

2010 IMPACT REPORT




beatarthritis.ca
Arthritis & Autoimmunity Research Centre Foundation

The burden of arthritis and autoimmune conditions in Canada is already staggering, and projected to increase dramatically to over 5 MILLION PEOPLE BY 2015.

Given AARC's record for innovation, as well as the breadth of our scientific expertise in investigating the causes, potential targets for treatment, improving early diagnosis and concentrating on disease prevention, the only way out of this crisis is through an immediate increase in research funding. The burden of arthritis has definitely reached a crisis level in Canada, and it must be addressed now.



Eleanor Fish, PhD
Director of the
Arthritis &
Autoimmunity
Research Centre

Changing the world for people living with arthritis and autoimmune diseases is what drives us each and every day. The Arthritis & Autoimmunity Research Centre Foundation (AARCF) is committed to raising funds to support the research which will ultimately beat arthritis and autoimmune diseases.

The Public Health Agency of Canada recently issued a report titled *Life with Arthritis in Canada: A personal and public health challenge*. This highlighted that over 4.2 million Canadians are battling arthritis and the estimated annual healthcare system cost in 2008 was a staggering \$7.7B. Surprisingly, and not well understood, is that nearly 3 in 5 people with arthritis are under the age of 65; and over 25% of men and women between the ages of 25-44 are out of the labour force due to their condition. With the aging population in Canada, these numbers are expected to dramatically increase. It is therefore vitally important to increase investment in research now to reduce the financial burden of arthritis and help Canadians live better, more productive lives.



Trudy A. Eagan,
Chair
Arthritis & Autoimmunity
Research Centre
Foundation
Board of Directors

The AARC Foundation provides critical funds for the Arthritis & Autoimmunity Research Centre (AARC) which is a leading global research centre for the prevention, treatment and cure of arthritis and autoimmune diseases. AARC is engaged in a full spectrum of research ranging from basic molecular discoveries, to innovative clinical trials for new therapies, to understanding how these diseases affect people in their everyday lives and to crucial surgical procedures. The research being done at AARC has tremendous impact not only in Canada but also globally.

Throughout this report, we will share with you some examples of researchers and their work, and our donors and volunteers who are making a difference. Collectively, this team, including you, is making great things possible.

On behalf of the Board, our scientists and the members of AARCF, it is our pleasure to say thank you for your ongoing support. We are extremely fortunate to have such dedicated volunteers and donors that are helping us make true progress in fulfilling our vision to **“beat arthritis, beat them all.”**



Trudy A. Eagan



Dave Prowten



Dave Prowten,
Executive Director
Arthritis & Autoimmunity
Research Centre
Foundation

Research Impact.

The essence of research excellence at the Arthritis & Autoimmunity Research Centre is basic science working in tandem with clinical investigation to offer hope, improved therapies and finally a cure for arthritis and autoimmune diseases. In combination with population health studies, this multi-pronged collaboration leads to faster discoveries, resulting in new and better treatments and care for people living with these debilitating conditions in Canada and globally.

PHOTO CREDIT: YUAN LEW



DR. STUART BERGER

Biologic therapies have revolutionized thousands of lives – people with many forms of arthritis have literally “got their lives back.” However, these are expensive treatments and Dr. Stuart Berger is working hard to develop a new production process that could significantly reduce the cost. Stuart and his team have identified a gene that, when over-expressed in certain cells results in increased protein production, which is key to developing a higher yield process. The next steps are to test the efficacy of this gene in industrial scale conditions, and these experiments will provide the key data to determine if this technology can be moved into the marketplace.

If successful, more people could access these treatments due to the lower production costs. This means that even more people will benefit from these breakthroughs.



DR. ED KEYSTONE

Well-designed and managed clinical trials are critical to understanding how new treatments will help people.

In one study this past year, Dr. Ed Keystone and colleagues looked at the effects of a new biologic therapy and its effects on joint damage in rheumatoid arthritis (RA). In this study, 517 of these hard-to-treat RA patients received the new drug or placebo. After 56 weeks, x-rays

of patients' hands, wrists and feet showed that treatment with this new therapy resulted in statistically significant inhibition of joint damage.

“Our study provides the first evidence that a B cell-targeted therapy inhibits progression of structural joint damage in RA. We’ve also shown for the very first time that by using this drug we can stop progressive joint damage in long-term RA patients with active disease not controlled by other biologics.” Dr. Ed Keystone.



JENNIFER MASON

I have lived with rheumatoid arthritis since 1979 and it's had a profound impact on my life. I've had 11 surgeries, including having both my hands and feet re-constructed with artificial joints.

Fortunately there have been significant breakthroughs in arthritis research in recent years. New treatments are spectacularly effective and even better ones are just on the horizon. Because of research, someone who is diagnosed today with rheumatoid arthritis will not have to experience the extensive pain and joint destruction that I have suffered. We are very close to stopping this devastating illness. That's why I support the Arthritis & Autoimmunity Research Centre Foundation.



DR. AILEEN DAVIS AND DR. ANTHONY PERRUCCIO

One in six Canadians has arthritis, the most common type being osteoarthritis. Total hip and knee replacement are effective for relieving pain and improving day-to-day function for people with moderate to severe arthritis. Increasingly, people living with arthritis report that limitations in participation in social and leisure pursuits are of concern. This concern is magnified as younger people are more commonly having joint replacement.

Dr. Aileen Davis and Dr. Anthony Perruccio studied over 800 people who had hip or knee replacement surgery due to osteoarthritis. Data were collected on pain, physical function, fatigue, anxiety, depression, social participation, passive/active recreation, and community mobility a few weeks before surgery and then again at multiple times in the first year following surgery.

Overall, surgery resulted in large improvements in pain and day-to-day function. However, it was surprising that very few people reported improved social and leisure activity. Since being active in social and leisure activity is important for managing chronic diseases and improving overall quality of life, understanding how pain, function and social participation are inter-related has become a critical area of research. Davis and Perruccio are now conducting additional research to understand why people do not increase their participation in social and leisure activities by one year after surgery, with the ultimate goal being to help these people have the fullest recovery.

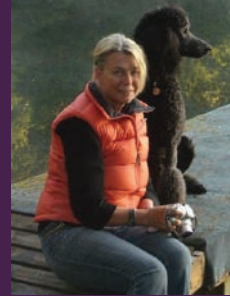
AARC scientists are world renowned investigative thinkers that have created bold solutions that have helped thousands of patients remain healthy and active for longer. They have conducted seminal work to identify the unique factors that are present in different autoimmune diseases, and they are working to understand a patient's genetic signature so that personalized and predictive treatments can be utilized. They are also exploring finding new methods to produce treatments that are more cost effective, allowing more patients access to these life-altering therapies.

BONNIE FOWLER

Bonnie Fowler faced her first hip replacement when she was 49.

Bonnie attributes her successful return to health to listening to Dr. Nizar Mahomed, physiotherapists and a host of other health care professionals at Toronto Western Hospital. "They are dedicated to helping patients live productive lives, and I'm dedicated to returning the favour by being as active and creative as possible," said Bonnie.

Bonnie told us: "My life is better than ever. Before my surgeries, I suffered excruciating pain and very restricted movement. Physical activities, which I had previously enjoyed and took for granted, came to a halt. Now my stamina and freedom of movement have returned. I rejoice in my renewed strength and endurance. As I enjoy my life of mobility and freedom from pain, I have the deepest gratitude for the marvels of modern medical research and development, as well as to the incredible people who supported me in getting here. I love my life!"



The Arthritis & Autoimmunity Research Centre Foundation expresses its sincere appreciation to our many friends for their generous contributions of time and financial support. These gifts are making critical research possible, and allowing the Research Centre to remain at the forefront of innovation and discovery. Donors and volunteers profiled in the following pages are just a few examples of how people are rallying to beat arthritis. For a complete listing of donors who have made contributions to the Foundation of \$250 or more between April 1, 2009 to March 31, 2010, please visit our website at www.beatarthritis.ca

THE BEAMISH FAMILY

Bob Beamish and his family recognized the importance of innovation and understood the benefits of having world class scientists and researchers working collaboratively to accelerate discoveries that will improve the lives of millions of Canadians.

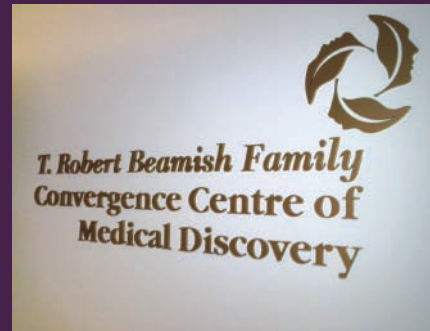
Traditionally, medical researchers have worked in isolation in the areas of molecular biology, chemistry, computational biology, genomics and proteomics. This changed thanks to the vision and generous support of Bob & Marilyn and their family. The T. Robert Beamish Family Convergence Centre is now one of the most dynamic research environments in North America with many people of different disciplines and expertise collaborating to find research breakthroughs.

PROFILE
01.

Since the opening of the Centre in 2007 scientists continue to win awards and perhaps more importantly, new world class scientists have been recruited to work in this state of the art facility. The research they have conducted has been recognized with considerable peer-reviewed funding awards and publications.

The T. Robert Beamish Family Convergence Centre continues to grow. In 2009, the BioEngineering group's Microfabrication Centre was opened. This is where large machines make small devices capable of looking at even smaller molecules, resulting in big discoveries. While the quality of the research taking place in this laboratory has always been world-class, the engineering component is unique and transformative – just like the gift that started it all.

Thanks to the Beamish family for making possible the convergence of talents from many disciplines to tackle complex diseases like arthritis and autoimmune conditions.



Dr. Stuart Berger, *Senior Scientist*,
Marilyn Beamish, *Ian McDermott*,
Sr. Director Research Facilities Planning,
Bob Beamish, *Don O'Born*,
AARCF Board Member and
Heather Beamish.

OFF TO THE RACES WITH DON O'BORN

Each year since 1999, AACRF has celebrated our signature fundraising event – “Day at the Races” at Woodbine Racetrack. It remains a highly anticipated, well-loved gathering of donors, sponsors, patients, and world renowned doctors in the trackside marquee tent featuring gourmet food and wine, on site wagering, auctions, music and fun. Since inception, it has raised an incredible \$1,370,000. A large part of the ongoing success of this annual event has been the tremendous commitment of many of its continued supporters, including board member Don O’Born, the current Event Chair. Don has volunteered with this event for the past six years. “As Chair – and someone personally affected by arthritis-related conditions – I realize how important it is to raise funds for this vitally important research. I hope in some small way my contribution helps to beat arthritis,” notes O’Born.



Event Chair Don O’Born with Dr. Chris Paige, V.P. Research, UHN

THE UNSTOPPABLE TIZIANA TOLFO

Tiziana Tolfo is a vibrant 42 year old woman with an infectious laugh and larger-than-life personality. Tiziana also has a severe form of lupus, an autoimmune disease that targets multiple organs, including joints, central nervous system and kidney. Diagnosed at the age of 20 -“it wasn’t the way I had pictured my life to be” - she has experienced many challenges including five hip surgeries and taking many medications.

While scientists have developed better ways of treating lupus, they are still striving to find a cure. In 1992, Tiziana decided she wanted to be part of that goal and hosted her first gala fundraiser. This annual event has become the largest lupus fundraiser in Canada, increasing awareness and raising over \$1,000,000.

What makes Tiziana’s efforts so special to the Arthritis & Autoimmunity Research Centre Foundation is that proceeds are given to the AARC Foundation’s Dr. Murray Urowitz specifically for lupus research taking place at UHN.



“After a lot of research, I found that what was happening at Toronto Western Hospital was clearly a research initiative in which I have a personal interest. Women in my family have had a history of heart disease and I know that because of my lupus, the odds for me are quite high.”

Left: Dr. Daphna Gladman, Dr. Murray Urowitz with Tiziana Tolfo, Julia Kane and Tina Sarta, Dance for the Cure cheque presentation.

Right: Tiziana with her son Justin and husband Louis.

POWER OF MOVEMENT

In March, the fourth-annual Power of Movement yoga fundraising event took place across Canada, raising \$226,000 towards arthritis research. This event is engaging incredible participants such as Kelly Tipler.

In 2002, Kelly at the age of 22 was on a triathlon team and studying voice at the University of Toronto. However, after completing a triathlon that fall, she became extremely ill and within 5 months was unable to walk up a small flight of stairs. Through the help of several doctors, rheumatologists and her own diligent research, Kelly was ultimately diagnosed with an autoimmune condition called Wegener's Granulomatosis.

Now, Kelly is getting back to the lifestyle that she once enjoyed, however she is still required to take weekly medication. This reality is what drives her forward to help find a cure. She had started yoga about a year after her diagnosis and found that it was a great workout and made her feel healthier, stronger and more like her old self. Over the past four years, she has raised close to \$17,000 – thanks to the incredible generosity and support of her family, friends and networks. Last year she spoke at the Toronto Mega Session and “it was an unforgettable experience.” Thanks to Kelly, and thousands of other participants and supporters of Power of Movement we are closer to a cure.



The AARC Foundation had a significantly stronger financial year in fiscal 2010, increasing fundraising revenue to \$2.4M from \$1.5M the previous year. This reflects our dedicated donors continuing with their pledges, and the ongoing growth of the Power of Movement event.

Expenses were monitored closely throughout the year, and grants to the University Health Network for research, medical education and patient care programs declined to \$2.4M. This reflects our cautious approach, given the previous year's financial volatility. Positive investment gain this year of nearly \$3.4M resulted in a healthier position for our net fund balance which increased from \$18.1M to \$20.7M.

The objective of AARCF's board is to continue this growth, and we remain deeply committed to our research mission. The AARCF Board, Finance Committee and Investment Committee are actively monitoring the economic situation, fundraising and administration costs, as well as our investments to ensure we achieve the maximum impact both for donors and those living with arthritis and autoimmune conditions.



Brian T. Harrison,
Treasurer

A FIVE YEAR PERSPECTIVE (AS AT MARCH 31, 2010)

AMOUNT
000's

	2006	2007	2008	2009	2010
REVENUE					
Donations and Bequests	4,233	3,650	3,073	1,518	2,380
Brazilian Carnival Ball, net	-	-	2,634	-	-
	4,233	3,650	5,707	1,518	2,380
INVESTMENT INCOME (LOSS)	1,986	1,842	(163)	(3,131)	3,370
EXPENSES					
Fundraising, Administrative and General	615	593	705	784	803
GRANTS					
Grants to University Health Network for research, medical education & patient care programs	2,608	2,827	2,847	3,053	2,384
FUND BALANCES, END OF YEAR					
General Fund	3	52	218	94	218
Restricted Fund	3,600	3,842	4,395	3,271	3,719
Endowment Fund	15,955	17,736	19,007	14,806	16,796
	19,558	21,630	23,620	18,171	20,733

The above figures have been extracted from the Arthritis & Autoimmunity Research Centre Foundation's audited financial statements as at March 31, 2010. You are invited to call the Foundation office at 416-340-4975 if you would like a copy of these Audited Financial Statements. Auditors – Ernst & Young LLP

Thank you to all of our supportive donors, sponsors and event attendees. The Arthritis & Autoimmunity Research Centre Foundation expresses its sincere appreciation to our many friends for their generous donations. Their gifts are making it possible for the Research Centre to remain at the forefront of discovery and innovation, as basic, clinical and population health scientists, work together to beat arthritis and its complex family of autoimmune disorders.

The following is a listing of our generous donors, including in-kind supporters, third party event organizers and event sponsors who made a contribution or pledges to the Foundation of \$250 or more between April 1, 2009 and March 31, 2010.

We gratefully acknowledge the many others who contributed up to \$250. Individuals who annually give \$1000 or more are recognized as members of the Governors Circle.

Thank you for helping us beat arthritis!

The AARC Foundation makes every effort to assure accuracy in its donor listing. However, should an error or omission occur please contact us at 416-340-4975.

\$ 1,000,000 +

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\$ 100,000 to \$999,999

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TD Financial Group

Three Rivers Pharmaceuticals

\$25,000 to \$99,999

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Filemobile

Estate of Sharon McLean

Lupus Ontario – Dance for the Cure

Schering-Plough Canada Inc.

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\$10,000 to \$24,999

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**“Never doubt that a small group of thoughtful,
committed citizens can change the world; indeed,
it’s the only thing that ever has.”**

Margaret Mead

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