

THE BLADE



Alberta Health
Services



UNIVERSITY OF
CALGARY
MEDICINE

Department of Surgery Alumni Newsletter
Issue 3: September 2009

Together, Leading and Creating Excellence in Surgical Care

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ALUMNUS GIVES ANNUAL LAFRENIERE LECTURE



LAFRENIERE LECTURE BEGINS ON PAGE 7

**SURGEONS' DAY
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**SURGEON PLANS FOR
AFGHANISTAN ON PAGE 15**

Photo: Sarah Urbanowski/2009

A MESSAGE FROM THE DEPARTMENT HEAD

Welcome to the third edition of The Blade. Dr. Kelly Johnston returned to Calgary last year following completion of fellowship training in Arthroplasty in New Zealand. Dr. Johnston has joined the list of distinguished alumni who have presented the Lafreniere Lecture, including Dr. Bob Kiaii from London, Ontario, and Dr. Philip Haigh from Los Angeles, California. Dr. Johnston delivered an outstanding presentation on challenges in arthroplasty.

Dr. Birdsell, Division of Plastic Surgery, was recognized this year through the first Dale Birdsell Lecture, hosted by the Division of Plastic Surgery. The lecture featured Dr. Louise Caouette-Laberge, who addressed both the Division and the Department on clinical and global health challenges.

We are very pleased to celebrate several of our young residents and new graduates and we hope you will find their stories both interesting and energizing. Our future remains bright with the obvious passion, commitment, and innovative ideas embodied by our young graduates. Thank you for taking the time to share in some of the Faculties accomplishments over the past year. I hope you enjoy reading this issue as much as I did.

Sincerely,



John B. Kortbeek, MD, FRCSC, FACS
Department Head, Surgery
 Alberta Health Services
Professor and Head, Department of Surgery
Professor, Department of Critical Care Medicine
 University of Calgary, Faculty of Medicine



Dr. John Kortbeek, Regional Head of the Department of Surgery.

CALLING ALL DEPARTMENT OF SURGERY ALUMNI!

The Department of Surgery would love to continue to send you copies of our alumni newsletter, The Blade. Many residents and fellows move on to new and exciting careers outside of Calgary and we would greatly appreciate if you would let us know where you are going and how we can reach you in the future. If you would like to continue to receive the newsletter, please contact Christine Bourgeois, Administrative Assistant to Dr. Kortbeek, to update your contact information. You may phone her at (403) 944-1697 or email her at christine.bourgeois@albertahealthservices.ca. Thank you and we look forward to hearing from you.



Photos: Sarah Urbanowski/ 2009

Awards and Prizes Received by Department of Surgery Members

- ✚ **Dr. Jim Nixon** was awarded the Long Term Education Contributions Award for clinical, adjunct and research faculty – Faculty of Medicine.
- ✚ **Dr. Elijah Dixon** was selected as 2008's recipient of the Traveling Fellowship for Surgeons within the U.S. or Canada by the Education Committee of the Society for Surgery of the Alimentary Tract.
- ✚ **Dr. Paul Salo** received an Alberta Heritage Foundation for Medical Research Award.
- ✚ **Dr. Oliver Bathe** received an award of \$10,000 for a one-year term from the Alberta Cancer Board and the Alberta Cancer Foundation for his project for Research Equipment.
- ✚ **Dr. Anastasio Salazar** was the recipient of this year's UCMG research prize.
- ✚ **Dr. Paul Beaudry** received \$100,000 per year for three years from the Kids Cancer Care Foundation of Alberta Research Establishment Award entitled "Characterization and targetting of neuroblastoma cancer stem cells."
- ✚ **Dr. Savtaj Brar** and **Dr. Lea Austen** were selected by the class of 2008 for the Gold Star Award.
- ✚ **Dr. Carol Hutchison** and **Dr. Lloyd Mack**, both received a CMSA Letter of Excellence.
- ✚ **Dr. Sarah Hulland** was awarded a fellowship from the International College of Dentists (ICD). ICD is recognized around the globe as the pre-eminent international dental organization.
- ✚ **Dr. Andrew Kirkpatrick** and **Dr. Tom Stelfox** were awarded \$49,091 over three years for their proposal: "Quality Indicators in Trauma Care."
- ✚ **Dr. Paul Salo** was awarded an AHFMR Grant of \$50,000 in the category of Senior Scholarship – Research Allowance, awarded for a maximum of seven years.

Other Highlights in 2009

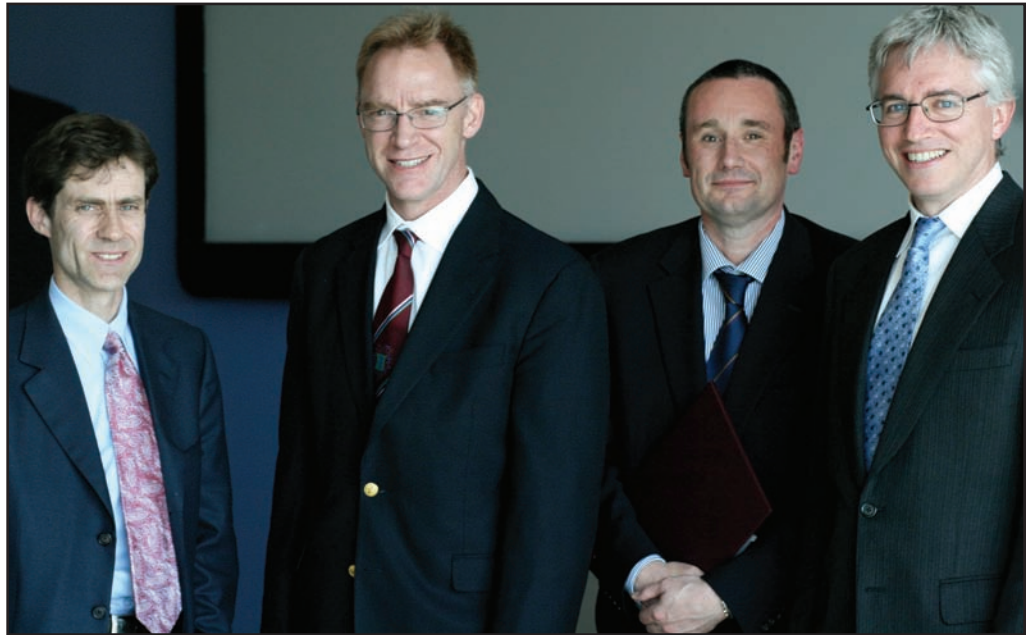
- ✚ **Dr. C. William Hyndman** accepted the interim position of Division Chief, Pediatric Surgery in the Department of Surgery and Site Chief of Surgery at the Alberta Children's Hospital.
- ✚ **Dr. Norm Schachar** was invited to give the "R Harris Eponymous Lecture" at the combined AOA/COA Meeting in Quebec City on June 6th.
- ✚ **Drs. Frank, Herzog and Lee:** AHFMR approved their Interdisciplinary Team Grant submission "Creating Bone and Joint Health from the Bedside to the Bench and Back Again – Designer Therapies to Reduce the Burden of Osteoarthritis (OA) – from Mechanisms to Prevention.
- ✚ **Dr. Andrew Kirkpatrick** was elected President of the Trauma Association of Canada.
- ✚ **Dr. Rob Harrop** was elected to the Membership of the American Association of Plastic Surgeons. Membership is by invitation only.
- ✚ **Dr. Dale Birdsell** is completing a six year term on the Board of Directors for the American Association of Plastic Surgeons.
- ✚ **Dr. Andrew Kirkpatrick** (Major Andrew Kirkpatrick) completed a tour of duty in Kandahar, Afghanistan.
- ✚ **Dr. Bud Shandro** for his service as Site Leader for the Division of Otolaryngology at the Peter Lougheed Centre and Member of the Peter Lougheed Centre Operating Room Committee (28 years).
- ✚ **Dr. Marie-Claude Cholette** for her service as Subdivision Chief for the Division of Pediatric Dentistry at the Alberta Children's Hospital and Member of the Alberta Children's Hospital Operating Room Committee (10+ years).
- ✚ **Dr. Kevin Hildebrand** was appointed the Division Chief for Orthopedic Surgery.
- ✚ **Dr. Rob Harrop** was appointed the Director of the Office of Surgical Research.
- ✚ **Dr. Kelly Johnston** was appointed to the Division of Orthopedic Surgery at Rockyview General Hospital.
- ✚ **Dr. Elijah Dixon** was promoted to Associate Professor in the Faculty of Medicine - University of Calgary - Department of Surgery.
- ✚ **Dr. Michael Monument** successfully defended his Master's Thesis in the Surgeon Scientist Program entitled: "Posttraumatic Contractures of the Rabbit Knee: Testing the Mast Cell - Myofibroblast Axis."
- ✚ **Dr. Wayne Rosen** will be co-chairing the Undergraduate Bio-Ethic Course - Clinical Skills Course.
- ✚ **Alissa Sherman** is fourth year Dental student from the U of A, will be the first fellow/resident of Dentistry and Oral Health- FMC Fellowship Program starting July 1, 2008. Congratulations to Dr. Eduardo Kalaydjian – Division Chief – Dentistry and Oral Health.
- ✚ **Dr. Paul Beaudry's** project titled: "The Utility of Oncolytic Virus Therapy as Novel Treatment for Neuroblastoma" was approved by the Alberta Cancer Board.
- ✚ **Dr. Justin LeBlanc** has been admitted to the Surgeon Scientist Program and will be completing a Master of Science Degree.
- ✚ **Dr. Wayne Rosen** was nominated by the class of 2010 to receive the 2007/2008 CMSA Letter of Excellence in Teaching for Course 1.
- ✚ **Dr. Elijah Dixon** was successful with his CIHR Operating Grant, 'Rates and Waits for Cancer Surgery in Canada: A Mixed Method Assessment' - \$450,000 over three years.
- ✚ **Dr. J. Greg McKinnon** was successful in his accreditation of the University of Calgary's Surgical Oncology Fellowship Program for five years by the Society of Surgical Oncology Inc.

SURGEONS' DAY CELEBRATES A YEAR OF EXCELLENCE IN RESEARCH

Every year, the Department of Surgery comes together to recognize and reward the research achievements of surgical residents and fellows. This year's 27th Annual Surgeons' Day was held on June 26, 2009. The symposium was held at the Alberta Children's Hospital Amphitheatre, where residents gave their presentations and the awards dinner was held at Gasoline Alley at Heritage Park.

Photos: (right) Dr. Harrop, Dr. Kortbeek, Dr. Casson and Dr. McFadden.

Below: Dr. Ben Wilson (left) and medical student Vishal Sharma (right).



Photos: Sarah Urbanowski/2009



Above: Dr. Casson (left) and Dr. Dort (right) were the honoured guests and judges for Surgeons' Day.

In keeping with tradition of previous years, two highly regarded doctors, **Dr. Joseph Dort** and **Dr. Alan Casson** were invited to the symposium to hear and judge the presentations. Dr. Joseph Dort is a Professor with the University of Calgary and an otolaryngologist, who specializes in head, neck, skull base and craniofacial surgery in the Department of Surgery. Dr. Alan Casson is from the University of Saskatchewan. He is well-known for his extensive work in molecular biology of esophageal cancer.

As invited guests they also presented lectures to the audience. Dr. Dort gave the McMurry Lecture, which was titled "Clinical Research in Surgery: Lessons Learned" and Dr. Casson gave the McPhedran Lecture titled "Picking a Research Problem." Both of the gentlemen focused on choosing mentors, collaborating with colleagues, challenges that come with doing research and focusing on research that is relevant to their clinical work.

The residents and fellows, who work diligently on their projects throughout the year, were given the opportunity to present their work. The day was divided into four sessions, with each session moderated by chairs. Sessional chairs, **Drs. Frankie Fraulin, Paul Duffy, Mary Brindle** and **Jeanie Kanashiro** were responsible for introducing each speaker and leading question periods.

The range of topics included "Recent Trends of Hepatic Resection in Canada," "Improving Wait Times and Resource Utilization in the Cast Clinic," and "The Resting Foot Angle: A Comparative Study Using Various Standardized Measurement Methods."

There were numerous posters entered into the poster competition, which also included a range of topics. This included a comparison of Lasek and PRK following Corneal transplantation to topics like Alpine Ski and Snowboarding Traumatic Injuries.

AWARDS DINNER



Photos: courtesy of Shelley Vandervelde

The awards dinner gave the Department the opportunity to recognize resident research, and to acknowledge the service of several department members.

two 'Educator of the Year' awards. Residents were asked to nominate a surgeon within their own division, as well as someone outside their division. This year's Educator of the Year was **Dr. Paul Duffy** and the Ectopic Educator of the Year went to **Dr. Duncan Nickerson**. This year, the Department also presented the first Surgical Innovation Award, which went to **Dr. Serdar Yilmaz**.

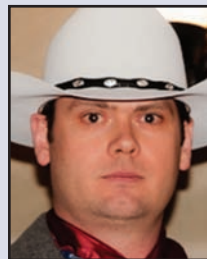
Following the day of presentations and lectures, the Department of Surgery gathered at Gasoline Alley to celebrate a year of vigorous work. The dinner was themed as 'dressy western,' perfectly suited to the venue, which was vibrant and amiable. Best Overall Research by a Resident was tied between **Dr. Terry Leung** and **Dr. Janet Edwards**. Dr. Leung was awarded for her research in bowel obstruction following Appendectomy. Dr. Edwards won for Best Overall Research for her research in comparing two surgical procedures in breast cancer surgery. The Honourable Mention for Overall Research was given to **Dr. Ryan McColl** for his work looking at the recent trends of hepatic resection in Canada. **Dr. Bogdan Paun** was awarded the Best Paper by a Surgical Fellow, where he looked at the post-operative complication rates of rectal cancer surgery. The Best Poster award was given to **Dr. Paul McBeth** for his research in alpine ski and snowboarding injuries.

Following the symposium awards, were the Distinguished Service Awards. These are given to a surgeon nominated from each of the four main acute care sites – Foothills Medical Centre, Rockyview General Hospital, Peter Lougheed and the Alberta Children's Hospital. Each of the recipients has given the Department many years of outstanding service.

This year it was decided that there would be

EDUCATOR OF THE YEAR AWARDS:

Dr. Paul Duffy received his MD from the Memorial University of Newfoundland. He has completed fellowships with Dalhousie University, The Royal Infirmary of Edinburgh, and St Georges NHS Trust. He joined the Department of Surgery in 2005.



Dr. Duncan Nickerson received his MD from the University of Calgary. Before joining the Department of Surgery, he completed a fellowship at the Sunnybrook Hospital in the Division of Plastic Surgery, which focused on burn reconstruction.

DISTINGUISHED SERVICE

AWARDS:



✂ **Dr. Robert Lindsay (Foothills Medical Centre) -**

Dr. Lindsay received his MD from Aberdeen University in Scotland. He joined the Department of Surgery in 1975, and was the first resident to ever graduate from the Plastic Surgery training program. He is currently the Division Chief for Plastic Surgery and Clinical Associate Professor.

✂ **Dr. James Harder (Alberta Children's Hospital) -**

Dr. Harder obtained his MD from the University of Alberta. He initially joined the Department in 1974, as a resident in the Division of Orthopedic Surgery. He is currently the president of the Association of Children's Prosthetic Orthotic Clinics (ACPOC).



✂ **Dr. George Miller (Peter Lougheed Centre) -**

Dr. Miller, sadly passed away on June 20, 2009. He obtained his MD from the University of Alberta. After completing his MD, he served as Captain in the Canadian Medical Corps. He went on to specialize in cardiac thoracic surgery at the Mayo Clinic. In 2002, he was awarded the Grant MacEwan Lifetime Achievement Award by the City of Calgary.

✂ **Dr. Jiri Horsky (Rockyview General Hospital) (no photo available) -** Dr. Horsky, originally from Czechoslovakia, attended Charles University in Prague. He emigrated to Canada in 1968. He worked as an infection control officer Foothills Hospital while he was preparing to write his Canadian exams, after exams went to work at Holy Cross as a General Surgeon. He has served as Chief of staff Calgary for the district hospital group, and chief of surgery at the RGH site.

RESEARCH SHOWS SAVINGS & POSITIVE OUTCOMES IN MINOR SURGERY CLINIC

Dr. Chris Doherty recently presented a “Cost Effectiveness Analysis of the Management of Metacarpal and Phalanx Fractures in the Minor Surgery Suite versus the Main Operating Theatre.” His presentation came in second place at the Plastic Surgery Resident Research Day, which was held on June 4th.

“It essentially showed that the minor surgery clinic is significantly less expensive than the operating theatre and there was a general trend showing no difference in complications, post operatively for up to three months,” Dr. Doherty said. The analysis was done using electronic charts of patients from the PLC, RGH and FMC, which were managed in either setting. The results showed a large discrepancy in costs.

Dr. Doherty calculated the cost difference between operating in the minor surgery suite and the main operating theatre (including day surgery stays and in-patient stays). His findings showed that to operate in a minor surgery setting the cost would be approximately \$190 per procedure. A day surgery stay was a total of \$2,110 and an in-patient surgery stay was a cost of \$2,631. This calculated to a difference of \$1,919 for day surgery versus minor surgery. Dr. Doherty also found a cost difference of \$2,441 for an in-patient stay, opposed to a procedure in a minor surgery setting.

During the process of conducting his research, Dr. Doherty also began to consider applying for the Surgeon Scientist Program (SSP). “I think it was me recognizing that I needed to learn more about how to conduct a proper clinical research project,” he said. Dr. Doherty has been accepted into the Surgeon Scientist Program and will be working towards his Master’s Degree in Public Health at the Harvard School of Public Health.

Born in Toronto, Dr. Doherty grew up moving from coast-to-coast, but said that Calgary feels the most like home. “I spent a good chunk of time growing up here in Calgary,” he said. Dr. Doherty’s father is an engineer for Esso Imperial Oil, and the job required some moving around. Before coming to Calgary for junior high and high school, Dr. Doherty had lived in Toronto, Halifax, and Dallas. After graduating from high school he moved even further west to Vancouver, where he attended the University of British Columbia. He spent two years studying as an engineer. It was during his second year, when he took a Life Sciences elective that he decided to switch to a Bachelor of Science. “I didn’t have the same academic interest in engineering as I did in medicine,” he said.

During Dr. Doherty’s senior year at UBC, his friend James Wells asked him to help coordinate a major project. Wells wanted to do some international volunteer work, but wanted to be involved



Photo: Sarah Urbanowski / 2009

Dr. Doherty recently presented his cost effectiveness analysis of hand fractures in a minor surgery clinic versus the main operating theatre.

extensively. “He wanted to start something up where he could take it from the bottom up,” he said. Dr. Doherty and two peers agreed to help pilot the project and carry it out. “Over our senior year in undergrad at UBC we contacted various places in South America... it was a place that needed some help and we understood what they needed and we were able to provide,” he said. There was a community in the Andes Mountain that needed a new school built, he said. They spent the year coordinating the project from Vancouver, raising money to buy supplies and hire contractors. They also went to the community to help build the school and lead workshops in math, science and English. “That was one of the things I found most rewarding in my undergraduate studies at UBC,” he said.

After his undergraduate, Dr. Doherty returned to Toronto in 2004, where he met his wife, Alaina Aguanno, who is currently a medical student at U of C. But his return to Toronto was short-lived and he returned to Calgary to go to medical school a year later. His wife (girlfriend at the time), joined him at a later date. They were married last June.

“When you put it all together, it made a lot of sense to me.”

*- Dr. Chris Doherty,
Plastic Surgery Resident*

There were various attributes of Plastic Surgery that influenced his choice to pick it as a specialty. “One day you could be doing hand reconstruction, the next it could be head and neck reconstruction, the next day you could be putting skin grafts on a burn patient, there is a variety of things you could be doing on a day-to-day basis,” he said. He also enjoyed the academic side of plastic surgery. I thought the topics were interesting, which I think is key because you are going to be doing it for five years...so you better actually like what you’re reading about.” The combination of those attributes solidified his decision. “When you put it all together, it made a lot of sense to me,” he said.

ALUMNUS LECTURES ON CURRENT CONCEPTS IN ADULT HIP DISEASES

Dr. Kelly Johnston was the honoured speaker at the **Dr. Rene Lafreniere** Alumni Lecture for 2009. His presentation focused on “Current Concepts in Adult Hip Disease” where he looked at potential causes of osteoarthritis of the hip. Dr. Johnston challenged the concept of primary idiopathic osteoarthritis of the hip, suggesting that the cause is secondary. He also emphasized the importance of joint preserving surgery around the hip.

Born and raised in Peachland, B.C., it is no surprise that Dr. Johnston is an avid fisherman and lover of the outdoors. Growing up, he enjoyed fishing and hunting and took advantage of having a “four seasons playground” right outside his front door. “It is a beautiful place to grow up,” he said. Early in life he had a keen interest in lapidary and thought that he wanted to be a geologist, but it was his time as a Junior Volunteer Firefighter and First Medical Responder that triggered his interest in the medical field. Being a volunteer firefighter seemed like a natural fit for Dr. Johnston, both his father and brother volunteered as firefighters. His brother later made a career out of it.

Dr. Johnston graduated from high school with the highest academic ranking and received the Governor General of Canada Bronze Academic Medal. His hard work paid off and he was awarded the University of Calgary’s Chancellor’s Club Scholarship, in which he was given a full four-year tuition scholarship. “I am very appreciative to the University of Calgary for that scholarship,” Dr. Johnston said. “It is kind of fitting that here I am now, working here, and I can contribute something back to the University,” he said. After spending four years at the U of C, completing his Undergraduate Degree in Biochemistry, he went on to complete his Doctor of Medicine at the University of Alberta.

When Dr. Johnston joined the Department of Surgery for his Residency in 2001, he started in General Surgery. It wasn’t until his second year of residency that he decided to switch into orthopedics.

However, Dr. Johnston recalls a time when he thought that he could never be an Orthopedic Surgeon. As a medical student, he remembers going to watch a hip replacement and the sound of the hip dislocating caused him to pass out. “I thought to myself, I am never going to be an Orthopedic Surgeon because I thought I couldn’t handle it, yet here I am today, a hip and knee surgeon,” Dr. Johnston said, as he laughed at the incident. “At an early stage in your medical career you are often influenced by very small things that can have dramatic consequences down the road in your medical career,” he said.

In 2005, Dr. Johnston and his wife, Jennifer, who is an OR Tech at Rockyview Hospital, traveled to Angola, Africa to offer his skills to Samaritan’s Purse International. “They are a wonderful organization,” Dr. Johnston said. “Part of my future plans are to spend a little time every one to two years doing some international medicine,” he said. But in the future, he hopes that Jennifer won’t be the only one joining him. “I want my kids exposed to those kinds of trips so that they can see living conditions in other parts of the world, so they can understand how fortunate we are in Canada,” Dr. Johnston said. His sons are three-year-old Mateo and one-year-old Micah.

Along with his desire to help in international medicine, Dr. Johnston looks forward to teaching new residents joining the Department of Surgery. He wants to provide residents with the same quality of instruction that he received during his time as a resident. “I want to be a good teacher and pass my skills along to the residents so that they get good training,” he said. Dr. Johnston hopes to do more work and research in young adult hip disease, hoping to prevent hip replacements by using early intervention. “We have assembled in Calgary, a lot of other surgeons that are also interested in young adult hip disease. There is potential to develop a group that would have a young adult hip clinic, where we would all work together to help treat young adult hip problems, but also become a research unit.” He is very keen to do further research in this area and hopes to further collaborate with other orthopedic surgeons in the future.



Photo: Sarah Urbanowski/2009

Dr. Kelly Johnston presented the 2009 Lafreniere Lecture.

GRADUATING RESIDENTS 2009

In the last year, the Department of Surgery had over 80 residents, 18 of whom recently graduated. Most of the graduating residents are moving onto further residencies and fellowships in specialties, such as Orthopedic Trauma, Pediatric Craniofacial Surgery and Vitreoretinal Surgery. Some will remain in Calgary, while many will be moving on to cities including Kandahar, San Diego, London, Edinburgh and Sydney. The Department of Surgery commends all the graduating residents on their hard work and wishes them luck in the next phase of their careers.

Congratulations Residents!

General Surgery

Dr. Samer Elkassem will be staying in Calgary to locum at the Rockyview Hospital for the summer. He is planning to pursue a fellowship in Laparoscopic Surgery, as well as a Master's Degree in Epidemiology.

Dr. Savtaj Brar will be heading to the London School of Economics to complete a Master's Degree in Health Economics, Policy and Management. He is looking forward to doing some traveling while in London and is planning to apply to fellowships after he has completed his Master's Degree.

Dr. Neel Datta is looking forward to completing his Master's Degree in Health Economics, Policy and Management at the London School of Economics. He will subsequently be going to the University of Toronto to do a fellowship in Colorectal Surgery.

Dr. Artan Reso will be going to Toronto to complete a fellowship in Minimally Invasive Surgery for one year.

Dr. Sanita Atwal will be doing locums in General Surgery at the Red Deer Regional Hospital for the summer. She will be deploying to Afghanistan with the military in the winter.

Dr. Zoe Parr is planning to stay in Calgary to locum at the Foothills over the summer. She plans to volunteer and travel abroad in the fall.

Dr. Sean Gregg will be joining the Red Deer Regional Hospital, where he has taken a position in General Surgery.

Vascular Surgery

Dr. Talal A. Altuwaijri will be heading to Riyadh, Saudi Arabia, where he has taken a job at the King Saud University, College of Medicine.

Colorectal Surgery

Dr. Khayal A. Al-Khayal will be heading to Riyadh, Saudi Arabia to work as Assistant Professor of Surgery and Colorectal Surgeon at the Faculty of Medicine, King Saud University.

Ophthalmology

Dr. Patrick Mitchell will be staying in Calgary to complete a fellowship in Vitreoretinal Surgery and will be doing an

additional fellowship in Pediatric Vitreoretinal Surgery in Los Angeles. He will also be getting married this summer.

Orthopedic Surgery

Dr. Neil White will be completing a fellowship at Columbia University, NYC in Hand & Microvascular Surgery. Then he will be heading to the Royal Infirmary of Edinburgh Scotland for a fellowship in Orthopedic Trauma Surgery.

Dr. Kris Lundine is planning to complete two years of fellowship training in Spine Surgery, one year in Australia, followed by a second in which he hopes to head to Vancouver. His long-term plan is to pursue a career in adult and pediatric spine surgery, while remaining actively involved in medical education.

Dr. Keith Wolstenholme will be going to the University of Iowa next year for a two year combined Sports Medicine Fellowship and Master's Degree in Surgical Education. After that, he hopes to return to Alberta and start his practice.

Dr. Catherine Hui is heading for Sydney, Australia for a one year Knee Fellowship, followed by a second fellowship in Adult Reconstruction in Toronto.

Surgical Oncology

Dr. Anthony Chambers will be heading to Sydney, Australia, where he has been appointed as a General Surgeon. He will be specializing in Endocrine and Breast Surgery at Westmead Hospital, University of Sydney.

Dr. Wesley Francis will be returning to the Bahamas, where he will be working as a Surgical Oncologist at the Princess Margaret Hospital in Nassau.

Dr. Joel Weaver was not available to comment on where he was going, but the Department of Surgery wishes him the best of luck.

Plastic Surgery

Dr. Ryan Frank will be relocating to San Diego, California to complete a one year clinical fellowship in Pediatric Craniofacial Surgery.

RESIDENT PILOTS SNOT TEST

For some people nasal problems may sound like a trivial issue, but for many the sniffing, snorting, and congestion can truly be a cause of anguish. **Dr. Warren Yunker**, a fifth year Otolaryngology resident, has recently set out to find new relief for patients who suffer from Chronic Sinonasal Symptoms, such as nasal obstruction, nasal discharge, runny nose, and post nasal drip. “We see them frequently,” Dr. Yunker said. They are commonly treated with nasal saline rinses, and if there is the possibility of an infection they are often treated with antibiotics and sent for a CT scan of their sinuses.

And while this may sound like “no big deal,” Dr. Yunker sees mounting stress attributed to such symptoms. “These symptoms may cause people to avoid social situations, including going to work, because they are constantly snorting or coughing. For some people chronic sinonasal symptoms are even related to depression. So for some people it’s a big deal,” he said. And the issue isn’t isolated to the patients; employers frequently see the buck passed to them, quite literally. “It is estimated to account for several millions of dollars of lost wages in the United States every year,” Dr. Yunker said.

“The question is ‘is there anything else we can do to make these people’s lives better?’” Dr. Yunker’s question has prompted a new study to look at just that. In conjunction with **Dr. Brad Mechor** at the Rockyview General Hospital, he is conducting a randomized, double-blind placebo-controlled trial using an over-the-counter supplement frequently used in cystic fibrosis patients called N-acetyl cysteine. The study involves 60 patients, each of whom completes a Quality of Life rating called the SNOT 22 (Sino Nasal Outcomes Test). “Someone spent a lot of time thinking about that acronym,” he said with a chuckle. The patients will then be randomized to receive either medication or placebo for six weeks. After which, they return to clinic to complete a second SNOT 22 to assess how much effect, if any, the N-acetyl cysteine, has had on their symptoms.

This is just one of Dr. Yunker’s three on-going research projects. He is also currently working on a prospective single-blinded study with **Dr. Doug Bosch** at the Voice Clinic at the Rockyview General Hospital. This study is aimed at determining whether or not practicing flexible laryngoscopy skills in a simulator helps students and junior residents learn how to perform endoscopy on adults. The study examines the effect of simulator practice on endoscopy proficiency, as well as, patient comfort and tolerance.

In addition, Dr. Yunker is also conducting a study at the Alberta Children’s Hospital with **Dr. James Brookes** and **Dr. Derek Drummond**, examining two different tonsillectomy techniques, electrocautery tonsillectomy and coblation tonsillectomy. The goal is to see how well the children are being cured of sleep apnea, he said. “We are looking at short and long term sleep outcomes using PSG (polysomnogram), which is a formal sleep study, before and



Photo: Sarah Urbanowski/2009

Dr. Yunker said that he has enjoyed working at the ACH because he likes the focus on “quality of life” for the children.

after surgery to look at how well we are doing with these kids,” he said. Dr. Yunker said although this study will take several years to complete, he is keen to stay involved in it no matter where he ends up after his fellowship.

He hopes that in the long term, he will be able to balance both research and clinical work. “Wherever I end up, I want to be involved in research,” he said. Dr. Yunker would like to collaborate with other researchers, physicians and surgeons interested in clinical research and basic science and feels that there several areas within Otolaryngology in which he could get involved in research and be quite happy.

Dr. Yunker hopes to work exclusively with children. “They’re fun. When they get sick they don’t behave the same way (as adults). There are very few things that can’t be improved with a Popsicle and a Playstation. Then you can do what you need to do.” He loves working at the Alberta Children’s Hospital because of the focus on quality of life and the teamwork involved. He said he enjoys the fact that a surgery that may be considered “fairly straight forward” can make a huge difference in the child’s quality of life. “You want to help people, you want to make a difference, and I like helping little kids because they laugh at my jokes,” he said.

Dr. Yunker will be heading to Texas Children’s Hospital in Houston, Texas to do a Pediatric Otolaryngology Fellowship in 2010. His wife, **Dr. Rebecca Sparkes**, who is currently doing a fellowship in Metabolic Disorders at the Alberta Children’s Hospital, should be finished in time that she and their nine-month-old son, Adam, can join him in Houston. He said that they both really enjoy Calgary and would love to return after he has completed his fellowship.

NEW FACULTY & APPOINTMENTS

New Faculty

Dr. Justin Chau joined the Division of Otolaryngology in January 2009. He completed his MD at the University of Saskatchewan in 1998. Afterwards, he performed an Otolaryngology-Head and Neck Surgery Residency at the University of Alberta, which he finished in 2003. Dr. Chau practiced General Otolaryngology in the Comox Valley from 2003 to 2007; he then went on to do a fellowship in Otolaryngology/Neurotology at St. Paul's Hospital in Vancouver. His wife, Dhea Wallace-Chau, is an OB/GYN, and performed her residency at the University of Calgary. They have two children, Noah, who is nearly four-years-old and Liam, who is two.

Dr. David Longino joined the Division of Orthopedics in 2009. Dr. Longino received his MD at the University of Calgary, where he also completed his Master of Science in Joint Injury and Arthritis. In 2000, he joined the Department of Surgery for a residency in Orthopedic Surgery. Following his residency he completed an Orthopedic Trauma Fellowship at the Royal Infirmary of Edinburgh. He went on to complete an Orthopedic Knee Fellowship at the Nuffield Orthopedic Centre at Oxford University and an Orthopedic Sports Knee Fellowship at the University of Western Ontario.

Dr. Jonathan Lee joined the Department of Surgery on July 1, 2009 in the Division of Plastic Surgery. Born and raised in Calgary, Dr. Lee attended the University of Calgary, where he majored in Music and Biochemistry. He subsequently attended the University of Alberta to complete his medical degree, where he also completed a residency in Plastic Surgery. Dr. Lee went on to New York University to complete a fellowship in hand surgery and he will complete a second fellowship in aesthetic plastic surgery at the University of Toronto later this year. Dr. Lee enjoys art and music, especially jazz, as well as snowboarding and traveling. His newest hobby is collecting new and vintage fountain pens. His fiancée, Megan Gamble, is an electrical engineer and recently graduated from the University of Alberta.

Dr. Gordon Douglas joined the Department of Surgery in July 2009. He obtained his MD from the University of Manitoba. After medical school, he served as a Flight Surgeon with the Canadian Forces Medical Services. He completed his residency at the Winnipeg General Hospital in the Division of Ophthalmology and then completed a Glaucoma Fellowship with the University of British Columbia. He continued with the University of British Columbia until 2009, and retired there as a Associate Professor Emeritus. Dr. Douglas has three children, Steven, John and Lisa, and three grandchildren. Dr. Douglas enjoys woodworking, model ships, and traveling.

Dr. May Lynn Quan joined the Departments of Surgery and Oncology in the Division of Surgical Oncology in August 2009. She completed her MD at McMaster University and her residency at the University of Calgary. Subsequently, she completed a fellowship at the Memorial Sloan-Kettering Cancer Centre in New York in Breast Surgical Oncology. Dr. Quan later obtained a MSc from the University of Calgary, while working as a Clinical Professor for the Department in 2004. She was then recruited to Sunnybrook Health Sciences Centre and the University of Toronto where she has been practicing for the last five years as a surgical oncologist. Quan specializes in breast surgical oncology and melanoma. Her husband, Rob Quinn is a Nephrologist and has a PhD in epidemiology. They have two daughters Maya, 3, and Ella, 1.

Dr. Adrian Harvey joined the Departments of Surgery and Oncology in August 2009. He completed a Bachelor of Kinesiology at McMaster University and obtained his MD from the University of Toronto. Dr. Harvey initially joined the Department of Surgery in 2001, as a resident in General Surgery. After completing his residency he went on to do a Research Fellowship in Surgical Education at the Wilson Center for Research in Education at the University of Toronto. He also completed a Master's Degree in Education at the Ontario Institute for Studies in Education and a clinical fellowship in Endocrine Surgery at The Cleveland Clinic. Dr. Harvey enjoys long distance running, hiking, skiing and cooking. He and his wife, Giuliana have a one-year-old daughter.

Appointments

Dr. Kevin Hildebrand was recently appointed as Division Chief for Orthopedic Surgery. He completed his MD at the University of Calgary, along with his residency in Orthopedics. He completed a fellowship at the University of Pittsburgh in research and the University of Western Ontario in Upper Extremity Surgery. He first joined the Department of Surgery on July 1, 1998 as an Orthopedic Surgeon and Assistant Professor and was later appointed as Associate Professor in 2003. Dr. Hildebrand enjoys sports, particularly golf and hockey. Dr. Hildebrand has been on the winning team at several of the Department of Surgery golf tournaments. He and his wife Kathy have two kids, Kurt, 14, and Karys, 12.

NEW RESIDENTS FOR 2009-2010

There are 100 residents and fellows in the Department of Surgery, including these 16 new faces.



Derek Roberts R1
General Surgery
Dalhousie University



Amirali Shakouripartovi R1
General Surgery
University of Toronto



Janice Austin R1
General Surgery
University of Toronto



Ryan Snelgrove R1
General Surgery
Memorial University



Jan Grendar R1
General Surgery
Comenius University



Sarah Morrissey R1
General Surgery
Memorial University



Jennifer Stanger R3
General Surgery
University of Alberta



Michael Carroll R1
Orthopedic Surgery
Memorial University



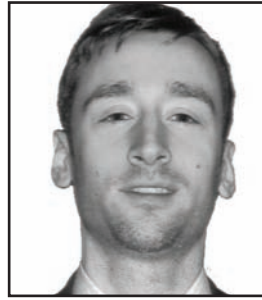
Andrew Dodd R1
Orthopedic Surgery
University of Calgary



Heather Hurdle R1
Orthopedic Surgery
University of Calgary



Lisa Phillips R1
Orthopedic Surgery
University of Alberta



Matthew Furey R1
Orthopedic Surgery
University of Calgary



Brendan Sheehan R1
Orthopedic Surgery
Memorial University



Justin Yeung R1
Plastic Surgery
University of British Columbia



Breanne Everett R1
Plastic Surgery
University of Calgary



Kimberly Sass R1
Plastic Surgery
University of Regina



Malcolm Gooi R1
Ophthalmology
University of Toronto



Michael Deutschmann R1
Otolaryngology
University of Calgary

NEW FELLOWS FOR 2009-2010



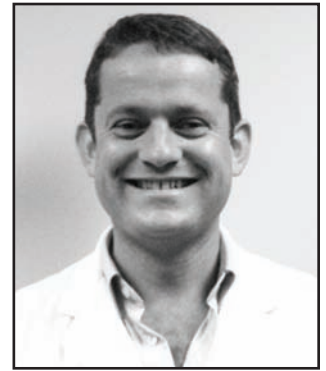
Dr. Arkan Al-Huneiti
12 month **Pediatric Spine**
Fellowship beginning
February 2009.



Dr. Jacob Alant
12 month **Combined Spine**
Fellowship beginning July
2009.



Dr. Hani Alsulaimany
12 month **Orthopedic**
Trauma Fellowship starting
January 2010.



Dr. John Cunningham
12 month **Combined Spine**
Fellowship beginning
February 2009.



Dr. Paige Demong
24 month **Sports Medicine**
Fellowship beginning August
2009.



Dr. Alexandre Denault
12 month **Combined Spine**
Fellowship beginning July
2009.



Dr. Matthew Denkers
12 month **Orthopedic**
Trauma Fellowship
beginning July 2009.



Dr. Timoret Keren
12 month **Hand and Wrist**
Fellowship beginning January
2009.



Dr. Carlos Chua
12 month **Pediatric**
Fellowship beginning August
2009.



Dr. Geberth Urbaneja
12 month **Pediatric Spine**
Fellowship beginning
February 2009.



Dr. Matthew Oliver
12 month **Joint**
Reconstruction Fellowship
beginning July 2009.



Dr. Elizabeth Pedersen
12 month **Foot and Ankle**
Fellowship beginning January
2009.

NEW FELLOWS FOR 2009-2010



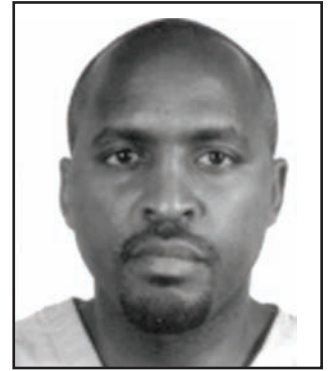
Dr. David Lee
12 month **Joint Reconstruction** Fellowship beginning July 2009.



Dr. Jonathon Parkinson
12 month **Combined Spine** Fellowship beginning February 2010.



Dr. Sebastien Drolet
24 month **Colorectal Fellowship** beginning July 2009.



Dr. Gitonga Munene
24 month **Surgical Oncology** Fellowship beginning July 2009.



Dr. Mark Winder
12 month **Combined Spine** Fellowship beginning in July 2009.



Dr. Yamina Fodil-Cherif
24 month **Cornea Fellowship** beginning September 2009.



Dr. Ernest Kwek
12 month **Orthopedic Trauma** Fellowship beginning in January 2009.



Dr. Feisal Adatia
12 month **Retina** Fellowship beginning July 2009.



Dr. Steve McChesney
12 month **Orthopedic Trauma** Fellowship beginning July 2009.



Dr. Kevin Stevenson
24 month **ICU - Trauma** Fellowship beginning July 2009.



Dr. Thomas Ho
24 month **Endocrine** Fellowship beginning July 2009.



Dr. Patrick Mitchell
12 month **Retina** Fellowship beginning July 2009.

THE FIRST ANNUAL DALE BIRDSSELL LECTURE IS HELD

Surgeon is recognized for his 40 years of outstanding service



Photo: Sarah Urbanowski/2009

Dr. Birdsell and his wife, Jane, listened carefully to the many interesting resident case studies that were presented at the first annual Dale Birdsell lecture.

This year the Division of Plastic Surgery held its first annual Dale Birdsell Lecture. The lecture, which was held on June 5 at the Alberta Children's Hospital, included guest speaker Dr. Louise Caouette-Laberge who spoke about "Breast Reconstruction in Teenage Girls." The day was followed by resident case presentation in which residents stimulated an open discussion with the professor about each case.

Dr. Birdsell established the Plastic Surgery resident training program when he was the head of the Plastic Surgery Division at the Foothills Medical Centre. Dr. Robert Lindsay, who is Division Chief of Plastic Surgery, was Dr. Birdsell's first resident to graduate from the program. It was Dr. Lindsay who approached Dr. Birdsell about the honour of starting an annual lecture in his name. "He said, 'Dr. Birdsell we were going to wait until you retired until we did this, but we see no movement in that direction so I wonder if we could do it now,'" he said. "I was very honoured and humbled by it," Dr. Birdsell said.

Dr. Birdsell, who is a Clinical Professor of Surgery, has worked at the Foothills Medical Centre for 40 years. He served as the Division Chief of Plastic Surgery from 1971 until 2001. Dr. Birdsell is currently the Chair of the Calgary Surgical Research Foundation, and Chair of the Calgary Surgical and Education Research Trust. He has been the recipient of many prominent awards during his long career, such as the James Barrett Brown Award and the Medal for Distinguished Service from the Alberta Medical Association. He has also had the honour of being the McPhedran Lecturer for the Department of Surgery.

Dr. Birdsell was born in Edmonton and grew up in the small village of Forestburg, Alberta. His father was the principal of the

consolidated school, where students were bused in from surrounding areas. His mother was also a teacher. After he finished high school they moved to Edmonton, where his father worked at Alberta College teaching math. Dr. Birdsell attended the University of Alberta and earned his medical degree in 1961 at the age of 23. During his University years, Dr. Birdsell worked as a Bell Hop in Lake Louise during the summers, but later decided to join the Royal Canadian Navy (Reserve) in 1957. "Although the money was good (as a Bell Hop), there was no travel and there was no education, in the Navy I got both those things," he said. In the summers, Dr. Birdsell would be at sea for six weeks; he toured the eastern seaboard, where they stopped in New York and Martha's Vineyard. The following summer, he toured the west coast, traveling to Hawaii, where he studied at Royal Roads.

He completed his residency in Plastic Surgery at the University of Toronto and was awarded the McLaughlin Traveling Fellowship, which allowed him to work at Johns Hopkins Hospital for six months in Baltimore, Maryland. Dr. Birdsell focused on head and neck cancer reconstruction. After completing his fellowship at Johns Hopkins Hospital, he joined Stanford University Medical Center to complete a fellowship in plastic surgery. In 1969, between his fellowships, he came back to Calgary to help cover some of the plastic surgeons' summer holidays and he joined the Division of Plastic Surgery in 1970. His recruitment to the University of Faculty was facilitated by the first Dean, Dr. William Cochrane.

Dr. Birdsell is a past president of the Canadian Society of Plastic Surgeons and the Canadian Society for Aesthetic (Cosmetic) Plastic Surgery. He has been a Governor of the American College of Surgeons and a director of both the American Society of Plastic Surgeons and the prestigious American Association of Plastic Surgeons.

Dr. Birdsell and his wife, Jane, who is a psychologist, have been married for 46 years and they have two children. Their daughter, Mary, is a lawyer and works for Justice for Children and Youth in Toronto. "She is a great advocate for children," he said. Their son, David, went to film school at the University of California and is currently living in Los Angeles. They have two grandchildren, Morley, who is six-years-old and Joseph is four-years-old.



Photo: Sarah Urbanowski/2009

Dr. Birdsell took the podium to thank his colleagues.

SURGEON PLANS TO DEPLOY TO AFGHANISTAN THIS WINTER



Photo: Sarah Urbanowski/2009

Dr. Sanita Atwal joined the military during medical school and she will be deploying to Afghanistan this winter.

Dr. Sanita Atwal, who recently finished her General Surgery residency with the Department of Surgery, will be regrouping with the military this winter. She joined the military during medical school and will be deploying to Afghanistan to complete a two month tour. "I joined because I always wanted to do something exciting, I wanted to travel and I thought that it would be a good way to do it," she said.

Born in Edmonton, Dr. Atwal spent half her time in the Caribbean with her mother and the other half in Edmonton. After high school she attended Concordia University College of Alberta, where she completed two degrees simultaneously; a Bachelor of Science with a major in math and a minor in chemistry, and a Bachelor of Arts with a major in religion and a minor in psychology. She later attended the University of Alberta for her medical degree.

After medical school, Dr. Atwal completed a residency in Family Medicine at Dalhousie University. She then traveled overseas with the military to Bosnia, where she spent seven months as a General Practitioner (GP). Medical professionals in the military are required to serve as a GP first. "They have a severe shortage of GP's, and they like us all to spend some time doing that first. And then you have the opportunity to retrain with military funding," she said. During her time in Bosnia, Dr. Atwal helped run a medical clinic, where she helped treat soldiers. She helped treat minor traumas, broken bones and other various occurrences. After she completed her tour in Bosnia, she came to the Department of Surgery to devote her time to the residency training program in General Surgery.

Now she will be returning to the military as a surgeon, with new responsibilities, in a new place, and will be faced with different challenges. "Bosnia was not as high acuity as Afghanistan can be," she said. Dr. Atwal will be based in Kandahar, as a General Surgeon. She will be part of a team that includes an Orthopedic Surgeon, an anesthetist and GP's, who will all work together to help run the emergency department there.

Dr. Atwal said that she hasn't made any further plans for her return, but she would like to do a fellowship in the future, possibly in ICU, which she said she enjoyed during her rotation. Dr. Atwal said she plans to continue to do tours with the military.

Now that she has finished her residency she would like to do some traveling. And she is also eager to get back to some of her hobbies. She said she has a long list of books that she wants to read, now that she will have time to read for pleasure. She also wants to learn how to play the guitar. "I used to have a lot of hobbies before I got into medicine. I used to draw and paint, I played tennis and badminton, and I would like to pick up on all the things that I left behind," she said.

Despite her excitement to be finished her training, Dr. Atwal expressed gratitude for her experience with the Department of Surgery. "The staff surgeons are great. They're good teachers, they encourage you and they help you along," she said.



Photo: Sarah Urbanowski/2009

Dr. Ken Unger takes a shot at the hole-in-one to try and win a Nissan Cube, sponsored by Sunridge Nissan.

THE BIG GAME IS A BIG SUCCESS

This year was the Department of Surgery's 6th annual charity golf tournament and with 100 registered golfers, the day commenced without a hitch. Despite the wind, the sky was clear, the sun was bright and the golfers were in high spirits. The golfers came out to the River Spirit Golf Club to help raise money for the Calgary Surgical Education and Research Trust with funds supporting resident research.

The day started at noon with lunch, sponsored by **Dr. John Kortbeek**, and the tournament began at 1p.m. with a shot gun start. But the day was not only filled with 18-holes, there were also frequent contests throughout the course. Participants took part in contests such as men's and ladies Longest Putt, men's and ladies longest drive, a Marshmallow Drive, and a Ball in Water Draw. The hole-in-one contest, which was sponsored by Sunridge Nissan, allowed golfer's the opportunity to win a brand new Nissan Cube. Sadly, the wind made it an unlikely probability and no one won.

After an afternoon on the course, golfer's returned with a substantial appetite. They gathered for a buffet style banquet that included steaks, potatoes, and corn-on-the-cob. **Dr. Gary Gelfand** was an outstanding MC, just as he was the previous year. He announced contest winners and drew names for door prizes. The team that won first place in the tournament was comprised of **Dr. Brad Mechor, Dr. Dustin Fahl, Dr. Luke Rudmik, and Dr. Scott Walen**. The second place team included **Dr. Kevin Hildebrand, Dr. Paul Salo, Dr. Brian Burkhart, and Dr. Nick Mohtadi**. The third place winners were **Dr. Phil Mitchell, Brant Hill, Dr. Ian Mitchell, and Rich Hartford**.

The silent auction was a huge success. There were many wonderful items for participants to bid on, donated by friends and colleagues of the Department.

The Department of Surgery and the Calgary Surgical Education and Research Trust would like to express deep gratitude to all of the sponsors for contributing to this year's tournament and making it a huge success. If you are interested in sponsoring or participating in next year's 7th annual tournament, please visit the Department of Surgery website or contact the Department for more information.

SURGERY CLERKSHIP: REFLECTIONS ON THE YEAR

Dr. Ian Anderson

The evaluation of clerks is vitally important. The ITER (Inservice Training Evaluation Report) must be prepared for each student regardless of the length of the selective. Included are a few issues encountered over the year so you have a greater insight into the evaluation process.

1. ITERs are to be completed on the one45 computer program, as it does provide legible comments so that the exit Dean's Letter can comment on the student's performance on surgery.

2. The timing of ITERs is important. They must be submitted to the UME office within two weeks of completing of the rotation. If a faculty member is away for part of the rotation, please speak with another surgeon on the service to complete the ITER at the end of rotation. One ITER may be completed, and it may contain a consensus of all preceptors, and should indicate who participated in the assessment. The faculty member who is tasked with the job of completing the ITER should be identified early on in each rotation. Please take the time at the end of the rotation to review the ITER and performance with the clerk.

3. Residents can not complete the student ITER, but they are an important source of information and may provide much of the information on the ITER. However it must be signed by a faculty member.

4. Clerks should receive feed back through the rotation and should have a formal mid term verbal assessment. This is extremely important if there is an issue of poor performance. Keep in mind that the venue for this is important as it should not intimidate the clerk.

5. There may be a tendency to over-inflate ITER scores. The ITER also requires written comments to support outstanding scores.

6. Failing or deficient performance is always a problem and these assessments are taken very seriously. Concerns with performance need to be identified and fed back to the student as soon as possible. A concern early in a rotation that is immediately redressed and improved should not appear on the final assessment. Performance issues that are serious, repeated, consistent, and unrepentant deserve their unfortunate place on the final ITER. The reasons for the assessment MUST be carefully and fully documented in the written comments. Concerns must always be discussed with the clerk before leaving the service. Please provide constructive comments on areas requiring improvement.

Thank you for your assistance in teaching and evaluating the clerks.

RESIDENT GETS BACK TO BASICS

Dr. Michael Monument talks about the benefits of the Surgeon Scientist Program

Dr. Michael Monument, a fourth year resident, recently graduated from the Surgeon Scientist Program with a Master's Degree in Medical Science. He started the program in July 2007 and finished in September 2008. "It's a unique program that not every surgical residency program has access to ... It is certainly something that I think we are lucky to have here," he said. The Surgeon Scientist Program allows students to pursue a Masters or PhD, in conjunction with their respective residency program, providing them with one to three years to complete the program and still receive their resident privileges and salary. "A major benefit to this program is that you get to step aside from the normal daily requirements of the residency program to focus exclusively on research and teaching, with the ultimate goal of obtaining a Masters or a PhD," Dr. Monument said.

One of the many reasons Dr. Monument decided to enroll in the program was because of his passion for basic science. "My first degree was a genetics degree, which had a strong foundation in molecular and cellular biology. I have done basic science research prior to medical school and I wanted to do it again," he said. Dr. Monument had a strong inclination to get back to his roots and the program was able to provide that opportunity for him. "It's tough to do basic science research at the same time as you are doing your clinical training because they are two different academic settings, as time in the lab is often far removed from clinical encounters, and vice versa," he said.

Dr. Kevin Hildebrand, an elbow and upper extremity specialist, was his supervisor for his research project in which they looked at joint stiffness and joint contractures after injury. Dr. Hildebrand receives a lot of referrals for post-traumatic or post-injury stiffness of the elbow, was already immersed in the subject. It is a condition, where excessive scar tissue develops in the elbow and if motion loss fails to improve with physiotherapy and splinting, then surgery is a last resort treatment, he said. "We have to remove the joint capsule, which becomes laced with abnormal scar tissue and unfortunately this approach is essentially treating scar tissue with more scar tissue, as joint stiffness commonly returns after surgery"



Photo: Sarah Urabnowski/2009

Dr. Monument said that orthopedic surgery seemed like a natural fit for him, as he enjoys living an active lifestyle and has also had his fair share of injuries.

Dr. Monument said. The objective motivating his Master's thesis was to unravel the "basic science behind what makes these people develop more scar tissue in their elbow after injury, resulting in chronic motion loss."

"Using an animal model that parallels the human condition of post-traumatic joint stiffness, we tested a drug that inhibits a specific part of the immune system thinking that modulation of the immune system might be a novel way to prevent excessive scar tissue formation after trauma," he said. Using this rabbit model, joint injury was surgically recreated and a population of rabbits were then administered a drug that inhibits mast cells. "It was a drug that initially was designed to inhibit that anaphylactic action of the mast cell," Dr. Monument said. "The results were quite encouraging. There was a very significant reduction in joint stiffness and scar tissue formation within the joint from a cellular level and even down to the protein level in the animals that received the drug."

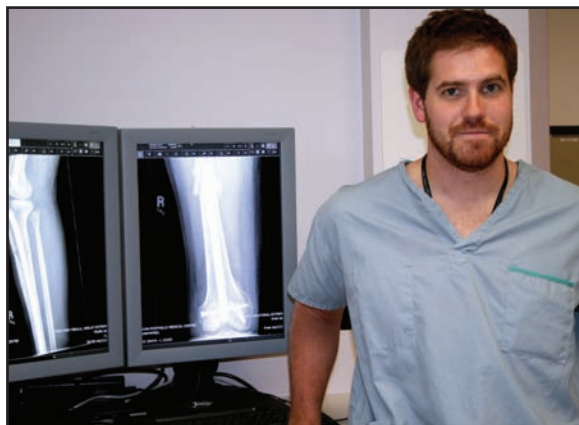


Photo: Sarah Urabnowski/2009

Dr. Monument hopes that he will be able to continue doing basic science research.

Dr. Monument believes that the experience he gained in the program will be extremely valuable in the years to come. "You get to be involved in every facet of the research, from the idea creation, to the writing of the grant proposals, and research proposals to the whole execution of the study itself," he said. Dr. Monument won the Best Basic Research for his study at the 2008 Surgeons' Day.

IN MEMORY OF OUR COLLEAGUES

Dr. Robert Sutherland passed away on October 11, 2008, he was 80 years old. He was raised in Edmonton where he received his medical training. His grandfather was Dr. R.B. Wells, the first professor of Ophthalmology at the University of Alberta. Dad received his fellowship in Ophthalmology in the late fifties and worked for two years with Dr. Bob Kaiser in Bellingham, Washington. He moved to Calgary in the early sixties to be closer to the mountains and skiing. He was the first chief of Ophthalmology at the Foothills when it opened in 1966. His surgical career was cut short by Guillain-Barre Syndrome, but he continued a very active Medical Ophthalmology practice and did pioneering work in the development of contact lenses. His primary passion was back country skiing and he helped open up new areas in the Rockies and Selkirk Mountains. He was there for all the new developments and did the first Helicopter skiing trip with Hans Gmoser in the Bugaboos. He developed and manufactured his own unique fat powder skis and developed his own ski area (Rabbit Hill in Edmonton). A man of boundless energy and optimism, he spent the last 16 years of his life in a wheelchair after a helicopter accident.

☞ *Contributed by Dr. Francis Sutherland*

Dr. James Brown passed away suddenly at home on Friday, May 1, 2009 at the age of 86 years. Dr. Brown was born in Brandon, Manitoba and obtained his medical degree from the University of Manitoba. He trained in Otolaryngology at the University of London, England and began his otolaryngology practice in Calgary in 1956. Dr. Brown had a very busy practice devoted mainly to problems of the hearing impaired, although he did general otolaryngology as well. He took his share of afterhours on call at the various hospitals in Calgary. He was also involved in research and presented many papers at international meetings and published many papers as well. Dr. Brown kept up with his continuing medical education and attended many courses and meeting throughout his career. He was responsible for getting the latest up-to-date equipment for the Otolaryngology division. Dr. Brown was interested and involved in teaching. He was a very interesting person to be with. He was also very much involved with his family despite his busy work schedule. He contributed a great deal to the U of C and the Division of Otolaryngology in the Calgary hospitals.

☞ *Contributed by Dr. Garth Wagner*

Dr. Ronald Jans passed away on May 8, 2009, he was 68 years old. Ron and I shared a waiting room for our respective practices for ten years. Our corneal subspecialty drew us together initially and our mutual attraction to "cutting edge" technology especially in the field of refractive laser surgery enhanced our relationship. It was Ron who suggested that as corneal specialists we should take the initiative to be "leaders" in Laser Refractive Surgery. This encouragement took us to Louisiana State University to attend one of the first courses offered in refractive surgery PRK (photo refractive keratectomy) in 1990. Ron Jans and I, along with our colleagues, Don Parker and Ron Culver, got together and started the Chinook Laser Center. Ron also took his turn at being the Medical Director of the Eye Bank in the early nineties. The annual Eye bank Golf Tournament will be different this year as Ron was a regular fixture at the fund raising event for 20 years or more. Travelling overseas was one of Ron's joys as well. In 1990, following the International Congress of Ophthalmology in Singapore, Ron and Mimi were an integral part of a Calgary contingent who journeyed to the middle of the Borneo jungle where we shared a sparsely furnished cabin, slept on virtually bare mattresses; listened to the cacophony of jungle sounds and watched geckos stalk their meals on screened windows that served to keep mosquitoes and other bugs from invading our nocturnal sanctuary. Ron was an academic at heart, a good clinician, caring physician and wonderful family man. He will be greatly missed.

☞ *Contributed by Dr. Thad Demong*

On June 20, 2009, Calgary and southern Alberta lost a pioneer and visionary in cardiovascular surgery, **Dr. George Miller**. Dr. Miller's lifetime of service was full of notable achievements, including his establishment of the first cardiovascular surgery unit in southern Alberta (Holy Cross Hospital, 1962) and the first open heart surgery to correct a congenital heart defect. A native Albertan, Dr. Miller studied medicine at the University of Alberta, graduating in 1945, after serving his country as a wartime Captain in the Royal Canadian Army Medical Corps. He went on to seek cardiovascular surgery training first at the Mayo clinic, then at the University of Minnesota, where he obtained an MSc in cardiovascular sciences. In Calgary, Dr. Miller developed and nurtured a cardiovascular surgery program that continues to lead Canada in successful outcomes. His many contributions were recognized by the City of Calgary, awarding him the Grant MacEwan Lifetime Achievement Award in 2002. After retirement, Dr. Miller remained devoted to patients, providing volunteer counseling in heart health to seniors, at the Kerby Center. My own interaction with this thoughtful man began shortly after my arrival in Calgary in 2000, as a stranger to the medical community. I received a welcoming telephone call and Christmas meal invitation from George Miller, who remained encouraging, supportive and nurtured my career through the years. His kindness and stewardship were unequalled. I still see many of his former patients in routine follow-up, all of whom speak wonders of his skill, gentle manner and simple kindness. I hope that all of us who follow Dr. Miller in cardiac and vascular surgery may capably carry on his examples of innovation, leadership and humanity.

☞ *Contributed by Dr. Paul Petrasek*

Dr. Frederick George (Ted) Elliott, passed away suddenly May 5, 2009 at the age of 57. Ted was born in Edmonton and obtained his medical degree from the University of Alberta in 1975. He trained in Urology at the University of Alberta and obtained his fellowship in 1981. He then completed additional sub-specialty fellowship training in urologic oncology in Indianapolis, Indiana in 1982 prior to returning to Calgary. Ted was a talented and highly respected surgeon. His abilities were complemented by his approachable and affable manner, immediately putting colleagues and patients at ease even when dealing with very difficult and challenging cases. His nature and abilities endeared him to his patients and their families. He was well known in Calgary, having practiced at the Foothills Medical Centre and subsequently the Rockyview General Hospital while providing consultation services city-wide. In addition to a busy career, he was dedicated to his family; helping with homework, coaching, refereeing and attending innumerable hockey, soccer and ringette games. Ted remained active throughout his life, recently spending more time hiking with his wife Bev. Many of us enjoyed some ice time with Ted where he consistently demonstrated his superior talents in our friendly hockey games. Ted was always a source of encouragement, he embodied the professionalism and the gentlemanly qualities that we all aspire to. He will be deeply missed by all those that knew and worked with him.

☞ *Contributed by Dr. John Kortbeek & Dr. John Dushinski*

RENE LAFRENIERE LECTURSHIP

Alberta Health Services & University of Calgary



Dr. Rene Lafreniere, served as Head of the Department of Surgery from 1993 until 2006.

Dear Alumnus,

To recognize Dr. Rene Lafreniere's thirteen years of outstanding leadership as Department Head, the Rene Lafreniere Lectureship was established in 2007. A surgeon, recognized for his or her achievements, is invited to deliver this lecture, and is asked to participate in postgraduate educational activities while in Calgary. We were fortunate to have Dr. Kelly Johnston deliver the third Lafreniere Lecture this year. For more about Dr. Johnston, please read the article on page seven of this newsletter, "Alumnus Lectures on "Current Concepts in Adult Hip Diseases."

In 2007, seed money toward the lectureship was made available by the Alberta Health Services and the University of Calgary. Our goal is to make this endeavour self-sustaining. Please consider a directed donation toward this effort. A tax receipt will be issued and your name will appear on a list of donors. You would, of course, be notified in advance of the annual lecture date and be welcome to attend the lecture.

We are now in the process of searching for our next lecturer. Preference will be given to Calgary Surgical Alumni. Forward any suggestions to me at heinej@shaw.ca.

Sincerely,

John A. Heine, MD, FRCSC
Chair, Lafreniere Lectureship Committee

Editors: Marie McEachern, Christine Bourgeois and Sarah Urbanowski
Department of Surgery

Publishers: Dr. John Kortbeek
Head of the Department of Surgery
and Dr. John Heine
Chair, Lafreniere Lectureship Committee,
Department of Surgery

Mailing Address: Foothills Medical Centre
1403 29th Street N.W.
Calgary, Alberta, T2N 2T9
(403) 944 1697
christine.bourgeois@albertahealthservices.ca

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Special Thanks to:

Shelley Vandervelde



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 c/o Foothills Medical Centre
 DEPARTMENT OF SURGERY
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