



THE POWER OF RESEARCH

2011 IMPACT REPORT

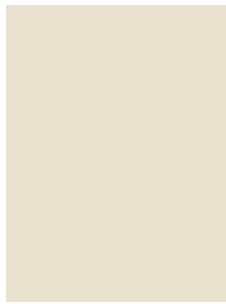


Arthritis
RESEARCH FOUNDATION



The Arthritis & Autoimmunity Research Centre Foundation
has been re-named the
Arthritis Research Foundation.

Our mission remains the same;
to raise funds for arthritis and autoimmunity disease
research and to improve the lives of millions of Canadians.



ELEANOR FISH, PhD
DIRECTOR OF THE
ARTHRITIS & AUTOIMMUNITY RESEARCH CENTRE

The **Arthritis & Autoimmunity Research Centre** is Canada's largest and most comprehensive centre for the study of arthritis and autoimmune diseases.

Scientists within the Centre have a breadth of expertise, from basic science - molecular biology, genetics, immunology, cell biology, regenerative stem cell biology - to clinician scientists including rheumatologists and surgeons, and scientists involved in population health studies. Our strategy is to translate our basic science discoveries to clinical applications: developing new therapies and surgical options and leveraging advances in technology to improve lives. Given our record of success and innovation, and faced with the growing burden arthritis is placing on Canadians, this a critical time for research.

It is time to **“beat arthritis, beat them all.”**



OUR STRATEGY

is to translate our basic science discoveries to clinical applications.

OUR MESSAGE

FROM THE BOARD CHAIR & EXECUTIVE DIRECTOR

Research advances are changing the lives of people living with arthritis and autoimmune conditions.

At the **Arthritis Research Foundation**, our goal is to fuel these breakthroughs, allowing people to be treated more effectively and ultimately to find cures for these diseases.

This drives us forward each and every day.

It has been an exciting year for the Foundation, including a name change. We are moving from the Arthritis & Autoimmunity Research Centre Foundation to the **Arthritis Research Foundation**. Please be assured that we will continue to raise funds for both arthritis and autoimmune disease research at the Arthritis & Autoimmunity Research Centre (AARC).

As you know, the Research Centre has an excellent record of innovation. Throughout this report, we have profiled examples of researchers and their work, as well as donors and volunteers who are collectively making great things possible. This is an incredibly exciting time in research and our team of researchers is at the forefront.



TRUDY A. EAGAN
CHAIR, Board of Directors



DAVE PROWTEN
EXECUTIVE DIRECTOR

It is hard to believe, but this year marks the moment in time when the first Boomers turn 65. A common perception is that arthritis is an old person's disease. Not so. Surprisingly, and not well understood, is that people of all ages, including children, are affected and that nearly 60% of people with arthritis are under the age of 65. Therefore, it is more important than ever to increase our investment in research in order to reduce the growing physical and financial burden of arthritis and help Canadians live better, more productive lives.

On behalf of the Board, our researchers and the millions of Canadians you are helping, it is our honour to thank you for your support. Your dedication is extremely motivating, and it is truly allowing us to progress in fulfilling our vision to **“beat arthritis, beat them all.”**

Trudy A. Eagan

Dave Prowten

RESEARCH & DONOR IMPACT

The goal of research excellence at the Arthritis & Autoimmunity Research Centre is to offer hope, improved quality of life and find a cure for arthritis and autoimmune diseases. The collaboration of over 40 scientists leads to faster discoveries, new treatments and better care for people living with these debilitating conditions in Canada and globally.

The **Arthritis Research Foundation** would like to express its sincere appreciation to our many friends for their generous contributions of time and financial support. Your gifts make world class research possible, and allow 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, 2010 to March 31, 2011 please visit our website at **www.beatarthritis.ca**



Dr. Mark Erwin, Division of Orthopaedic Surgery, Toronto Western Hospital

DR. MARK ERWIN - CARTILAGE REGENERATION

Injecting cells and/or restorative molecules into damaged joints in order to repair them and grow new cartilage seems like a nearly unimaginable and fictional idea. Dr. Mark Erwin, however, is conducting research and believes that this is more than just a powerful thought, it's a likely possibility.

Dr. Erwin and his team have already watched it happen in petri dishes in their lab and are excited to take it even further by reproducing the process in human joints. Most of the research has been focused around degenerative disc disease and the cartilage-like cells within the discs. However Dr. Erwin is very interested in translating this process into other joints in the human body.

If successful, this approach could eventually lead to a solution for eliminating damaged joints and the associated pain. Additionally, it could drastically decrease the number of joint replacements that are needed; potentially eliminating them all together in the future.

The Vasculitis Foundation of Canada hosts multiple events throughout the year. This year they raised \$50,000 to support Dr. Carette and vasculitis research.



Dr. Simon Carette, Director, Vasculitis Clinic

FAMILY AND FRIENDS WORK TO BEAT VASCULITIS

'Vasculitis' describes a family of 15 rare autoimmune diseases - all involving inflammation of arteries, veins or capillaries.

Dr. Simon Carette directs the largest Vasculitis clinic in Canada and has recently been able to attract another world renowned vasculitis research star from France - Dr. Christian Pagnoux. Together this year they launched CANVASC, a new national health and research network dedicated to advancing diagnostic and therapeutic management, education and awareness in this field.

Funding for this research and the ability to have Dr. Pagnoux working in the lab is supported through the efforts of many of our longstanding third party events. The Arthritis Research Foundation wishes to thank these people and many more for their dedication and passion, and for making advances in research possible.



The Charlie Spence Memorial Classic Golf Tournament is held each year in memory of Charlie Spence who succumbed to Vasculitis in 2003. Family and friends of Charlie gather together each August to play golf and donate the proceeds to Vasculitis research.



Ryan McAskile hosts an annual Winter Hockey Classic to Beat Vasculitis. Ryan donates all proceeds to research in hope of discovering new treatments for people like his father to regain their health after battling vasculitis.

“Critical advances in our research can be credited to the use of technology such as MRI’s.”

- DR. KHALID ALNAQBI



Dr. Khalid A. Alnaqbi Dr. Robert Inman, Director,
Spondylitis Program.

GLOBAL IMPACT - DR. ROBERT INMAN AND DR. KHALID ALNAQBI

Spondyloarthritis (SpA) refers to the family of inflammatory diseases that primarily affects the spine and peripheral joints. Often times it leads to chronic back pain, bent posture and in more extreme cases, fusion of the vertebrae causing limited range of motion.

Dr. Robert Inman is not only considered to be a leading doctor at University Health Network but is also known as one of the international experts in the world of spondyloarthritis. This is one of many reasons Dr. Khalid A. Alnaqbi, MD, a graduate from the University of the United Arab Emirates (UAE) where he is proud to call home, feels honoured to be working alongside him with a Clinical Fellowship focusing on SpA.

“Currently we are still sailing in uncharted water, trying to decipher the molecular and cellular mechanisms which are implicated in the pathogenesis of the disease. I am so lucky to be working and learning from international expert, Dr. Robert Inman.” says Alnaqbi.

It is their hope to bring light to awareness and finding the best method for earlier detection in order to avoid disability. Once Dr. Alnaqbi has completed his Fellowship with Dr. Inman, he plans to return home to the UAE where he will open a centre for arthritis and autoimmune research with the knowledge he learned from the Research Centre.



Alexandra Bennett and Kara McIntosh

INSPIRING. DEDICATED. MOTHERS.

These are some of the words that come to mind when we think of Alexandra Bennett and Kara McIntosh. In the fall of 2010, they launched the Kara and Alex Fund with a goal of raising \$50,000 to create a Research Fellowship Fund.

Kara and Alex, who are cousins, both developed rheumatoid arthritis (RA) after the birth of their third child. They have experienced too much arthritis in their family and are committed to beating this disease now, so their children won't have to experience it in the future.



This Fellowship Fund will support the work of Dr. Ed Keystone, a world renowned leader in the field of RA. This will help him to recruit and train a new leader, moving us closer to achieving Kara and Alex's goal of beating this disease.

Dr. Edward Keystone, Director,
Rebecca MacDonald Centre for Arthritis and Autoimmune Disease

“I have made it my goal to help in any way possible to ensure that research continues so that we learn to turn the disease off, before it turns on, so that my children never have to suffer.”

- ANDREW TURNER



Andrew Turner with one of his children.

A FATHER'S STORY OF BATTLING ANKYLOSING SPONDYLITIS

Andrew Turner is not only the proud father of four children but also an inspiration to all after a battle with Ankylosing Spondylitis (AS). In 2007 Andrew was found to have a bulging disc in his back and was diagnosed with AS, a type of inflammatory arthritis and an autoimmune disease where the immune system begins to attack the body.

Within 9 months the disc had healed and Andrew thought he was lucky to have escaped with a mild case of AS. He could not have been more wrong. Months later, his knee became inflamed and the AS attacked the injured knee joint as well as his other healthy knee, both of his ankles and his neck and rib joints. Within 6 months he was forced to take a leave of absence from work and developed anemia which is often associated with chronic inflammation.

Despite what seemed like a grim future, Andrew was determined to get better and started taking a biologic drug to help alleviate and hopefully reverse some of his symptoms. Within 9 months of starting the medication, Andrew was back to running 5km races and skiing again. He credits his recovery to being diagnosed early and seeking treatment right away.

Although Andrew is incredibly lucky to lead a normal, healthy life today, he is well aware that thousands of people are not as lucky as him and are living in pain every day. He has now made it his goal to help in any way possible to ensure that *“research continues so that we learn to turn the disease off, before it turns on, so that my children never have to suffer.”*



Mrs. Dorothy Dunlop and Trudy Eagan.



Dr. Shannon Dunn, Scientist,
Division of Cellular &
Molecular Biology

THE EDWARD DUNLOP LEGACY - FUELING INNOVATION

In 2001, our Foundation received a generous gift of an endowment from The Edward Dunlop Foundation to honour the late Edward Dunlop, a war hero, successful businessman and former Ontario Cabinet Minister. Mr. Dunlop's volunteer activities were dedicated to arthritis research and education. With this in mind, his wife Mrs. Dorothy Dunlop established The Edward Dunlop Challenge Research Grant, which is awarded annually.

The 2011 Edward Dunlop Challenge Research Grant was awarded to Dr. Shannon Dunn. Dr. Dunn's project will explore why multiple sclerosis (MS), an autoimmune condition that attacks the myelin sheath, is three times more prevalent in women than men. This could lead to the development of sex-specific therapies for women and men with autoimmune diseases.

Dr. Dunn shares the honour of being granted this award with past recipients including, Dr. Stuart Berger in 2010, and in 2009 Drs. Rob Inman and Florence Tsui.

This is an exciting opportunity for investigators since they are eligible for a grant with the only requirement being to test a new idea or process.

"I know Edward would be delighted to know his legacy continues in innovative arthritis research," says Mrs. Dunlop who maintains a keen interest in the work of the researchers. *"Whether the idea succeeds or fails, there is always something to be learned by trying. Without someone taking a chance on a new idea, discovery will not happen."*



Gary Norton, Dr. Sindhu Johnson and Dr. Simon Carette, Director Vasculitis Clinic

GARY NORTON

In 2005, Gary Norton and the Evans family established the *Norton-Evans Endowment for Research in Scleroderma*. This endowment was created in order to encourage research into this terrible disease, which ultimately took the life of Ruth Evans Norton.

Gary and his family recognized the importance of having world class researchers working to speed up discoveries that will improve the lives of families suffering from scleroderma, a frightening autoimmune disease that causes the skin to tighten, internal organs such as lungs and kidneys to stiffen, muscles to become inflamed and destructive arthritis that crushes joints. This year the Norton and Evans family agreed to have the endowment support one of the new rising stars in scleroderma research, Dr. Sindhu Johnson.

Sindhu realizes that her patients are often in their prime with their life seriously diminished. It is a little known disease and both Sindhu and the Norton and Evans families want to do all that they can to heighten its profile.

We want to thank Gary Norton and the Evans family for supporting this research and one of our rising stars, Dr. Sindhu Johnson, who is passionate about finding a cure for this complex disease.

“Supporting pure research, such as Dr. Sindhu Johnson’s is one of the most satisfying ways one can contribute to the defeat of scleroderma or any autoimmune disease. I urge anyone to get involved in any way they can!”

– Gary Norton

Lupus affects 17,000 Canadians, approximately 1 in every 2,000. Women in Canada are at greatest risk, with Lupus affecting up to 10 times more women than men.



CIBC SUPPORTS NEW SCIENTISTS

With the magnificent gift of \$1.5 million, the CIBC New Scientist Award in Arthritis and Autoimmune Research was established. The goal is to sustain the rising stars early in their research careers so that they can devote their energy to finding answers to the debilitating effects of arthritis and autoimmune diseases.

The first recipient, Dr. Carol Landolt-Marticorena Ph.D. Dept. of Biochemistry U of T; M.D. Faculty of Medicine U of T, has just completed her three year term and we are excited to begin the selection process for our next recipient. Carol was selected to continue her important research focusing on renal disease in lupus patients. As a consequence of this generous support, Dr. Landolt-Marticorena has been able to establish two research streams to identify new indicators (biomarkers) that will help doctors in the diagnosis and care of patients with lupus renal disease.

“I would like to take this opportunity to acknowledge the CIBC for their support over the last three years. It was an honour to be the first recipient of this award. The development of these research platforms would not have been possible without this financial commitment to the study of autoimmune diseases.” - Dr. Carol Landolt-Marticorena



Guests at Day at the Races 2010.



Power of Movement; the yoga challenge to beat arthritis.

EVENTS

Attending the annual, signature **Arthritis Research Foundation** events always offers guests a unique and exciting experience.

On Sunday, October 3rd, 2010 we celebrated the 11th Day at the Races in the marquee tent at Woodbine Racetrack. A champagne reception was followed by the exceptional Dr. Edward Keystone who spoke about his work at the Rebecca MacDonald Centre at Mount Sinai Hospital. Attendees came in their best attire to enjoy a fabulous lunch, luxury silent auction and to watch the races from the track side rail. The event was a true success raising more than \$150,000 to help our efforts of funding research.

Sunday, February 27th, 2011 celebrated Power of Movement's fifth year as Canada's largest yoga fundraiser. From Vancouver to Halifax, more than 1200 Canadians came together and raised over \$280,000. In Toronto Dr. Eleanor Fish spoke to the participants and helped them understand why flexing their philanthropic muscle is important to the work that she and her team perform. Abbott Laboratories was once again the Presenting Sponsor and together we are happy to announce that Power of Movement has raised \$1 million dollars over the last five years.



★★ *Fillies & Fellows* ★★



POWER of MOVEMENT

FINANCIALS

The **Arthritis Research Foundation's** total revenue was nearly \$4.0 million during the most recent fiscal year. Fundraising revenue declined slightly, while investment income remained strong. This allowed our grants to University Health Network to increase modestly, and also resulted in growth in our fund balances.

The Arthritis Research Foundation Board, Finance Committee and Investment Committee actively monitor performance. Key metrics are reviewed regularly to ensure funds are optimized and that our organization delivers the maximum impact for donors, researchers and Canadians living with arthritis and autoimmune diseases.

During this year, we developed a plan that will result in higher fundraising revenue in the future. As we grow, we will be closely monitoring fundraising and administrative expenses, enabling us to achieve our goal of increasing our investment into research, and helping Canadians live better lives.



BRIAN T. HARRISON,
TREASURER

A FIVE YEAR PERSPECTIVE (AS AT MARCH 31, 2011)

	2007	2008	2009	2010	2011
REVENUE					
Donations and Bequests	3,650	3,073	1,518	2,380	2,218
Brazilian Carnival Ball, net	-	2,634	-	-	-
	3,650	5,707	1,518	2,380	2,218
INVESTMENT INCOME (LOSS)	1,842	(163)	(3,131)	3,370	1,732
EXPENSES					
Fundraising, Administrative and General	593	705	784	803	849
GRANTS					
Grants to University Health Network for research, medical education & patient care programs	2,827	2,847	3,053	2,384	2,482
FUND BALANCES, END OF YEAR					
General Fund	52	218	94	218	45
Restricted Fund	3,842	4,395	3,271	3,719	4,397
Endowment Fund	17,736	19,007	14,806	16,796	16,910
	21,630	23,620	18,171	20,733	21,352

Amounts are in 000's.

The above figures have been extracted from the Arthritis & Autoimmunity Research Centre Foundation's audited financial statements as at March 31, 2011.

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

LIST OF DONORS

Thank you to all of our supportive donors, sponsors and event attendees. **The Arthritis Research 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, 2010 and March 31, 2011.

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 Arthritis Research 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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