

Chairman's Perspective

Dear Friends of UW Orthopaedics,

With the conclusion of 2010 comes the task of reflecting on the past and looking ahead. I am happy to report to you that UW Orthopaedics has remained on steady footing over the past year, and continues to enjoy great academic recognition and success.

The ongoing search for a new Chair is proceeding well under the capable guidance of Neal Futran, M.D., Chairman of the Department of Otolaryngology and Head and Neck Surgery (ENT). Please look for his update on the search in this edition of our eNews.

Over the past year our program has witnessed great recognition, with the successful completion of the first "Summit in Seattle" event honoring Sigvard T. Hansen, M.D.; an international Foot & Ankle biomechanics conference hosted by Peter R. Cavanagh, Ph.D.; and the annual HMC Spine Symposium drawing acclaimed leaders in that field to our facility (see recap on page 3). Based on its success, we plan on a Second "Summit in Seattle," with emphasis on Hand and Upper Extremity injuries. It will feature a compelling internationally renowned panel of lecturers paired with our own eminent faculty from July 28th – July 30th, 2011 at Harborview. Please plan on attending!

The year concluded with one of our more memorable faculty meetings, which took place on December 6th at Northwest Hospital. Together with UW Medicine leadership, the respective Orthopaedic faculties of NWH and UW Orthopaedics met for the first time over breakfast and had a chance to discuss areas of common interest and potential future collaboration.

With all of these events in mind, nothing has been more gratifying to me personally than reconnecting with our residency, fellowship and faculty alumni over the past year. There has been an impressive and sustained



outpouring of support for our unique and proud program during this time of change, from our graduates as well as past faculty. To provide an everyday reminder of our history for present-day residents, fellows and faculty, we have created a UW Orthopaedic Surgery "Walk of Fame," with the official residency pictures presented in formal framing along the long hallway leading to our 6th floor administrative offices at Harborview. In the short time of public display, these pictures have already become a destination for our many Departmental visitors. I recently had the pleasure of walking along this row with Ivar "Buzz" Burkhead (UW Orthopaedics '67), who provided me with wonderful anecdotes of members of our program spanning several decades. Based on popular demand, we are adding to our historical preservation by preparing a similar photographic display of our fellowship graduates, and are soliciting suitable photographs.

For the coming year, we are preparing a number of very exciting additions and initiatives spanning education, research and practice development, in order to position our Department well for the future. Please stay tuned for news on these as the year unfolds. We also hope you will choose our many UW Orthopaedic offerings for your educational needs (see the list at right), and for effective professional community networking.

As always, I look forward to your commentary and appreciate your support for our program!

Wishing you a happy and prosperous 2011!

Acting Chairman Jens R. Chapman, M.D

2011 UW Orthopaedic educational events open to the public*:

-- **LeCocq Lecture** January 27-28, featuring Dr. Wayne 'Buzz' Burkhead, Dallas, TX.

-- **UW Orthopaedic Surgery Grand Rounds** dates: January 5th, February 2nd, March 2nd, April 6th, May 4th, June 1st, July 6th; featuring Mini-symposium format. UW and community faculty together with our residents as well as occasional invited special guests. (Selected UWTv broadcasts!) Location/time: 0615-0700am, Foege Auditorium, UWSOM.

-- **Resident Research Day** June 24th, featuring Dr. Jeff Wang, UCLA.

-- **Summit in Seattle:** Upper extremity disorders. July 28-30th, Chairs: Dr. Doug Hanel and Nick Vedder (Plastic Surgery).

-- **10th Annual HMC Spine Symposium:** Sept 30th-Oct. 1st, Chairs: Carlo Bellabarba and Randall Chesnut (Neurosurgery).

* List is subject to further amendments, please look for announcements regarding additional events.

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Spotlight on: Ernest “Chappie” Conrad, M.D.



photo credit: Northwest Tissue Services

To call Ernest U. Conrad III, M.D., a man of many hats would be an understatement. In truth, “Chappie” (as he is universally known) is a multi-faceted expert and pioneer in a wide range of oncological areas. His work has been a boon and life-saver to cancer patients – children and adults alike – for 25 years and counting. In addition to being an Orthopaedic and Sports Medicine Professor, Dr. Conrad is Director of Sarcoma Service at UWMC; Chairman of Pediatric Orthopedics and Director of the Pediatric Bone Tumor Clinic at Seattle Children’s Hospital; and Medical Director of the Northwest Tissue Center.

On December 16th Bill Abelson, co-editor of the Orthopaedic eNews, sat down with Chappie for a far-ranging interview. What drew the Virginia native to medicine? “I accumulated so many athletic injuries in high school... playing football, basketball, baseball, and tennis. (I had) an ACL tear, an open fracture of the finger, a broken tibia in medical school from pure recklessness on the ski slopes.” A broken fibula then resulted from playing college football at Washington and Lee, “in practice, where I got a vicious after-the-whistle blow from one of my defensive halfback friends.” Chappie added, “I squeezed a little tiny bit of academics into my sports career.”



Dr. Conrad speaking at an event for the Puget Sound Blood Center. in 2008.

Chappie went to medical school at University of Virginia, then headed to the Big Apple for an internship, followed by residency at Sloan-Kettering. He then did Fellowships at University of Florida (Orthopaedic Oncology), and Hugh McMillan Medical Center in Toronto (Pediatric Orthopedics). His Toronto friend Dennis Sullivan, M.D. suggested that he contact UW, which offered a chance to fulfill his goals: “I was looking to establish a Tumor Kingdom, I was frustrated with the lack of interest in chemotherapy for young adults, and I wanted to do pediatric and adult tumors together.” He began as a UW Tumor surgeon in August, 1986.

Limb Salvaging is among Dr. Conrad’s pioneering efforts. Until recently, sarcomas (tumors of bone, cartilage, skin, or tissue) more frequently resulted in amputation. Seeking an alternative, he was “one of the first to treat adults with sarcomas with chemotherapy,” which “was a little controversial. A lot of places like the Mayo Clinic thought

chemotherapy just delayed... metastatic disease and death.” Conrad quickly added PET (positron emission tomography) scan imaging, of which UW’s program is among the world’s best, known for increasing survival outcomes. These techniques have also enabled patients to keep as much tissue as possible. Additionally, Dr. Conrad uses radiation and more aggressive surgical margins in the Limb Salvaging effort. In the past ten years, he estimates, limb salvage success rate has doubled. Also, avoiding multiple procedures in kids has probably tripled in the past 25 years.

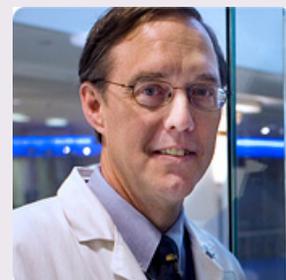
Other ground-breaking areas include Chappie’s continual search for improvement in his patients’ functional outcomes (post-treatment conditions, both physical and psychological). Another focus is Surgical Navigation, an innovative kind of GPS for surgery. Then there’s high school sports. He relates that three years ago, Children’s “hired full-time trainers for Seattle’s public school system to provide health care and education for those kids, and represent Children’s in the community. We did it in concert with Stan Herring, M.D., at Harborview. That program diagnosed 100 concussions in the first year, (for which) kids in high school are even more at risk... because of their youth, and it is a really really important project because it involves so many kids playing so many sports, not just football.”

Of Seattle Children’s Hospital, Dr. Conrad says “I learned in Pediatrics to combine specialties.... I think it was one of the first clinics in the world where you could see the surgeon and oncologist together.” And what different approaches are there in treating children? “Well, you know, the kids tolerate all the torture pretty well, but it’s hell for the parents. And if you don’t do a good job helping families manage that level of stress, things don’t go very well, so we are very attentive to family needs and patient needs.”

Jed White, a Research Scientist for Dr. Conrad, calls his work “intellectually stimulating” as Dr. Conrad’s highly varied patients include “a wide range of problems and diagnoses.” Jed is pleased the research gives him the chance to help improve survival rates, and adds Chappie is “great to work with. He is a fantastic individual giving a great amount of care for patients and people. And he’s a great mentor.”

Professionally, Dr. Conrad feels “most proud of establishing a Sarcoma service at the UW, and at Children’s. I’m very proud also of my Fellowship for training Orthopaedic oncologists, half of them are leading academic programs. I’m also proud of the Musculoskeletal Tissue program, or the “bone bank” at the Puget Sound Blood Center, started in ‘86, (which) I thought was essential.”

But Chappie’s greatest source of pride is his three children. “Trevor played soccer at Gonzaga, Mark at UPS and also professionally, and the best soccer player was probably Thera (in) high school.... She’s going into social work, Trevor has been involved in graphics for Pixar and in San Francisco, and Mark is getting ready to go to law school.” With his trademark wry humor, he adds “none of them are headed for medicine. A little bit of that may have to do with negative impressions from my work hours...”



Department News

Chair Search Update from Neal Futran, M.D.

The Orthopedic Chair Search Committee began its work in early 2010. Initially, the committee heard from a wide variety of individuals from both within and outside of Orthopaedics & Sports Medicine, to assess the status and goals of the department, as well as desired attributes of the new Chair. Twenty-four applications were evaluated and six candidates were invited to Seattle to interview for the position. The committee recently presented our evaluations to Dean Paul Ramsey. Mathias Bostrom, M.D., from the Hospital of Special Surgery in New York, and Jens Chapman, M.D., from our department here at UW, have been selected to continue the process. They have both accepted and

will be interviewing after the first of the year. The participation and feedback from all facets of the department, UW Medicine, the community, and the national Orthopedics community have been extremely valuable, and will continue to be as we move forward. The committee and I will remain available for any comments and questions. Thank you.

Neal Futran, M.D.
*Professor and Chairman, Otolaryngology-HNS
Director of Head and Neck Surgery*



9th Annual HMC Spine Symposium

On October 1st and 2nd, the 9th Annual Harborview Spine Symposium, supported by Synthes Spine, took place in front of ninety participants from all over North America.

This year's event was "Breakthroughs in Spine Surgery - A Critical Evaluation Of Accomplishments In Research And Patient Care," and featured a group of leaders in their respective fields.



Larry Rhines, M.D.

Charles Tator, M.D., from the University of Toronto, spoke on spinal cord injury research. Robert Campbell, M.D., from the Children's Hospital in Philadelphia, discussed surgical intervention in very young children with spinal deformity while avoiding fusions. Larry Rhines, M.D., from the M.D. Anderson Cancer Institute, identified future direc-



L to R: Jerry Jarvik, M.D., Isador Lieberman, M.D., and Michael Lee, M.D.

tions of spinal tumor care. And Rudi Bertagnoli, M.D., from Straubing, Germany's European Spinal Arthroplasty Center, presented his experiences on several thousand spinal disc replacements he has performed over the last decade.

Participants were treated to a highlight during the session on vertebral augmentation with bone cement, when Jerry Jarvik, M.D. (Professor of Radiology, UW) presented the results of a prospectively randomized vertebroplasty trial published in the New England Journal of Medicine. He was countered by Isador Lieberman, M.D. (Texas Back Institute, Plano, TX), who presented his positive results on kyphoplasty.

Michael J. Lee, M.D., our Assistant Professor of Orthopaedic Surgery, presented his research on complications with cement-based interventions as well. This session produced substantial and insightful discussions about indications and further needed research in this area.

The event concluded with a cadaveric surgical dissection lab, in which participants studied experts who gave practical tips and tricks to make spinal surgeries safe and effective.

Featured UW faculty included: from Orthopaedics & Sports Medicine, Professor and Acting Chair Jens Chapman, Clinical Professor Ted Wagner, Clinical Associate Professor Wally Kregel, Associate Professor Carlo Bellabarba, and Assistant Professors Rick Bransford and Michael Lee; Professor Charles H. Chesnut III (Radiology & Medicine and Orthopaedics); Professor Jeffrey Jarvik (Radiology and Neurosurgery); Associate



Robert Campbell, M.D.

Professor Phil Horner (Neurological Surgery); and Assistant Professors Vireny Hillard, Trent Tredway and Fangyi Zhang (Neurological Surgery and Orthopaedics).

Due to its sustained success and popularity, we are making plans for a 10th anniversary Spine Symposium for the first week of October, 2011. Video excerpts of the 2010 symposium will be available on UWTV by January.



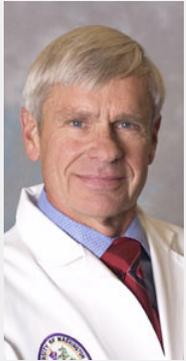
Rudi Bertagnoli, M.D.



Cadaveric surgical dissection lab

Department News

Philanthropy: Patient to Create Endowment in Honor of Dr. Matsen



Frederick A. Matsen, M.D.

Virginia Randolph first came to UW Medicine and to Frederick Matsen, M.D. for shoulder help in 2008. One year later, after a total shoulder arthroplasty, she was back working in her garden and taking care of her house. "I have never been so grateful to anyone as I was to Dr. Matsen and his team. I now have full use of my shoulder, arm and hand!"

Ms. Randolph's experience with osteoarthritis sparked her interest in cartilage regeneration research and inspired her to create the Kendall B., Katherine R. and Virginia K. Randolph Endowed Research Fund in Orthopaedics and Sports

Medicine, with a gift that will be made through her estate. She hopes that this fund will support research on cartilage regeneration so that in the future, people will not have to go through the tremendous pain she faced with osteoarthritis.

Born and raised in Seattle, Ms. Randolph is a fourth generation Seattleite. She received her Master of Librarianship degree from the UW School of Librarianship (now The Information School) and was the school librarian at Laurelhurst Elementary for most of her career. She has created two additional endowments at the University of Washington with gifts made through her estate. The first is the Kendall B. and Katherine R. Randolph Endowed Fund for the Burke Museum. This fund is named in honor of her parents. Her grandfather, Preston Brooks Randolph, was one of the founders of the Burke Museum of Natural History. The second is the Virginia K. Randolph Endowed Libraries Fund, which will support Special Collections at the Suzzallo Library.

If you're interested in giving to the UW Department of Orthopaedics & Sports Medicine, please contact Jodie Miner, Director of Philanthropy for UW Medicine, at jominer@uw.edu or (206) 685-0177

PA Appreciation Dinner



Our hard-working Physicians Assistants were honored Nov 19th at Via Tribunali Restaurant on Queen Anne.

The dinner was very well attended, and everyone had a great time.

Alex and E Ching Bertelsen brought their son Alex, Jr., and **Ivory Larry** brought his great-nephew who was visiting from Texas.

Vice Chair **Howard Chansky, M.D.**, told the PA's "I wanted to let you know how very appreciative **Jens (Chapman, M.D.)** and I are of your contributions to the care of our patients. I speak for all faculty when I say that we could not thrive academically or clinically without your partnership. Nor would we be able to care for so many complex patients with difficult orthopaedic problems."

Memory Lane: History Of Orthopaedic Residency At HMC

Orthopaedic residency pictures were installed at HMC in the hallway of our 6th floor administrative office.

Five large panels (one per decade from the 1960's onward), displaying high-quality and name-labeled residency class pictures from the beginnings of our program on, have attracted current residents and alumni to check out the proud history of our program in full.



In the photo above, Ivar "Buzz" Burkhead, M.D., class of 1967, inspects his year's picture with Acting Chair Jens R. Chapman, M.D.

The Department is assembling a complete photo-history of Fellows and ACE's. Please send your materials of the relevant time period to Sarah Jordan (sjordan@uw.edu) or Melanie Kanna (mkanna@uw.edu).

INTRO TO UW RESIDENCY VIDEO:

<http://uwtvftp.cac.washington.edu/Jens?login=UWTVFTPUser:getmyfile>

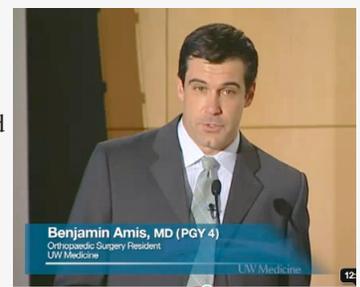
Orthopaedic Grand Rounds on UWTV: Cost Savings in Fracture Care



Technological advances in Orthopaedic fracture care implants have also caused price increases, severely limiting their worldwide availability. In this program, Lou Zirkle, M.D. of Richland, WA, an advocate for simple, inexpensive, yet highly effective implants, debates

UW Medicine physician M. Bradford Henley, M.D., who has successfully designed a number of highly evolved implant systems. UW Orthopaedic resident Ben Amis, M.D. provides a number of comparative statistics and cases to improve understanding of this contentious issue.

Orthopaedic Grand Rounds: "Cost Savings in Fracture Care" airs on UWTV on Sunday, January 2 @ 7:00am, Tuesday, January 4 @ 7:00pm, Thursday, January 6 @ 3:00am, Thursday, January 6 @ 3:00pm, and Thursday, January 6 @ 11:00pm.



Department News

Orthopaedic Faculty and Grads Well Represented at AO Meeting in Switzerland



From L and clockwise: Daphne Beingessner, M.D., Florence Unno, Sean Nork, M.D., Kelly and Dan Segina M.D., Stephen Benirschke, M.D., Jody and Chad Coles, M.D.

HMC faculty and graduates represented the program proudly at this year's annual Trauma and Spine meetings in Davos, Switzerland. Faculty included M.D.'s Carlo Bellabarba, Jens Chapman, James Krieg, Steve Benirschke, Daphne Beingessner, and Sean Nork. ACE graduates included Darrel Brodke '95 (Spine), Bruce Twaddle '95 (Trauma), Tim Weber '95 (Trauma), Chad Coles '03 (Trauma) and wife Jody, Dan Segina '99 (Trauma) and wife Kelly, Andrew Sands '94 (Foot & Ankle), James Kellam '81 (Trauma), and Kees Ponsen (honorary HMC from Holland). Also attending: current Resident Jacques Hacquebord '14.



Sean Nork, M.D. & Kelly Segina



Tim Weber, M.D. & Jim Krieg, M.D.

Department Visitors



On November 3rd, **Alex Rosenstein, M.D.** (left), Professor of Orthopaedic Surgery and Director of Adult Reconstructive Service, University of Texas-Houston, lectured on patellofemoral problems with knee arthroplasty.

Nov 5th and 6th saw a visit from **Lew Zirkle, M.D.**, a practicing Orthopaedic colleague in the Tri-Cities. Prompted by the belief that



L to R: M.D.'s Paul Kim, Adam Bakker, Ted Sousa, Amanda Roof, Greg Blaisdell, Lew Zirkle (seated), David Patterson, Emily Squyer, Mark Miller, Elizabeth Allen, Sid Baucom, Ben Amis, Liz Dailey, Nathan Coleman, Brett Wiater

simple advances in Orthopaedic Trauma surgery can be a major blessing to mankind, he

formed Sign Inc. - a company providing training, and simple Orthopaedic training implants, to countries and people in need. He demonstrated the simplicity of his intramedullary nails to interested residents. Dr. Zirkle was also a featured speaker at our Grand Rounds Mini-Symposium November 6th, debating the merits of high-tech devices with **Brad Henley, M.D.** and fourth year resident **Ben Amis, M.D.**



Research News

Brandon Ausk, MS, a doctoral student in Bioengineering, was awarded an NIH pre-doctoral fellowship (F31) from the National Institute of Aging. His project focuses upon the role of T-cells as potential mediators of early osteoclastogenesis that is upregulated by muscle paralysis. **Ted S. Gross, Ph.D.** serves as the faculty mentor for this project.

Research Scientist **Amy Cizik** was accepted as a Scholar Member to the Institute of Translational Health Sciences! <<http://www.iths.org>>

Ted S. Gross, Ph.D., and **Steven D. Bain, Ph.D.**, received a new five-year R01 grant from NIH titled "Neuronal Modulation of Focal Bone Homeostasis." In this project funded by the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), we will be exploring the hypothesis that muscle proprioception is critical for development and maintenance of trabecular bone.

Andrea Hanson, Ph.D., was awarded the National Space and Biomedical Research Institute (NSBRI) Postdoctoral Fellowship. The title of her project is "Enhancing the Efficacy of Musculoskeletal Countermeasures Using Computer Simulation". The aim is to validate the use of biomechanical simulation software (LifeMod [TM]) to inform exercise

prescriptions to crewmembers aboard the International Space Station, and effectively evaluate the benefit of various exercise countermeasures already in use, such as the Advanced Resistive Exercise Device (ARED). Particular attention will be made to the hip joint contact forces, as the hip is highly susceptible to spaceflight-induced atrophy. It is a very competitive Fellowship Program, and Andrea is very excited to receive this award while progressing her career in the Space Life Sciences, and continuing to work under the mentorship of Dr. Cavanagh and other NASA/NSBRI personnel!

Mike Lee, M.D., was awarded a grant from AO Spine International on "Enhancing pedicle screw fixation in the lumbar spine utilizing allograft bone plug interference fixation."

Sundar Srinivasan, Ph.D., was awarded a one-year NIAMS supplement to his ongoing five-year NIAMS funding project, focused on counteracting the inability of the aged skeleton to respond to mechanical loading. In the supplemental project, the OS� will be developing a novel in vitro cell culture system to explore the role of cell communication in acute response to mechanical stimuli.

Faculty & Staff News

'73 Grad is AAOS Humanitarian of the Year



Larry Hull, M.D. (center) pictured at an Anglimp well, which provides clean water to people living near the New Guinea Traders coffee plantations

Larry Hull, M.D., a 1973 Department graduate, was honored at the 2010 American Academy of Orthopaedic Surgeons annual meeting



Mothers and children wait to be evaluated and immunized at a rural clinic site

and convention in New Orleans with the Humanitarian of the Year Award. Academy President Joseph D. Zuckerman, M.D., also a Department grad, made the presentation to Dr. Hull.

After completing his residency at the University of Washington, Dr. Hull founded the Washington Orthopaedic Center in Centralia Washington in 1973. He also began making medical mission trips to Nicaragua, Papua New Guinea, the Dominican Republic, Guatemala, and El Salvador. To date, Dr. Hull has completed approximately forty medical missions.

In 2007, Dr. Hull and his wife Aarlie founded Na Wokabaut, a non-profit corporation which focuses on people who live in and around the Madan Coffee and Tea Plantation in Papua, New Guinea. The non-profit, in collaboration with coffee roasters and supporters, has built a school, put in nine wells to supply clean water, and built a fully staffed medical clinic on the plantation. Dr. Hull and his wife advocate for children and women's rights in the region, provide books for schools, access to dental care, and offer people hope for a better future.

In addition to his work with Na Wokabaut, Dr. Hull participates in the Surgical Implant Generation Network (SIGN), an organization



Dr. Hull working on a patient in the cast room at Kudjip Nazarene Hospital

that provides training to surgeons in developing nations.

For more information on Na Wokabaut, please go to: <<http://www.nawokabaut.org>>
Their coffee website is:
< <http://www.newguineatraders.com>>



Dr. Hull at another rural clinic site

A Productive Fall for Seth Leopold, M.D.



Seth Leopold, M.D., of our Joint Replacement Service, has had a very productive few months!

He was nominated for and accepted into the Association of Bone and Joint Surgeons as an active member. This prestigious international group is limited to 90 active members at a time. It is the parent organization of Clinical Orthopaedics and Related Research, which recently named Dr. Leopold an Advisory Editor. He will be inducted into ABJS in June, 2011, at the group's meeting in Dublin, Ireland. In addition, he has had three manuscripts accepted for publication in the last several months (all now in press); one, concerning publication bias, is in the high-

impact-factor journal Archives of Internal Medicine, of the JAMA family of journals. He has also had an economic analysis on Minimally-Invasive Total Knee Arthroplasty accepted by CORR, and an important decision analysis on treatment of the infected total hip arthroplasty accepted by the Journal of Bone and Joint Surgery. More information on these papers will be forthcoming in this bulletin once they hit print.

Dr. Leopold also made news when his thoughtful remarks on publication bias in Orthopaedic journals were featured in a major article distributed by Reuters news service:

<<http://www.reuters.com/article/idUSTRE6AL68F20101122?feedType=RSS&feedName=everything&virtualBrandChannel=11563>>



Dr. Leopold also knows how to relax -- here he is longboard surfing in Westport, WA

Faculty & Staff News

Grant Lohse, M.D. Wins Service Excellence Award

Fourth-year resident **Grant Lohse, M.D.** was chosen as a UWMC Service Excellence Award recipient! The award, a collaboration among Harborview and UW Medical Centers and UW Medicine Neighborhood Clinics, recognizes and celebrates outstanding contributions to the mission of UW Medicine, representing dedication to service and excellence in patient care.

In a letter to Dr. Lohse, School of Medicine Dean **Paul G. Ramsey, M.D.**, wrote “In your work and interactions with colleagues and public, you have shown that you personally understand and embrace the principles of excellent service.... I am proud to be on the same team with you!”

Pictured right: Grant Lohse, M.D. (top row, center). To his left are Vice Chair Howard Chansky, M.D. and Michael Lee, M.D.; to his right, UWMC Executive Director Stephen Zieniewicz



Karl Engdahl's First 20 Years



Karl Engdahl, circa 1990

On behalf of the UW Orthopaedics and Sports Medicine faculty and staff, we would like to offer our heartiest congratulations to Karl Engdahl, who recently celebrated his twentieth anniversary with us!

Karl first came to the Department as a Student Assistant in 1990. His enthusiasm, willingness to tackle complex financial problems, strong work ethic, analytical/logical mind, and institutional knowledge have all contributed to his meteoric rise through the ranks - from Student Assistant to his current position as the Associate Director of Finance & Operations.

Over the years, Karl's co-workers have come to appreciate his personality and charisma as well as his penchant for numbers.



Karl Engdahl, circa 2010

They shared the following quotes and fun facts about Karl:

- Karl is a true family man, devoted to wife Jennifer, their kids Jake and Katie, plus Wilma the cat.
- Karl's house is so big it is referred to as "The Compound" & "Castle Engdahl".
- Karl can't spell worth beans. At staff meetings, he's always mangling the words he writes on the board. (Still, as a friend and co-worker wisely points out, "We don't pay Karl to spell.")
- He's a regular in the staff's Trivial Pursuit games (in which the guys' team, "the Charlie Browns of Trivial Pursuit," always gets slaughtered by the women.) Whenever an 80's song comes up "Karl sings it in his cheesy way" to make defeat less painful.
- Karl on Johnny Depp: "Why is that guy so popular, I just don't get it."
- Karl to the faculty: "Calling it a "slush fund" is not appropriate accounting terminology."
- Karl the numbers nerd: "I ran an extra financial spreadsheets for grins and giggles."



L to R: David Thayer, Tom Zorich, Noemi Altamirano, Karen Morton, and Karl Engdahl circa 2001

Simply put, we're all very fond of Karl. His accomplishments and leadership are a great asset to us all. Once again, Congratulations and many happy returns to Karl Engdahl!



Karl receives a certificate commemorating 20 years of service from Acting Chair Jens Chapman, M.D.

HMC Administrative Staff Assists Summit in Seattle.



In recognition of their efforts on behalf of the inaugural Summit in Seattle, our HMC administrative staff participated in a luncheon at an area restaurant. From left to right: **Sarah Jordan, Janet Wierenga, Lynn Anderson, Connie Robertson, Julie Bould, Elsa Hansard, Tia Edwards, Karen Morton, Jan Denali, Janet Grant, and Nette Alkire.**

The meeting was a success due to the thorough preparations of many people. We have started planning our second annual Summit in Seattle, with a Focus on Upper Extremity, for the last weekend in July, 2011. Please look for announcements!

Faculty & Staff News

Joy Beatty, MSPT is now a Certified Orthopedic Manual Therapist (COMT), having recently passed her exams from The Ola Grimsby Institute. In 2011, Joy will be starting a Fellowship program for additional training.

In her "Inside Belltown" column for the Seattle P-I, Montlake Manager **Calina Brown Garcia** wrote that SF Giants mound ace **Tim Lincecum** is now a Belltown resident! <<http://blog.seattlepi.com/insidebelltown/archives/232762.asp>>. Lincecum, a 2006 All-American with the Huskies, has bagged two Cy Young Awards and won the clinching game of the 2010 World Series.

Harborview Fiscal Specialist **Jan Denali** and her daughter sang Handel's Hallelujah Chorus in a December 11 "Flash Mob" at Nordstrom's in downtown Seattle! The conductor was Maestro **Gerard Schwarz!**

The Washington State Medical Association Newsletter for November/December says: "In a shameless plug for one of the best volumes in recent years, I must recommend Harborview Illustrated Tips and Tricks in Fracture Surgery (by **Michael J. Gardner, M.D.** and **M. Bradford Henley, M.D.**), published by Lippincott Williams & Wilkins this year. This book has more pearls than Imelda Marcos' jewelry box. Strap this tome to your hip and you will have fewer sleepless nights wondering what the heck to do for that case of a splintered extremity in the emergency department."



Douglas Hanel, M.D. granddaughter **Sophia Margaret Storino**, 21.5 inches, 8 lbs. 6 oz., was born on October 17th in Atlanta, GA. Congratulations to Dr. Hanel, and Sophia's parents, **Maggie and Tim Storino!**

Jerry Huang, M.D., and other Montlake faculty sponsored a table at the Arthritis Foundation's Halloween Bone Bash.

Pictured at right: (Back row) Anne Matsen, Jeanne and Winston Warme M.D., Rick Matsen M.D., Michael Lee M.D., Denise Joffe M.D. and husband Paul Manner M.D. (Front row) Brandi and Jerry Huang M.D., Cathy Lee



Please join us in welcoming **Meagan Loftin** to the Department! Meagan supports **Dr. Cavanagh** in his role as Vice Chair for Research. She is working 50% FTE while, in her other life, she pursues a

Master's Degree at UW in Medieval Literature (concentrating in Welsh Literature). Meagan has had previous experience in research administration at UC-Berkeley.



Karen Morton, Harborview Administrative Manager, has a new granddaughter! **Camryn** posed with 3-½ year old **Carter** on October 20.

Sean Nork, M.D. was the visiting professor for the annual trauma lectureship at Loyola University in Chicago, lecturing on "Nailing Complex Tibia Fractures" and "Complex Elbow Fracture Dislocations". He was able to catch up with former trauma ACE **Hobie Summers, M.D.** as well as other traumatologists there including Mike Stover, M.D.

Dr. Nork was also international faculty at the Dutch Trauma Society annual meeting and gave numerous lectures to our Dutch colleagues. Over the past 15 years, we have had about 10 visiting trauma surgeons from Holland. Dr. Nork reports it was great to catch up with many of them including M.D.'s **Kees Ponsen, Martin Simmons, Martin Heetveld, Rudy Poolman**, and others. All say hello, remember fondly their time at HMC, and are looking forward to sending numerous other surgeons to Harborview for visits in upcoming years.



Spine/Tumor Program Coordinator **Scott O'Neill** was recently appointed Montlake Legal Deposition Coordinator. He is also featured in the new Safe Campus campaign posters.



Our thanks to Orthopaedics Attendings and others who donated their textbooks to students at the University of Juba Medical School in Sudan.

A sudden storm December 13th resulted in **Allan Tencer M.D.** and wife Signe being quoted in The Seattle Times:

<http://seattletimes.nwsourc.com/html/theweatherbeat/2013669175_a_rude_awakening_couple_heard_burke-gilman_slide.html>. The piece, with a different photo of Dr. Tencer, was a front-page story in The Times' December 14th print edition.

After more than 20 yrs at UW Orthopaedics, **Thomas Trumble, M.D.** has decided to retire from his University practice. We wish him good luck and happiness in his new endeavors!

Aksel M Wagner was born on October 24th healthy and eight plus pounds. His grandfather **Ted Wagner, M.D.** was wearing the correct jacket!



Chris Wahl, M.D., was praised for his tremendous work on a visiting athlete's badly broken leg in a December 9th Seattle Times piece: <http://seattletimes.nwsourc.com/html/stevekelley/2013641140_kelley10.html>.



Some of the celebrants at the Montlake Holiday Party, held December 17th. Back row: Gholam Fazelinia, Andrea Hanson, Meagan Loftin, Nidhi Shah, Calina Garcia, Bill Abelson, Leslie Meyer. Front row: Kerim Genc, Jessica Shen



Gholam Fazelinia, Computer Services Manager

The new departmental webpage will be ready to launch soon after the first of the year! Take a look at the New Internet face of the department: <<https://test.orthop.washington.edu/>>

- * This is our web page, and the framework is in place for everyone to be able to easily and directly add content, using the built-in templates. Contact us for approval of an account.
- * The Tab “Report Error” is where you can give us feedback and report errors.
- * The Tab “iWeb” is the internal (intranet) departmental web site. It requires you to login with iWeb. Contact us for the password.

Some of you have expressed a desire to share files on the file server, within Clinical service groups (example: Spine and Hand & Upper Extremity), so we created folders for this purpose. If your service would like to use this share, contact us and tell us who is in the services, and should have access. The path is: <\\osm-file01.orthop.washington.edu\orthop\clinical services\>

General file server information

- * All mission-critical data should be stored here, and be HIPAA compliant.
- * The file server is backed up everyday.
- * Shadow Copy, every four hours - allows users to self-restore historical copies of data.
- * Home - your personal storage, not shared with anyone else.
- * Faculty Groups - data shares, by Faculty member.
- * Clinical Services - data shares, by services.
- * Research – Non-Business data, file server; <\\file-04.orthop.washington.edu>. This has fewer backups and slower recovery priority, but much higher capacity.

UW departments are being asked to set their copy machines to a two-sided default setting, in order to save paper. <<http://uwnews.org/uweek/article.aspx?visitsource=uwksmail&id=60650>>. Contact us if you would like us to set your printer to two-sided as the default.

Risk Advisory Web Browsing

Software attacks that exploit web browsers (e.g., Internet Explorer, Firefox, Safari, Chrome, Opera) are on the rise.

See http://ciso.washington.edu/site/files/Information_Security_Risk_Advisory_Web_Browsing.pdf <<http://ciso.washington.edu/resources/risk-advisories/>> for details on how to protect your computers!

Happy Holidays from your departmental IT group, CSG!
-- youguys@uw.edu

Recent FACULTY PUBLICATIONS

Peer Reviewed:

Allen DL, Cleary AS, **Hanson AM**, Lindsay SF, Reed JM. “CCAAT/Enhancer Binding Factor-Delta Expression is Increased in Skeletal Muscle by Food Deprivation and Unloading and Regulates Myostatin Transcription In Vitro”, *Am J Physiol Regul Comp Physiol*, 2010 Dec;299(6):R1592-601.

Gardner MJ, Morshed S, Nork SE, Ricci WM, **Rouff ML Jr.**: Quantification of the upper and second sacral segment safe zones in normal and dysmorphic sacra. *J Orthop Trauma*, 24(10): 622-9, 2010.

Genç KO, Gopalakrishnan R, Kuklis MM, Maender CC, **Rice AJ**, Bowersox KD, **Cavanagh PR**. Foot forces during exercise on the International Space Station. <<http://www.ncbi.nlm.nih.gov/pubmed/20728086>> *J Biomech*. 2010 Nov 16;43(15):3020-7. Epub 2010 Aug 21.

Ghatan A, Scharschmidt T, Conrad E. Extreme enchondromatosis: a report of two cases and review of the literature. *J Bone Joint Surg Am*. 2010 Oct 6;92(13):2336-43.

Heineman DJ, Bhandari M, **Nork SE**, Ponsen KJ, Poolman RW: Treatment of humeral shaft fractures--meta-analysis reupdated. *Acta Orthop*, 81(4): 517, 2010.

Prasad J, **Wiater BP, Nork SE, Bain SD, Gross TS**: Characterizing gait induced normal strains in a murine tibia cortical bone defect model. *J Biomech*, 43(14): 2765-70, 2010.

Streepert T., **Cavanagh PR, Hanson AM**, Carpenter D., Saeed I, Kornak J, Frassetto L, Grodzinsky C, Funk J, Lee SM, Spiering BA, Bloomberg J, Mulavara AP, Sibonga J, Lang T. “Development of an Integrated Countermeasure Device for use in Long-Duration Space Flight”, *Acta Astronautica*, Accepted November 2010.

Presentations

Sims N, Poulton I, Rossotti S, **Worton L**, Hirani R, Herzog H, **Gardiner E**. Affiliations: St Vincent’s Institute of Medical Research, Melbourne, Australia; Garvan Institute of Medical Research, Sydney, Australia; University of Queensland, Brisbane, Australia and University of Washington, Seattle. Oral Presentation: “Intact neuropeptide Y circuit required for full anabolic response to parathyroid hormone in mice.” 2010 Annual Meeting of the American Society for Bone and Mineral Research in Toronto, Canada (Oct 15-19, 2010). Note: Most experimental work was done in Australia, but much of the analysis was performed in the Orthopaedic Science Lab at Harborview.