



Arthritis Research Centre of Canada  
Arthrite-recherche Canada

**LEADING RESEARCH.  
FINDING ANSWERS.  
SAVING LIVES.**

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“WE’RE NOT ONLY MAKING LIVES

# MESSAGE FROM THE SCIENTIFIC DIRECTOR

Dr. John Esdaile  
MD, MPH, FRCPC, FCAHS  
Scientific Director

The scientific team at the Arthritis Research Centre of Canada (ARC) has worked to make this another banner year. Ground-breaking scientific research... new technologies to dramatically increase access to important arthritis medication information... and innovative approaches to transferring the knowledge we are gathering to ensure it reaches the widest range of patients and health professionals are all components of ARC’s story of success.

ARC’s multidisciplinary approach drives this success. Thanks to the best scientists in rheumatology, rehabilitation science, public health, epidemiology, pharmacoepidemiology, biostatistics health economics and education, huge inroads are being made in arthritis treatment. **With a team of more than 60 scientists in research centres in British Columbia, Alberta and Quebec, ARC is Canada’s premier arthritis research institute and is improving the lives of 4.6 million Canadians suffering from arthritis.**



Rheumatoid Arthritis and Medication Video with Dr. Diane Lacaille

We’re not only making lives better, we’re saving them. Too often arthritis is dismissed as ‘just some aches and pains’. Dr. Diane Lacaille and her team put the gravity of arthritis into clear focus this year when she showed how arthritis increased the risk of patients’ death from heart disease and stroke, and showed how treatment could eliminate the early deaths. This work will save lives.

Patients are being empowered to take charge of their health by ARC’s research. In partnership with the Centre for Digital Media, lead scientist Dr. Linda Li and her team





## BETTER, WE'RE SAVING THEM."

recently launched **ANSWER I** - an innovative web-based program which educates patients with rheumatoid arthritis on their condition and helps them to make effective decisions on the right treatment for them. Thousands have used the tool, and Li and her team are already hard at work pushing the envelope forward with an even more advanced edition.

It is incredibly important that we not only make groundbreaking advances in research, but that the people most affected - the millions of arthritis sufferers in this country and around the world - know about the new possibilities being opened by science. That's why I am particularly proud that **ARC received the Canadian Institutes of Health Research (CIHR) award** for knowledge translation this past year. This prestigious commendation was given to ARC "for its long-standing commitment to knowledge translation and for the leadership and innovation it has shown in its efforts to improve the lives of people with arthritis." We work hard at ARC to actively share our research findings with patients, health professionals and health service organizations. The Centre has pioneered the use of social media and new digital technologies, such as Li's smartphone tool, to share information with patients and health professionals. We're delighted that these efforts are being recognized.

It takes a great team to make these kinds of scientific advances happen. I am enormously proud of our team here at ARC, and look forward to the many new ways we will lead research, find answers and save lives in the year ahead.

**"IT TAKES A GREAT TEAM TO MAKE THESE KINDS OF SCIENTIFIC ADVANCES HAPPEN. I AM ENORMOUSLY PROUD OF OUR TEAM HERE AT ARC, AND LOOK FORWARD TO THE MANY NEW WAYS WE WILL LEAD RESEARCH, FIND ANSWERS AND SAVE LIVES IN THE YEAR AHEAD."**



Smartphone with Answer I



# MESSAGE FROM THE EXECUTIVE DIRECTOR

Shauneen Kellner  
Executive Director

As we move into our 14th year, it is very gratifying for me to see the accomplishments of the past twelve months.

Thanks to the generosity of the Milan and Maureen Ilich Foundation and Progressive Construction, we are now settled into our new home in Richmond. This facility has really enabled the staff to grow and collaborate more, and is a great gift to the organization.

ARC is a special place with a special team. The passion and drive of our hardworking staff, scientists and volunteers are an inspiration to everyone.

# MESSAGE FROM THE CHAIR

Ron McKerrow  
Chair of the Board of Directors

The Arthritis Research Centre of Canada (ARC) has had another exciting and productive year. On behalf of the board of directors, I salute the work of the entire ARC staff, and especially executive director Shauneen Kellner and scientific director Dr. John Esdaile. Through their hard work and leadership, ARC continues to deliver high quality research that not only benefits patients with arthritis, but also establishes the organization as one of the best in the world.

I am especially proud to note honours received by members of our ARC family this past year: Dr. Kam Shojania received the Canadian Rheumatology Association Teacher Educator Award, Dr. Diane Lacaille and long-time Consumer Advisory Board member Gordon Whitehead were awarded Queen Elizabeth II



**Our world-class team is making a huge contribution to improving the lives of people with arthritis. New initiatives in fund development and volunteer activities are enabling ARC to advance this mission, and will be an even more important part of our work in years ahead.** A particular highlight this year was the introduction of our premier special event the ARThritis Soirée. Under the leadership of volunteer committee chair Naz Panahi, the event raised nearly 175 thousand dollars for important research.

I would also like to acknowledge and thank our Board of Directors who drive our vision and provide us with the solid governance which makes everyone's work possible.

Please join me in celebrating our successes over the past year and share in the excitement of growing ARC in the year ahead.

Diamond Jubilee Medals, and our scientific director Dr. John Esdaile received the prestigious Jonas Salk Award and the American College of Rheumatology Master Designation.

A key component of ARC's success is due to the support of the Consumer Advisory Board and ARC's legion of volunteers. Board member Celine Pitre has long been a leader in that legion. She has been a champion of the role of patients with arthritis in ARC's work, and a tireless worker in creating and presenting the ROAR series, our educational health forum. As Celine steps down from the board, we wish her the best and hope to continue to benefit from her wise counsel from time to time.

**We have a plan for the future that will see ARC continue to grow and make a critical difference in the lives of millions of arthritis patients.** As we look to the year ahead, we are welcoming two outstanding board members: Colin Hansen and Joe Rogers. We look forward to the contributions that will be made by these committed individuals, as we work to expand ARC's funding base and make arthritis research a provincial and national priority.

# SCIENTIFIC TEAM

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## **Dr. John Esdaile**

Scientific Director  
MD, MPH, FRCPC, FCAHS

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Appointments  
Professor of Medicine  
Division of Rheumatology  
Department of Medicine  
University of British Columbia

## **Aslam Anis**

Senior Research Scientist  
Health Economics  
PhD, FCAHS

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Appointments  
Professor, Health Economics  
School of Population and Public Health  
University of British Columbia  
Director  
Centre for Health Evaluation and Outcome Sciences (CHEOS)  
Providence Health Care  
National Co-Director  
CIHR Canadian HIV Trials Network (CTN)

## **Antonio Avina-Zubieta**

Research Scientist, Rheumatology  
BC Lupus Society Scholar  
MD, MSc, PhD

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Appointments  
Assistant Professor  
Division of Rheumatology  
Department of Medicine  
University of British Columbia

## **Catherine Backman**

Research Scientist, Rehabilitation  
PhD, OT(C), FCAOT

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Appointments  
Professor and Head  
Department of Occupational Science & Occupational Therapy  
University of British Columbia  
Affiliated Researcher  
Vancouver Coastal Health Research Institute

## **Nick Bansback**

Research Scientist, Health Economics  
MSc, PhD

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Appointments  
Assistant Professor  
School of Population and Public Health  
University of British Columbia  
Scientist  
Centre for Health Evaluation and Outcome Sciences  
(CHEOS), Providence Health Research Institute

## **Cheryl Barnabe**

Research Scientist, Rheumatology  
MD, MSc, FRCPC

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Appointments  
Assistant Professor  
Division of Rheumatology  
Department of Medicine and Department of Community  
Health Sciences, University of Calgary

## **Hyon Choi**

Research Scientist, Rheumatology  
MD, DrPH, FRCPC

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Appointments  
Professor of Medicine  
Boston University

## **Jolanda Cibere**

Research Scientist, Rheumatology  
MD, FRCPC, PhD

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Appointments  
Associate Professor  
Division of Rheumatology  
Department of Medicine  
University of British Columbia

## **Ann Clarke**

Research Scientist, Rheumatology  
Arthritis Society Chair in Rheumatic Diseases/Rheumatology  
MD, MSc, FRCPC

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Appointments  
Professor  
Division of Rheumatology  
Department of Medicine  
University of Calgary  
Vice Chair  
Systemic Lupus International Collaborating Clinics (SLICC)



### **Mary De Vera**

Research Scientist, Pharmacoepidemiology  
MSc, PhD

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#### Appointments

Assistant Professor  
Faculty of Pharmaceutical Sciences  
University of British Columbia

### **Paul Fortin**

Research Scientist, Epidemiology  
MD, MPH

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#### Appointments

Professor  
Centre de Recherche  
Université Laval  
Clinician-Scientist  
Centre de recherche du Centre hospitalier universitaire de Québec

### **Donald Garbuz**

Research Scientist, Orthopaedics  
MD, MHSc, FRCSC

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#### Appointments

Professor, Orthopaedic Surgery  
Department of Orthopaedics  
University of British Columbia

### **Charlie H. Goldsmith**

Milan and Maureen Ilich/Merck Chair in Statistics  
for Arthritis and Musculoskeletal Diseases  
MSc, PhD

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#### Appointments

Professor, Health Sciences  
Simon Fraser University

### **Nelson Greidanus**

Research Scientist, Orthopaedics  
MD, MPH, FRSCS, PhD Candidate

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#### Appointments

Assistant Professor, Orthopaedic Surgery  
Department of Orthopaedic Surgery  
University of British Columbia

### **Jacek Kopec**

Senior Research Scientist, Epidemiology  
MD, PhD

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#### Appointments

Professor  
School of Population and Public Health  
University of British Columbia

### **Diane Lacaille**

Senior Research Scientist, Rheumatology  
Mary Pack Chair in Rheumatology  
MD, MHSc, FRCPC

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#### Appointments

Professor  
Division of Rheumatology  
Department of Medicine  
University of British Columbia

### **Linda Li**

Senior Research Scientist, Clinical Epidemiology  
Harold Robinson Chair/Arthritis Society Chair  
in Arthritic Diseases  
BSc(PT), MSc, PhD

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#### Appointments

Associate Professor  
Department of Physical Therapy  
University of British Columbia

### **Carlo Marra**

Research Scientist, Pharmacoepidemiology  
PharmD, PhD, FCSHP

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#### Appointments

Assistant Professor, Pharmacy Practice  
Department of Pharmaceutical Sciences  
University of British Columbia  
Director  
Collaboration for Outcomes Research and Evaluation (CORE)

### **Deborah Marshall**

Research Scientist, Health Services Research  
and Health Economist  
PhD, MHSA

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#### Appointments

Canada Research Chair  
Health Services and Systems Research  
Associate Professor  
Department of Community Health Sciences  
Director  
Health Technology Assessment  
Alberta Bone Joint Health Institute Faculty of Medicine  
University of Calgary

### **Kamran Shojanian**

Clinical Trialist and former Director of  
Clinical Trials  
MD, FRCPC

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#### Appointments

Head  
UBC, St. Paul's and VGH Divisions of Rheumatology  
Postgraduate Program Director  
Rheumatology  
Department of Medicine  
University of British Columbia





## 2013 ARTHRITIS SOIRÉE

ARC's first signature fundraising event raised nearly 175 thousand dollars for important arthritis research. An elegant, sophisticated and fun cocktail reception, the ARThritis Soirée combined an appreciation for art with a desire to support arthritis research. Guests enjoyed an incredible evening which included hors d'oeuvres, cocktails, an art exhibit, entertainment, art auction and more. The evening was a huge success, thanks to the hard work of the event committee, under the leadership of volunteer chair Naz Panahi.

## ROAR 2013

Reaching Out with Arthritis Research (ROAR) is an annual interactive educational forum developed and led by ARC's Consumer Advisory Board. This event presents ARC's latest research findings to people with arthritis, their family members, and the public in easy-to-understand language. Nearly 200 people participated in ROAR 2013. Entitled *Don't Let Your Arthritis Kill You - Take Action!*, the event provided information on the increased risk of mortality from heart attack, stroke, and blood clots among arthritis patients. Drs. Antonio Avina, Diane Lacaille and John Esdaile outlined the research and explained what could be done to prevent early deaths.



# THANK YOU

ARC's work is made possible by the support of government, granting agencies and the incredible generosity of individual Canadians. We particularly want to thank and acknowledge the Government of Canada and the Canadian Institutes of Health Research, the University of British Columbia, the Michael Smith Foundation for Health Research, the Arthritis Society, Fonds de la recherche en santé de Québec, and Alberta Innovates Health Solutions; and the great support of our individual donors including the Milan and Maureen Ilich Foundation, Lynn Hsu and Jack Kowarsky and the Lohn Foundation.

## Discovery Circle

Milan & Maureen Ilich Foundation

## Scholars Club

Lynn Hsu

## Fellows Circle

Dr. Aslam & Janet Anis  
Fraser & Andrea Atkinson  
Joe & Elizabeth Atkinson  
Christine Basque

Ron & Susan Emerson  
Dr. John M. Esdaile  
Dr. Paul R. Fortin  
Dale Gausman  
Lohn Foundation

Jim & Mollie Longo  
Louise McKechnie  
Ron & Leslie McKerrow  
Amitis Panahi  
Naz Panahi

Jane Bern  
Beta Sigma Phi  
Brockmann's Chocolates Inc.  
Senator Patricia Carney

Lianne Gulka & Carl Hoyt  
Dr. Nancy Hudson  
Otto Kamensek  
Shauneen M. Kellner

Panahi Family  
Céline Pitre  
Rona Radler  
C. Joseph Rogers

Barry / Laurie Cavanaugh & Family  
Dr. Jolanda Cibere  
Barbara & Douglas Dawson  
Don & Carolyn Elkington

Cheryl Koehn  
Dr. Barry E. Koehler  
Dr. Diane Lacaille  
Dr. Linda Li

Dr. Robert Rothwell  
Dr. Kam & Anna Shojania  
Maureen & Dimitri Tymkiw  
Norman Zottenberg

## YOUR DONATIONS AT WORK

**\$10,000** provides supplies needed to run our research patient examination room for one year

**\$30,000** provides funding for our patient advisory group which contributes critical input to our research

**\$50,000** can support a young PhD scientist in their investigation of new treatments for people with arthritis.

**\$120,000** can fund the work of a leading scientist in an area of ground-breaking research

# STATEMENT OF FINANCIAL POSITION

**As at March 31, 2013**

In our opinion, the financial statements present fairly, in all material respects, the financial position of the Arthritis Research Centre Society of Canada / Arthrite-Recherche Canada as at March 31, 2013 and the results of its operations and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

**Loewen Kruse**  
Chartered Accountants



## ASSETS

### CURRENT

Cash	\$584,202
Restricted Cash	\$40,000
Investments	\$1,622,246
Accounts receivables	\$243,139
Recoverables – HST	\$53,298
Prepaid expenses	<u>\$5,801</u>
	<b>\$2,548,686</b>

RESTRICTED CASH \$5,279,480

RESTRICTED INVESTMENTS \$200,000

CAPITAL ASSESTS \$97,585

**\$8,125,751**

## LIABILITIES AND NET ASSETS

### CURRENT

Accounts payable & accrued liabilities	\$246,983
Payables – Payroll deductions	\$14,118
Deferred gaming grant	<u>\$40,000</u>
	<b>\$301,101</b>

DEFERRED CAPITAL CONTRIBUTION \$11,993

DEFERRED REVENUES \$4,105,163  
**\$4,418,257**

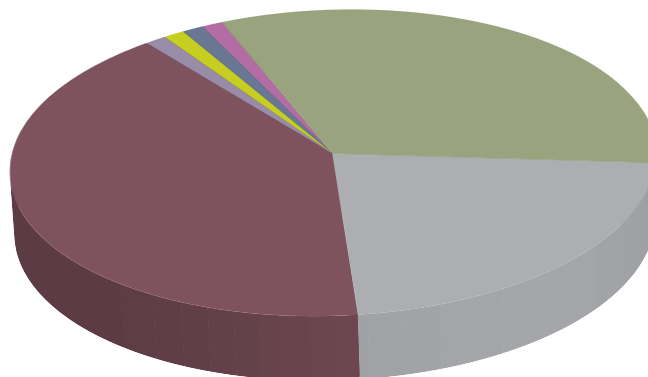
### NET ASSETS

Unrestricted	\$2,247,585
Internally restricted	\$1,259,909
Endowments	<u>\$200,000</u>
	<u>\$3,707,494</u>
	<u><b>\$8,125,751</b></u>



## REVENUE

Research grants	\$2,206,556
Donations	\$1,138,433
Interest and other	\$2,084,347
Clinical Trials	\$77,660
The Arthritis Society operating grant	\$66,313
Unrealized gain on investments	\$36,270
Gaming Grants	\$35,000
	<u>\$5,644,579</u>

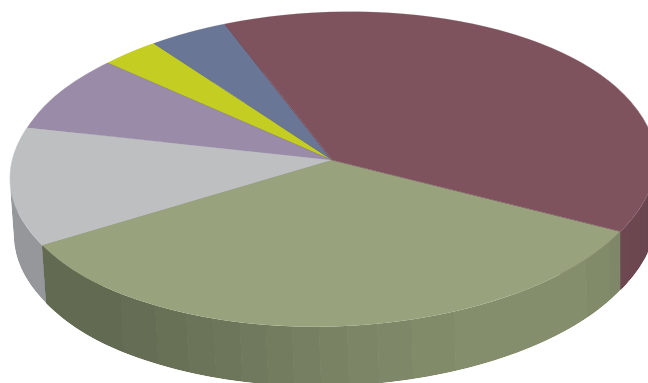


## REVENUE

- 39% – Research Grants
- 20% – Donations
- 37% – Interest & other
- 1% – Clinical Trials
- 1% – The Arthritis Society
- 1% – Investments
- 1% – Gaming grants

## EXPENSES

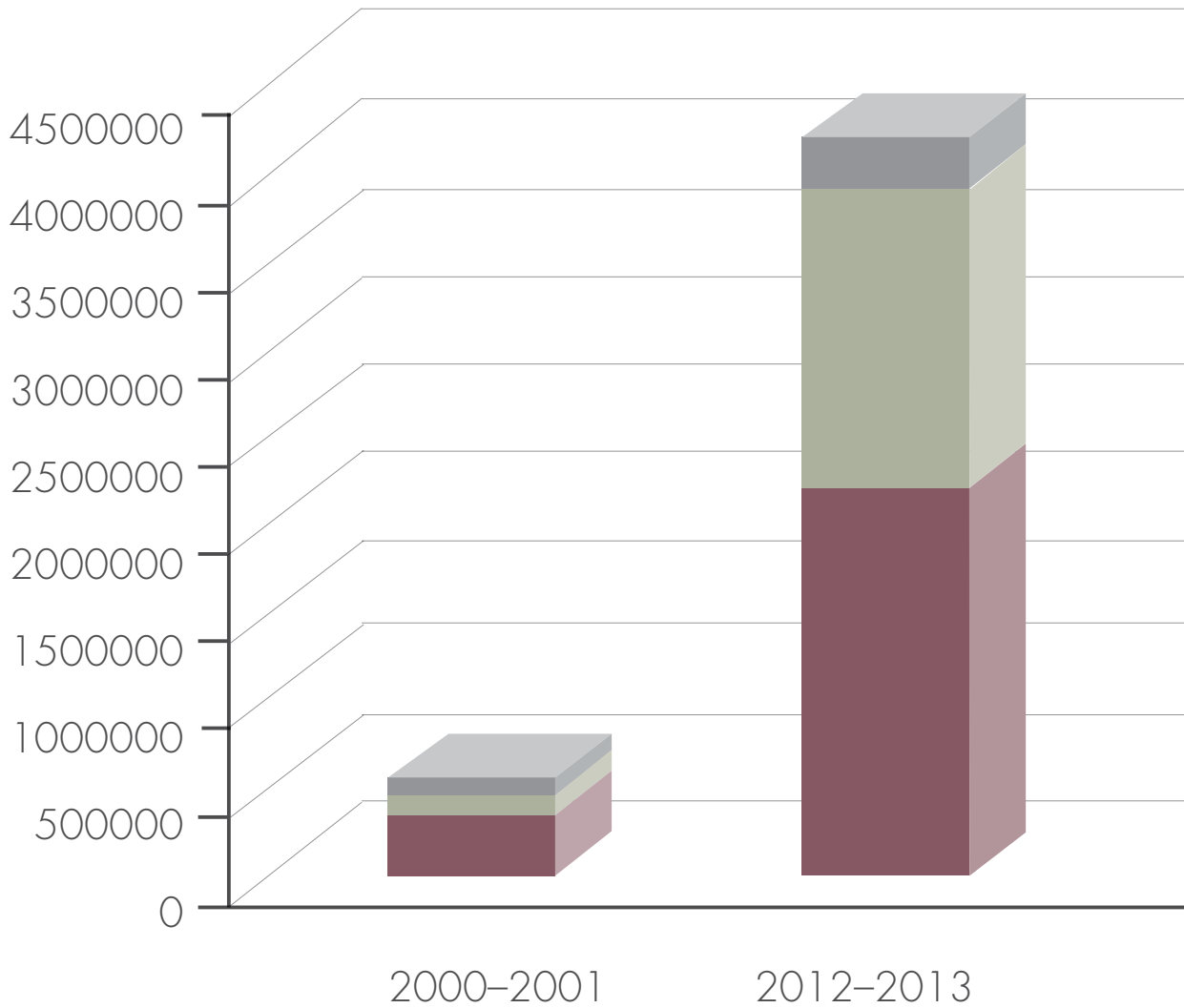
Research	
Salaries and benefits	\$1,339,667
Direct project costs	\$1,186,060
Administrative salaries & benefits	\$413,444
Operations	\$268,127
Premises	\$106,530
Clinical trials	
Salaries and benefits	\$73,821
Direct project costs	\$7,986
Amortization	\$18,453
Recoveries	(\$254,229)
	<u>\$3,159,859</u>
Excess of revenues over expenses	<u>\$2,484,720</u>



## EXPENSES

- 39% – Research Salaries & Benefits
- 34% – Direct Project Expenses
- 12% – Admin. Salaries & Benefits
- 8% – Operations
- 3% – Premises
- 4% – Clinical Trials

# FUNDING GROWTH



- Trainee Salary Awards
- Investigator Salary Awards
- Research Project Grants

**Over the past thirteen years, the Arthritis Research Centre of Canada has built a strong funding base with grants and salary awards. Since the organization's founding in 2000, external funding has increased dramatically from under a million dollars to more than \$4 million today.**





Arthritis Research Centre of Canada  
Arthrite-recherche Canada

Join us in improving the lives of 4.6 million  
Canadians living now with the pain and  
disability of arthritis.

**Help us triumph over arthritis.**

**[arthritisresearch.ca](http://arthritisresearch.ca)**

Arthritis Research Centre of Canada

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**[arthritisresearch.ca](http://arthritisresearch.ca)**