



ANNUAL REPORT 2018 – 2019

ARTHRITIS: It's **MORE**
serious than you think.

p14

20 years, 100+
research team
members, 75+
research studies,
4 centres

p22

Spencer O'Brien
welcomed as first
official spokesperson

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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MESSAGE FROM THE SCIENTIFIC DIRECTOR



Dr. John Esdaile

As we celebrate 20 years of Arthritis Research Canada/ Arthrite-recherche Canada, it is incredible to realize how far we have come from our humble beginnings. It is rewarding to see that what started with only one scientist, one student and one trainee, is now earning international attention as a leading arthritis research organization.

We have built a strong multi-disciplinary research team of more than 150 outstanding research scientists and staff, and we're still building. This year alone we welcomed seven new research scientists and opened a new centre at McGill University. These scientists will fill important research needs in the areas of health psychology, fitness behavior, and childhood arthritis.

Dr. Diane Lacaille, has been appointed as our first Associate Scientific Director. She has made outstanding contributions to arthritis research in Canada and around the world, and was recognized this year when she received the Canadian Rheumatology Association's Distinguished Investigator Award. Congratulations Dr. Lacaille.

Our scientific team is currently conducting over 75 studies, including exciting research in the areas of arthritis and mental health, arthritis drugs in pregnancy, both osteoarthritis causes and prevention, proactive prevention of work disability from arthritis, preventing early death from rheumatoid arthritis, lupus and much more. Our researchers presented 76 papers at the 2018 American College of Rheumatology National Meeting - two per cent of all papers from around the world! The team continues to excel in competitively won research grant awards, bringing in an impressive \$6.4M from provincial, national and international funders.

Arthritis is the most expensive chronic disease, costing the Canadian economy billions of dollars annually. Changing this trend requires a commitment to arthritis research and a growing awareness that arthritis is more serious than most people think. There has been an increasing amount of support for arthritis research during the last two decades and we are grateful for the generosity that comes from individual and corporate donors, funding partners, and government.

Thank you for investing and trusting us to change and save the lives of Canadians living with arthritis.

MESSAGE FROM THE EXECUTIVE DIRECTOR



Shauneen Kellner

Arthritis Research Canada continues to strengthen its position as the largest clinical arthritis research institution in North America. Our reputation for conducting world class research has allowed us to maintain and deepen our scientific excellence and recruit and support leading scientists, two of the goals outlined in our 2017-2020 strategic plan.

This coupled with maximizing opportunities for creating awareness of the importance of arthritis research has been key to broadening our scope and opening doors to new audiences and stakeholders. To this point, we are honoured to welcome Olympic snowboarder, Spencer O'Brien, as Arthritis Research Canada's spokesperson and we extend our sincere appreciation for her commitment to this role.

To further build focus and intent, Arthritis Research Canada's Arthritis Patient Advisory Board members developed a 2019-2022 strategic plan to align with the organization's goals. Our patient advisors are integral to the overall growth and development of Arthritis Research Canada as they participate in research decision-making and bridge the gap between researchers, people with arthritis and the general public. Their plan concentrates on maximizing research impact and member engagement, as well as making research results accessible. Patient involvement in research is extremely important to Arthritis Research Canada and we value our Patient Board's dedication and hard work.

Demonstrating transparency and accountability remain vital components of Arthritis Research Canada's daily operations. We are proud to have maintained our good standing with the Imagine Canada Standards Program, which illustrates our best practices to reduce organizational risk, improve board governance practices, and foster a strong workforce. We are committed to building long-term relationships with all stakeholders, whose trust in our responsible decision-making is paramount to our future success and the delivery of impactful, life-changing arthritis research.

A heartfelt thank you to all our loyal donors who are committed to supporting arthritis research and changing the lives of over 6 million Canadians living with the pain and disability of arthritis. Our research is possible because of your generosity and compassion.

MESSAGE FROM THE BOARD CHAIR



Jocelyn Cruickshank

Partner and Managing Director
KPMG Corporate Finance Inc.

It has been an exciting year at Arthritis Research Canada and, as I look forward to my third term as Board Chair, I anticipate further life-changing advancements that will result from the hard work and dedication of our dynamic and growing research team, board members and staff.

This year was marked by the exciting Board appointment of Arthritis Research Canada's first-ever Honourary Patron. We are privileged to have this role accepted by retired Chief Justice Beverley McLachlin, an extraordinary Canadian who has done much to promote and protect the rights of Canadians. We are indeed fortunate to have such an accomplished person as a champion for arthritis research.

The Board also welcomed Pauline Hadley-Beauregard as a new director. Her career has been a unique blend of brand strategy, marketing, advertising, digital and finance. Pauline's professional experience has already proven to be an asset.

The Board appointed seven new research scientists this year, who joined Arthritis Research Canada centres in Richmond, Calgary and Laval, as well as the newly established centre at McGill. These new scientists are exceptional collaborators, teachers and mentors. They bring new areas of research expertise and scientific networks that will directly benefit people with arthritis. I look forward to the year ahead and the many important findings that will come out of this research organization.

BOARD OF DIRECTORS



Jim Dales
Director
Retired



Colin Hansen
Director
AdvantageBC



Rahim Esmail
Director
TELUS



Rodrigue Lussier
Finance Chair
Corporation Fiera Capital



Amanda Girling
Director
Retired



Naz Panahi
Director
Pan City Enterprises Inc.



Lianne Gulka
Director
Arthritis Patient Advisory
Board Liaison



Stephen Schwartz
Director
Burns Fitzpatrick LLP



**Pauline Hadley-
Beauregard**
Director
Crux Strategic Clarity

ARTHRITIS PATIENT ADVISORY BOARD

Arthritis Research Canada is a leader in involving patients in all aspects of research. The Arthritis Patient Advisory Board ensures patients are partners, participating in and sharing the results of research focused on patient priorities. The board includes volunteers who live with different types of arthritis and, as a result, offer a variety of perspectives.

A Stronger Patient Voice

This year, the Arthritis Patient Advisory Board developed a strategic plan for 2019-2022 to strengthen its ability to represent the patient perspective in research related to prevention, treatment, self-management and quality of life. Inspiration for this planning process resulted from Arthritis Research Canada's latest, national strategic plan. The patient board's leadership wanted its goals to align with those of the overall organization.

Moving forward, members, in collaboration with Arthritis Research Canada representatives, will work to increase patient involvement to maximize research impact, make research results accessible, enhance relationships across centres and maximize the board's effectiveness, sustainability and member engagement.

Arthritis Lifestyle Management Guide

One of the most popular resources on Arthritis Research Canada's website is the Arthritis Lifestyle Management Guide, which consists of over 150

ARTHRITIS LIFESTYLE MANAGEMENT GUIDE

Over 150 useful tips. Because life doesn't end when arthritis begins.



techniques used by our patient advisors to cope with the everyday challenges of living with arthritis. Due to the high demand for this resource, the board updated the guide with additional tips and gave it a brand refresh this year. The new guide is now available on arthritisresearch.ca/lifestyle-management-guide.



PATIENTS INTÉRESSÉS PAR LA RECHERCHE SUR L'ARTHRITE



Arthritis Research Canada/Arthrite-recherche Canada conducts life-saving research across the country. Now, with a fourth location at McGill University, giving patients in Quebec a voice has never been more important. Patients Intéressés par la Recherche sur L'arthrite was formed in 2013 to do just that and, like Arthritis Research Canada, continues to grow.

New to joining the patient group this year was Dr. Marie-Claude Beaulieu. Dr. Beaulieu offers a unique perspective, as she is a practicing family physician who also lives with rheumatoid arthritis. "I have been a family doctor for over 35 years. After my rheumatoid arthritis diagnosis, I had to stop working temporarily. But I gradually returned to work with adaptations and changes that were difficult to accept. When receiving a diagnosis of arthritis, a grieving process takes place. A daily reorganization of life is required and one must learn to accept these changes. It takes a lot of resilience!"

Professionally, she has collaborated on the development of several programs to help improve early access to care and quality of life for people with arthritis. Personally, she understands the impact of an arthritis diagnosis.

Mame Awa Ndiaye also joined Patients Intéressés par la Recherche sur L'arthrite this year. She has rheumatoid arthritis and is a very active patient partner. She is currently a research professional at the Primary Care Research Center at Laval University. She works with Dr. Marie-Pierre Gagnon, a researcher in population health and best practices in health and Co-Head of the Quebec Patient-Oriented Research Strategy Support Unit. The unit strives to support patient partners and research teams and help them collaborate on research projects related to health care and services. It also provides them with the tools and resources needed to run research projects efficiently and helps with patient partner recruitment and training.

Members look forward to contributing to the projects of Arthritis Research Canada's five new Quebec-based scientists. The group is also preparing to hold its third annual PIRA Walk to raise awareness and funds to support arthritis research in the province of Quebec.

SCIENTIFIC TEAM

JOHN M. ESDAILE - MD, MPH, FRCPC, FCAHS, MACR

Scientific Director

APPOINTMENTS

Professor of Medicine, Division of Rheumatology,
Department of Medicine, University of British Columbia
Adjunct Professor of Medicine, University of Calgary

DIANE LACAILLE - MD, MHSc, FRCPC

*Associate Scientific Director
and Senior Scientist, Rheumatology*

APPOINTMENTS

Mary Pack Chair in Rheumatology Research
Professor, Division of Rheumatology, Associate Head of
Academic Affairs, Department of Medicine, University of
British Columbia

MICHAL ABRAHAMOWICZ - PhD

Research Scientist

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, School of Population and Public Health,
University of British Columbia
Director, Centre for Health Evaluation and Outcome Sciences
(CHÉOS), 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 of Medicine, Division of Rheumatology,
Department of Medicine, University of British Columbia
BC Lupus Society Research Scholar

CATHERINE BACKMAN - PhD, FCAOT

Senior Scientist, Rehabilitation

APPOINTMENTS

Professor, 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 Health Evaluation and Outcome Sciences
(CHÉOS), Providence Health Care Research Institute
Co Lead, BC SUPPORT Unit Health Economics and Simulation
Methods Cluster

CLAIRE BARBER - MD, PhD, FRCPC

Research Scientist, Rheumatology

APPOINTMENTS

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

CHERYL BARNABE - MD, MSc, FRCPC

Senior 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
Canada Research Chair, Rheumatoid Arthritis and Autoimmune
Diseases

SUSAN BARTLETT - PhD

Research Scientist

APPOINTMENTS

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

SUSANNE BENSELER - MD, PhD

Research Scientist

APPOINTMENTS

Director, Alberta Children's Hospital Research Institute
Pediatric Rheumatologist, Section Chief Rheumatology,
Alberta Children's Hospital
Professor, Department of Pediatrics, Cumming School of
Medicine, University of Calgary
Husky 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

JOLANDA CIBERE - MD, FRCPC, PhD

Senior Scientist, Rheumatology

APPOINTMENTS

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

ANN CLARKE - MD, MSc, FRCPC
Research Scientist, Rheumatology

APPOINTMENTS

Arthritis Society, Chair in Rheumatic Diseases/Rheumatology
Professor, Division of Rheumatology, Department of Medicine,
University of Calgary
Professor, Department of Community Health Sciences,
University of Calgary
Chair, Systemic Lupus International Collaborating Clinics
(SLICC)

DEBORAH DA COSTA - PhD
Research Scientist

APPOINTMENTS

Scientist, Research Institute, McGill University Health Centre,
Metabolic Disorders and Complications Program, Centre for
Outcomes Research and Evaluation
Associate Professor, Department of Medicine, Faculty of
Medicine, McGill University

MARY DE VERA - MSc, PhD
Research Scientist, Pharmacoepidemiology

APPOINTMENTS

Assistant Professor, Faculty of Pharmaceutical Sciences,
University of British Columbia
Canada Research Chair, Medication Adherence, Utilization,
and Outcomes
Michael Smith Foundation for Health Research Scholar

PAUL FORTIN - MD, MPH, FRCPC
Senior Scientist, Rheumatology and Epidemiology

APPOINTMENTS

Tenured Professor, Division of Rheumatology, Department of
Medicine, Université Laval
Canada Research Chair on Systemic Autoimmune Rheumatic
Diseases
Clinician-Scientist, Centre de recherche du CHU de
Québec-Université Laval

DONALD GARBUSZ - MD, MHSc, FRCSC
Research Scientist, Orthopaedics

APPOINTMENTS

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

NELSON GREIDANUS - MD, MPH, FRSCS, PhD Candidate
Research Scientist, Orthopaedics

APPOINTMENTS

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

GLEN HAZLEWOOD - MD, PhD, FRCPC
Research Scientist, Rheumatology

APPOINTMENTS

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

MARIE HUDSON - MD, MPH, FRCPC
Research Scientist

APPOINTMENTS

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

JACEK KOPEC - MD, MSc, PhD
Senior Scientist, Epidemiology

APPOINTMENTS

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

MATTHEW LIANG - MD, MPH
Professor Emeritus

APPOINTMENTS

Professor of Medicine, Harvard School of Medicine
Professor, Department of Health Policy and Management,
Harvard School of Public Health

LINDA LI - BSc(PT), MSc, PhD, FCAHS
Senior Scientist, Clinical Epidemiology

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 Services Research
and Health Economics*

APPOINTMENTS

Arthur J.E. Child Chair, Rheumatology Outcomes Research
Canada Research Chair, Health Systems and
Services (2008-18)
Professor, Department of Community Health Sciences,
Cumming School of Medicine, University of Calgary

LAËTITIA MICHOU - MD, PhD
Research Scientist

APPOINTMENTS

Regular Researcher, Endocrinology and Nephrology Axis,
Centre de recherche du CHU de Québec-Université Laval
Associate professor, Division de rhumatologie, département de
médecine, Faculty of Medicine, Université Laval

KAMRAN SHOJANIA - MD, FRCPC
Clinical Trialist and former Director of Clinical Trials

APPOINTMENTS

Clinical Professor and Head, University of British Columbia,
St. Paul's and Vancouver General Hospital Divisions of
Rheumatology
Medical Director, Mary Pack Arthritis Program

IAN TSANG - MD, FRCPC

Scientist Emeritus, Director of Traditional Chinese Medicine Research

APPOINTMENTS

Clinical Professor (Retired), Division of Rheumatology,
Department of Medicine, University of British Columbia

JACKIE WHITTAKER - BScPT, PhD

Research Scientist, Musculoskeletal Rehabilitation

APPOINTMENTS

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

HUI XIE - MSc, PhD

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

APPOINTMENTS

Professor, Faculty of Health Sciences, Simon Fraser University

AFFILIATE KNOWLEDGE BROKER

ALISON HOENS - MSc, BScPT

APPOINTMENTS

Clinical Professor and Knowledge Broker, Department of
Physical Therapy, Faculty of Medicine, University of British
Columbia
Research, Education, and Practice Coordinator, Department of
Physiotherapy, Providence Health Care Research Institute

AFFILIATE SCIENTISTS

JAN DUTZ - MD, FRCPC

Affiliate Scientist

APPOINTMENTS

Professor and Head, Department of Dermatology and Skin
Science, Children and Family Research Institute, University of
British Columbia

MARK HARRISON - MSc, PhD

Affiliate Scientist

APPOINTMENTS

Associate Professor, Faculty of Pharmaceutical Sciences,
University of British Columbia
Scientist, Centre for Health Evaluation and Outcome Sciences
(CHÉOS), Providence Health Care Research Institute

MICHAEL A. HUNT - PhD, PT

Affiliate Scientist

APPOINTMENTS

Associate Professor, Department of Physical Therapy Director,
Motion Analysis and Biofeedback Laboratory, University of
British Columbia

ALLYSON JONES - PT, PhD

Affiliate Scientist

APPOINTMENTS

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

ANNE TOWNSEND - MA, PhD

Affiliate Scientist

APPOINTMENTS

Senior Research Associate, Division of Health Research,
Faculty of Health & Medicine, Lancaster University, UK
Affiliate, Medical School, Department of Psychology,
University of Exeter, UK

CLINICIAN INVESTIGATORS

MOLLIE CARRUTHERS - MD, FRCPC

Clinician Investigator

APPOINTMENTS

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

JONATHAN CHAN - MD, FRCPC

Clinician Investigator

APPOINTMENTS

Clinical Assistant Professor, University of British Columbia
Rheumatologist, Artus Health Centre in Vancouver

SHAHIN JAMAL - MD, FRCPC, MSc

Clinician Investigator

APPOINTMENTS

Department of Medicine, Division of Rheumatology,
Vancouver Coastal Health
Clinical Associate Professor, University of British Columbia and
Program Director of Adult Rheumatology
Coordinator, Clinical Review Course of the CRA

CHANGING LIVES **TOGETHER**



At the 2019 ARThritis Soirée, the Government of British Columbia's Minister of Health announced \$2 million of funding to support Arthritis Research Canada's life-saving research. This is a clear demonstration of the province's leadership and dedication to improving arthritis prevention and care.

More than 6 million Canadians, including 800,000 British Columbians, live with the pain and disability of arthritis. It is the #1 cause of work disability and costs the Canadian economy an estimated \$33 billion per year in treatment and lost productivity.

Arthritis Research Canada is grateful for the province's support and recognition that those suffering with arthritis deserve healthy futures.

“By providing this funding, my ministry aims to help Arthritis Research Canada continue to improve the lives of British Columbians living with arthritis, and reduce the burden this disease places on our health care system.”

– ADRIAN **DIX**, MINISTER OF HEALTH



NATIONAL REACH



4 Centres

100+ Member Research Team

75+ Research Studies

“As Arthritis Research Canada celebrates its 20th anniversary, we are excited to welcome seven new scientists to our centres across the country, including four to our new centre at McGill. They bring a wide range of research areas to the team and will strengthen our ability to improve the lives of Canadians with arthritis.”

—DR. JOHN **ESDAILE**, SCIENTIFIC DIRECTOR

RESEARCH DISCIPLINES

- rheumatology
- orthopedics
- physiotherapy
- occupational therapy
- pharmacy
- rehabilitation science
- public health
- epidemiology
- biostatistics
- health psychology and behavioural change
- health economics
- health systems assessment
- education
- pediatrics
- knowledge translation

IN BRITISH COLUMBIA



Well over 100,000 hip and knee replacements are performed in Canada each year and 90 per cent of all hip replacements are due to osteoarthritis. Research has shown that what might be a major cause is femoroacetabular impingement/FAI (also called hip impingement) - a bony bump that leads to abnormal contact between the ball and socket of the hip joint.

Senior Research Scientist, Dr. Jolanda Cibere, is conducting the first study in the world on hip impingement using magnetic resonance imaging (MRI) and a contrast-enhanced MRI of cartilage. With this special technique, we are able to detect subtle deterioration in the cartilage before it can be detected by a regular MRI. This will provide important information on the causes of hip osteoarthritis and can dramatically help with prevention. It is estimated that by 2035, 1 in 4 Canadians will have osteoarthritis. This research has the potential to help millions.

Arthritis Research Canada welcomed Research Scientist, Dr. Jackie Whittaker to the team in

British Columbia this year. Dr. Whittaker's primary research focus includes osteoarthritis prevention and sports injuries. Research shows that 25% of all knee osteoarthritis is caused by sports injuries sustained between the ages of 14 to 21 years. Dr. Whittaker believes many of these cases of knee osteoarthritis can and should be prevented. This research also has the potential to benefit millions of Canadians.

Congratulations to Senior Research Scientist, Dr. Linda Li, for achieving a renewal of her 5-year, Tier II Canada Research Chair from the Canadian Institutes of Health Research. This is an exceptional accomplishment and was awarded to Dr. Li for her work in Patient-Oriented Knowledge Translation. This means getting research results into the hands of those who need it, in a way that is easy to understand. Dr. Li is the lead for research on Knowledge Translation for all diseases, as part of the \$80M grant on the Strategy for Patient Oriented Research.

IN ALBERTA

As most know, arthritis is not just a disease of the elderly. In fact, statistics show that three in every 1,000 Canadian children have arthritis – making it a chronic, childhood condition.

Arthritis Research Canada is therefore excited to welcome Research Scientist, Dr. Susanne Benseler to our team in Alberta. Dr. Benseler is Head of Pediatric Rheumatology for the University of Calgary and the Director of the Alberta Children's Hospital Research Institute. She holds the Alberta Children's Hospital Foundation Chair in Pediatric

Research and the Husky Energy Chair in Child and Maternal Health.

Arthritis Research Canada proudly recognizes and congratulates Senior Research Scientist, Dr. Cheryl Barnabe, on receiving a prestigious 5-year Tier II Canada Research Chair for Rheumatoid Arthritis and Autoimmune Diseases. Dr. Barnabe is undoubtedly the Canadian authority on health services research for arthritis among indigenous people and her work is recognized around the world.



IN QUEBEC



Université Laval

Arthritis Research Canada/Arthrite-recherche Canada appointed Research Scientist, Dr. Laëtitia Michou to our Centre at Laval University. Dr. Michou is internationally recognized for her research on bone disease, including diseases like osteoporosis (a cause of hip fractures), as well as the genetics of autoimmune diseases. Hip fractures have been shown to be a very serious condition and occur in women three times as often as men. In 20% of cases, the outcome is death. Prevention is key.

McGill University

Arthritis Research Canada/Arthrite-recherche Canada welcomed four new Research Scientists with the opening of our new, and fourth, centre at McGill University. We are proud to have their collective and extensive knowledge.

Research Scientist, Dr. Michal Abrahamowicz is the James McGill Professor of Biostatistics and a pioneer in focusing on the development of novel statistical models for analysing arthritis and chronic disease data. He is already a collaborator on countless Arthritis Research Canada grants. Dr. Abrahamowicz's original scientific statistical work is the basis of the analyses for many large studies involving thousands of patients, followed over the course of years. These are complicated analyses that require world-class statistical support.

As the winner of numerous international awards, Research Scientist Dr. Susan Bartlett is conducting extensive research on behaviours (like diet, smoking, and exercise), as well as psychosocial factors



(stress and depression) and their impact on people with arthritis. She is a longstanding proponent and practitioner of patient involvement as equal partners in research development and conduct. Dr. Bartlett is an international advisor on issues related to medication adherence, arthritis drug safety, and ways to measure deterioration in those with rheumatoid arthritis.

Research Scientist, Dr. Deborah Da Costa, a top scientist in psychology and behavioural change brings a unique and much needed expertise to the team. She has substantial experience in health psychology, including studies about the roles stress, depression, fatigue (both mental and physical), and sleep quality have on the overall health status in individuals with arthritic diseases. Dr. Da Costa has taken her research a step further and performed definitive randomized trials of modifiable behaviour change, including increased exercise and stress modification, to improve quality of life and lessen fatigue.

As a hugely accomplished Research Scientist and Rheumatologist, Dr. Marie Hudson's longstanding interest and area of research is in autoimmune diseases, such as scleroderma and inflammatory muscle disease. Dr. Hudson is currently creating a large, national group of patients for research to investigate the little studied, environmental causes of autoimmune arthritis. In addition, she is also working in collaboration with Dr. Shahin Jamal, Clinical Investigator in Vancouver on a national study to determine the side-effects of a new class of cancer drugs, of which little is known and can cause inflammatory arthritis.

WITH THANKS

Arthritis Research Canada is honoured to recognize and thank the following donors for their generous support as members of our Fellows Circle Giving Program. We are incredibly grateful to each and every one of our Fellows Circle donors for their philanthropic leadership and dedication to advancing life-saving arthritis research.



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.

BENEFACTORS CIRCLE \$50,000 - \$149,999

Lynn Hsu
Merck Canada Inc.

PATRONS CIRCLE \$25,000 - \$49,999

Beta Sigma Phi
Endowment Fund

LEADERSHIP CIRCLE \$10,000 - \$24,999

Murray & Lois Cummings
LeGresley Family Foundation
Novartis Pharma Canada Inc.

FELLOWS CIRCLE \$1,000 - \$9,999

Honourable Patricia Carney
Angel Award
Dr. Aslam & Janet Anis
Allan G. Arnold, In Memory
Aviva Community Fund
Dr. Catherine Backman
David & Margaret Bailey
Dr. Nick & Becky Bansback
Susannah Biggs Family Fund
Tom Bradley & Lori Lothian
Dr. Frederick & Priscilla
Brooks-Hill
Canadian Heritage, Dept. of
Barry & Laurie Cavanaugh
& Family
Dr. Hyon Choi
Dr. Jolanda Cibere
Paul & Susie Clinton
Jon & Kay Collins
Harold & Joan Copping
Jocelyn & Scott Cruickshank
Chris & Jill Davies
Dowdall Family Foundation
Sharon Doersam
Robert Dressler
Don & Carolyn Elkington
Ronald & Susan Emerson
Dr. John M. Esdaile
Rahim & Harpreet Esmail
Troy Estensen

First Light Foundation
Moira Fitzpatrick
Christine Wickham
& Paul R. Fortin
Dale Gausman
Amanda & Mike Girling
Lianne Gulka & Carl Hoyt
Colin & Laura Hansen
Audrey Hinksman
Marietta Hurst
Shauneen Kellner
Dr. Barry & Mary Koehler
Cheryl Koehn
Dr. Jacek & Alina Kopec
Dr. Diane Lacaille
& Michael McGuire
Oscar & Esther Larson
Dr. Linda Li & Paul Lee
Thomas & Anita Li
Robert Mackay
Drs. Deborah Marshall
& Stephen Weiss
Cameron & Linda McKie
John & Dana Montalbano
Patti Nakatsu
Marilyn Neaves Charitable
Foundation Trust
Shaun & Kathy Ouellette
Naz Panahi
Dan Parlow

Andrew Pope
RBC Foundation
Diana Reid & Chris Nelson
Wendy Reid
Nick and Lynn Ross
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Pamela Russell & Dan Sharp
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& Nancy Hudson
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Dr. Stuart Seigel
Dr. Kam & Anna Shojania
Eve & Debby Sonner
Marilyn Thompson
Elaine Thorsell
TD Bank Group
UBC Division of
Rheumatology
Lorraine Urquhart
Brenda Viney
Ulrika Wallersteiner
Jon G. Weinheimer
Drs. Hui Xie & Yi Qian
Linda Yorke & Gordon Forbes
Charles & Dale Young
Foundation



ARTHritis

SOIRÉE 2019

The 7th annual ARThritis Soirée was another resounding success. The main goal of our signature event is to make it possible to fund more research to alter the lives of people with arthritis. Along with a \$2 million funding announcement by Health Minister Adrian Dix, the evening's fundraising total reached an amazing \$2,355,000 to support life-saving arthritis research.

The importance of donor support was highlighted through the personal stories of Diana Reid and Chris Nelson, both living with psoriatic arthritis. Arthritis research, they said, has given them their lives back. The evening concluded with a full dance floor as guests were treated to a fantastic performance by Mike Reno, lead singer of Loverboy, along with an all-star band.

Arthritis Research Canada is very grateful to all of our generous sponsors, guests, donors, and volunteers who made the night possible. A special thanks to our co-hosts, Coleen Christie and Fred Lee.

THANK YOU ARTHRITIS SOIRÉE SPONSORS

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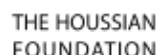
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HONOURARY PATRON, CHIEF JUSTICE BEVERLEY MCLACHLIN



Retired Chief Justice Beverley McLachlin lends name to arthritis research

Arthritis Research Canada proudly named Beverley McLachlin, Canada's longest serving Chief Justice, as its first Honourary Patron this year. McLachlin served 28 years on the Supreme Court, including 17 years as Chief Justice, and has had a resounding impact on rights and freedoms in Canada.

"Arthritis afflicts many people and diminishes countless lives. I am delighted to be associated with an organization devoted to research into its causes and treatment," said former Chief Justice Beverley McLachlin.

McLachlin became a British Columbia Supreme Court judge six months before the Canadian Charter of Rights and Freedoms took effect. In 1989, Brian Mulroney appointed her to the Supreme Court, and in 2000 Jean Chrétien appointed her Chief Justice.

Her court has touched all Canadians in the 35 years since the Charter of Rights took effect. Most can probably recall a decision from her court that they agreed or disagreed with and certainly debated among friends.

McLachlin has been recognized internationally for her contribution to the law and holds more than 30 honorary degrees.

SPEAKING OUT FOR ARTHRITIS RESEARCH



Arthritis Research Canada welcomes Spencer O'Brien as official spokesperson

Team Canada's Spencer O'Brien, was diagnosed with rheumatoid arthritis just a few months before competing at the 2014 Olympics in Sochi. At the time, the 25 year old was one of the world's top ranked snowboarders.

Spencer first noticed aches and pains in her knees and ankles, which she attributed to a lack of stretching and old injuries. As the pain escalated, she couldn't lift her shoulders past 90 degrees and could barely walk down a set of stairs. Doctors diagnosed her with various conditions like bursitis, atrophy, a baker's cyst and capsulitis, but every time her body healed, something else went wrong.

"My body just exploded," she said. "After months of unknowns I received the diagnosis of rheumatoid arthritis. I was devastated and thought, 'How can a high-impact sport and inflammatory arthritis go hand in hand?'"

Worried that her snowboarding career might be over, Spencer tried different medications, kept her health struggles secret and pushed her diagnosis to the back of her mind so she could focus on competing in the 2014 Olympic Winter Games. Looking back, she wishes she had opened up sooner about her experience.

"When I found out about my illness, I didn't think it could happen to someone like me, so I want to make sure people know it can happen to anyone and that there is a way out. You can still live the life you want to live. When doctors told me about my diagnosis, I didn't think in a million years that I'd still be able to be a professional snowboarder. I didn't think I'd be able to get back to where I was and, I didn't just do that, I went on to become one of the best in the world again."

Now, as Arthritis Research Canada's spokesperson, Spencer hopes her journey dispels the myth that only older people get arthritis and inspires those with the disease to take comfort in the fact that, through arthritis research, they can find answers and get the help needed to get back on their feet and achieve a high quality of life.

FINANCIALS

For a full copy of our audited financial statements, please see our website at:

<http://www.arthritisresearch.ca/about-us/our-finances>

ASSETS

CURRENT

Cash and Cash Equivalents	\$1,239,619
Accounts receivables	2,513,545
Recoverable from government - GST	26,477
Prepaid expenses	64,291

3,843,932

PREPAID EXPENSES	26,743
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INVESTMENTS	13,749,545
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CAPITAL ASSETS	22,501
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\$17,642,721

LIABILITIES AND NET ASSETS

CURRENT

Accounts payable & accrued liabilities	\$215,956
Payables - Payroll deductions	11,746
Current portion of deferred revenue	1,412,339

1,640,041

DEFERRED REVENUES	6,564,836
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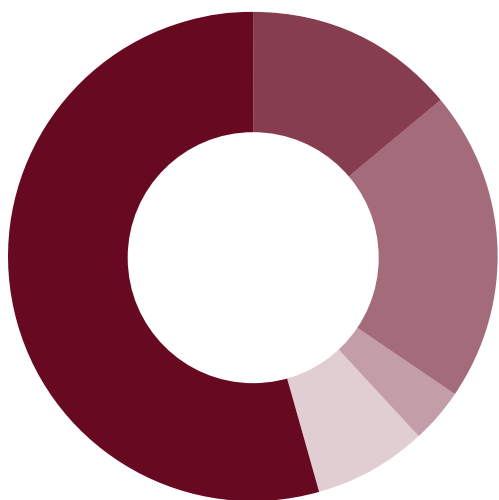
8,204,877

FUND BALANCES

Unrestricted	8,923,109
Internally restricted	514,735

9,437,844

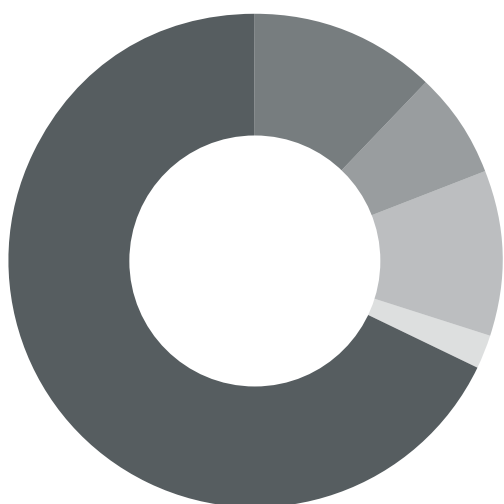
\$17,642,721



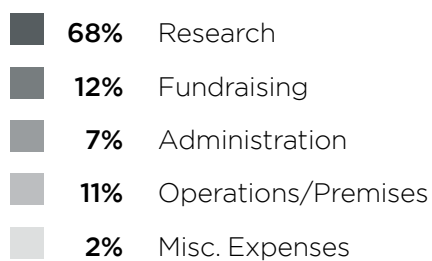
REVENUE



Research	\$2,672,710
Operating Grant	666,667
Fundraising	989,456
Unrealized Gains (Losses)	(156,991)
Investment Income	343,858
<hr/>	
	\$4,515,700



EXPENSES



Research	\$2,527,909
Fundraising and Donations	455,153
Administration	247,792
Operations/Premises	422,670
Misc. Fees	60,665
<hr/>	
	3,714,189
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Excess of Revenues over Expenses	\$801,511

POPULATION AFFECTED BY ARTHRITIS



REPORTED CHRONIC DISEASES



Arthritis is the **#1** most reported chronic condition by women and **#3** by men.

DOCTOR VISITS



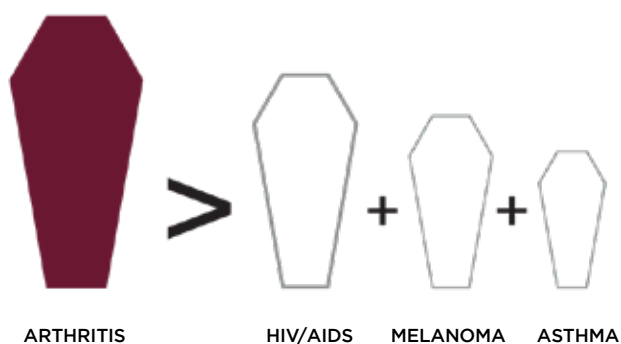
Arthritis is responsible for **1** in **10** doctor visits and **1** in **6** hospitalizations

TYPES OF ARTHRITIS

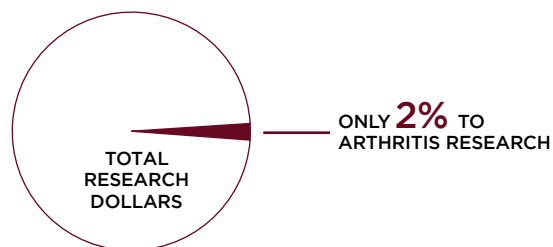
100+

For example: Osteoarthritis, rheumatoid arthritis, lupus, gout, psoriatic, ankylosing spondylitis, vasculitis, and sjogren's, etc.

DISEASE RELATED DEATHS



RESEARCH FUNDING IN CANADA



Arthritis is the **#1** debilitating disease and most expensive condition.





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www.arthritisresearch.ca