



ORTHOPAEDICS & SPORTS MEDICINE

eNews

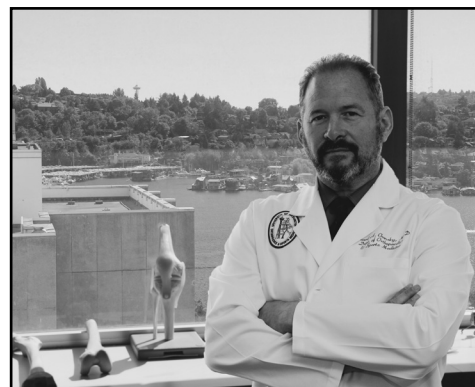
Winter 2018

Issue #29

In this issue: Department News (2-4), Faculty & Staff News (5-6), TechTalk (7), Publications (7-8)

From the Chair

Our Department remained active as the sunny Seattle weather gave way to the typical winter gloom. We welcomed many new arrivals to our Department. **Drs. Jennifer Bauer, Todd Blumburg, and Mia Hagen** joined our faculty as Assistant Professors. We also welcomed **PA-C's Jenni Hamilton, Kaitlen Laine, and Samantha Sokol** (p. 3). The Department experienced its very own baby boom, with multiple new additions to our Orthopaedic family (p. 5).



This year's guest speaker for the 12th Endowed James G. Garrick Sports Medicine Lectureship was Riley J. Williams III, M.D. Dr. Williams

is an Orthopaedic Surgeon at the Hospital for Special Surgery, an Associate Professor of Orthopaedic Surgery at the Weill Cornell Medical College, and Medical Director and Head Team Orthopaedic Surgeon for the Brooklyn Nets (NBA) and New York Red Bulls (MLS). He served as a mentor for one of our faculty members, **Dr. Albert Gee**, during his Fellowship at the Hospital for Special Surgery. We were honored to have such an accomplished and charismatic guest speaker for the Garrick Lecture (p.4). It was also a pleasure to meet Dr. Riley Williams' wife, Dr. Tanya Williams, who is an accomplished pediatrician.

While several of our faculty performed charitable work this past fall, I'd like to highlight the efforts of **Drs. Cavanagh and Schmale**. Dr. Peter Cavanagh and his daughter, Dr. Sasha Cavanagh, continued their mission in Peru through the charity they founded, the Wakatinkinu Foundation. As of mid-December they reached their fundraising goal aimed towards building a new schoolroom in the village of Pillaray. The one room school will provide more than 20 children with an education and daily meals. You can read more about their work and foundation on [page 5](#). Dr. Schmale traveled to Managua, Nicaragua in October on a medical mission to bring instruments and equipment to better treat femur fractures in children. You can read about his mission and learn more about the region on [page 6](#).

On the social front, our annual holiday party was held on December 1st at the Landing at Tyee on Lake Union. You can learn more about the event as well as view photos on [page 2](#). We also kicked off our Department's Wellness Initiative with a hike at Franklin Falls (p.3). Our wellness events have been on a cold weather hiatus, but we're looking forward to holding more events in the coming months. If you have any suggestions or comments regarding wellness events, please email Calina Garcia at calinab@uw.edu.

In conclusion, I'd like to wish you all a Health and Happy New Year!

Sincerely,

Howard A. Chansky, MD
Professor & Chair

eNews Editorial Board: Howard Chansky, M.D., Calina Garcia, M.B.A., Theresa Jones, and Sarah Pressl.
Have something you want to include for the next edition?
Please email calinab@uw.edu or sep720@uw.edu.

Department News: Holiday Party

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Our annual holiday party was held the evening of December 1st at The Landing at Tyee on Lake Union. This was the second year that we hosted the event at this location, and we had another great turnout! Faculty and staff from all of our administrative and clinical locations, as well as hospital administrators, were treated to a delicious buffet and live music. The evening also included a special speech from our Chair, **Dr. Howard Chansky**, marking the retirement of one of our talented Seattle Children's faculty, **Dr. Carol Mowery** (pictured left). **Drs. Suzanne Yandow** and **Mark Dales** also spoke on Dr. Mowery's accomplishments as a pioneer for women in Orthopaedics. Dr. Mowery's official retirement date is December 31st. We wish her all the best in this next chapter and hope that she will continue to update us on her achievements outside of the office. We would like to extend a huge thank you to **Pamela Halberg**, **Theresa Jones**, **Carlie Wolken**, and **Elizabeth Tyler** for working tirelessly to pull off this wonderful event.



Department News

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North American Traveling Fellows

Our department hosted the North American Traveling Fellows (NATF) in October. This AOA-sponsored program selects early career orthopaedic surgeons based on their academic potential. The program promotes leadership skills while the Fellows tour various medical centers throughout the country. The 2017 class consisted of Dr. Christina Goldstein (Univ. of Missouri), Dr. MaCalus Hogan (Univ. of Pittsburgh), Dr. Scott Tintle (Walter Reed National Military Medical Center), Dr. Brian Waterman (Wake Forest Baptist Medical Center), and Dr. Beeshma Ravi (Univ. of Toronto). The five Fellows spent several days exploring the Puget Sound region, touring both UW and Harborview Medical Centers, and meeting with numerous hospital leaders. We are grateful for the opportunity to host these talented surgeons and thank everyone that contributed to making their visit a success. You can learn about their entire trip [here](#).



Ortho Wellness Event: Franklin Falls



The department's first wellness event was a morning hike at Franklin Falls on September 16. It was a great opportunity to get out of the city and breathe some fresh air while catching up with colleagues. All the attendees received an Ortho water bottle and snacks. If you weren't able to join in the fun, don't worry, there will be plenty of future events to attend. Stay tuned!

Welcome to the department!

We have some new additions to the department:

Dr. Jennifer Bauer is an Assistant Professor and pediatric orthopaedic surgeon based out of Seattle Children's Hospital. Her clinical interests include spine management, pediatric trauma, and fracture care. She enjoys sailing, kite-boarding, and cycling.

Dr. Todd Blumberg is an Assistant Professor and rejoins the department as a pediatric orthopaedic surgeon after graduating from our residency program in 2016. He practices at Seattle Children's Hospital and his clinical interests include spine management and pediatric fracture care.

Dr. Mia Hagen is an Assistant Professor and orthopaedic surgeon specializing in sports medicine at the Sports Medicine Center at Husky Stadium. Her previous work experience includes the Cleveland Cavaliers, Cleveland Indians, and San Francisco Golden Gate Rugby Club. She enjoys playing the cello, snowboarding, and backpacking.

Jenni Hamilton, PA-C joins us as a Teaching Associate with the Oncology Service. Jenni previously worked with the Oncology Service before moving away from Seattle and now we are happy to have her back with us! She will be working with Dr. Matthew Thompson.

Kaitlen Laine, PA-C joins the Hand Service as a Teaching Associate who will be working with Dr. Stephen Kennedy.

Samantha Sokol, PA-C joins the Spine Service as a Teaching Associate. She will be working with Dr. Kush Verma at UW.

Not your average patient

Drs. Albert Gee and **Kim Harmon** received an unusual call in October: a 32-year-old gorilla named Jumoke had sustained a leg injury in a scuffle and required medical treatment. Drs. Gee and Harmon joined Dr. Alex Aguila (Animal Surgical Clinic of Seattle) at the Woodland Park Zoo and performed surgery to repair Jumoke's fractured tibia. This type of injury is not uncommon in humans and, barring any complications, should heal well with physical therapy. The full article can be found [here](#).

Department News

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Arthroscopic Boot Camp: October 2-6

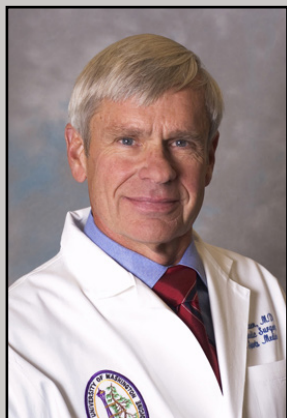
Our R3s and R4s spent the first week of October honing their arthroscopy skills at our annual ABC course. The week-long event was led by Dr. Warne along with other faculty from our department and offered the residents hands-on experience in dif-



ferent surgical techniques. We are extremely grateful to our hosts Summit Surgical, Inc. and Arthrex for allowing us to use their facility for this event!



Upcoming: Event LeCocq Lecturship



The 54th Annual LeCocq Lectureship will be held April 26-27 and the guest speaker will be one of our esteemed colleagues, Dr. Frederick A. Matsen III. Dr. Matsen is the Douglas T. Harryman II Endowed Chair in Shoulder and Elbow Research and will be giving two daytime

presentations, titled "Challenging the Existing Paradigm" and "Drinking Responsibly," and one presentation at the LeCocq Dinner, titled "Turning Failure into Knowledge." We are excited to announce that we have a **new location** for the dinner on April 26: **Renaissance Seattle Hotel - Visions Room on the 28th floor!** Please return your RSVP card to Christine Pallagsigui or send her an email (cptin5@uw.edu) if you have any questions. We look forward to seeing you in April!

Garrick Lecture

The 12th Endowed James G. Garrick Sports Medicine Lectureship was held on October 5th at the Seattle Tennis Club. This year's guest speaker was Riley J. Williams III, an Orthopaedic Surgeon at the Hospital for Special Surgery, Associate Professor of Orthopaedic Surgery at the Weill Cornell Medical College, and Medical Director and Head Team Orthopaedic Surgeon for the Brooklyn Nets (NBA) and New York Red Bulls (MLS).



Dr. Williams' lecture was entitled Concepts in Return to Play in the Elite & Recreational Athlete: A Team Physician's Perspective. More than 90 people attended the lecture, including Husky team trainers, Professor Emeritus Dr. Roger Larson, former Sports Medicine Clinic Manager Colleen Johnson, and Dr. Albert Gee.



There was a surprise presentation after the lecture. Dr. Doug Hanel presented Chairman Dr. Howard Chansky with an award certificate marking his 25 years of service to the University of Washington.

We'd like to thank Pacific Medical, Inc. for providing the lecture endowment, and Dr. Ted Wagner for sponsoring the event at the Seattle Tennis Club.



Faculty & Staff News

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Baby Boom!

We are so excited to welcome all of these new faces to our departmental family! Please share some of your parenting wisdom the next time you run into their parents! We look forward to watching these little ones grow up!

Congratulations to **Assistant Professor Dr. Jason Hsu** and his wife on the birth of their daughter Stella Ya-Hua on October 13.



Congratulations to **Program Coordinator Holly Rickett** and her husband on the birth of their daughter on Elizabeth Lorraine on November 1.



Congratulations to **Professor Dr. Frederick Matsen** on the birth of his granddaughter Liza Jane on October 30.



Congratulations to **Nathan Summers, PA-C** and his wife on the birth of their son Emmett on October 10.

Congratulations to **HMC Manager Paul McEwen** and his wife on the birth of their daughter Olivia Rose on November 30.



Congratulations to **Assistant Professor Dr. Kush Verma** and his wife on the birth of their daughter Clara Rai on September 16.



Congratulations to **Amanda Pedersen, PA-C** and her husband on the birth of their daughter Ellis Grace on August 25.



Congratulations to **Dr. Sara Shippee Wallace ('17)**, and her husband on the birth of their son George Ansel on September 4.

Improving the Lives of Peruvian Children



Dr. Peter Cavanagh and his daughter Sasha are featured in [an article](#) on ThurstonTalk's website. The two teamed up after Sasha returned from a medical volunteer trip to Peru,

where she saw an urgent need for better living conditions for the residents of rural villages. On their next visit, they brought several dozen pairs of children's shoes and followed that with an larger

donation a year later. They've worked to bring school supplies and personal hygiene items to the area and now set their sights on building a new schoolroom in Pillaray, equipped with electricity and running water! You can learn more about their mission, the Wakatinkinu Foundation, by visiting their [website](#). We are pleased to report that, as of 12/15, the fundraising goals to build a school and surrounding fence have been reached and work is set to begin on 12/18. The families of the village will contribute by making mud bricks for the fence that will keep livestock out of the children's play area. Work is set to be complete by the end of March!

Faculty & Staff News

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COAN Trip Report by Dr. Greg Schmale

I traveled to Managua, Nicaragua in October to bring the pediatric orthopaedists at the small public hospital instruments and equipment to better treat femur fractures in children. We practiced Thursday morning on a sawbonz, cleaned and sterilized the instruments and operated on a six year old that afternoon, placing a Pediatric SIGN Femoral antegrade nail. We had to revise the nail the next day, though both procedures were relatively short and the patient appeared to recover well.



Hospital Velez Paiz was previously the public hospital for pregnant women, newborns, and children. The earthquake that leveled Managua in the 1970's destroyed the top two floors. They kept working in the ground floor, however, until the April 2014 earthquake. Velez Paiz shook so badly and with more damage, they razed it.

The Orthopaedics department was without a home, so they moved to La Mascota. Unbeknownst to me, the government has rebuilt Velez Paiz, and the public pediatric orthopaedic group consisting of Drs. Gabriel Ramos, Jairo Rios, Francisco Garcia and others will be moving back there, with expected opening of the hospital about November 1. This new Velez Paiz will be a trauma center for adults and children. Their director assured me that the SIGN equipment will be moved there so it should get a great deal of use.

The Orthopedics faculty (Drs. Ramos, Sequeira, Rios, Garcia, and Zapata) were incredibly appreciative of the donation. In addition, Storz has donated state-of-the-art arthroscopy equipment.

I observed the faculty treating four supracondylar fractures of the humerus and I led a surgical team with Dr. Dino Aquilar and his partner Mario in an ACL reconstruction at the Metropolitan Hospital.

I plan to return to Managua and Velez Paiz in June, schedule permitting.

Research Assistant Professor Dr. Amy Cizik and **Assistant Professor Dr. Conor Kleweno** collaborated on a poster that was presented at the PROMIS Health Organization (PHO) Annual Meeting in Philadelphia, PA on October 17.

Dr. Cizik had a podium presentation on her work in surgeon preference and agency theory at the Society for Medical Decision Making (SMDM), in Pittsburgh, PA on October 23rd. The following day she was an invited speaker for a panel presenting on UW Medicine's Patient-Reported Outcomes (PROs) EHR system integration.

Professor Dr. Seth Leopold is one of the authors on an article titled "Do Orthopaedic Surgeons Belong on the Sidelines at American Football Games?" The editorial appeared in the November edition of CORR and follows up on an editorial from 2016 that suggested orthopaedists recommend against children playing tackle football. This new article asks whether orthopaedic surgeons should completely remove themselves from the sport in light of the correlations with traumatic brain injuries. You can access the article [here](#).

Professor Dr. Vincent Mosca was an invited Guest Speaker at two conferences in October: XXXVII Congreso de SAOTI, XIV Congreso SANEO at in Buenos Aires, Argentina and the Robert B. Salter Visiting Professorship at the Hospital for Sick Children in Toronto, Ontario.

Please also check out his [numerous educational videos](#) on The Biomechanics of the Pediatric Foot on Youtube!

Dr. Brian Shafer ('03) is the Team Physician for the Los Angeles Dodgers, who are the 2017 National League Champions. Dr. Shafer got a photo with the trophy after the team beat the Chicago Cubs in Game 5 on October 19. Unfortunately, after a rollercoaster of a series, the Dodgers lost to the Astros in Game 7 on November 1.



Tech Talk: Don't have a Meltdown over Spectre

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The news has recently focused on Spectre and Meltdown but do you know what they are and why they matter?

What is Spectre? Attack software can indirectly learn of data it otherwise couldn't access by running code inside a program and tracking how the code is carried out. Tactics that chip designers use to get the most out of a processor exacerbates this weakness. Since Spectre relies on basic traffic control within the chips, patching it will be difficult or impossible, and will vary from model to model.

What is Meltdown? It allows poorly-programmed software to outrun built-in security measures and eavesdrop on what your computer's software is doing. A Meltdown attack will request information that it doesn't have access to and then views the information while the processor is determining if Meltdown's code grants access to the information. There are solutions to this problem, which come at the cost of some processing speed, but that cost is minimal compared to the risk of an attack.

The CSG strongly recommends downloading updates for your computer when they become available – the best defense is a strong offense. Windows typically releases new updates once a month and Apple releases them at their discretion. If you have any questions about protecting your computer or whether you are at risk, don't hesitate to email acherone@uw.edu.

Presentations & Publications

Presentations:

Thayer MK, Somerson J, **Huang JI**. Changes in Provider Treatment Patterns for Dupuytren's Contracture: Analysis of Trends in Medicare Beneficiaries. Presented by MK Thayer at the 35th Annual Adrian E. Flatt Residents and Fellows Conference at the 72nd Annual Meeting of the American Society for Surgery of the Hand, San Francisco, CA. September 6, 2017.

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San Francisco, CA. September 7-9, 2017.

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Presentations & Publications

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Can You Go?: Retrograde Nailing of Proximal Femur Fractures. *J Surg Orthop Adv.* 2017 Spring;26(1):33-39

Blumberg TJ, Woelber E, **Bellabarba C**, **Bransford R**, Spina N. Predictors of increased cost and length of stay in the treatment of postoperative spine surgical site infection. *Spine J.* 2017 Jul 21.

Firoozabadi R, Alton T, **Sagi C**. Heterotopic Ossification in Acetabular Fracture Surgery. *J Am Acad Orthop Surg.* 2017; 25(2):117-124.

Firoozabadi R, Little M, Alton T, Scolaro J, **Agel J**, Kogut M. Does Pelvic Embolization Increase Infection Rates in Patients Who Undergo Open Treatment of Acetabular Fractures? *J Orthop Trauma.* 2017 Apr;31(4):185-188.

Firoozabadi R, Thuiller D, **Benirschke S**. Obtaining Correct Ankle Alignment Using Intraoperative External Fixation for Ankle Arthrodesis. *J Foot Ankle Surg.* 2017 Mar - Apr;56(2):242-246.

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and Radiographic Outcomes of Femoral Head Fractures. *J Orthop Traumatol.* 2017 Sep;18(3):235-241.

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McDonald C, **Firoozabadi R**, Routt ML Jr., **Kleweno C**. Complications associated with pelvic external fixation. *Orthopedics.* 2017 Nov 1;40(6):e959-e963.

Recent Funding

New Awards

University of Iowa

An Imaging framework for clinically testing new treatments to prevent post-traumatic OA

Conor P. Kleweno, MD

Medical Device Business Services, Inc.

DePuy Synthes AO Basic Course R2s, Bellevue

Douglas P. Hanel, MD

Patient-Centered Outcomes Research Institute (PCORI)

Complications and Safety of Blood

Clot Prevention Medicines Used in Orthopedic Trauma Patients

Reza Firoozabadi, MD

US Department of Defense (DOD)

A Retrospective Study of Early Mechanical Stabilization and Bleeding in Disruption of the Pelvic Ring (Pilot-BIND)

Conor P. Kleweno, MD

National Institutes of Health (NIH)

Instrumented Footwear to Measure Plantar Tissue Properties

Scott Telfer, PhD

Peter R Cavanagh, PhD

William R. Ledoux, PhD

DePuy, Inc.

DePuy Synthes AO Basic Course R2s, Phoenix

Douglas P. Hanel, MD

Integra LifeSciences Corporation

A post-market, prospective, non-randomized, multi-center, open-label clinical evaluation of the integra® cadence™ total ankle system in primary ankle joint replacement

Michael Brage, MD

Recent Funding

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National Institutes of Health (NIH)

Identifying osteoporosis genes by whole genome sequencing and functional validation in zebrafish

Ronald Y. Kwon, PhD

US Department of Veterans Affairs (VA)

Foot Orthoses: Dose/Response (2017)

Scott Telfer, PhD

Supplements/Renewals**US Department of Defense (DOD)**

Supplemental Perioperative Oxygen to Reduce Surgical Site Infection After High Energy Fracture Surgery

Armagan H. C. Dagal, MD

Bruce J. Sangeorzan, MD

Conor P. Kleweno, MD

Daphne M. Beingessner, MD

David P Barei, MD

Douglas G. Smith, MD

Lisa A. Taitzman, MD

Michael B. Henley, MD

Reza Firoozabadi, MD

Robert P. Dunbar, MD

Sean E. Nork, MD

Stephen K. Benirschke, MD

National Institutes of Health (NIH)

Streamlining Trauma Research Evaluation with Advanced Measurement: STREAM Study

Conor P. Kleweno, MD

National Institutes of Health (NIH)

Collagen Assembly in Intervertebral disc

Russell Fernandes, PhD

David M. Hudson, PhD

Patient-Centered Outcomes Research Institute (PCORI)

Pulmonary Embolism Prevention after Hip and Knee Replacement (PEPPER)

Navin D. Fernando