

# ROAR 2018

Reaching Out with **Arthritis Research**

**PUBLIC FORUM**

## **MEDIA KIT**

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## **EVENT DETAILS**

**DATE:** September 29, 2018

**TIME:** 9:30am to 12:30pm

**LOCATION:** Ismaili Centre of Burnaby  
(4010 Canada Way)

**REGISTER: <https://conta.cc/2MLI7U2>**

## **Arthritis Research Public Forum Returns for 13th Year**

*Top Scientists to Reveal Latest in Arthritis Prevention and Treatment at ROAR 2018*

**Vancouver, BC** – Leading research scientists will present the latest in arthritis prevention and treatment at Arthritis Research Canada’s annual Reaching Out with Arthritis Research public forum on **September 29**.

The event is hosted by the patient advisory board of Arthritis Research Canada – the largest clinical arthritis research centre in North America – and includes six presentations, a panel discussion and a live-webinar for those who can’t attend in-person.

“Reaching Out with Arthritis Research bridges the gap between research and the real world,” said Dr. John Esdaile, Arthritis Research Canada’s scientific director. “It’s an opportunity for the public to find out how research leads to prevention and life-changing treatments.”

This year’s presentations will cover everything from how to prevent arthritis to medication safety during pregnancy to joint replacement surgery advice to basic and cutting-edge assistive devices and activity modifications to the importance of arthritis research and more.

“We are the first organization in the world to conduct studies on the safety of arthritis medication use during pregnancy,” Dr. Esdaile said. “And this is just one example of what people can learn about at ROAR. We’re always pushing the boundaries to improve quality of life for those living with arthritis.”

Reaching Out with Arthritis Research 2018 will take place at the **Ismaili Centre of Burnaby (4010 Canada Way)** on **September 29th from 9:30am to 12:30pm**.

**To register for the in-person event or the live webcast, click here: <https://conta.cc/2MLI7U2>**

## **ABOUT REACHING OUT WITH ARTHRITIS RESEARCH (ROAR)**

Reaching out with Arthritis Research is a public forum hosted by the patient advisory board of Arthritis Research Canada. Every year, top scientists and medical professionals present on various topics related to arthritis research. The event includes a panel discussion where members of the audience are encouraged to ask presenters questions. This year's ROAR event will be held at the Ismaili Centre of Burnaby (4010 Canada Way). Those who are unable to attend the event in-person, can watch via live webcast.

**More information about ROAR 2018:** <http://www.arthritisresearch.ca/roar>

**Live webcast link:** <http://www.arthritisresearch.ca/roar2018webcast>

**View ROAR 2017 panel discussion:** <https://www.youtube.com/watch?v=GRWwWpG9H6c>

## **ABOUT ARTHRITIS RESEARCH CANADA**

Arthritis Research Canada is the largest clinical arthritis research centre in North America. Our mission is to transform the lives of people living with arthritis through research and engagement. Led by world-renowned rheumatologist, Dr. John Esdaile, Arthritis Research Canada's scientific team of over 100 are creating a future where people living with arthritis are empowered to triumph over pain and disability. With centres in British Columbia, Alberta and Quebec, Arthritis Research Canada is leading research aimed at arthritis prevention, early diagnosis and treatment, and quality of life issues.

## **PRESENTATION DESCRIPTIONS**

### **Preventing arthritis: would you if you could?**

#### **Dr. Mark Harrison**

Asking a question about whether or not someone would prevent arthritis if they could might seem rhetorical. After all, arthritis is painful and life-altering. It affects more than 5.6 million Canadians. But the decision to try to prevent arthritis when you are healthy can be a difficult one. It involves assessing the risks of different treatments, considering what you feel is important and much more. Dr. Mark Harrison highlights the latest research in arthritis prevention and reveals why some decide to take the path to prevention before symptoms appear.

### **Arthritis medication & pregnancy: is it safe?**

#### **Dr. Mary De Vera**

Arthritis can strike at any age. Even pregnant women can have it. In fact, women are more likely than men to be diagnosed with arthritis and often during their childbearing years. It is important to understand how arthritis medications impact the health of mothers and babies to support safe pregnancies in women with arthritis. Dr. Mary De Vera sheds light on the use of biologics during pregnancy among women with arthritis and their effects on pregnancy outcomes.

### **Fork in the road: contemplating surgery**

#### **Dr. Nick Bansback**

Total joint replacement surgery has improved the lives of millions around the globe. But that doesn't mean it's the right choice for everyone. The benefits and potential harms change over a person's lifetime. Age, pain level and expectations for an active lifestyle can determine if a total joint replacement is the right choice. Dr. Nick Bansback reveals how new research is helping personalize information so patients and their surgeons can choose the best treatment options for them.

## **Canes, orthotics & footwear: how do they work?**

### **Dr. Michael Hunt**

Dr. Michael Hunt covers all things in the way of assistive devices and activity modifications – from the ordinary to the extraordinary. Small changes to everyday activities make a big difference for people living with arthritis. Joint replacement surgery is not the only option. Shoe orthotics make walking easier. Simple exercises help build strength. Walking patterns can be changed to improve function. And soon, patients might even be able to wear sensors to monitor how they move. Get helpful pain management tips, device advice and discover cutting edge technology.

## **Moving from “What’s the matter?” to “What matters”**

### **Dr. Catherine Backman**

How do you measure whether an arthritis treatment is working? Doctors decide if a person’s treatment is effective based on a series of targets – low disease activity, remission, fewer symptoms etc. But if a mom can’t pick up her child or an employee can’t do his or her job, does it matter that the treatment is “working” from a medical perspective? Dr. Catherine Backman turns the traditional way of measuring treatment success on its head. Find out how to stop thinking about arthritis as something that happens to you and start thinking about controlling the disease so you can do the activities that matter most to you.

## **Arthritis Research Canada: transforming lives through research**

### **Dr. John Esdaile**

Around 20 to 30 years ago, people diagnosed with arthritis expected to become more and more disabled over time. They also believed the disease would cut their lives short. But thanks to arthritis research, patients don’t have to accept disability and premature death as their fate. Arthritis Research Canada has conducted life-changing research that suggests heart attacks and strokes in people with arthritis are actually complications caused by inflammation, which can be controlled. This means disability and premature death can be prevented! Find out how early diagnosis is a critical first step in transforming and saving the lives of people with arthritis.

## PRESENTERS



**Dr. Mark Harrison**

Preventing arthritis:  
would you if you could?



**Dr. Michael Hunt**

Canes, orthotics  
& footwear:  
how do they work?



**Dr. Mary De Vera**

Arthritis medication &  
pregnancy: Is it safe?



**Dr. Catherine Backman**

Moving from  
“What’s the matter?”  
to “What matters”



**Dr. Nick Bansback**

Fork in the road:  
contemplating surgery



**Dr. John Esdaile**

Arthritis Research  
Canada: transforming  
lives through research

## **PRESENTER BIOS**

### **Dr. Mark Harrison, MSc, PhD**

#### **Affiliate Scientist**

Dr. Mark Harrison is a health economist, epidemiologist and an assistant professor in sustainable health care in the Faculty of Pharmaceutical Sciences at the University of British Columbia (UBC). Prior to joining UBC, he held the position of senior research fellow in health economics at the Centre for Health Economics at the University of Manchester in the UK. Dr. Harrison's main research interests lie in evaluating treatment outcomes in chronic diseases. He specifically uses data to study the cost-effectiveness of treatments and the quality of life of patients with rheumatic diseases. He also evaluates health technology and policy, preferences for health care interventions, the way health care is delivered and the role of risk and uncertainty in patient health care decision-making. Dr. Harrison has a first-class honours BSc in Business and Management Sciences from the University of Bradford, an MSc from the University of Edinburgh and a PhD in Epidemiology from the University of Manchester.

### **Dr. Mary De Vera, MSc, PhD**

#### **Research Scientist of Pharmacoepidemiology**

Dr. Mary De Vera is a pharmacoepidemiologist/health services researcher and an assistant professor in the Faculty of Pharmaceutical Scientists at the University of British Columbia (UBC). The theme of her research is "medication matters" and her goal is to improve outcomes of medication taking in different patient populations. Her current research interests include understanding medication adherence, developing interventions and examining the use and impacts of arthritis medications among pregnant women with arthritis. Dr. De Vera has an MSc and PhD from UBC's School of Population and Public Health. She also completed post-doctoral fellowships at the University of Montreal's Faculty of Pharmaceutical Sciences and UBC's Faculty of Pharmaceutical Sciences.

## **Dr. Nick Bansback, MSc, PhD**

### **Research Scientist of Health Economics**

Dr. Nick Bansback is an assistant professor at the School of Population and Public Health at the University of British Columbia (UBC) and a scientist at the Centre for Health Evaluation and Outcomes (CHEOS) and the Providence Health Research Institute. Dr. Bansback's research focuses on health economics and the cost-effectiveness of biologics in the treatment of rheumatoid arthritis. His research specifically aims to inform policy decisions about health care by taking the patient perspective into account. Dr. Bansback has a BSc in Mathematics, an MSc in Health Services Research and a PhD in Health Economics.

## **Dr. Michael Hunt, MSc, MPT, PhD**

### **Affiliate Scientist**

Dr. Michael Hunt is a clinical biomechanist, associate professor in the Department of Physical Therapy and director of the Motion Analysis and Biofeedback Laboratory at the University of British Columbia (UBC). Dr. Hunt's work involves understanding the impact of injury and disease on the mechanics of how people move. He specifically assesses joint structure and the impact of arthritis on movement. He also develops conservative treatment approaches that integrate biomechanical (movements), biochemical (chemical processes in the body) and neuromuscular (nerves and muscles) outcomes. Dr. Hunt has a Master's in Physical Therapy and a PhD in Rehabilitation Sciences from the University of Western Ontario. He also spent two years as the Sir Randal Heymanson Research Fellow at the University of Melbourne.

**Dr. Catherine Backman, PhD, Reg. OT(BC), FCAOT**

**Senior Scientist of Rehabilitation**

Dr. Catherine Backman is a professor of occupational science and occupational therapy at the University of British Columbia (UBC), an affiliated researcher at the Vancouver Coastal Health Research Institute and an investigator with the Canadian Arthritis Network. Dr. Backman is interested in reducing the impact of arthritis on everyday activities. Her research specifically evaluates the outcome of occupational therapy and rehabilitation interventions on roles like parenting and employment. She is also interested in the psychosocial impact of chronic illness on individuals and the strategies people use to thrive while living with arthritis. Dr. Backman has a BSc in Rehabilitation from UBC, an MSc from the University of Washington and a PhD in Health Care and Epidemiology from UBC.

**Dr. John Esdaile, MD, MPH, FRCPC, FCAHS, MACR**

**Scientific Director**

Dr. John Esdaile is an internationally respected rheumatologist who spearheaded the creation of Arthritis Research Canada. He is a professor of medicine in the Division of Rheumatology at the University of British Columbia's (UBC) Department of Medicine. Dr. Esdaile's research interests include rheumatoid arthritis, osteoarthritis and systemic lupus erythematosus. He completed his undergraduate medical training at McGill University and his post-graduate training in Montreal, Toronto and London, England. He also completed a Master's of Public Health degree at the Yale University School of Medicine. Dr. Esdaile has served as head of rheumatology at McGill University and UBC.