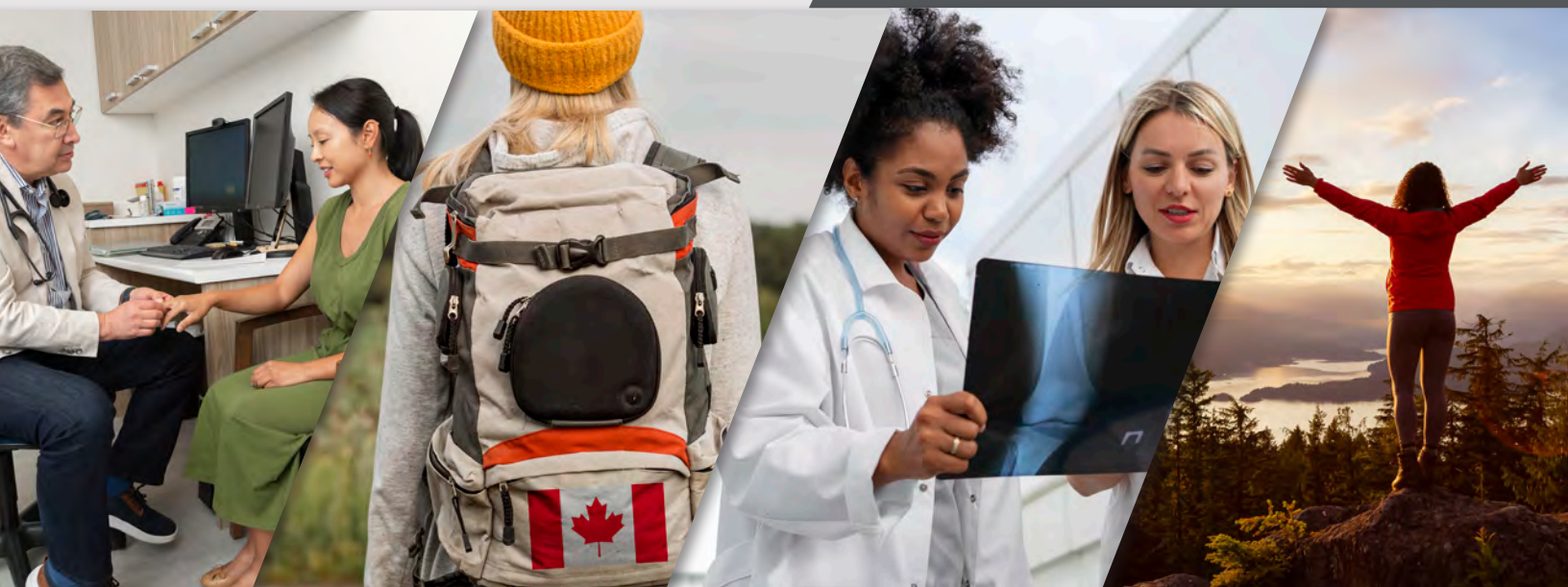




ARTHRITIS RESEARCH CANADA  
ARTHRITE RECHERCHE CANADA

# ARTHRITIS RESEARCH FROM COAST TO COAST

2022/2023 ANNUAL REPORT





**ARTHRITIS RESEARCH CANADA**  
**ARTHRITE RECHERCHE CANADA**

## **MISSION STATEMENT**

To transform the lives of people living with arthritis  
through research and engagement.

## **VISION STATEMENT**

A future where research-based services, tools and  
knowledge empower people living with arthritis to triumph over  
pain and disability.

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*Photo credit: Sombilon Studios*

# MESSAGE FROM THE SCIENTIFIC DIRECTOR

## Dr. Diane Lacaille

It has been a busy year as scientists, patient partners, and trainees continue to work tirelessly to improve quality of life for millions of people living with arthritis. The diversity of our research mirrors the complexity of the many diseases under the umbrella of arthritis and the many ways arthritis affects a person's life.

To that end, we have continued to build our multidisciplinary team by welcoming new scientists, expanding our scope of expertise and collaborations from coast to coast, including the announcement of a new centre at Dalhousie University in Nova Scotia.

The next generation of scientists is critical to the future of arthritis research. The creation of an Arthritis Research Canada Trainee Network, led by Scientist Dr. Mary De Vera, reflects our commitment to nurturing promising talent. We are also excited to announce our partnership with the University of British Columbia and the launch of the Dr. John Esdaile Professorship in Arthritis Research that will support the career of an arthritis scientist in perpetuity.



My congratulations to the scientific team for their continued success in securing competitive funding grants of \$11.5 million in 2022/23 and their leadership in presenting research at conferences around the world. We are making tremendous progress in research that improves delivery of care and health outcomes for people living with arthritis.

I would like to wish a happy and fulfilling retirement to Arthritis Research Canada Senior Scientists, Dr. Jacek Kopec and Dr. Catherine Backman. We, along with millions of Canadians, have benefitted from their immense knowledge and tremendous contributions.

Although we have made great strides in research, there is still a significant need to find solutions to the challenges of living with arthritis. Life-changing arthritis research is made possible through the generosity of individuals, businesses, funding partners, and our government.

Thank you for investing in us.

# MESSAGE FROM THE EXECUTIVE DIRECTOR

## Rob Appleton

My role allows me the unique opportunity to see innovative arthritis research in action every day. The collaboration between research teams and patient partners is what distinguishes Arthritis Research Canada/Arthrite-recherche Canada. It provides that important connection that ensures our research is meaningful and directly benefits millions of people living with arthritis.

I am pleased to report that Arthritis Research Canada has completed another successful annual audit. Each year our organization meets and exceeds accountability requirements through rigorous and transparent practices. We are proud of our low administrative cost, knowing that each dollar we receive is being used to achieve the greatest impact in leading-edge arthritis research.

As we look forward and prepare for Arthritis Research Canada's next three-year Strategic Plan, I am excited for the opportunities and growth that will carry us to 2027. Patient engagement and equity, diversity and inclusion will be paramount across all strategic directions.



None of this would be possible without the ongoing support of our donors and volunteers- individuals, organizations, businesses and foundations who are committed to investing in vital arthritis research. We are extremely grateful to everyone who supports our research so that all people with arthritis can get back to living life to the fullest.

Thank you for being a part of our community and for allowing critical arthritis research to advance.



# MESSAGE FROM THE BOARD CHAIR

## Jordan Langlois

Partner  
Kornfeld LLP

This past year has seen the organization achieve numerous milestones as we expanded our presence across Canada, exceeded our funding goals and celebrated a successful 10th Annual ARthritis Soirée.

We are pleased to welcome two new board members, Anna Shojania and Jatinder Sidhu, both of whom bring exceptional skills and experience to further complement the board team and our efforts to stay squarely focused on the mission and vision of Arthritis Research Canada/Arthrite-recherche Canada. I extend my appreciation to all board members for their strategic guidance and governance that pushes the organization to achieve extraordinary success.

Arthritis Research Canada is a leader in innovative research that is changing and saving lives. Having seen firsthand the significant toll arthritis can take on someone's life, I am committed to doing all I can to help this worthy cause.

We need to work together to change the trajectory of this disease. To everyone who contributes to finding answers and shining a spotlight on arthritis – thank you from the bottom of my heart.



*I am honoured to have been appointed as the Board Chair for Arthritis Research Canada/Arthrite-recherche Canada this past December. It is a privilege to serve the organization in this capacity and I am excited for the opportunities that lay ahead.*

# BOARD OF DIRECTORS



**Jim Dales**

Retired



**Don Elkington**

Owner  
Elkington Investments

**PAST CHAIR**



**Rahim Esmail**

Senior Counsel  
TELUS



**Pauline  
Hadley-Beauregard**

Partner,  
Strategic Clarity Crux



**Rodrigue Lussier**

Investment Counsellor,  
Private Wealth  
Fiera Capital Corporation

**FINANCE CHAIR**



**Joy MacPhail**

Retired



**Samantha Rogers**

Patient Advisory  
Board Liaison



**Stephen Schwartz**

Partner  
Burns Fitzpatrick LLP



**Anna Shojania**

Chief Executive Officer  
AS Search & HR



**Jatinder Sidhu**

Chief Operating Officer  
Keith Scott Group

# PATIENT PARTNERS

Patient partners are at the core of Arthritis Research Canada/ Arthrite-recherche Canada. The lived experience and knowledge of our Arthritis Patient Advisory Board and Patients Interesses Par La Recherche Sur L'arthrite members are vital to shaping and guiding our research.

Members of the Board work closely with research scientists and trainees to bring research closer to people with arthritis. They develop important plain language summaries to communicate current and completed research, attend and present abstracts at two of the most highly regarded rheumatology conferences in Canada and the United States, participate as team members on a variety of studies, and contribute extensively to our Education Series, quarterly eNewsletter, and fundraising campaigns.

Arthritis Research Canada joins the Arthritis Patient Advisory Board in recognizing and thanking Kelly English, who steps down from the board after ten years of tireless dedication as a member and past co-chair. We also acknowledge Alison Legge, who leaves the board after two and a half years. Their valuable contributions will remain in the fabric of our organization for years to come.

## ARTHRITIS PATIENT ADVISORY BOARD

Samantha Rogers (Chair)

Nikki Bhatti

Eileen Davidson

Kevin Dombrova

Keeva Duffey

Sharona Franklin

Christine Graveline

Alison Hoens

Sadiq Jiwa

Nadine Lalonde

Corinne McCrimmon

Annette McKinnon

Shanon McQuitty

Philippa Mennell

Kohle Merry

Chris Pudlak

Charlotte Ryder-Burbidge

Louella Sequeira

Trish Silvester-Lee

Steve Sutherland

Natasha Trehan

Karen Tsui

Yvonne Wallace

## PATIENTS INTERESSES PAR LA RECHERCHE SUR L'ARTHRITE

Dr. Marie-Claude Beaulieu

Paul R Fortin

France Gervais

Jean Légaré

Denise St-Pierre





# SCIENTIFIC TEAM

**Diane Lacaille - MDCM, MHSc, FRCPC**  
*Scientific Director*

## APPOINTMENTS

Mary Pack Chair in Rheumatology Research  
 Professor, Division of Rheumatology, Department of Medicine, University of British Columbia

**Michal Abrahamowicz - PhD**  
*Research Scientist, Biostatistics*

## APPOINTMENTS

James McGill Professor of Biostatistics, Department of Epidemiology, Biostatistics and Occupational Health, Faculty of Medicine, McGill University  
 Medical Scientist, Division of Clinical Epidemiology, Research Institute, McGill University Health Centre

**Aslam H. Anis - PhD, FCAHS**  
*Senior Scientist, Health Economics*

## APPOINTMENTS

Professor and Director pro tem, School of Population and Public Health, University of British Columbia  
 Director, Centre for Advancing Health Outcomes, Providence Health Care Research Institute  
 National Director, CIHR Canadian HIV Trials Network (CTN)

**J. Antonio Aviña-Zubieta - MD, MSc, PhD, FRCPC**  
*Senior Scientist, Rheumatology*

## APPOINTMENTS

Associate Professor and Head, Division of Rheumatology, Department of Medicine, University of British Columbia  
 BC Lupus Society Research Scholar  
 Walter & Marilyn Booth Research Scholar

**Catherine Backman - PhD, FCAOT**  
*Senior Scientist, Rehabilitation Sciences*

## APPOINTMENTS

Professor Emeritus, Department of Occupational Science & Occupational Therapy, University of British Columbia  
 Affiliated Researcher, Vancouver Coastal Health Research Institute

**Nick Bansback - MSc, PhD**  
*Research Scientist, Health Economics*

## APPOINTMENTS

Associate Professor, School of Population and Public Health, University of British Columbia  
 Scientist, Centre for Advancing Health Outcomes, Providence Health Care Research Institute

**Claire Barber - MD, PhD, FRCPC**  
*Research Scientist, Rheumatology*

## APPOINTMENTS

Associate Professor, Division of Rheumatology, Department of Medicine and Department of Community Health Sciences, Cumming School of Medicine, University of Calgary  
 Scientific Director, Bone and Joint Health Strategic Clinical Network (BJH SCN), Alberta Health Services

**Megan Barber - BSc (Honours), MD, PhD**  
*Research Scientist, Rheumatology*

## APPOINTMENTS

Clinical Assistant Professor, Division of Rheumatology, Department of Medicine, Cumming School of Medicine, University of Calgary  
 Associate Director of Clinical Research and Clinical Trials, Lupus Centre of Excellence, University of Calgary

**Cheryl Barnabe - MD, MSc, FRCPC**  
*Senior Scientist, Rheumatology*

## APPOINTMENTS

Deputy Director, McCaig Institute for Bone and Joint Health, University of Calgary  
 Professor, Division of Rheumatology, Department of Medicine and Department of Community Health Sciences, Cumming School of Medicine, University of Calgary  
 Canada Research Chair, Rheumatoid Arthritis and Autoimmune Diseases

**Susan J. Bartlett - PhD**  
*Research Scientist, Psychology*

## APPOINTMENTS

Professor, Department of Medicine, Faculty of Medicine, McGill University  
 Senior Scientist, Research Institute, McGill University Health Centre  
 Adjunct Professor of Medicine, Johns Hopkins Medicine

**Susanne Benseler – MD, PhD**

*Research Scientist, Pediatric Rheumatology*

**APPOINTMENTS**

Director, Alberta Children's Hospital Research Institute

Professor, Department of Pediatrics, Cumming School of Medicine, University of Calgary

Cenovus Energy Chair in Child and Maternal Health

Alberta Children's Hospital Foundation Chair in Pediatric Research

**Hyon K. Choi - MD, DrPH, FRCPC**

*Research Scientist, Rheumatology*

**APPOINTMENTS**

Professor of Medicine, Harvard Medical School

Adjunct Professor of Medicine, University of British Columbia

Director, Clinical Epidemiology and Health Outcomes, Division of Rheumatology, Allergy, and Immunology, Department of Medicine, Massachusetts General Hospital

Director, Gout and Crystal Arthropathy Center, Department of Medicine, Massachusetts General Hospital

**May Y. Choi - MD, MPH, FRCPC**

*Research Scientist, Rheumatology*

**APPOINTMENTS**

Associate Professor, Division of Rheumatology, Department of Medicine, Cumming School of Medicine, University of Calgary

**Jolanda Cibere - MD, PhD, FRCPC**

*Senior Scientist, Rheumatology*

**APPOINTMENTS**

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

**Ann Clarke - MD, MSc, FRCPC**

*Research Scientist, Immunology*

**APPOINTMENTS**

Arthritis Society Chair in Rheumatic Diseases

Professor, Division of Rheumatology, Department of Medicine, University of Calgary

Professor, Department of Community Health Sciences, University of Calgary

Immediate Past Chair of the Systemic Lupus International Collaborating Clinics (SLICC)

**Inés Colmegna – MD**

*Research Scientist, Rheumatology*

**APPOINTMENTS**

Associate Professor, Division of Rheumatology, Department of Medicine, McGill University

Scientist, Research Institute, McGill University Health Sciences, Infectious Diseases and Immunity in Global Health Program Centre for Translational Biology

**Deborah Da Costa – PhD**

*Research Scientist, Psychology*

**APPOINTMENTS**

Associate Professor, Department of Medicine, Faculty of Medicine, McGill University

Scientist, Research Institute, McGill University Health Centre, Metabolic Disorders and Complications Program, Centre for Outcomes Research and Evaluation

**Mary De Vera - MSc, PhD**

*Research Scientist, Pharmacoepidemiology*

*Associate Director of Training*

**APPOINTMENTS**

Associate Professor, Faculty of Pharmaceutical Sciences, University of British Columbia

Associate Dean Postdoctoral Fellows, Faculty of Graduate and Postdoctoral Studies, University of British Columbia

Associate Director Education, Collaboration for Outcomes Research and Evaluation

Scientist, Centre for Advancing Health Outcomes

**Paul R. Fortin - MD, MPH, FRCPC**

*Senior Scientist, Rheumatology*

**APPOINTMENTS**

Professor, Division of Rheumatology, Department of Medicine, Université Laval

Clinician-Scientist, Axe Maladies Infectieuses et Immunitaires, Centre de recherche du CHU de Québec-Université Laval

Director, Centre ARThrite de l'Université Laval

**Donald Garbuz - MD, MHSc, FRCSC**

*Research Scientist, Orthopaedics*

**APPOINTMENTS**

Professor, Department of Orthopaedics Surgery, University of British Columbia

**Nelson Greidanus - MD, MPH, FRCSC**

*Research Scientist, Orthopaedics*

**APPOINTMENTS**

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



# SCIENTIFIC TEAM

**Glen Hazlewood - MD, PhD, FRCPC**

*Research Scientist, Rheumatology*

## APPOINTMENTS

Associate Professor, Division of Rheumatology,  
Department of Medicine and Department of Community Health  
Sciences, Cumming School of Medicine, University of Calgary

**Sabrina Hoa - MD, MSc, FRCPC**

*Research Scientist, Rheumatology*

## APPOINTMENTS

Clinician-scientist, Centre hospitalier de l'Université de Montréal  
Assistant Professor, Department of Medicine,  
Université de Montréal  
Université de Montréal Chair in Scleroderma Research

**Marie Hudson – MD, MPH, FRCPC**

*Research Scientist, Rheumatology*

## APPOINTMENTS

Clinician-Scientist, Jewish General Hospital and  
Lady Davis Institute  
Associate Professor, Department of Medicine,  
McGill University

**Alexandra Legge - MD, MSc, FRCPC**

*Research Scientist, Rheumatology*

## APPOINTMENTS

Assistant Professor, Division of Rheumatology,  
Department of Medicine, Dalhousie University  
Adult Rheumatologist, Queen Elizabeth II Health Sciences Centre,  
Halifax Nova Scotia  
Director, Dalhousie Lupus Clinic

**Linda Li - BSc(PT), MSc, PhD, FCAHS**

*Senior Scientist, Implementation Science*

## APPOINTMENTS

Professor, Department of Physical Therapy,  
University of British Columbia  
Harold Robinson Chair/Arthritis Society Chair in Arthritic Diseases  
Canada Research Chair, Patient-oriented Knowledge Translation

**Carlo Marra – BSc (Pharm), PharmD, PhD**

*Research Scientist, Pharmacoepidemiology*

## APPOINTMENTS

Professor and Dean, School of Pharmacy,  
University of Otago, Dunedin, New Zealand

**Deborah A. Marshall - PhD**

*Senior Scientist, Health Economics and  
Preferences Research*

## APPOINTMENTS

Professor, Departments of Community Health Sciences,  
Medicine Cumming School of Medicine, University of Calgary  
Scientific Director, Research Evaluation, Partnership and Impact,  
Alberta Children's Hospital Research Institute (ACHRI)

**Laëtitia Michou – MD, PhD**

*Research Scientist, Rheumatology*

## APPOINTMENTS

Associate Professor, Division of Rheumatology,  
Department of Medicine, Université Laval  
Clinician Scientist, Endocrinology and Nephrology Axis,  
Centre de recherche du CHU de Québec-Université Laval

**Kamran Shojania - MD, FRCPC**

*Clinical Trialist, Rheumatology*

## APPOINTMENTS

Clinical Professor, Division of Rheumatology,  
University of British Columbia  
Head, Division of Rheumatology, Vancouver General Hospital  
Medical Director, Mary Pack Arthritis Program

**Jackie Whittaker – BScPT, PhD**

*Research Scientist, Musculoskeletal Rehabilitation Sciences*

## APPOINTMENTS

Associate Professor, Department of Physical Therapy,  
Faculty of Medicine, University of British Columbia  
Adjunct Associate Professor, Sport Injury Prevention Research  
Centre, University of Calgary  
Adjunct Associate Professor, Faculty of Rehabilitation Medicine,  
University of Alberta

**Hui Xie – BSc, MS, PhD**

*Research Scientist, Biostatistics*

## APPOINTMENTS

Professor, Faculty of Health Sciences,  
Simon Fraser University  
Milan and Maureen Ilich/Merck Chair in Statistics  
for Arthritis and Musculoskeletal Diseases

## AFFILIATE KNOWLEDGE BROKER

**Alison Hoens - MSc, BScPT**

*Knowledge Broker*

### APPOINTMENTS

Knowledge Broker and Clinical Professor, Department of Physical Therapy, Faculty of Medicine, University of British Columbia

Research Associate, Centre for Advancing Health Outcomes, University of British Columbia

# SCIENTISTS EMERITUS

**John M. Esdaile - MD, MPH, FRCPC, FCAHS, MACR**

*Scientific Director Emeritus*

### APPOINTMENTS

Professor Emeritus of Medicine, Division of Rheumatology, Department of Medicine, University of British Columbia

Adjunct Professor of Medicine, University of Calgary

**Jacek Kopec - MD, MSc, PhD**

*Senior Scientist Emeritus, Epidemiology*

### APPOINTMENTS

Professor, School of Population and Public Health, University of British Columbia

**Matthew H. Liang – MD, MPH**

*Professor Emeritus, Rheumatology*

### APPOINTMENTS

Professor of Medicine, Harvard Medical School

Professor of Health Policy and Management, Harvard T.H. Chan School of Public Health



# AFFILIATE SCIENTISTS

**Jan Dutz - MD, FRCPC**

*Affiliate Scientist, Dermatology and Immunology*

**APPOINTMENTS**

Professor and Head, Department of Dermatology and Skin Science,  
Faculty of Medicine, University of British Columbia

Scientist, Children and Family Research Institute

**Mark Harrison - MSc, PhD**

*Affiliate Scientist, Health Economics*

**APPOINTMENTS**

Associate Professor, Faculty of Pharmaceutical Sciences,  
University of British Columbia

Scientist, Centre for Advancing Health Outcomes,  
Providence Health Care Research Institute

**Allyson Jones - PT, PhD**

*Affiliate Scientist, Rehabilitation Sciences*

**APPOINTMENTS**

Professor, Department of Physical Therapy, Faculty of Rehabilitation,  
University of Alberta

Adjunct Professor, School of Public Health,  
University of Alberta

**Anne Townsend - MA, PhD**

*Affiliate Scientist, Bioethics*

**APPOINTMENTS**

Senior Research Associate, Liverpool and Lancaster Collaboration  
for Public Health Research, Division of Health Research,  
Health Innovation One, Lancaster University, UK



# CLINICIAN INVESTIGATORS

**Neda Amiri – BSc, MD, MHSC, FRCPC**

*Clinician Investigator, Rheumatology*

## **APPOINTMENTS**

Clinical Associate Professor, Department of Medicine,  
Division of Rheumatology, University of British Columbia  
Director of Pregnancy and Rheumatic Diseases Clinic (PRedICT),  
Mary Pack Arthritis Centre  
Rheumatologist, Summit Medical Specialists

**Mollie Carruthers – MD, FRCPC**

*Clinician Investigator, Rheumatology*

## **APPOINTMENTS**

Clinical Associate Professor, Division of Rheumatology,  
Department of Medicine, University of British Columbia,  
Rheumatologist, Artus Health Centre Vancouver

**Jonathan Chan – MD, FRCPC**

*Clinician Investigator, Rheumatology*

## **APPOINTMENTS**

Clinical Assistant Professor, Division of Rheumatology,  
Department of Medicine, University of British Columbia,  
Rheumatologist, Artus Health Centre Vancouver

**Shahin Jamal – MD, FRCPC, MSc**

*Clinician Investigator, Rheumatology*

## **APPOINTMENTS**

Clinical Associate Professor, Division of Rheumatology,  
Department of Medicine, University of British Columbia,  
Rheumatologist, Diamond Health Care Centre,  
Vancouver

**Raheem B Kherani - BSc (Pharm), MD, MHPE**

*Clinician Investigator, Rheumatology*

## **APPOINTMENTS**

Clinical Associate Professor, University of British Columbia,  
Department of Medicine, Division of Rheumatology  
Rheumatologist at West Coast Rheumatology Associates,  
Richmond, BC

**Jasmin Ma – PhD, P.Kin**

*Clinician Investigator, Kinesiology*

## **APPOINTMENTS**

Assistant Professor of Teaching, School of Kinesiology,  
University of British Columbia  
Investigator, International Collaboration on Repair Discoveries

**Janet Roberts – MD, FRCP(C)**

*Clinician Investigator, Rheumatology*

## **APPOINTMENTS**

Assistant Professor, Division of Rheumatology,  
Department of Medicine, Dalhousie University

## CONDUCTING ARTHRITIS RESEARCH FROM

# COAST TO COAST

Arthritis Research Canada/Arthrite recherche Canada's world-class scientific team is focused on understanding, advancing and sharing knowledge about the causes of arthritis and addressing the issues that impact the lives of people living with this disease.

Our multidisciplinary team conducts arthritis research across Canada through the lenses of rheumatology, orthopaedics, physiotherapy, occupational therapy, pharmacy, rehabilitation science, public health, epidemiology, health psychology and behavioural change, health economics, health systems assessment, biostatistics, education, pediatrics, and knowledge mobilization.

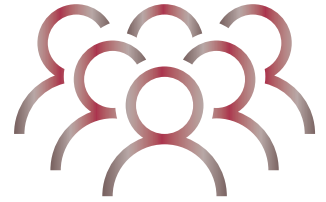
We are committed to practical research that provides solutions to improve everyday living, reduce the burden of arthritis, and give people with arthritis access to better, more timely, and cost-effective treatments.





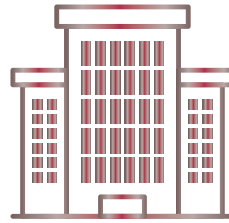
**6+ million**

Canadians of all ages are  
affected by arthritis



**100+**

Research Studies



**6**

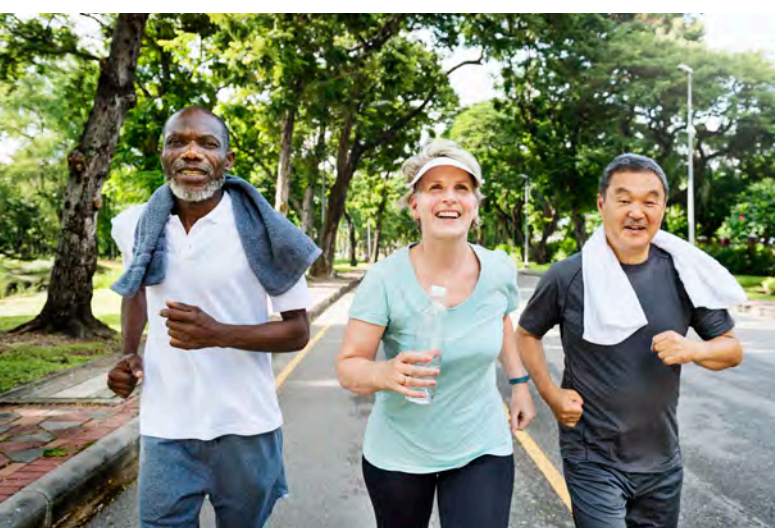
Centres



**7**

Major Universities







# PREVENTION

Arthritis prevention is crucial to reducing the burden of arthritis and improving the lives of millions of Canadians. This includes stopping or delaying the onset of arthritis and minimizing its impact by preventing complications. Our scientists are leading the way with research on lifestyle modifications, exercise, early intervention, and the use of technology to predict the risk of and prevent diseases that occur as complications of inflammation, such as heart attacks and strokes.

People in their 20s and 30s with sport-related knee injuries have an increased risk of developing osteoarthritis. **Research Scientist, Dr. Jackie Whittaker's** SOAR study is aimed at reducing this risk. This online, exercise-based program includes education, a personalized exercise program, physical activity tracking and weekly action planning.

Previous research has shown that older adults can better manage chronic diseases and prevent frailty by increasing their physical activity. **Senior Scientist, Dr. Linda Li**, is leading a team that developed and is testing a program, based on the new Canadian 24-hour Movement Guidelines, that provides physical activity counselling to older adults with chronic diseases who are at an early state of frailty.

Cardiovascular diseases are more common in people with lupus. In collaboration with researchers at Harvard University, **Research Scientist, Dr. May Choi**, created a novel cardiovascular risk calculator tool that includes lupus-specific information to more accurately predict the risk of cardiovascular events, such as heart attacks, strokes and deaths from heart disease, in people with lupus. Accurately identifying this risk is an essential step in preventing heart disease in this population.

Lupus can affect many parts of the body, including the brain, causing a wide range of neurologic and psychiatric symptoms. A common one is mild cognitive impairment that comes and goes, which patients often describe as “lupus brain fog.” **Research Scientist, Dr. Alexandra Legge**, is part of a team working on better understanding what causes brain fog in lupus by using state-of-the-art MRI scans of the brain that measure the leakiness of the blood-brain barrier, to see how it changes over time and how it corresponds to fluctuations in cognitive function.



# REDUCING HEALTH INEQUITIES

*Inequities in health outcomes remain a persistent and concerning issue perpetuated by disparities in access to care and quality of care received.*

At Arthritis Research Canada, bridging this gap is a priority. Our research evaluates ways to make arthritis care more accessible, culturally safe and free of discrimination, so everyone can receive the best care available, regardless of ethnicity, gender identity or socioeconomic situation.

**Senior Scientist, Dr. Cheryl Barnabe**, is part of two research teams investigating inequities in the healthcare system in Alberta. Their studies identified explicit and implicit interpersonal anti-Indigenous biases among Albertan physicians, validating existing patient reports and emphasizing the need for effective interventions to stop anti-Indigenous racism in healthcare. They also evaluated the experiences of harassment and discrimination in medicine across Albertan physicians and found the prevalence to be

high by intersectional identities of race and gender. Dr. Barnabe also led a study of the lived experiences with arthritis care of people of colour, black people, and people with diverse gender identities and sexual orientations. This study resulted in the development of recommendations to clinicians to help make healthcare more inclusive and culturally safe.

People with inflammatory arthritis can have different health outcomes based on race, gender identity, age, location, and education. With this in mind, **Research Trainee, Meghan Thomas** along with **Research Scientists, Dr. Mary De Vera and Dr. Mark Harrison**, are conducting the ACCESS study, which aims to improve how participants are recruited for inflammatory arthritis research to ensure better diversity of representation.





# MENTAL HEALTH

The emotional burden of arthritis is often overlooked but is as important as the physical symptoms. Stress, anxiety, and depression can make pain and other arthritis symptoms worse. Moreover, the emotional distress associated with living with a chronic illness can make it more difficult for individuals to deal with the physical challenges of arthritis and follow their treatment plans.

During the past year, our team of researchers has worked on a number of studies to address the intricate relationship between the physical and emotional aspects of arthritis to improve overall well-being.

Research led by **Research Trainee, Alyssa Howren**, and **Research Scientist, Dr. Mary De Vera**, linked loneliness and isolation during the COVID-19 pandemic to depression and anxiety in people with rheumatic diseases. The study's main objective was to understand how the pandemic affected disease management, focusing on medications and mental health. By identifying these connections, this research provided insights that go beyond the context of the pandemic.

**Research Scientist, Dr. Susan Bartlett**, was the principal investigator of a research team that also included **Dr. Glen Hazlewood**. This study aimed to understand the emotional impact of the COVID-19 pandemic on people with rheumatoid arthritis. Her research showed that anxiety and depression were increased, particularly in people who reported having had prior mood disorders. Depression was twice as common as reported in Canadians without arthritis, and anxiety increased with each successive wave of the pandemic.





# PERSONALIZING TREATMENT

**Scientific Director, Dr. Diane Lacaille**, is leading a multidisciplinary research team from across Canada, that is co-developing, with patients and health care professionals, a new, more flexible, way of delivering Care for Arthritis (FlexCAre). This new model will gather medical information and monitor patients' symptoms remotely, between visits, to guide when and what care they need, who they see, and whether they need to receive care in person or virtually.

The currently fixed scheduling of follow-up appointments for people with rheumatoid arthritis leaves little time for last-minute or urgent care appointments. **Research Scientist, Dr. Claire Barber**, is evaluating a 'patient-initiated' model of delivering care where patients will be followed by their family doctor when their disease is stable, and arrange rheumatology follow-up visits when needed, rather than at fixed, pre-determined intervals.

*The current way of delivering arthritis care does not leverage new technologies or use limited healthcare resources efficiently, and often fails to meet patients' needs. As a result, many people are not receiving the best care available, and this particularly affects people already facing healthcare inequities.*

*Our scientific team is leading several studies to help ensure people with arthritis have timely access to the best care possible.*



**Research Scientist, Dr. Susanne Benseler**, is leading a team whose research will provide a better understanding of individual, biological characteristics of children's arthritis to help select the biologic therapy most likely to be effective for each child. This information will allow their arthritis to get better faster and will avoid side effects from unnecessary medications. It will also reduce healthcare costs and burden for patients and families.

Personalized treatment options for people with rheumatoid arthritis should be based on the most up-to-date data about their effectiveness and safety, tailored to the specific situation of each person, as well as patient preferences. **Research Scientists, Dr. Nick Bansback, Dr. Claire Barber and Dr. Glen Hazlewood**, are part of a research team that will develop a custom-made decision tool to help patients choose the best treatment for them.



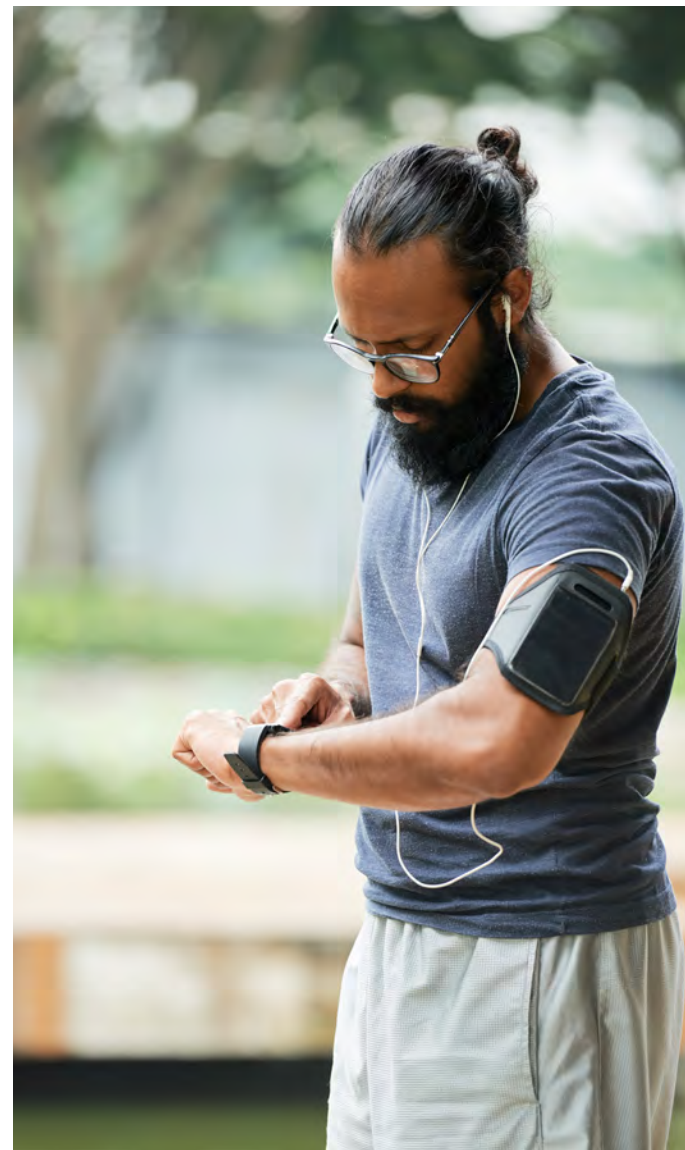
# DIGITAL TOOLS

*Digital tools are increasingly used in the day-to-day management of arthritis. These innovative technologies offer a range of benefits that help people navigate the challenges of living with arthritis and improve their overall well-being.*

Our scientists are leading the way in the use of machine learning and artificial intelligence to support predicting different types of autoimmune rheumatic diseases. This will allow for earlier diagnosis and treatment, leading to an overall improvement in quality of life.

A study led by **Research Scientists, Dr. Nick Bansback and Dr. Deborah Marshall**, evaluated the benefits of an online patient decision aid they created, to help people with osteoarthritis considering knee replacement surgery make an informed decision. The study demonstrated that integrating the decision aid into an online, pre-surgical assessment in routine clinical care improved the quality of decisions.





To help people with rheumatoid arthritis in their self-care, **Senior Scientist, Dr. Linda Li** and **Scientific Director, Dr. Diane Lacaille**, along with their teams, have developed and tested a web/mobile app called OPERAS (On-demand Program to Empower Active Self-management). This tool allows people to monitor their arthritis symptoms and mood over time; track their physical activity; and help them set self-care goals, with guidance from a physiotherapist. Researchers found OPERAS improved people's self-care ability, reduced arthritis symptoms and increased physical activity.

**Research Scientist, Dr. May Choi**, and her team developed a machine learning/AI tool that uses information from blood samples to predict the risk of developing lupus and guide early treatment strategies. This study will also advance our understanding of how this disease develops and may identify new targets for treatment.



# NEXT GENERATION OF SCIENTISTS



## ARTHRITIS TRAINEE NETWORK

Supporting the careers of trainees at the Master, Ph.D., and Post-doctoral levels has been a priority at Arthritis Research Canada/Arthrite-recherche Canada since day one.

Led by Associate Director of Training, Dr. Mary De Vera, the Arthritis Trainee Network creates a graduate student arthritis community and strengthens Arthritis Research Canada's ability to foster collaboration across all centres.

Our commitment to mentoring the next generation of arthritis research scientists remains strong and we are extremely proud of our trainees' talent and success. Their innovative discoveries are promising for the future of arthritis research.



**Nicole Andersen**, PhD in Counselling Psychology,  
McGill University

**Kawami Cao**, BSc in Kinesiology, UBC

**Jesse Charlton**, PhD in Physical Therapy, UBC

**Joey Cheng**, BSc in Kinesiology, UBC

**Kelsey Chomistek**, Medical Student, University of Calgary

**Dani Contreras**, Masters in Community Health Sciences,  
University of Calgary

**Faye Cooles**, visiting Postdoctoral Fellow,  
Newcastle University

**Jamon Couch**, PhD in Physical Therapy,  
La Trobe University, Australia

**Narsis Daftarian**, PhD in Experimental Medicine, UBC

**Lulu Guo**, PhD in Biostatistics, Simon Fraser University

**Sarah Hansen**, Postdoctoral Fellowship in Rheumatology,  
UBC

**Nejat Hassen**, Masters in Epidemiology,  
UBC completed December 2022

**Rashedul Hoque**, PhD in Biostatistics,  
Simon Fraser University

**Alyssa Howren**, PhD in Pharmaceutical Sciences, UBC

**Kara Irwin**, PhD in Community Health Services,  
University of Calgary

**Bocheng Jing**, Masters in Biostatistics,  
Simon Fraser University

**Derin Karacabeyli**, Fellowship in Rheumatology, UBC

**Chris Lamb**, Masters in Rehabilitation Sciences, UBC

**Christina Le**, PhD in Rehabilitation Medicine,  
University of Alberta

**Jenny Leese**, Postdoctoral Fellowship,  
Knowledge Translation, UBC and University of Ottawa

**Lingyi Li**, PhD in Experimental Medicine, UBC

**Xiaoxiao Liu**, Postdoctoral Fellowship in Health Systems  
Impact, University of Calgary

**Justin Losciale**, PhD in Rehabilitation Sciences, UBC

**Darren Mazzei**, PhD in Health Economics,  
University of Calgary

**Natalie McCormick**, Postdoctoral Fellowship in  
Rheumatology, Harvard University

**Kasra Moolooghy**, Masters in Experimental Medicine, UBC

**Julia Mucha**, Masters in Physical Therapy, UBC

**Kamso Mohammed Mujaab**, PhD in Community Health  
Sciences, University of Calgary

**Maureen O'Brien**, Masters in Medical Science,  
University of Calgary

**Thalia Otamendi**, PhD in Rehabilitation Sciences, UBC

**André Luiz Luquini Pereira**, PhD in Experimental Medicine,  
UBC

**Anh Pham**, PhD in Rehabilitation Medicine,  
University of Alberta

**Codie Primeau**, Postdoctoral Fellowship in Implementation  
Science, UBC

**Sharan Rai**, PhD in Nutrition, Harvard University

**Smruthi Ramachandran**, Masters in Rehabilitation  
Sciences, UBC

**Nevena Rebić**, PhD in Pharmaceutical Sciences, UBC

**Fatima Shah**, Masters in Community Health Sciences,  
University of Calgary

**Tita Szlachetka**, Masters in Experimental Medicine, UBC

**Jocelyn Thomas**, Masters in Community Health Sciences,  
University of Calgary

**Megan Thomas**, PhD in Pharmaceutical Sciences, UBC

**Viviane Ta**, Masters in Counselling Psychology,  
McGill University

**Linda Truong**, PhD in Physical Therapy, UBC

**Ellen Wang**, PhD in Physical Therapy, UBC

**Heather Worthington**, PhD in Rehabilitation Sciences, UBC

**John Xian He Yan**, Masters in Rehabilitation Sciences, UBC

**Saania Zafar**, Masters in Community Health Sciences,  
University of Calgary

**Vivienne Yuetong Zhou**, PhD in Biostatistics,  
Simon Fraser University

**Kai Zhao**, PhD in Biostatistics, Simon Fraser University

# DR. JOHN ESDAILE PROFESSORSHIP IN ARTHRITIS RESEARCH



*I am honoured by this initiative and proud of the role Arthritis Research Canada plays in training and mentoring the arthritis scientists of tomorrow.*

## **Dr. John Esdaile**

Scientific Director, Emeritus

Dr. Esdaile nurtured the organization's development from a single centre with one scientist, trainee, and assistant to the largest clinical arthritis research institute in North America. He prioritized investing in people and created a culture dedicated to mentoring young scientists in a wide variety of disciplines relevant to helping people live well with arthritis.

The Professorship honours Dr. Esdaile's incredible legacy, which includes more than four decades of excellence in rheumatology care and research. It is designated for the purpose of faculty renewal, ensuring innovative arthritis research continues now and in the future.

Arthritis Research Canada has partnered with the University of British Columbia, through the President's Academic Excellence Initiative, to establish the Dr. John Esdaile Professorship in Arthritis Research. The endowed fund will support a clinician scientist in the Division of Rheumatology at UBC and at Arthritis Research Canada forever.

Arthritis Research Canada has set out to raise \$2.5 million for the professorship, which will leverage an additional \$2 million from UBC, essentially doubling donor support.

Investing in people will translate into practical research that will benefit millions of people living with arthritis, today and into the future.



# SUPPORTING THE NEXT GENERATION OF ARTHRITIS SCIENTISTS

The Virani family came to Canada as refugees in 1972 after Ugandan Dictator, Idi Amin, expelled 60,000 people of South Asian descent from Uganda. Today, they give back to the country that welcomed them with open arms through The Amir and Yasmin Virani Family Foundation.

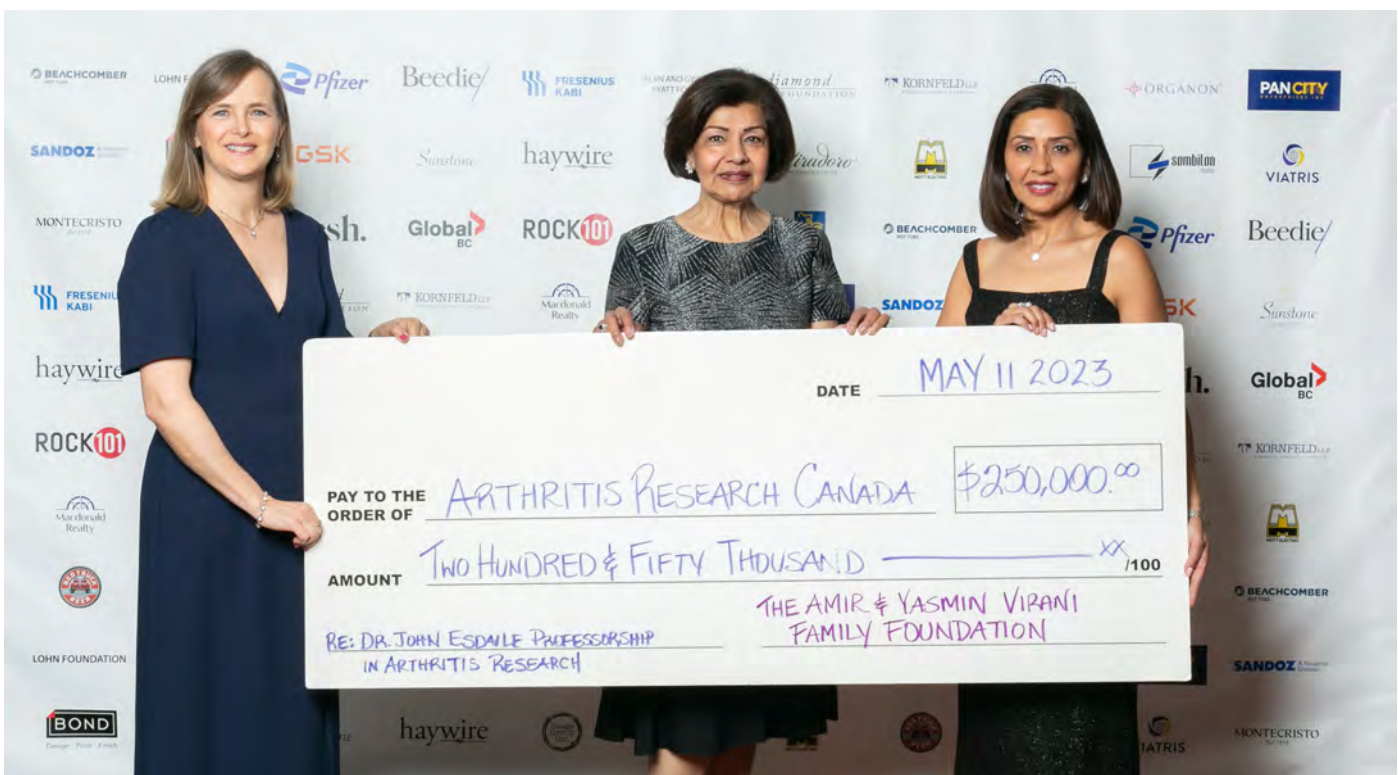
The foundation gives generously in British Columbia, supporting marginalized youth, the arts, academic and medical institutions, as well as organizations that aid women and children across the globe. Through the years, they have helped many charities make life-changing programs possible.

On May 11 at the ARthritis Soirée, Arthritis Research Canada's signature event, The Virani Foundation donated an amazing \$250,000 to help launch the Dr. John Esdaile Professorship in Arthritis Research campaign to raise \$2.5 million. The Professorship will support the career of an arthritis researcher forever and ensure Arthritis Research Canada continues to find answers for millions living with arthritis.

*"Our foundation is delighted to support this Professorship. It is critical to the future of arthritis research that we are able to attract the best and brightest to lead cutting-edge research. As someone living with arthritis, I know firsthand the tremendous impact research can have. It quite literally gives you back your life. We hope this gift will inspire others to give and together we can make this professorship a reality."*

**Anisha Virani**, on behalf of  
The Amir and Yasmin Virani Family Foundation

Arthritis Research Canada is extremely grateful to The Virani Foundation for its generosity and for encouraging others to support arthritis research and the next generation of scientists.



Left to Right: Dr. Diane Lacaille, Scientific Director, Yasmin Virani, and Anisha Virani

# WITH THANKS

*Arthritis Research Canada/Arthrite-recherche Canada is honoured to recognize our Fellows Circle donors for their important and extraordinary generosity. Your support allows our research scientists and patient partners to conduct leading-edge research that is finding life-changing solutions for more than six million Canadians living with arthritis.*

*Thank you for making arthritis research a priority.*



## VISIONARY CIRCLE

(\$1,000,000+)

Milan & Maureen Ilich Foundation

Ministry of Health,  
Province of British Columbia

## DISCOVERY CIRCLE

(\$150,000 - \$999,999)

Lohn Foundation

Pfizer Canada Inc.

The Amir & Yasmin Virani  
Family Foundation

## BENEFACTORS CIRCLE

(\$50,000 - \$149,999)

BC Lupus Society

Catherine Booth & Michael Kirk

Lianne Gulka & Carl Hoyt

Lynn Hsu

## PATRONS CIRCLE

(\$25,000 - \$49,999)

Don & Carolyn Elkington

## LEGACY CIRCLE

Estate of Elsie Postey

Estate of Kathleen V. Tilbury

Estate of Brenda Jean Stubbs

## LEADERSHIP CIRCLE

(\$10,000 - \$24,999)

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## FELLOWS CIRCLE

(\$1,000 - \$9,999)

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Michael Armstrong

Allan G. Arnold, In Memory

Dr. Catherine Backman

Dr. Nick & Rebekah Bansback

Dr. Claire Barber

Jane Bern

Susannah Biggs Family Fund

Peter Blakely & Theresa Borg

Lynda Blundell

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Barry & Laurie Cavanaugh & Family

Dr. Jolanda Cibere

Jon & Kay Collins

Community Foundation of

Southeastern Alberta

Jocelyn & Scott Cruickshank

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Michael Jonker & Catherine Morgan

Shauneen Kellner

Dr. Raheem Kherani

Dr. Barry & Mary Koehler

Cheryl Koehn

Jill Komlos

Dr. Jacek & Alina Kopec

Violette Cadrin Lacaille, In Memory

Judy Langdon

Jordan Langlois

Dr. Linda Li & Paul Lee

Rodrigue Lussier

Joyce Ma

Robert Mackay

Joy MacPhail

Nora Martin

Marie McKersie, In Memory

Stephen McKersie

Cameron & Linda McKie

Barrie McLeod

Gisele Mortimer

Patti Nakatsu

Shaun & Kathy Ouellette

Patrick Palmer

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Brian & Melanie Reynolds

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John and Mata Rinke Fund

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Raymond To

Kerry Townson

Maria & Chris Tsoromocos

Brenda Viney

Ulrika Wallersteiner

Christina Weston

Jane & Maurice Wong

Dr. Hui Xie & Dr. Yi Qian





# 10<sup>TH</sup> ANNUAL ARThritis SOIRÉE 2023

This year saw Arthritis Research Canada celebrate its 10th Annual ARThritis Soirée with our signature fundraising event raising an impressive \$790,000 in support of life-changing arthritis research.

Presented by RBC, the elegant cocktail event provided guests with a wonderful evening of mingling, fabulous food and wine, an amazing prize draw by Montecristo Jewellers, along with fantastic art, silent and live auctions, a live painting experience, and a memorable set by The Legendary Powder Blues. Hosts Coleen Christie (Global BC) and Jake Edwards along with auctioneer, Howard Blank did an excellent job guiding the night from start to finish.

*We are deeply grateful to our sponsors, guests, artists, volunteers, and donors all of whom contributed to making our 10th Annual event such a success.*







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THANK YOU TO OUR GENEROUS SPONSORS  
FOR SUPPORTING ARTHRITIS RESEARCH

# FINANCIALS

## THE ARTHRITIS RESEARCH CENTRE SOCIETY OF CANADA

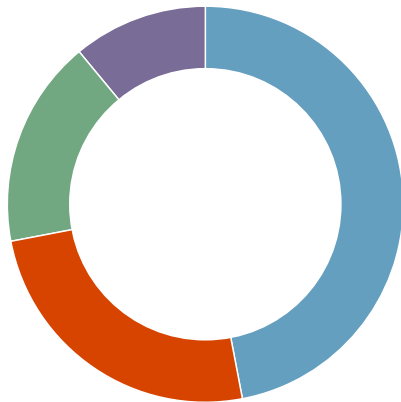
### STATEMENT OF FINANCIAL POSITION AS AT MARCH 31, 2023

#### ASSETS

CURRENT	
Cash and Cash Equivalents	\$490,145
Accounts receivable	436,585
Recoverable from government – GST	18,046
Prepaid expenses	24,522
	<hr/>
	\$969,298
INVESTMENTS	16,887,216
CAPITAL ASSETS	9,559,052
	<hr/>
	<b>\$27,415,566</b>

#### LIABILITIES AND NET ASSETS

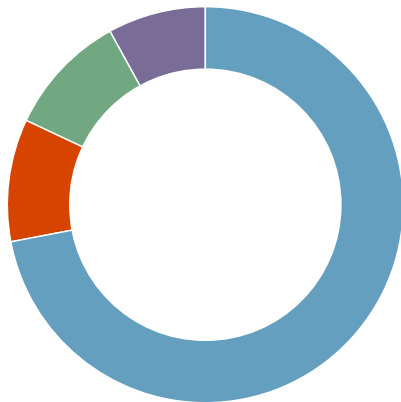
CURRENT	
Accounts payable & accrued liabilities	\$215,303
Payables – Payroll deductions	23,615
Current portion of deferred revenue	1,436,807
Current portion of long term debt	204,017
	<hr/>
	\$1,879,742
DEFERRED REVENUES	4,004,987
DEFERRED CAPITAL REVENUE	172,556
LONG TERM DEBT	6,304,884
	<hr/>
	\$12,362,169
FUND BALANCES	
Unrestricted	10,589,200
Internally restricted	4,464,197
	<hr/>
	\$15,053,397
	<hr/>
	<b>\$27,415,566</b>



## REVENUE

- **47%** - Research
- **25%** - Operating Grants
- **17%** - Fundraising
- **11%** - Investment Income

Research	\$2,219,654
Operating Grants	1,178,984
Fundraising and Donations	823,918
Investment Income	545,107
<b>Gross Revenue</b>	<b>4,767,663</b>
Unrealized Investment Losses	(927,417)
<b>Revenue after unrealized investment losses</b>	<b>\$3,840,246</b>



## EXPENSES

- **72%** - Research
- **10%** - Fundraising
- **10%** - Administration
- **8%** - Miscellaneous Expenses

Research	\$3,308,769
Administration	464,506
Fundraising	440,360
Miscellaneous Expenses	352,839
<b>Total Expenses</b>	<b>\$4,566,474</b>
<b>Excess (Deficiency) of Revenues over Expenses</b>	<b>(726,228)</b>

Leading research. Finding answers. Saving lives.



**ARTHRITIS RESEARCH** CANADA  
**ARTHRITE RECHERCHE** CANADA

230-2238 Yukon Street, Vancouver, BC V5Y 3P2 | 604-207-0400

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