

LIGHTS & INSIGHTS ::

ARTHRITIS & AUTOIMMUNITY RESEARCH CENTRE FOUNDATION



FALL 06/WINTER 07

FEATHERS, DAZZLING DÉCOR AND BEATING SAMBA RHYTHMS THE BRAZILIAN CARNIVAL BALL HELPS BEAT ARTHRITIS ::



PHOTO: HUDSON TAYLOR PHOTOGRAPHY

On Saturday, April 21st, 2007, the Arthritis & Autoimmunity Research Centre (AARC) Foundation will be hosting the 41st annual Brazilian Carnival Ball. Carolyn Keystone and Foundation board member Jim Meekison have generously agreed to chair this spectacular, fund-raising extravaganza and are well on the way to making the 2007 Ball the most successful yet. We are pleased to announce that the BMO Financial Group and Brookfield Asset Management will be the Presenting Sponsors.

Ball founder Anna Maria de Sousa held the first Brazilian gala in a small Toronto church basement in 1966, and since then the event has raised over \$44 million dollars for important causes in healthcare, research, education and culture in Canada.

Each year a sell-out crowd of 1,800 joins to enjoy unique cocktails and gourmet dining set in the magic of an electric South American atmosphere with over 60 stunning Brazilian performers captivating the audience with their glamour and fabulous costumes.

The AARC Foundation is honoured to be the recipient of the proceeds from the 2007 Brazilian Carnival Ball. The net proceeds from the Ball will benefit the tremendous work taking place across the many UHN labs and clinical facilities by researchers interrogating the complex group of arthritis and related autoimmune diseases. We look forward to seeing many of you at the Ball.

For information call Gerri Grant, AARC Foundation Executive Director (416) 340-3937 or Kathie Gayda, Brazilian Carnival Ball office (416) 493-1144.

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COMMEMORATIVE GIVING ::

Express best wishes this holiday season, send congratulations, celebrate a special occasion or honour the memory of a loved one with a charitable donation.

Tribute giving is an easy way to support arthritis research, any time of year. We'll send a personalized card to the individual(s) letting them know of your thoughtful donation. The amount will not be disclosed and you will receive a charitable income tax receipt. Just fill out the reply coupon and return it to the Foundation office; phone, fax or visit our website at www.beatarthritis.ca Thank you!

"I was thrilled to learn a donation had been made in my honour. What a wonderful way to remember a special occasion or show your appreciation. There are three winners: the donor has an opportunity to acknowledge a friend, family member or doctor, the recipient can celebrate the fact that a donation has been made in their name and the Foundation can further its mission to support groundbreaking arthritis research." - Merri Salmoni



The Arthritis & Autoimmunity Research Centre Foundation gratefully acknowledges gifts received between May 1, 2006 and October 31, 2006 in **loving memory of:**

Audrey S. Alderson
Sandra Busse's father
Thomas David John Evans
Regina Fuksbrumer
Dorothy Krentz

Ian Macintosh
Isabel MacKenzie
Brian Magee
George E. Mara
Ruth J. Norton

Carl Silverstein
Grace Stoll
Rhona Noble's sister Susan
Dan Weland's father

The Foundation also thanks those who made tribute gifts **in honour of** the following individuals:

Dr. Lori Albert
Dr. Dimitri Anastakis
Fran Bennett
Dr. Simon Carette
Allan H.T. Crosbie

Dr. Dafna Gladman
Dr. Duncan Gordon
Dr. Robert Inman
Dr. Edward Keystone
Robyn Matlin

Robbie Plashke
Dr. Jack Reynolds
Merri Salmoni
Dr. Hugh Smythe

MONTHLY GIVING - IT'S EASY! ::

Spread your donation over the year and help provide a reliable source of funding for arthritis research month after month. Join the AARC Foundation's *M*D** (monthly giving) program by simply pre-authorizing a monthly deduction from your bank account or credit card. You can donate any amount of your choice. You are in complete control and can change your monthly donation at any time with a phone call. A single tax receipt will be sent to you in February, and you'll receive Lights & Insights twice a year. *M*D*s* also receive special recognition in the summer issue of our newsletter. Please join our *M*D** program today by calling Pippa Shaddick at 416-340-4989 or by filling out the enclosed coupon. Thank you!



TRAVELING FELLOW O’SHEA ::

University Health Network would like to welcome Dr. Barry O’Shea a rheumatology Fellow from Dublin, Ireland and the first recipient of the Irish Society for Rheumatology & Wyeth Pharmaceuticals Traveling Fellowship. Dr. O’Shea has come to Canada to work with Dr. Robert Inman – a leading expert in ankylosing spondylitis (arthritis of the spine) research.

In collaboration with the Canadian Memorial Chiropractic College (CMCC), the goal of Dr. O’Shea’s research is to determine how many people with back pain have underlying ankylosing spondylitis (AS).

“A person suffering from back pain is more likely to see a chiropractor – there are approximately 150 rheumatologists in Ontario compared to 2,500 chiropractors! AS invariably presents with back pain, but due to its insidious onset often goes undetected for up to ten years. Therefore, it was only natural to work with the CMCC as chiropractors are more likely to see patients in the early stages of AS.”

– Dr. Barry O’Shea

Phase I of his research involved looking at the x-rays of more than 450 chiropractic patients which indicated 4% had AS and 4% are in the early stages of AS. Phase II involves reviewing these patients’ chiropractic charts. Phase III will lead to the formal examination of a sampling of these patients. Dr. O’Shea explains “There are only 25 rheumatologists in the Republic of Ireland; resources are scarce, leaving little time for research.



Dr. Barry O’Shea

In some areas, patients may wait years to see a rheumatologist. Thanks to the Traveling Fellowship, I’m able to conduct clinical research on an under recognized condition and have the opportunity to work with scientists of international reputation. Most importantly, these research findings will assist general practitioners and other health care professionals recognize the early stages of AS.”

Dr. O’Shea was recently guest speaker at the Governors Circle Dinner. This special evening gives the Foundation an opportunity to thank donors who give \$1,000 or more annually.



“The MHA Program and UHN are privileged to have Dr. Robert Inman on our team.”

– Dr. Nizar Mahomed, Medical Director of the Musculoskeletal Health & Arthritis Program

Earlier in November, Dr. Robert Inman (left), Director of the Arthritis Centre of Excellence at Toronto Western Hospital, was bestowed the highest honour at the Hospital for Special Surgery (HSS) at Cornell University – The Physician-in-Chief Pro-Tempore. This included delivering the Richard. H. Freyburg Lecture at the HSS alumni annual meeting in New York City, which was followed by a reception at Rockefeller University. “What makes this honour exceptional is that I am the first Canadian to receive it,” says Dr. Inman.

LIGHTS & INSIGHTS ::

PUBLIC HEALTH ::



Anthony Perruccio, a postdoctoral student and Dr. Walter Omariba, newest member of the ACREU team.

A generous Canadian corporation has made an outstanding donation to the future of those living with arthritis. Pledging \$300,000 over two years, the corporation is working with Arthritis Community Research Evaluation Unit (ACREU) scientists to identify the prevalence of arthritis in Canada; studying its impact on employment, health care services, and every day life. The preliminary study began in September 2006 and is being led by Dr. Walter Omariba under the direction of Dr. Elizabeth Badley.

Finding a cure for these debilitating diseases is the goal of many researchers, but until then ACREU scientists focus their research on how to enhance the lives of those currently living with the disease. This study is an important starting point for further arthritis research focusing on employment and how people living with arthritis cope in the workplace.

Arthritis is a leading cause of pain, physical disability and healthcare utilization in Canada. Costing the Canadian economy \$4.4 billion, arthritis is one of the most costly disease groups in Canada; long-term disability accounts for 80% of this cost.

Dr. Omariba, a socio-epidemiologist joined the ACREU team to add his expertise in the social determinants of health and socio-demography. Trained as a sociologist, Dr. Omariba completed his Post-Doctoral Fellowship at MacMaster University. "The focus of the study will build on this research and delve into areas such as stress and employment," explains Dr. Omariba. Needless to say, his expertise will play an integral role in this study, inevitably improving the lives of people living and working with arthritis.

THE AMERICAN FRIENDS OF UHN, INC. ::

The American Friends of UHN, Inc. accepts charitable gifts for programs at the Arthritis & Autoimmunity Research Centre, Toronto Western Hospital, Toronto General Hospital and Princess Margaret Hospital. This U.S. foundation is tax exempt under Internal Revenue Code 501 (c) (3) and issues tax receipts the same as those provided by other U.S. charities. The following have been appointed as Officers of The American Friends of UHN Inc., to hold the offices referred to opposite their respective names at the pleasure of the Board:

John Teolis, Chair of the Board
David W. Smith, Treasurer
Neville Kirchmann, Secretary

Gerri H. Grant, President
Frank Copping, Chief Financial Officer

For more information about this and other giving opportunities, please call Gerri Grant at 416-340-3937.



CELEBRATING THE LIFE OF RUTH JOYCE NORTON ::

When Gary and Ruth Norton established the Norton-Evans Endowment for Scleroderma Research last year, it was to help increase research dollars for this little-known disease, and to honour the memory of Thomas David John Evans. Ruth, who passed away this summer from complications arising from scleroderma, requested that memorial gifts be made to the families' endowment. As the endowment grows, the income generated will further research in determining the best way to treat pulmonary hypertension associated with this disease.



Ruth, her son Evan and husband Gary on a camping trip in 1996.

The Foundation is most grateful to Gary Norton, family, friends and colleagues for remembering Ruth in such a generous way. Today, thanks to Gary Norton, and to those listed below, as of mid-October the Norton-Evans Endowment for Scleroderma Research exceeds \$215,000.

The Atkinson Family
 Thiru and Bob Balakumar
 Jan and Bill Bartram
 Carol Belford
 Norma Bliss and Ronald Shepherd
 Norman Boersma
 Borden Ladner Gervais LLP
 Peter and Margaret Brogden
 Budinir and Fontainebleau Libraries
 Lea Burton
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 Peter and Annelies Schuttel
 Sheila Serio
 Alison Smith
 Gordon Stein and Ingrid Faber-Stein
 Mary Synk
 Aleksandar Tasic
 Mary Tollady
 Barbara Tindall
 Lorraine Treleaven
 Greg Tsagogeorgas
 Mr. and Mrs. Geoff Walker
 Paul and Sally Walker
 Margaret and Roger Wallis
 John and Julie Welch
 Mae Whaley
 Tracy Wood and Phil Cruickshank
 Edith and Edwin Woodbridge
 Janet and John Woodbridge
 Sandra and Andrew Woodbridge
 Jay and Susan Young
 Anonymous (3)

LIGHTS & INSIGHTS ::

UNDER THE MICROSCOPE ::

Exploring the fine details of disease, basic research seeks to explain the unknown through processes such as genetic manipulation, animal models, and cell analysis. Dr. Joan Wither, Associate Professor at the University of Toronto and Senior Scientist in the Department of Immunology is making great strides in lupus research.

While it is known that some families are predisposed to lupus, there remains much uncertainty as to why or how this predisposition exists. Collaborating at Toronto Western Hospital with Dr. Paul Fortin, the project has two parts: a human model using blood and tissue specimens, and an animal model. Dr. Wither is working with an advanced animal model to explore the immune defects present in lupus and identify specific genes that may trigger the disease. The identification of these genes could lead to significant changes in the future of lupus, including identifying environmental triggers that activate these genes. With the specific genes known, doctors would have the ability to diagnose earlier through blood testing, thereby treating the disease earlier and more effectively, and leading to a much better quality of life for those affected. Eventually, the disease could potentially be diagnosed before the patient experiences any symptoms, eliminating the tissue and joint damage that is often experienced by the person before they are diagnosed with lupus.



Dr. Joan Wither, Associate Professor at the University of Toronto and Senior Scientist in the Department of Immunology.

Conducting cell analysis in the Wright Cell Imaging Facility, Dr. Wither is very grateful for the contributions of our donors, “without the microscopes in the Wright Cell Imaging Facility, the mice study would not have been feasible.”

DID YOU KNOW ::

1. Four million or 1 in 6 Canadians are affected by arthritis and other rheumatic conditions.
2. Within a decade, one million more Canadians are expected to develop arthritis.
3. Nearly 3 in 5 or 60% of arthritis sufferers is under age 65.
4. By 2026, research suggests a need for a 64% increase in new rheumatologists.
5. While advances in treatment have been made in rheumatoid arthritis, lupus, and ankylosing spondylitis, none of the diseases are curable.

Thanks to your generous donations, you are helping AARC researchers and physicians beat arthritis now... and in the future. Facts like the ones above will become history.



BALANCING MIND AND BODY ::



Dorna Chee, Moksha Yoga Downtown Studio Instructor

Like many suffering from an undiagnosed autoimmune disorder, Dorna Chee was experiencing mysterious symptoms and feeling generally unwell for years. On April 21st of 2005 she received an unexpected call from her doctor. Dorna was ordered to check herself into Toronto Western Hospital. Her kidneys were failing – she was suffering from lupus.

Dorna, a young professional and Moksha hot yoga instructor, took the news in stride. She vowed to use her energy to confront the diagnosis head-on and drew upon her yoga practice to help her through her time spent in 9A Fell, the Rheumatology and Orthopaedic Surgery inpatient wing at Toronto Western Hospital. Meditation and breathing helped soothe her mind and heart as her body tried to cope with a battery of medications and transfusions. Dorna shared these valuable skills with her fellow patients, bringing in yoga and meditation CDs and describing the many benefits of a calm mind.

In the summer of 2005 the Foundation office received a phone call from Dorna who was thankfully on the mend. So deeply touched by the care of nurses at 9A Fell, led by Nurse Manager Olga Muir, Dorna

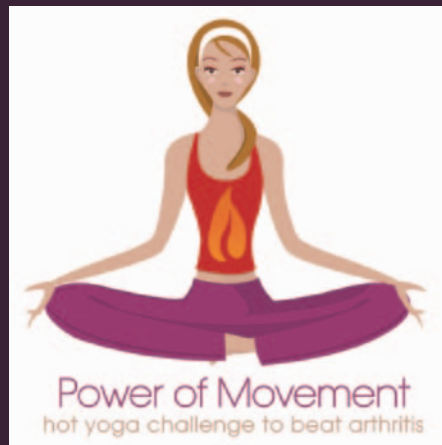
needed to give back to the place that had set her on the road to recovery. With Dorna's facilitation, the Moksha Yoga Downtown Studio has been fundraising on our behalf since September of 2005.

Our relationship with Moksha studios across the GTA have grown, and with the launch of a brand new AARC Foundation event, people across the city will be invited to experience the many musculoskeletal benefits of hot yoga while raising funds for arthritis research at Toronto Western Hospital.

Dorna's call will continue to make a difference for a long time coming – another story about how one grateful patient has the power to change the future.

POWER OF MOVEMENT :: HOT YOGA CHALLENGE TO BEAT ARTHRITIS February 25th 2007 - Wellesley Community Centre, Toronto

Save the date! Registration and event details set to launch in December 2006. You won't want to miss the largest hot yoga event in Canadian history! For sponsorship inquiries and more information contact Erin Moraghan at 416.340.4800 x 6020 or erin.moraghan@aarcf-uhn.ca



RECENT EVENTS ::

3rd Annual St. Regis Room Fashion Show NEO COUTURE: Redefining the Classics

Tuesday September 19, 2006

Arcadian Court

Chaired by Marg Franklin, this year's fashion show was an outstanding success featuring classic and elegant fall fashions through the exceptional coordination of Brenda Emslie and her team at The Room. Thanks to the many supporters including HBC, Scotiabank & Coty for helping us raise a record-breaking \$45,000 at this annual sold-out success.



7th Annual Day at the Races

Sunday October 15th, 2006

Woodbine Racetrack



Many said this year's Day at the Races was the best yet, and the numbers say the same! Thanks to presenting sponsor The Printing House Limited for leading our team of sponsors in the race to beat arthritis! Chaired once again by Don O'Born, this 7th annual event raised over \$180,000. You won't want to miss next year's event as we celebrate and honour the supporters who have helped us to raise over \$800,000 through this signature event.



DAR committee member Sandra Balind, with Mayor David Miller and Kate Zeidler.

Annual General Meeting

Held in September, the Annual General Meeting included a compelling presentation by accomplished artist and rheumatoid arthritis patient Jennifer Mason. Through her personal story, Jennifer explained why supporting arthritis research is so important. It was amazing to hear that when first diagnosed, her treatment was massive doses of aspirin.

Drs. Eleanor Fish and Nizar Mahomed also spoke about the incredible strides which have been made since Jennifer was first diagnosed in her twenties. Thanks to research, scientists are getting closer every day to beating arthritis - and ultimately **all** autoimmune diseases.



Dr. Michael Baker, Physician-in-Chief, UHN; Jennifer Mason & Catherine Zahn, VP Clinical Programs and Practice, UHN.

There is always an answer. *We'll find it.*

Lights & Insights is published twice a year by the AARC Foundation. We welcome your comments and/or contributions. Please contact us if you would like extra copies of this issue, or know of someone who would appreciate receiving it.

Editor: Pippa Shaddick Designer: Amanda Lawrence Contributors: Bronwyn Burke, Erin Moraghan, Gerri Grant

Arthritis & Autoimmunity Research Centre Foundation

R. Fraser Elliott Building, 5th floor, 190 Elizabeth Street, Toronto, ON M5G 2C4
Telephone: 416-340-4975 Fax: 416-340-3496 Email: aarc.foundation@aarcf-uhn.ca
Website: www.beatarthritis.ca

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