

Message from the Chair

Dear UW Orthopaedic Community,

October 1, 2015 officially marked the start of my tenure as the Chairman of the University of Washington, Department of Orthopaedics & Sports Medicine. This is a good opportunity to thank the many people who make this such a wonderful Department. I would like to extend my sincerest thanks to the Department's faculty and staff, whose tireless efforts and dedication to our mission of expert surgical care, teaching future generations of orthopaedic surgeons, building the future of orthopaedic surgery through research, and nurturing faculty academic growth, ensured that the Department continued to thrive during a period of leadership transition.

The Department has had a very successful year due to the hard work and dedication mentioned above. This affords us the opportunity to further invest in academic pursuits. To this end, we will be internally funding one-year faculty research proposals selected through a competitive process. Research topics are not constrained and proposals can range from basic science to clinical outcomes research. Our goals are for these projects to seed sustainable extramural grants, help develop professional advancement and most importantly, advance the goals of patient care. We will reveal the funded projects and provide progress reports in future editions of the eNews.

Please join me in welcoming three new faculty members to our Department, **Drs. Nick Iannuzzi, Henry Claude Sagi, and Nicholas Spina III**. You can learn more about their professional goals and how they're settling into Seattle on [pages 2-3](#). Several of our faculty members received honors and awards this past fall. **Dr. David Eyre** was named the 2015 UW Medicine Inventor of the Year for his contributions to our understanding of the underlying mechanisms of bone reabsorption, cartilage biology and the diagnostic

test Osteomark NTx ([p. 5](#)). **Dr. Roger Larson** was honored at the November 7th Husky football game for his years of service as a member of the athletic



medical team ([p. 4](#)). **Drs. Chappie Conrad, Reza Firoozabadi, Calvin Schlepp (R4), and Brad Henley** also received honors. Dr. Doug Hanel

was given a Lifetime Achievement Award by the Washington State Orthopaedic Association. You can read about all of these accomplishments on [page 7](#).

Finally, **Administrative Assistant Leslie Meyer** recently had the opportunity to visit the FOCOS Orthopaedic Hospital in Accra, Ghana, as part of a month-long study abroad program. You can read about the hospital and her experience on [page 6](#).

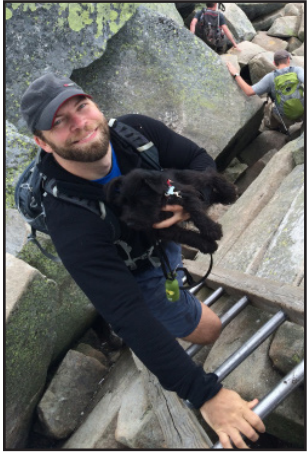
With autumn quickly coming to a close, I'd like to take the opportunity to wish everyone Happy Holidays!

Sincerely,

Spotlight: Welcome Drs. Iannuzzi, Sagi, and Spina

We are pleased to welcome three new faculty members to the Department. Dr. Iannuzzi works at the VA and Roosevelt Bone & Joint clinic, Dr. Sagi works at Harborview, and Dr. Spina also works at the Roosevelt Bone & Joint clinic. Please take a moment to get to know each and say hello the next time you see them!

Dr. Nick Iannuzzi is an Assistant Professor who joins us after completing his Fellowship at Curtis National Hand Center in Baltimore, MD.



Hiking with puppy Charlie

eNews: How did it feel to return to UW/Seattle after completing your Fellowship?

It feels great to be back in Seattle and to be able to work with a group of physicians I know and admire. I feel very fortunate to be a member of the team.

eNews: What are some professional goals that you'd like to work towards in the next year?

I'm trying to keep my goals pretty simple at this point. I want to treat each patient like they are a member of my family and do my best to help train the next group of orthopaedic surgeons. I have been fortunate to learn and train with some excellent mentors, and it is nice to finally be able to give back in some small way.

eNews: Seattle sports teams – what are your thoughts?

I've been trying to keep up with the Seahawks this season. I'm hoping we make the playoffs, but it's been a bit of a rough start so far. That said, it's great to be in a town that has such enthusiasm for their professional sports, and after being here for a few years during residency, the Seahawks are starting to feel like my home team.

Dr. Henry Claude Sagi is a Professor and board-certified traumatologist who joins us from the University of South Florida where he was a Clinical Associate Professor.



eNews: Now that you've been in Seattle for a few months, what things have made the biggest impression on you?

The outstanding technical skills and patient care that is delivered to the surprisingly large volume of high energy trauma coming through the front doors at Harborview has impressed me the most.

eNews: What are some professional goals that you'd like to work towards in the next year?

My short term professional goal would be to live up to the high standards of surgical expertise that I see every day amongst my partners. Long term I hope to harness the incredible substrate that Harborview has to offer for the world of academic medicine in the field of orthopedic trauma to help maintain the outstanding international reputation that Harborview has come to have.

eNews: How do you plan to spend your time outside of work once the weather becomes more cold/rainy?

As the weather gets colder I look forward to many fine days of skiing with Professor Bellabarba, and as the weather gets rainy I look forward to learning about Scotch Whiskey from Professor Chansky.

Spotlight (continued) and Department News

Dr. Nick Spina is an Assistant Professor who joins us after completing a Spine Fellowship at the University of Utah Medical Center.



eNews: You completed an Orthopaedic Spine Fellowship at the University of Utah. What are your thoughts on how Seattle compares to Salt Lake City?

Seattle, thus far, has been a great place to call home. I don't think it needs to be said, but it is a much larger city than Salt Lake. There is more culture, diversity, dining options, as well as a greater enthusiasm for the local sports teams. At first, I would not have said there was more sunshine in Utah, but over the last few weeks the rumors of the Seattle grey days has definitely come true. Drivers are much more polite in this city but there is far more crowding the streets. It has a similar and easy escape to the outdoors which is something that I have valued while living in both cities. It is too early, at this point, to comment on the quality of the snow/ski resorts around town, but I am definitely looking forward to exploring the local mountains this winter.

eNews: What are some professional goals that you'd like to work towards in the next year?

In the next year, I aim to establish myself in the department, as well as the community, as a safe, reliable, and available spine surgeon. I also hope to build a framework within my clinic and spine service at UWMC to generate quality health outcomes research. I am trying to position myself within the Universities surgical outcomes research center to take advantage of the wealth of data that has been collected across the state already. I also hope to integrate myself into the resident education and share my passion for spine surgery with the youth (I include myself in this group) of our field.

eNews: What has been your most memorable experience since arriving in Seattle and how do you think it's going to shape you moving forward?

I don't have a most memorable experience in Seattle, per say, so far. But I do have a series of experiences that demonstrate how alive this town is. The ability to walk through a city and take in its culture is something that I have not experienced since attending college in Boston. I am keeping an open mind to all events, except maybe rooting for the Seahawks, and hope to continue to experience everything that the Pacific Northwest and Seattle has to offer.

Welcome Gwen Davis



Please welcome Gwen Davis, who is the new Payroll Coordinator for Orthopaedics & Sports Medicine. She joins us from the UW Medicine Payroll Services where she worked 3 ½ years as Payroll Specialist for ICU and Burn units. Her job experience also includes 10+ years as fiscal

specialist in the freight industry. Gwen grew up in Tennessee and has lived in Washington for 15+ years. She has been married for 30 years has three children: two adult sons and a younger son who is a senior in high school. Some of her leisure time is spent walking trails, star gazing and cooking.

Upcoming Events:

- Arthroplasty Seminar - Hosted by Drs. Navin Fernando and Adam Sassoon. January 8 at 6:30pm at UWMC. Contact [Sarah Pressl](#) if you are interested in attending.
- LeCocq Lecture - January 21& 22. Contact [Angela Weiss](#) if you are interested in attending.

Department News

Dr. Larson Honored at Husky Football Game

On Saturday, November 7th Dr. Roger Larson was recognized at the Husky football game for his years of service to Husky athletes as a member of the medical team. Joining him on the field were 12 family members (and some Husky cheerleaders!), as a stadium full of soggy football fans cheered. It was a wonderful tribute for a beloved member of the team. Congratulations on your retirement and thank you for your contributions to Husky athletics and the Department of Orthopaedics!



Welcome Ann Warner Smith



Please welcome Ann Warner Smith, who is the new Administrative Assistant for the Eyre Lab! She joins us from the Information School where she worked for 9+ years as the Main Receptionist/Administrative Coordinator in the Dean's Office. Ann grew up in Montana, has lived in Seattle for 13+ years, and has worked at UW for almost 10 years. She's married to a research scientist, who also works for UW and they have two teenagers. Ann enjoys yoga, swimming, and running. During the past 6 years she played roller derby with the Rat City Roller Girls (Derby name: Annie Warhead-now retired), and coached her daughter's junior derby teams for the Seattle Derby Brats. Ann is pictured above (center) coaching their 5th undefeated season last year.

FishBone 2015

The Department of Orthopaedics and Sports Medicine co-sponsored FishBone 2015 on October 8. FishBone is an international workshop that brings together researchers from different disciplines to present findings, encourage collaboration, and broaden awareness. The keynote speakers came from all over the world and the program included presentations from five members of the Musculoskeletal Systems Biology Lab. More photos can be found [here](#).



Department News

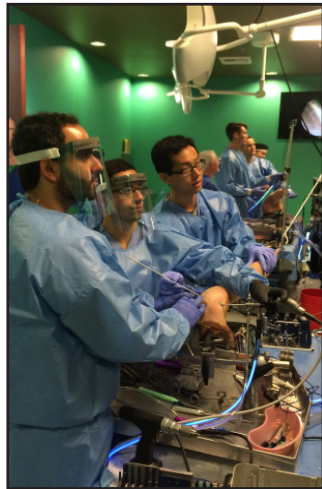
New Pediatric Orthopaedic Fellow



Please welcome Pediatric Orthopaedic Fellow Dr. Ikechukwu Onyedika to the department. Dr. Onyedika joins us after completing his residency at Wayne State University in Detroit. When he's not practicing at Seattle Children's Hospital, he enjoys football, jiu jitsu, and watching stand-up comedy.

2015 ABC Arthroscopy Course

At the 8th Annual, "University of Washington Arthroscopic Boot Camp" the residents, together with 4 attendings, performed a vast number of arthroscopic procedures on shoulder and knee cadavers (>40 hrs of operating time). Moreover, they tied innumerable arthroscopic knots on knot-tying stations and practiced shoulder repair techniques



on dry models in the lab. **Drs. Trey Green, Jason Hsu, Greg Schmale, Ben Service and Winston Warne** were on hand to assist the residents and were impressed with the psychomotor and triangulation skills acquired in this short period of time!



Inventor of the Year: Dr. Eyre!

Dr. David Eyre has been named UW Medicine's 2015 Inventor of the Year. This annual award recognizes a senior scientist whose research-based innovations has radically improved global healthcare and the local economy. Dr. Eyre was selected for his contributions towards the understanding of the underlying mechanisms of bone resorption. He developed the osteoporosis diagnostic test Osteomark® NTx, which measures accelerated bone loss through detection of collagen breakdown.

The ceremony took place on November 5 at UW Medicine South Lake Union. Please join us in congratulating Dr. Eyre on this momentous achievement!



Dr. David Eyre and Chairman Dr. Howard Chansky



L to R: Marilyn Archer and Drs. Russel Fernandes, David Eyre, David Hudson, and Dennis Hanson

Faculty & Staff News

Staff Appreciation Party 2015

The annual Staff Appreciation Party was held on August 21. The party was held in the HUB Bowling Alley and staff members were treated to food and drinks in between frames. The event provided employees from all locations (Harborview, Montlake, Roosevelt, and the Sports Medicine Center at Husky Stadium) with the opportunity to catch up with their colleagues and enjoy an afternoon of well-deserved fun.

The department would like to thank the following local vendors for contributing raffle prizes:

Costa's Restaurant
Redhook
Super Jock n Jill
Varsity Movie Theater

EMP Museum
Samurai Noodle
University Bookstore

In The Bowl
Skin Spirit
University Seafood & Poultry

Paint the Town
The Space Needle



Travels with Leslie Meyer

During a month-long study abroad program, **Administrative Assistant Leslie Meyer** had the opportunity to visit FOCOS Orthopaedic Hospital in Accra, Ghana. FOCOS (Foundation of Orthopedics and Complex Spine) was started in 1998 by Dr. Oheneba Boachie-Adjei. This state-of-the-art facility specializes in the care of complex spinal conditions such as scoliosis and kyphosis. FOCOS receives patients from all over Africa, Europe and other regions. Since their formal opening in April 2012, the FOCOS Clinic in East-Legon has seen over 4,000 patients and performs over 300 orthopaedic procedures annually.

Ms. Leticia Osei-Poku, the CAO of FOCOS, described their patient model as being a combination of self-pay, insurance and sponsored care. FOCOS works with all patients to provide them with a comprehensive treatment program to allow them to become healthy and able. Children with complex spine and orthopaedic problems in underserved regions are sponsored through a variety of organizations including FOCOS' own Sponsor A Child program. Sponsorship enables a child to have complete coverage for their surgical and rehabilitation post-surgery at FOCOS.

Leslie was also able to attend a party for their young sponsored patients. It was a delight to see how their lives were being positively changed by FOCOS. Click [here](#) for more information about FOCOS Clinic in East-Legon.



Ms. Leticia Osei-Poku (center) and her colleagues at FOCOS.



Young patients enjoying at party while staying at FOCOS Orthopaedic Hospital.

Faculty & Staff News

Dr. Hanel receives Lifetime Achievement Award from WSOA



On November 21 **Dr. Doug Hanel**, Director of Resident Education received the Washington State Orthopaedic Association's Lifetime Achievement Award. The WSOA President, Dr. Alan Greenwald, presented Dr. Hanel with the award. Dr. Hanel exemplifies the WSOA mission of advancing the highest quality of musculoskeletal healthcare. Please join us in congratulating Dr. Hanel on this honor.

Congratulations to **Dr. Ernest "Chappie" Conrad** on being named to Newsweek's "Top Cancer Doctors" list. Please visit [Newsweek's website](#) for a complete list. Congratulations Dr. Conrad!



Associate Director of Finance & Operations Karl Engdahl recently celebrated 25 years at the University of Washington. **Director Ken Karbowski** (right) presented Karl with his certificate to mark the occasion. Here's to another 25 years!

Congratulations to **Drs. Reza Firoozabadi** and **Calvin Schlepp (R4)** on their recent awards at the WOA 79th Annual Meeting. Dr. Firoozabadi received the 2015 Young Investigator Award and Dr. Schlepp received a Resident Award.



Congratulations to **Revenue Cycle Analyst Candice Frias** on getting married on October 29! A celebration was held at Harborview to celebrate this milestone. We wish you many happy years Candice!

The AAOS recently named **Dr. Brad Henley** to be the Treasurer of the national organization. This is a great accomplishment so please join the department in congratulating him!



Congratulations to **Dr. Albert Gee** and his wife Jenny who welcomed a daughter into the family on August 24. Lillian Gee arrived a healthy 8lbs. 6oz. and she and mom are doing great. Proud dad and big brother Ben are happy she is here!



Harborview's **Administrative Manager Jen McEwen** recently celebrated her 5 year work anniversary at the University of Washington. **Manager Calina Garcia** was on hand to present Jen with her certificate. Congratulations Jen!



Patient Services Specialist 2 Clarissa Rafanan competed at the 2015 NPC Washington Ironman bodybuilding competition on October 3. She won first place in both Womens Masters Physique over 35 and Women's Physique Open. Clarissa says "with dedication and heart you can accomplish anything. One step at a time!" This is an amazing accomplishment Clarissa!

Tech Talk

Jingle Bells, Technology's Swell, Let CSG Show You the Way

Season's greetings from the Computer Support Group! With holiday deals just around the corner we thought it would be appropriate to provide some suggestions on what to look for in a computer. Finding the right machine for you and/or your family can be a daunting experience for even the most tech-savvy users. Identifying what you are looking for ahead of time will help ease the burden. Our Tips-

- **RAM** is your most important choice. Today anything less than 8GB of RAM will result in an unsatisfactory user experience. Lower RAM means fewer windows you can have open simultaneously and is the quickest way to frustration. This is all the more important with Mac products as the RAM is often soldered into place and cannot be changed.
- **Solid State Drive** is next in line but often the price for larger sizes can result in a much higher price point. Solid State Drives typically last longer and are more reliable than traditional drives – if the system is dropped you're less likely to lose data as none of the inner parts move. 512GB is generally sufficient for most users.
- **BUY A BACKUP DRIVE!** While spending an extra \$100 for 1TB of backup can be a burden on any budget, your photos and documents are worth it. You can also look at using online services such as Google drive, Dropbox but we suggest using multiple backup systems, especially if you're in a place with less than ideal internet connectivity.

Publications

Presentations:

Ausk BJ, Worton L, Kwon RY, Srinivasan S, Gardiner E, Bain SD, Gross TS. Acute Marrow Inflammation Induced by Muscle Paralysis Does Not Directly Mediate Rapid Bone Resorption. Presented as a poster at the American Society for Bone and Mineral Research Annual Meeting 2015, Seattle, WA, October 2015.

Huber P, Lee J, Watson CJ, Thompson M, McMenamin S, Parichy D, Kwon RY. MicroCT-Based Barcoding Reveals Novel High Bone Mass Mutations in Zebrafish. Presented as a poster at the American Society for Bone and Mineral Research Annual Meeting 2015, Seattle, WA, October 2015.

Gardiner E, Srinivasan S, Threet D, Huber P, Ausk BJ, Worton L, Kwon RY, Bain SD, Gross TS. Selective Antagonism of Beta 2 Adrenergic Receptor Enhances Periosteal Anabolic Response to Mechanical Stimulation in Aged Mice. Presented by Edith Gardiner at the American Society for Bone and Mineral Research Annual Meeting 2015, Seattle, WA, October 2015.

Lauder A, Agnew S, Bakri K, Allan CH, Hanel DP, Huang JI. Functional outcomes following bridge plate fixation for distal radius fractures. Presented as a poster at the American Society for Surgery of the Hand Annual Meeting, Seattle, WA, September 2015.

Monstad-Rios A, Kwon RY. An Optimized In Vivo Chemical Screening Regimen For Osteoactive Compound Discovery in the Regenerating Zebrafish Tail Fin. Presented as a poster at the American Society for Bone and Mineral Research Annual Meeting 2015, Seattle, WA, October 2015.

Spina NT, Annis P, Lawrence BD, Spiker WR, Belding J, Daubs M, Brodke DS. Acute Proximal Junctional Failure: A T10 UIV May Not Be as Safe as Thought. Presented by Nicholas Spina at the Scoliosis Research Society 50th Annual Meeting, Minneapolis, MN, September 2015.

Watson CJ, Gardiner E, Kaminsky W, Kwon RY. Multi-Modal High-Content Imaging Reveals Relationships Between Cell Signaling and Mineralization in Zebrafish. Presented as a poster at the American Society for

Publications

Bone and Mineral Research Annual Meeting 2015, Seattle, WA, October 2015.

Worton L, Chew A, **Watson CJ**, **Gardiner E**, Naperiala D, Viridi A, Sumner DR, Trapnell C, Hsu Y-H, **Kwon RY**. Conserved Dynamics in Genes Associated with Human BMD and Bone Disorders During Zebrafish and Rat Bone Formation. Presented as a poster at the American Society for Bone and Mineral Research Annual Meeting 2015, Seattle, WA, October 2015.

Worton L, Threet D, **Ausk BJ**, **Gardiner E**, **Bain SD**, **Kwon RY**, **Gross TS**, **Srinivasan S**. Acute Negative Feedback Autoregulation During Bone Mechanotransduction. Presented as a poster at the American Society for Bone and Mineral Research Annual Meeting 2015, Seattle, WA, October 2015.

Worton L, Shi Y, Smith E, Little D, Whitehead J, **Gardiner E**. Ectoderm neural cortex 1 isoforms have disparate effects on MC3T3 osteoblast differentiation and mineralization

Wynd B, Patil K, **Watson CJ**, Sanders G, **Kwon RY**. A Dynamic Anesthesia System For Long-Term Imaging in the Adult Zebrafish Skeleton. Presented as a poster at the American Society for Bone and Mineral Research Annual Meeting 2015, Seattle, WA, October 2015.

Publications:

Ausk BJ, **Gross TS**, **Bain SD**. Botulinum Toxin-induced Muscle Paralysis Inhibits Heterotopic Bone Formation. Clin Orthop Relat Res. 2015. 473(9): p. 2825-30.

Matsen III FA, **Lauder A**, Rector K, Keeling P, **Cherones AL**. Measurement of active shoulder motion using the Kinect, a commercially available infrared position detection system. J Shoulder Elbow Surg. 2015 September 2.

Watson CJ, **Kwon RY**. Osteogenic programs during zebrafish fin regeneration. BoneKEY reports. 2015.