) and Mucopolysaccharidosis (MPS): Clinical Manifestations, Surgical Management and Emerging Trends. EPOSNA, Barcelona, Spain. May 2017.


**Publications:**


Past Presentations & Publications


Haller JM, Githens M, Scolaro J, Firoozabadi R. J Orthop Trauma. 2017 Apr 27. [Epub ahead of print]


Kennedy CD, Lauder AS, Pribaz JR, Kennedy SA. Differentiation between pyogenic flexor tenosynovitis and other finger infections. HAND. 2017 [Epub ahead of print].


Saper M, Cox B, Shneider B. A modified osteotomy for anteromedialization of the tibial tubercle. Arthroscopy Techniques. Published online July 24, 2017. Accepted for publication.

Recent Funding

National Institutes of Health

Collagen Cross-Linking in Skeletal Aging and Disease
David R. Eyre, Ph.D.
David M. Hudson
Russell Fernandes, Ph.D.

Instrumented Footwear to Measure Plantar Tissue Properties
Scott Telfer
Peter R. Cavanagh, Ph.D.
William R. Ledoux

Muscle Atrophy and Bone Anabolism
Ted S. Gross, Ph.D.
Steven D. Bain, Ph.D.
Edith M. Gardiner, Ph.D.
Leah E. Worton
Sundar Srinivasan

Modeling, Design, and Testing of a Joint Replacement
For MTPJ1
Peter R. Cavanagh, Ph.D.

Suppression of Bone Mechanotransduction by the Beta 2 Adrenergic Receptor
Edith M. Gardiner, Ph.D.
Sunder Srinivasan, Ph.D.
Steven D. Bain, Ph.D.
Leah E. Worton
Ronald Y. Kwon, Ph.D.

Acumed

Acumed Grant 2017
Jerry L. Huang, M.D.

Medical University of South Carolina

Pulmonary Embolism Prevention after Hip and Knee Replacement (PEPPER)
Navin D. Fernando, M.D.
Howard A. Chansky, M.D.
Seth S. Leopold, M.D.
Paul A. Manner, M.D.
Adam A. Sassoon, M.D.

Omega Medical Grants Association, LLC

Omega Shoulder and Elbow Fellowship Program Grant
Winston J. Warme, M.D.

Omega Trauma Fellowship
David P. Barei, M.D.

AO Spine North America

AOSNA Fellowship Grant
Richard Bransford, M.D.

AO North America

AONA Trauma Fellowship
David P. Barei, M.D.

US Department of Veterans Affairs (VA)

Foot Orthoses: Dose/Response
Peter R. Cavanagh, PhD
Recent Funding

2016-2017 and 2017-2018 Academic Years OMeGA Grants
Recognition Statement:

The Orthopaedic Trauma Fellowship acknowledges OMeGA Medical Grants Association, and the support of DePuy Synthes and Zimmer Biomet, for its generous orthopaedic trauma grant.