

# Discovery to Recovery

CLINICAL AND RESEARCH HIGHLIGHTS AT HSS | FALL 2009

HOSPITAL  
FOR  
SPECIAL  
SURGERY



## HSS Responds to Increase in Demand for Services – Building Begins!

Patients are seeking Special Surgery's services in record numbers, with a rise of more than 60% in the past decade. So far in 2009 there has been an increase of almost 10% inpatient admissions when compared to the same time period last year. To meet this demand and continue to provide world-class care, Special Surgery embarked on a plan to create more operating rooms; more patient rooms; and better access to ancillary services.

Thanks to the generosity of our dedicated Board, medical staff, grateful patients and friends, *Building on Success: The Campaign for the Future of HSS* has enabled us to embark on the next critical phase in the expansion of our facilities. This summer, the building expansion kicked off with three new floors over the East Wing. The goal is to expand without interruption to patient care.

"This is an exciting time for Hospital for Special Surgery with changes in many different areas to better accommodate patients and their families," said Louis A. Shapiro, President and CEO. "The construction project is vital to our ability to continue to provide the first rate patient care for which HSS is so well known," he continued.

A new ninth floor will serve as the home for HSS's renowned pediatric rehabilitation department. Features will include a large physical therapy

gymnasium that will overlook the East River and facilities for occupational, fine motor skills, sensory integration, and speech therapies. Another feature of the ninth floor will be a relocated and enlarged Hospital pharmacy.

Plans for the Hospital's new tenth and eleventh floors include the addition of an inpatient unit, which will include private rooms as well as rooms designed to accommodate two patients. These units will provide patients with the best possible environment by locating the patient rooms around a central staff/support core and providing each room with river-oriented views.

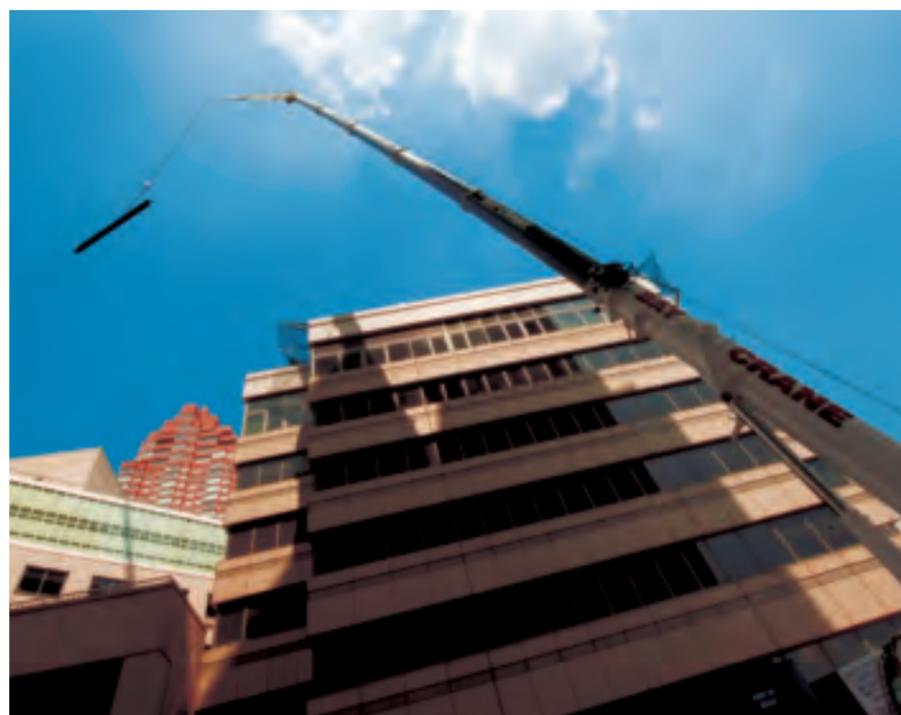
Approximately 80% of Americans aged 65 and older suffer from a chronic condition, such as arthritis, that imposes limitations on their day-to-day lives. This segment of the population is rapidly growing, and will represent nearly 20% of the total U.S. population by 2030.

"The additional space will allow HSS to stay ahead of the curve and will ensure that the patient experience is an even better one," said Lisa Goldstein, Chief Operating Officer.

### Other Improvements

Additional important renovations to enhance the patient experience are continuing throughout the Hospital to complement the major construction.

- The Pain Management Center has been relocated to the seventh floor



Expansion of the Hospital's East Wing began with the raising of steel this summer.

of the Belaire building in a newly-designed space that maximizes efficiency and provides a peaceful environment for our patients. The Center is now in the same location as the offices of our six pain management physicians, making it easier to

access for more than 6,000 pain management patients each year who seek our help.

- Renovations to the third floor have occurred in stages to limit any interruptions to patient care. A major improvement to *(continued on page 8)*

## Two Renowned Scientists Choose HSS

Two noted senior scientists joined HSS this year to focus on the causes of lupus and the effects of bone, cartilage, and soft tissue degeneration.

The Research Division continues to increase its focus on five areas: musculoskeletal integrity; autoimmunity and inflammation; arthritis; biomechanics; and tissue engineering. To build on the strong core of senior scientists at the Hospital, the Division recruited these prominent scientists.

### Alessandra Pernis, MD

Dr. Alessandra Pernis adds a new dimension and capacity to the Autoimmunity Program as she provides special expertise in acquired immunity. She also brings experience in animal and genetic models of rheumatoid arthritis and lupus, which will facilitate our use of models to understand the origins of disease

and develop therapies. Her recruitment will ensure ongoing international leadership for Special Surgery in this area.

Dr. Pernis has made novel observations regarding the regulation of inflammation and autoimmunity, which plays a critical role in diseases such as lupus and arthritis. Her studies have provided a new understanding of how certain key proteins affect the production of pro-inflammatory molecules by T lymphocytes, a type of white blood cell, resulting in the inappropriate production of such molecules in an immune response.

"Dr. Pernis will take advantage of our well developed patient cohorts, particularly our lupus and anti-phospholipid antibody syndrome patients, to investigate the role of this lymphocyte signaling system in human disease," said Peggy Crow, MD, Co-Director of *(continued on page 3)*

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## Our Mission

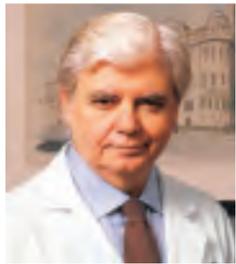
# Remarkable Period of Growth

There's a lot of change taking place at Hospital for Special Surgery. This summer marked moving forward with the next – and most significant – phase of our expansion, as steel was raised to expand the East Wing of the Hospital. That wing was constructed in 1995 and was built as a seven story building. In 2007, we added a new eighth floor, and now, with all of our city, state, and federal approvals behind us, we will turn this into an 11 story building with the addition of three new floors. This expansion is critical to our ability to continue to meet the growing demand for our services and is the next major step in expanding the care offered by Special Surgery.

As more people are leading active lives, and as more people are seeking



Louis A. Shapiro



Thomas P. Sculco, MD

Our quality results continue to be extraordinary and patient satisfaction is outstanding. In the most recent Press Ganey survey, we once again scored in the 99th percentile when our patients were asked the likelihood that they would refer someone to our hospital. As our cover story relates, the number of patients who are coming to Special

to regain their mobility, more patients are coming to Special Surgery. The reputation of the Hospital continues to grow as a result of the extraordinary work of the men and women who are part of the HSS family.

Surgery has increased at a remarkable rate and so far this year that trend is continuing.

For the past 19 years, Hospital for Special Surgery has been top-ranked in the northeast in orthopedics and rheumatology by *U.S. News & World Report's* "America's Best Hospitals" publication. And *Consumer Reports* recently rated Hospital for Special Surgery the best hospital in New York City and featured us on their website as an example of best practices. As a result of our growing reputation for excellence, our patients are coming to us from across the country and around the globe. This next phase of our expansion will enable our incredibly talented staff to treat these patients and provide them with the remarkable care for which HSS is so well-known.

We are fortunate that many friends have responded to the Building on Success Campaign and we appreciate the generosity of those

who have contributed. We have a long and distinguished history as specialists in mobility. It is a testament to your continued support that we have achieved the success we have and that we can now literally build on our accomplishments. This is indeed a remarkable time at the Hospital. We thank you for partnering with us to make it possible.

Sincerely,

Louis A. Shapiro  
President and CEO

Thomas P. Sculco, MD  
Surgeon-in-Chief

## In the News

# Research Identifies Technique that Improves ACL Surgery

Surgeons from Hospital for Special Surgery have identified a drilling technique that improves the outcome of surgery to reconstruct the anterior cruciate ligament (ACL). The news was presented during the annual meeting of the American Orthopedic Society for Sports Medicine, in July.

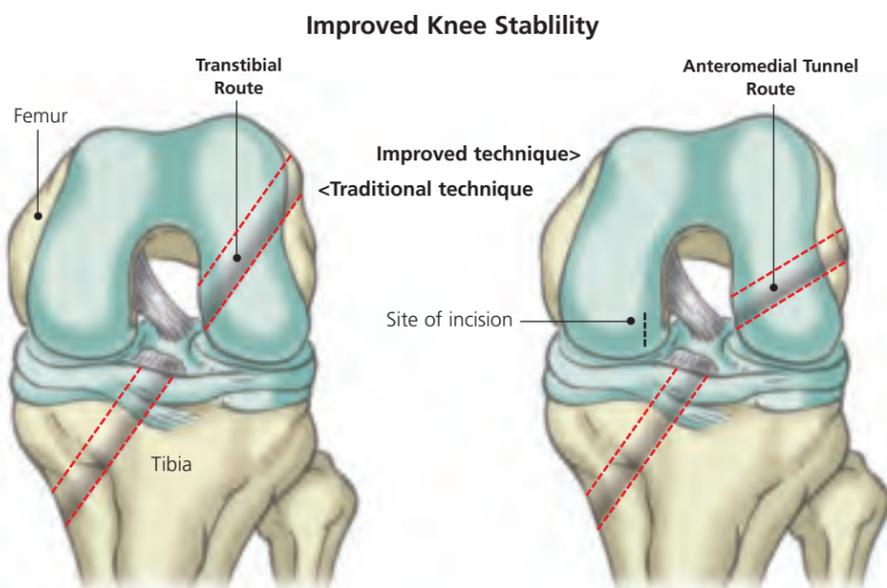
In recent years, an improved understanding of the anatomy of the ACL has allowed surgeons to refine techniques to reconstruct it. Investigators at Hospital for Special Surgery (HSS) set out to compare the outcomes of surgeries using two common techniques. "The goal in repairing the ACL is to recreate the normal anatomy, and there are a variety of different techniques to prepare tunnels for ACL reconstruction that have evolved over time,"

said Dr. Asheesh Bedi, a fellow in sports medicine and shoulder surgery at Hospital for Special Surgery who was involved with the study. "The focus of the study was to compare two very common techniques in terms of their ability to reproduce the native ligament anatomy and restore the stability of the knee after reconstruction in a cadaveric model."

The investigators used 10 matched cadaveric knees to directly compare the two techniques. The



Dr. Answorth A. Allen (left) is one of several HSS physicians involved in identifying a new technique to improve ACL surgical outcomes.



Surgeons at HSS have found that drilling through the anteromedial portal (right), rather than the tibial portal (left), results in improved stability of the knee after ACL reconstruction.

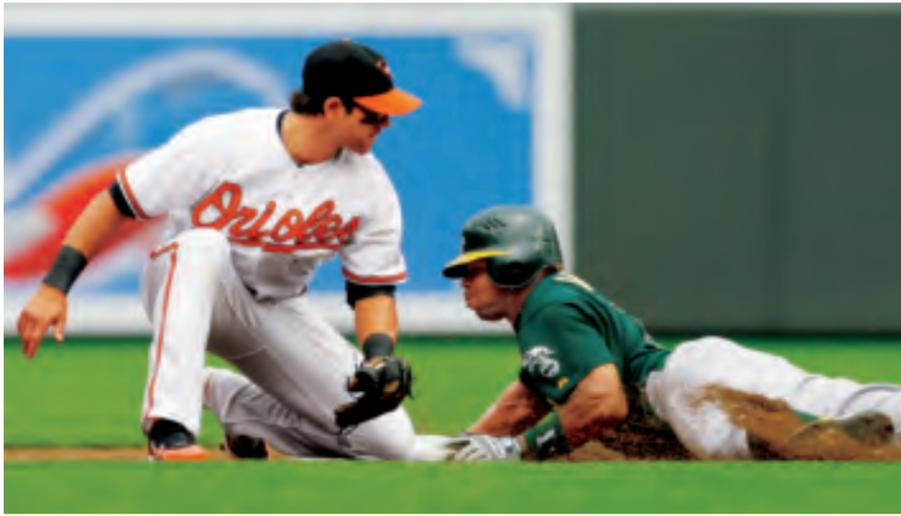
researchers found that the first technique could not reproduce the natural position of the ACL, whereas the second technique could better restore the native anatomy.

"This study clearly demonstrates that restoring the anatomy of the ACL and the stability of the knee is far superior when the femoral socket is reamed through the anteromedial portal rather than the tibial tunnel, as has been traditionally done by most surgeons," said David W. Altchek, MD, attending orthopedic surgeon and co-chief of the Sports Medicine and Shoulder Service at HSS. "HSS is an international leader in this innovative solution toward

further improving patient outcomes in ACL surgery."

According to Dr. Bedi, the work has translated into modified techniques in the operating room at HSS, where more than 800 ACL surgeries are performed each year. Tears of the ACL are quite common, with between 70,000 and 80,000 reported each year in the United States.

Others involved in the study are Volker Musahl, MD, Volker Steuber, MD, Daniel Kendoff, MD, Answorth A. Allen, MD, and Andrew D. Pearle, MD, all with the Sports Medicine and Shoulder Service at HSS. ●



## Going to Bat Against Tendon Injuries

For the past few years HSS physicians Stephen Fealy, MD, Assistant Attending Orthopedic Surgeon, and Ronald S. Adler, MD, PhD, Chief, Division of Ultrasound, Department of Radiology and Imaging, have been hard at work researching injuries that often plague professional and amateur athletes: tendon injuries of the shoulder, elbow and knee.

Their research attracted the attention of Major League Baseball in 2007, when the organization awarded them a three-year \$150,000 grant to evaluate common tendon injuries. Since then, the doctors and their colleagues have made great strides toward understanding tendon problems, which they hope will eventually lead to injury prevention. Their first study used enhanced ultrasound to show that blood supply to tendons, specifically the rotator cuff, decreases as people age.

“Use of ultrasound contrast agents provides an exquisitely sensitive method to assess vascularity at tendon repair sites,” Dr. Adler says. “This has implications in assessing the efficacy of various physical therapy protocols in increasing blood flow to the tendon.”

Earlier this year, Drs. Adler and Fealy published an article in the *Journal of Shoulder and Elbow Surgery* documenting the healing process and patterns of vascular tendon changes after surgery. Using enhanced ultrasound, they and others determined that tendons, particularly those with a defect three months after surgery, lacked blood flow. They hypothesize that improving blood flow in the region may help increase the rate of tendon healing after rotator cuff surgery.

“We have been able to demonstrate that an age-related alteration in blood flow to the damaged tendon is one variable linked to tendon failure,” Dr. Fealy says. “We are working toward reversing this process and keeping athletes in their sport longer.”

Next, the physicians aim to determine if this diminished vascularity is a cause or effect of a failed repair. ●

*Continued from page 1*



Alessandra Pernis, MD the Mary Kirkland Center for Lupus Research and Director of the Autoimmunity and Inflammation Research Program at HSS.

Dr. Pernis comes to HSS from Columbia University where she served as the Advisor Dean and an Associate Professor of Medicine. She was also a member of the Herbert Irving Comprehensive Cancer Center at Columbia. Dr. Pernis received her

doctor of medicine from Columbia University’s College of Physicians and Surgeons in 1986. She did her internship/residency in internal medicine at Columbia University Medical Center from 1986–1989. Dr. Pernis completed a fellowship in allergy/immunology at Columbia University Medical Center from 1991–1994.

Dr. Pernis has received numerous grants, and is currently the principal investigator on a National Institutes of Health (NIH) grant on Signaling Cascades in Humoral Immunity and Autoimmunity. A new chair in autoimmunity and inflammation is being established as part of her recruitment to HSS.

### F. Patrick Ross, PhD

Bone injury and repair represent major challenges in the treatment of patients with orthopedic conditions and rheumatic diseases. F. Patrick Ross, PhD, will bring his extensive

## Patient Enrollment High in Joint Replacement Registry

With more people selecting total joint replacement surgery to improve their mobility and maintain active lifestyles, Hospital for Special Surgery is working to determine how the implants are going to hold up to long term use. The joint replacement registry currently underway at HSS is an initiative included in the Centers for Education and Research on Therapeutics (CERT) program funded by the Agency for Healthcare Research and Quality. The overall goal of the program is to conduct research and provide education that advances the optimal use of therapeutics such as drugs and medical devices. The specific goal for HSS’s CERT initiative is to evaluate the use and success of the devices used for total hip, knee, and shoulder replacements. HSS had previously established registries for hip and knee, which the new registry builds upon. It now includes information for shoulder replacement. This collaborative effort between HSS and Weill Cornell Medical College will be the most comprehensive registry in the United States focusing exclusively on total joint replacement. Special Surgery’s CERT program is directed by Thomas P. Sculco, MD; Robert G. Marx, MD; Lisa A. Mandl, MD, MPH; and Michael M. Alexiades, MD.

“We want to know ‘How the total joint replacement works in a

person like you.” says Dr. Mandl. “This registry will provide information to help doctors discern why someone does well and someone else doesn’t. We want to use this information and identify the predictors for people doing well over the long haul.” The patients in the registry will be followed for at least five years.

Registry staff members are working to contact 100 percent of HSS patients having hip, knee, or shoulder total joint replacement for consent to enter the registry and to fill out their baseline questionnaire. Patients are then sent a follow-up questionnaire at six months and two years after surgery.

“The registry really depends on the patients,” says Dr. Mandl. “The data the registry provides is enriched by each patient who consents and continues to fill out and send in the questionnaire each year.”

The results will provide information on outcomes, variations and the economic impacts of total joint surgeries. To date, over 13,000 patients have been enrolled, with an expected enrollment of 20,000 patients by 2012. ●

For more information visit <http://www.hss.edu/d2r>

experience in applying basic bone biology to the study and treatment of these conditions. Advances in bone biology are important for understanding fracture healing, periprosthetic loosening, and spine fusion.

Dr. Ross comes to HSS from Washington University in St. Louis School of Medicine. He was a research professor in the department of pathology and immunology at Washington University in St. Louis School of Medicine. He received his master of science in physiology from the University of the Witwatersrand in Johannesburg, South Africa. He received his PhD in molecular sciences from University of Warwick, Coventry, UK in 1976.

Orthopedic physician-scientists will benefit from the strong mentorship a scientist like Dr. Ross can provide. “Dr. Ross is an international leader in bone cell and molecular biology research and has joined us to provide mentor-

ing, supervision and integration of the ongoing basic and translational bone research programs,” said Dr. Steven Goldring, Chief Scientific Officer. In his new role at HSS, Dr. Ross will work with colleagues to further develop and enhance programs in the fields



F. Patrick Ross, PhD

of bone, cartilage and soft tissue research, and assist in the development of grant applications to increase extramural funding support. ●

# THE

## HAPPENINGS AROUND THE HOSPITAL



### On the Air with HSS >

Frequently, HSS physicians are sought out by the media for their expertise in discussing common injuries and conditions that affect some of professional sports' most beloved athletes. During the 2009 baseball season, sports medicine experts at Special Surgery found a new way to share their knowledge with New York Mets fans watching the pre- and post-game shows airing on SportsNet New York (SNY), a regional sports network. HSS physicians and physical therapists were featured in 60-second vignettes discussing injuries that often afflict professional baseball players. In

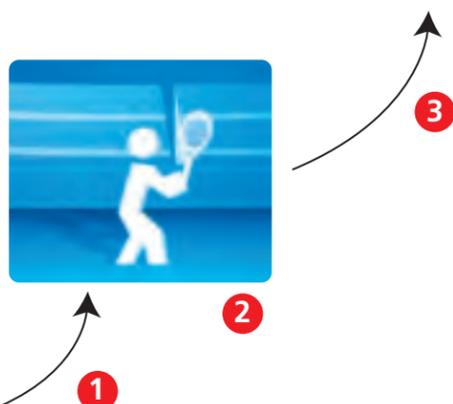
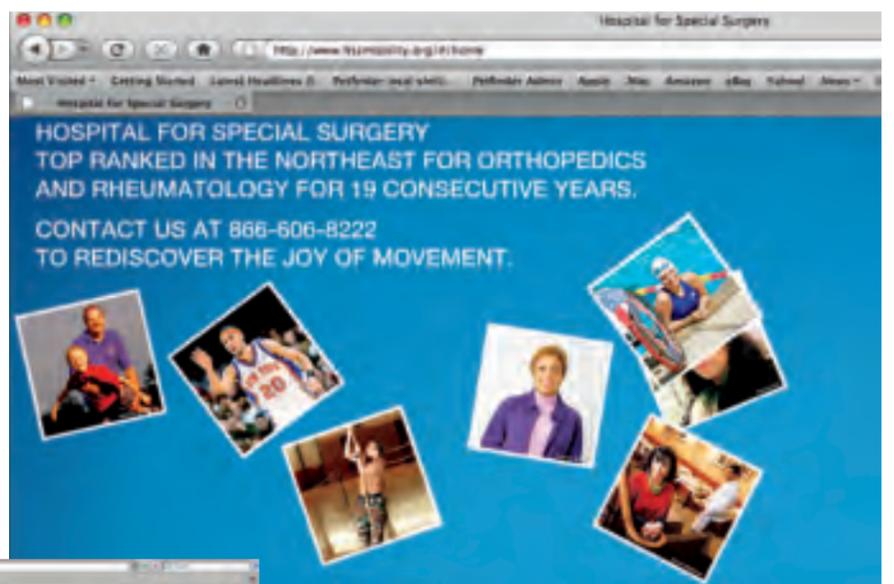


addition to the Mets team physicians – David W. Altchek, MD; Struan H. Coleman, MD, PhD; and Andrew D. Pearle, MD – contributing experts include Jonathan T. Deland, MD; Brian C. Halpern, MD; Mickey Levinson, PT; Bernard Rawlins, MD; and Andrew Weiland, MD. Shown in the broadcast booth, l-r: Keith Hernandez, Ron Darling, and Gary Cohen.



### hssmobility.org >

For those considering orthopedic surgery, a Web site recently launched by Special Surgery offers a glimpse of how the right diagnosis and top-notch treatment can get patients back to an active life. Visitors to [www.hssmobility.org](http://www.hssmobility.org) can read testimonials from patients who have undergone a variety of different surgical procedures at HSS. The interactive microsite was developed as an alternative online presence to the Hospital's main Web site ([www.hss.edu](http://www.hss.edu)). The site is also fully integrated with the Hospital's advertising campaign in look, feel, and message. It is designed to introduce potential patients to HSS and expedite the process of making an appointment with an HSS physician. In addition, animated online banner advertisements linking to the new site were viewed by over 60,000 people when they appeared on *The New York Times*' Web site in June.



# PULSE

## < Special Surgery and the NYC Marathon

In a new partnership with New York Road Runners (NYRR), Hospital for Special Surgery is now an Orthopedic Consultant to New York Road Runners for the 2009 ING New York City Marathon, Sunday, November 1.

Leading up to the Marathon, HSS will be offering a series of educational sessions on injury prevention and will post a series of articles on the NYRR website. The purpose of both is to teach marathon runners what to expect, from a musculoskeletal perspective, as they train, and how to prevent injury leading up to and after the marathon. The sessions and articles are targeted to both first-time and experienced marathoners. HSS will also be offering educational sessions on "Marathon Monday," the day after the race, on post-Marathon recovery.



### Live Twitter Posts

RT @wcbstv: Dr Haas now suturing skin. pt will be awake in short while. Epidural stays in for a couple days. Just enough to allow her to walk  
4:51 PM Jun 17th from iTweet

RT @wcbstv: Dr Haas now checking knee alignment, tracking of kneecap with all components in place. knee actually a complex joint, not a straight hinge  
4:49 PM Jun 17th from iTweet

RT @wcbstv: Dr Haas cementing the implant components in place. essentially medical grade epoxy mixed at table and put on the implant lik ...  
4:29 PM Jun 17th from iTweet

### ▲ Live-tweeting a New Knee

Hospital for Special Surgery opened the OR doors to a digital audience on Wednesday, June 17, allowing unprecedented access to a total knee replacement via social media outlets online. The surgery, performed by Steven Haas, MD, chief of the Knee Service, was broadcast live over the web. David Mayman, MD, narrated the surgery, but he wasn't the only one giving up-to-the-minute details to the surgery's audience – medical reporter Dr. Max Gomez, of CBS2, was live-tweeting the surgery from the patient's side. Gomez posted updates to CBS2's Twitter feed, which goes out to more than 4,000 followers, and the

tweets were then shared on HSS's own Twitter feed, HSpecialSurgery.

The surgery was successful and the patient, Mary Kiefer, 55, of Middletown, NJ, was up and walking in rehab therapy the next day. Kiefer had been postponing the surgery for eight years, believing incorrectly that she was too young for the procedure.

For more news and updates, be sure to follow HSS on Twitter:  
[www.twitter.com/HSpecialSurgery](http://www.twitter.com/HSpecialSurgery).

To view the webcast, go to  
<http://www.hss.edu/d2r>



## < Exploring HSS History

A unique feature of our new lobby is a historical timeline of major Hospital events. Visitors and staff alike can learn about milestones and view significant historical artifacts in an exhibit that will be updated periodically.

# Celebrating 15 Years of Advanced Care for Rheumatoid Arthritis

When the Hospital for Special Surgery Infusion Therapy Unit opened its doors in 1994, it was the first ambulatory infusion unit dedicated to the care of patients with rheumatoid arthritis.

The center developed out of a growing need for treatment services in the rheumatoid community, says Stephen Paget, MD, FACP, FACR, Physician-in-Chief and Chairman of the Division of Rheumatology. Typically reserved for patients who haven't found adequate relief with oral medications, infusion therapy helps people with a variety of rheumatoid conditions – disorders that affect the joints, muscles, tendons, ligaments and bones – maintain a normal lifestyle by providing medication intravenously on an outpatient basis. Often, these conditions cause inflammation, swelling, and pain that can make everyday activities difficult. Treatment can reduce joint inflammation, relieve pain, prevent or slow joint damage and loss of function which helps patients maintain productive, active lives.

Individual treatment times vary widely, ranging from an hour to 12 hours, depending on the patient's condition and medication. The center is

open weekdays from 8 a.m. to 8 p.m. to accommodate patients' busy lives. As a result, wait time for an appointment is minimal and the unit enjoys a high level of patient satisfaction. Dr. Paget can see why: "The Infusion Therapy Unit is a safe haven. People are made to feel better both physically and emotionally, so what could otherwise be a very anxiety-provoking experience in actuality becomes a comfortable one. It's a safe, soothing and supportive environment."

### Focused on Patients' Needs

Managed by Linda Leff, RN-BC, a 20-year Special Surgery veteran, the Infusion Therapy Unit is one of the largest in the country and can treat up to 25 patients a day, seeing about 3,000 patients a year. The unit, recently featured in *Infusion Centers Across America: Advancing Options for the Care of Rheumatoid Arthritis* for its advances in rheumatoid arthritis care, is staffed entirely by nurses who coordinate with patients' doctors, social workers, nutritionists, and physical therapists to provide a patient-centered approach and full continuity of care. "At the beginning stages, patients are often frightened and trying to find a treatment regimen that works. In our role as nurses

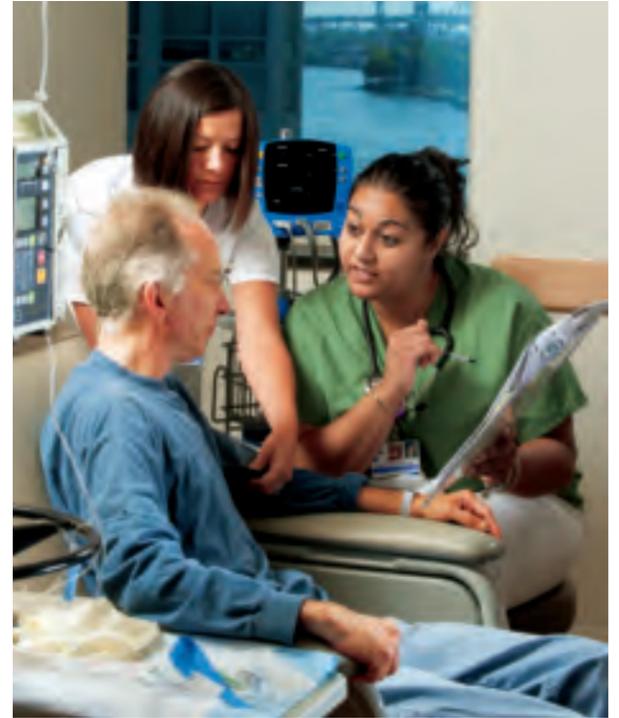
we help patients get to a point where they are feeling better, and we get to be a part of a patient's progress," Leff says. "We're not in their doctor's offices with them, but we're a part of their treatment plan."

With five full-time and two per diem nurses, the unit features a 3:1 staff-to-patient ratio, which allows dedicated, personalized care. "Every patient – whether it's their first visit or their last – receives a call the day before their treatment to answer any questions and assess their health status. For patients who are just beginning treatment, it helps to ease any anxiety they may have," Leff says. Patients also receive a follow-up call the day after their treatment.

At the start of a session, patients are educated about their disease and the infusion drug they will receive. Each station is equipped with automatic blood pressure and IV pumps and curtains that provide privacy when needed. To help make treatment as comfortable as possible, each station also features a lounge-style chair, private telephone, free Internet access, and a personal television. Soft drinks and a cold lunch or a snack are available, depending on the treatment

time. The unit also staffs a separate two-chair pediatric facility housed on Special Surgery's pediatric floor, complete with computers and Xboxes on wheels along with other books and games to help make treatments more kid-friendly.

But the staff's experience and patient amenities are just part of what make the unit stand apart.



The HSS Infusion Therapy Unit, celebrating 15 years of service, is known for its caring spirit.

"What makes our unit special is the people who work here," Leff says. "We give more than medication – we become part of people's lives. At times, it doesn't seem like a treatment facility because it's such a vibrant, happy place. It's full of life, full of care, full of hope." ●

## Supporters of Our Success

### A New Lease on Life

Grateful Patient Supports  
Eduardo A. Salvati Chair

As CEO of Banca del Ceresio, a small family-owned bank in Lugano, Switzerland since 1958, Mr. Alberto Foglia had no time to slow down. So in 1988, when hip pain began making it difficult for him to walk, he wanted to find the best orthopedic surgeon to get him back on his feet. Upon being introduced to HSS Attending Orthopedic Surgeon Eduardo A. Salvati, MD, by a mutual friend, Mr. Foglia knew that he had found a surgeon he could trust. "I immediately felt that his hands were far more sensitive than the hands of the other three or four surgeons who I had seen previously," says Mr. Foglia, who had enjoyed soccer, tennis, golf, skiing, and mountain biking throughout his life. Mr. Foglia was also delighted that they would be able to easily communicate in Spanish, Dr. Salvati's native language.



Grateful patient Alberto Foglia bikes regularly through the Swiss Alps.

Although Mr. Foglia, a Swiss and Italian citizen, hadn't previously heard of Hospital for Special Surgery, his confidence in Dr. Salvati was reason enough for him to travel overseas for his surgery. He had one hip replaced in 1990 and returned eight years later to have Dr. Salvati replace the other hip. "There was no doubt in my mind that I would come back to HSS for my second hip operation, as my experience there was most satis-

factory," he says. With both hips working again, Mr. Foglia, now 80 years old, says that his quality of life has improved immensely. He walks, plays golf, and bikes two or three times each week, including a weekly 15-25 mile ride with friends through the Swiss Alps. He and his wife of 50 years, Maria Pia, also have four children and 18 grandchildren to keep up with.

The Foglias have been making very generous gifts to Hospital for

Special Surgery since 1993. Most recently, they have elected to support the Eduardo A. Salvati, MD, Chair in Hip Arthroplasty. This fund provides vital perpetual support to HSS's joint replacement research, while honoring Dr. Salvati for his 40 years of service to Special Surgery – a career that has enriched the lives of thousands of patients, students, and colleagues, while advancing the course of hip surgery throughout the world. The Chair was created as a means of acknowledging Dr. Salvati's tremendous contribution to the field of joint replacement, and will help to ensure that his legacy of excellence in care will continue by advancing work to restore mobility and improve the lives of our patients. The Eduardo A. Salvati, MD, Chair in Hip Arthroplasty has already received over \$1.9 million in funding since its establishment. According to Mr. Foglia, the decision to support Hospital for Special Surgery was an easy one. "I wanted to thank Dr. Salvati, HSS, and all of the people there," he says. "Thanks to them, I have been given a new lease on life." ●



Dr Dines “miked-up” with assistants explaining the surgical procedure to the viewers.



X-rays of the patient being shown as they are described to the audience.



During the surgery the moderator and viewers are able to communicate directly and ask questions about the procedure.



After surgery Dr. Dines discusses the results of the procedure with the audience.

## Teaching Others How to Navigate Challenges in the OR

This spring, Hospital for Special Surgery orthopedic surgeon David M. Dines, MD, performed two live shoulder surgeries during professional conferences: the Live Surgery International Shoulder Advanced Course in Annecy, France and the Current Concepts in Joint Replacement (CCJR) meeting in Las Vegas.

Dr. Dines, a respected shoulder surgeon and past president of the American Shoulder and Elbow

Society, was one of only nine American surgeons selected to participate in the Annecy Live Surgery International Shoulder Advanced Course. Attracting surgeons from 47 different countries and five continents, the program features 33 live surgeries over the course of four days, with the goal of demonstrating the most up-to-date surgical techniques. According to Laurent LaFosse, course chairman, the program allows participants “to learn how to face different situations and difficulties managed by the best worldwide experts.” Since it began in 2005, the conference has been deemed the “Woodstock of Shoulder Surgery” because of its ability to bring together over 1,000 surgeons

from all over the world. Dr. Dines performed a total shoulder arthroplasty which entails resurfacing both the humeral head and the glenoid (socket). The structure of the conference allowed Dr. Dines to answer questions from the audience as he was performing the procedure.

For the CCJR meeting, Dr. Dines performed a reverse shoulder reconstruction. For patients suffering from debilitating rotator cuff arthropathy, reverse shoulder reconstruction provides pain relief, while also restoring stability and function. This specialized procedure has gained popularity around the world, particularly in treating difficult cases, and is performed by relatively few shoulder surgeons, nine of whom are at HSS. The CCJR meeting is the

largest of its kind focusing on arthroplasty, attended by over 2,000 orthopedic surgeons annually. The surgery was telecast live from Hospital for Special Surgery’s operating rooms, with an orthopedic surgeon from Texas serving as moderator.

According to Dr. Dines, HSS physicians have always been at the forefront of orthopedics, whether pioneering a new joint replacement or developing innovative surgical techniques. Thanks to improved technology, live surgery telecasts give HSS surgeons one more way to make significant contributions to the field of international orthopedic surgery. “There’s a beacon here,” he says. “We share it with the world.” ●

## HSS Names Associate Chief Scientific Officer

After 17 years of specializing in rheumatoid arthritis and pathogenesis of inflammatory diseases at HSS, Lionel B. Ivashkiv, MD, has been named the Hospital’s Associate Chief Scientific Officer.

“In his newly created position, Dr. Ivashkiv will work with me to develop and execute a long-term strategic plan to enhance HSS’s position as a leader in musculoskeletal and autoimmune disease,” said Dr. Steven R. Goldring, MD, Chief Scientific Officer, in announcing the new appointment. “Dr. Ivashkiv’s special expertise in rheumatoid arthritis and inflammatory bone disease make him an excellent choice to be associate chief scientific officer.”

In his expanded role, he joins Dr. Goldring and Robert N. Hotchkiss, MD, Director of Clinical Research, in fulfilling the mission of Special Surgery’s Research Division: attaining the highest level of scientific excellence through basic and applied research and education in orthopedics, rheumatology and related scientific disciplines; identifying the mechanisms underlying musculoskeletal and autoimmune diseases; and discovering and developing effective approaches

for prevention, diagnosis and treatment of these disorders.

Dr. Ivashkiv has helped in the growth of the Research Division for some time. He is head of the Laboratory of Cytokine Signaling and Inflammation and holds the David H. Koch Chair in Arthritis and Tissue Degeneration. He is also a professor of Medicine and Immunology at Weill Cornell Medical College and has authored more than 65 peer-reviewed articles in his tenure. Dr. Ivashkiv has



Lionel B. Ivashkiv, MD

an outstanding National Institutes of Health funding record, and serves as Principal Investigator on 4 R01 grants to study basic mechanisms in pathogenesis of rheumatoid arthritis, systemic lupus, and inflammatory bone disease. ●

For more information visit <http://www.hss.edu/d2r>

## HSS Surgeon Elected to AAOS Board

Assistant attending orthopedic surgeon Michael L. Parks, MD, was honored at the 2009 American Academy of Orthopaedic Surgeons (AAOS) annual meeting by being named to the organization’s Board of Directors. Dr. Parks will serve as a Member-at-Large for the “under 45 year old” Board position. The Directors play a pivotal role in AAOS’ future, managing its affairs and maintaining administrative authority of its activities and policies.

“With the ever-increasing demands from our aging population and decreasing resources, the Academy’s role in advocacy and education becomes more important,” Dr. Parks says. “It is my hope to bring the perspective of an urban practicing orthopedist to the Board, while working to strengthen the reach of our organization.”

In working with his patients at Hospital for Special Surgery, Dr. Parks specializes in minimally invasive total joint replacement and knee and hip revision surgery. He also uses alternative procedures to restore function, using pain as a guide to indicate the best individual approach for arthritis treatment.



Michael L. Parks, MD

In addition to his AAOS position, Dr. Parks has authored many peer-reviewed articles, abstracts and chapters and has been recognized for his expertise in numerous publications throughout his career. He serves on the editorial board for *Techniques in Knee Surgery* and as a guest reviewer for the *Journal of Bone and Joint Surgery*. Dr. Parks is an assistant professor of orthopedic surgery at the Weill Cornell School of Medicine and an active member of several professional organizations. In 1997, he completed a fellowship at Special Surgery, specializing in hip and knee surgery. ●

For more information visit <http://www.hss.edu/d2r>

## Recognition from Around the World

### Kudos

**Adele Boskey, PhD**, and HSS colleagues **Samuel Gourion-Arsiquaud, PhD**, and **Lyudmila Spevak, PhD**, along with colleagues at several other institutions, had a paper selected for Faculty of 1000 Medicine, a literature awareness service that identifies the most important articles published in medicine. The paper, which was published in the *Journal of Bone and Mineral Research*, identified new risk factors contributing to bone fragility and fractures and new potential targets for therapies for osteoporosis. Dr. Boskey was also named to the editorial advisory board of the journal *Bone* and served on a National Institutes of Health (NIH) review panel for Challenge Grants (opportunities for funding provided under the American Recovery and Reinvestment Act (ARRA) of 2009).

**Peggy Crow, MD**, was the Kroc Visiting Professor at UCLA. She also served on an NIH Special Emphasis Panel review committee and as a grant reviewer on the NIH/National Institute of Allergy and Infectious Diseases study section reviewing Autoimmunity Centers of Excellence grants.

**Eve Donnelly, PhD**, received the “New Investigator Recognition Award” from the Orthopaedic Research Society at the 2009 annual meeting.

**Doruk Erkan, MD**, was an invited speaker at the New Jersey Rheumatology Association Annual Conference held in Woodbridge, and at the 1st National Thrombotic Storm Meeting held in Miami, Florida, where he also served on the Thrombotic Storm Classification Committee.

**Mary B. Goldring, PhD**, was awarded the Clark Honors College Alumni Achievement Award at the commencement ceremony at University of Oregon, Eugene, and was an invited speaker at the Japanese College of Rheumatology Annual Meeting held in Tokyo. She was

also appointed as Professor of Cell and Developmental Biology at Weill Cornell Medical College.

**Steven Goldring, MD**, was a guest lecturer at the University of Washington and University of Oregon Rheumatology Divisions and was the Arthur C. DeGraff Speaker for Annual Research Day at NYU Medical School. He was also a speaker at the Advances in Targeted Therapies meeting in Mandelieu, France, and Visiting Professor in Rheumatology at the University of Pittsburgh Medical School.

**Jo Hannafin, MD, PhD**, was Visiting Professor at Brown University’s Department of Orthopaedic Surgery and delivered the 47th Annual Murray S. Danforth, MD, Oration.

**R. Frank Henn III, MD, Christina E. Kuo, MD, Scott Wolfe, MD**, and colleagues received second prize in the Annual Residents and Fellows Research Awards from the New York Society for Surgery of the Hand. Dr. Wolfe was also Visiting Professor at Boston University Medical Center.

**Richard Herzog, MD**, received the International Society for the Study of the Lumbar Spine prize for “Lumbar Spine Research” for 2009.

**Thomas Lehman, MD**, spent two weeks as a Distinguished Visiting Expert for the Ministry of Health of the government of Singapore and provided advice on the establishment of a center in pediatric rheumatology to serve children from the region.

**Gregory Liguori, MD**, served as Chair of the 2009 American Society of Regional Anesthesia Meeting held in Phoenix, Arizona.

**Michael Lockshin, MD**, was the Pfizer Visiting Professor at Louisiana State University in Shreveport and gave the Morris Ziff Distinguished Lectureship in Rheumatology at Southwestern Medical Center in Dallas.

**Stephen Lyman, PhD**, served on the Healthcare Research Training Study Section for the Agency for Healthcare Research and Quality and was invited to serve as a reviewer for the *British Medical Journal*. He was also invited to join the Multi-Center Total Joint Replacement Health Services Research Group. In addition, Dr. Lyman was elected Chairman of the Data Safety Monitoring Board for the HEALTH Trial sponsored by NIH/National Institute of Arthritis and Musculoskeletal and Skin Diseases.

**Suzanne Maher, PhD**, was invited to join the Biomedical Engineering Committee of the American Academy of Orthopaedic Surgeons.

**Hollis Potter, MD**, was appointed to the Osteoarthritis Research Society International FDA OA Initiative: Assessment of Structural Change Working Group. She also served on an NIH review panel for Challenge Grants, and was the keynote speaker at Comparative Orthopaedics Day at the University of Missouri Comparative Orthopaedic Laboratory and the Department of Orthopaedic Surgery.

**Scott Rodeo, MD**, and colleagues collaborated on a paper that received the Aircast Award for Basic Science Research from the American Orthopaedic Society for Sports Medicine.

**Jane Salmon, MD**, was the Pfizer Visiting Professor at the University of Kentucky and gave an invited lecture at the meeting of the European League Against Rheumatism in Copenhagen.

**Louis A. Shapiro**, HSS President and CEO, was named Healthcare Executive of the Year by the Healthcare Leaders of New York at their 2009 Gala.

**Peter Torzilli, PhD**, spoke at the Distinguished Lecture Program in Biomechanical Engineering and participated in the Joint Health Workshop on Early Detection of Osteoarthritis, both held at Stanford University, and spoke at the Department of Orthopaedics at Brown University-Rhode Island Hospital. He also

served as a member of the NIH’s National Institute of Biomedical Imaging and BioEngineering Special Emphasis Panel on Enabling Technologies for Tissue Engineering and Regenerative Medicine.

**Timothy Wright, PhD**, hosted the Advisory Council of Cornell University’s Biomedical Engineering Department at HSS. Dr. Wright also presented an invited lecture at the InMotion Quarterly Musculoskeletal Lecture Series in Memphis, TN. In addition, he served on NIH review panels for Loan Repayments, for Challenge Grants, and for Grand Opportunity grant applications under the ARRA. ●

### Late Breaking News

## A Next Generation Scientist Looks at Bone Biology

Investigators at Hospital for Special Surgery, collaborating with scientists from other institutions, have contributed to the discovery that a gene called interferon regulator factor-8 (IRF-8) is involved in the development of diseases such as periodontitis (gum disease), rheumatoid arthritis, and osteoporosis. Baohong Zhao, PhD, a research fellow in the HSS Arthritis and Tissue Degeneration Program, was the lead author of a study published this summer in the journal *Nature Medicine*. The discovery could lead to novel treatments of these diseases in the future. Dr. Zhao initiated the study while working in the laboratory at Showa University, Tokyo, where much of the work was performed. Dr. Zhao completed the study and extended the work to human cells during the past year at HSS working with Dr. Lionel Ivashkiv.

For more information visit <http://www.hss.edu/d2r>

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The new Children’s Pavilion will be a musculoskeletal pediatric “hospital within a hospital” when it’s completed. Architect’s rendering by Suben/Dougherty.

this area is the expansion of pre-surgical screening. The great majority of patients are cleared for surgery in this area. The new pre-surgical screening area is 4,200 square feet, nearly twice the previous size. With nine exam rooms and five admitting bays, it will be able to accommodate up to 150 patients per day, offer greater patient privacy, improve efficiency and reduce waiting time.

• The Hospital lobby and main entrance have been redesigned and

expanded and offer some new features (see PULSE, page 5). When patients and visitors arrive at the Hospital they enter a bright new lobby with an expansive wall made of glass, providing the space with a feeling of openness. Expanded seating areas are accented by light colored woods and ceiling panels. The area also contains a new reception desk, coffee kiosk, and patient transport area as well as a prominently featured donor wall.

• A Children’s Pavilion, HSS’s new musculoskeletal pediatric “hospital within a hospital,” will span the East and West Wings of the fifth floor and include the Pediatric Rehabilitation Center on the ninth floor. The 34,000 square feet of renovated and newly-constructed space will address the specialized needs of families with small children and adolescents alike, in a warm, cheerful environment designed specially for young patients.

• A Center for Hip Pain and Preservation was established this year with the goal of treating young, active adults suffering from hip pain. The Center includes surgeons and non-operating physicians all focused on preserving the hip joint over the long term.

• The Sports Medicine and Shoulder Service is also undergoing a renovation which will create a more sports-centered environment for doctor visits and therapy appointments, as well as for those who visit the Sports Performance Center.

The addition of an eighth MRI in the Hospital is scheduled for later this year.

“All of these improvements allow us to meet the Hospital’s mission – to provide the highest quality patient care, improve mobility, and enhance the quality of life for all,” said Thomas P. Sculco, Surgeon-in-Chief. ●

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## Our Patients

# MAKING UP FOR LOST TIME

### **Anne Welles**

With pain so severe that she was unable to braid her daughter's hair or tie her shoes, Anne Welles refused to allow systemic lupus erythematosus (SLE) to hold her back. This young mother of two and her HSS rheumatologist Anne R. Bass, MD, (see other side) worked hand in hand to find a solution. Through a course of chemotherapy to treat lupus nephritis, and then a range of therapeutic interventions, doctor

and patient together found the right treatment. Today, five years since her most severe flare-up, Anne's lupus is in remission, she is virtually pain free and has been able to cut back on her medications. With more energy and a brighter outlook, Anne is making up for lost time. She returned to school for training in landscape design and has since launched her own business. "Dr. Bass never gave up on me. I always felt that she understood what I was going through and cared."

For more information visit  
<http://www.hss.edu/d2r>





Our Physicians

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PARTNERING  
WITH  
PATIENTS

**Anne R. Bass, MD**

Associate Attending Physician  
Anne R. Bass, MD, specializes in the treatment of autoimmune diseases such as systemic lupus erythematosus (SLE), as well as other inflammatory and musculoskeletal disorders. She serves as program director of the HSS Rheumatology Fellowship Program. Dr. Bass, who has treated patients suffering from Lupus, Lyme Disease, Vasculitis, Inflammatory Eye Disease, Rheumatoid Arthritis and Venous Thromboembolism for over 18 years, knows the importance of

doctor-patient communication. Such dialogue was critical in the treatment of her patient Anne Welles (see other side). "Anne's experience with lupus exemplifies the issues that surround giving very potent medications to a patient. As a physician, you have to watch the patient closely, engage in lots of discussions, be there for them when they are very sick, explain what they are going through, and take the time to listen and explore their concerns until a treatment is found that both works and helps to maintain quality of life."