

2023/2024 ANNUAL REPORT



Leading research.
Finding answers.
Saving lives.



MISSION STATEMENT

Our Mission is to transform the lives of people impacted by arthritis through patient-centred research and engagement.

VISION STATEMENT

Our Vision is a world where people living with arthritis can thrive.

TABLE OF CONTENTS

Message from the Scientific Director	4
Message from the Executive Director	5
Message from the Board Chair	6
Board of Directors	7
Patient Partners	8
Scientific Team	10
Leading Research. Finding Answers. Saving Lives.	16
Fostering Equity, Diversity and Inclusion	18
Redesigning Care To Improve Health Outcomes	19
Addressing Mental Health	20
Keeping People Active	22
Reducing Frailty in Older Adults	24
Next Generation of Scientists	26
25 Years of Research	28
With Gratitude	30
ARthritis Soirée 2024	32
Financials	34

Arthritis Research Canada's scientists and staff respectfully acknowledge the First Peoples on whose traditional territories they live and work across Canada. We express our gratitude to the keepers of the land and our commitment to learning, reflecting and taking actions towards Truth and Reconciliation.

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MESSAGE FROM THE SCIENTIFIC DIRECTOR

Dr. Diane Lacaille

This year marks the 25th anniversary of Arthritis Research Canada/Arthrite-recherche Canada, a milestone that fills us with immense pride and gratitude. Over the past quarter-century, our organization has become the largest clinical arthritis research centre in North America dedicated to advancing practical research that helps people overcome the challenges of arthritis in their everyday lives.

Each year, our research is making great strides, leveraging leading-edge technologies to advance and share knowledge to improve care and health outcomes for people living with arthritis. We continue to lead in designing and applying best practices for research methods so our science is rigorous, innovative, patient-centred, equitable and inclusive. Our research reflects our unwavering commitment to enhancing every aspect of life impacted by arthritis for the six million Canadians living with arthritis.

I am proud of our scientific team from coast to coast, who have been incredibly successful at securing research funding, totaling \$11.3 million in 2023/24.



Their work has been showcased at international conferences, underlining our leadership in the global arthritis research community.

Our success is a collective achievement, made possible by the exceptional expertise of our multi-disciplinary research team, the invaluable insights from our patient partners, the talent and enthusiasm of our trainees, the dedication of our staff, and the governance of our hard-working Board. This forms the backbone of our organization, driving discovery and ensuring our research remains patient-centered and impactful.

None of this would be possible without the support of our donors. Your generosity fuels our mission and inspires our vision to create a world where people with arthritis can thrive.

Thank you for investing in a future where research removes limitations and unlocks infinite opportunities.

MESSAGE FROM THE EXECUTIVE DIRECTOR

Rob Appleton

As Arthritis Research Canada/Arthrite-recherche Canada celebrates its 25th anniversary, I reflect on our incredible journey of innovation and discovery. Our scientific research team and dedicated patient partners have worked tirelessly to advance innovative research to improve arthritis treatment and care.

This past year, we finalized our new three-year Strategic Plan, which will guide us through 2027. This ambitious roadmap ensures our continued progress as a leading research organization in the arthritis ecosystem and reinforces our organizational resilience.

We have successfully completed our annual audit, consistently meeting and exceeding accountability requirements through rigorous and transparent practices. We are proud to maintain our low administrative costs, enabling us to maximize the impact of funds dedicated to advancing cutting-edge arthritis research.



In addition, our Finance Committee's expertise and astute management of our investment portfolio have strengthened Arthritis Research Canada's solid financial standing, ensuring the continuation and protection of our research initiatives.

I want to express my deep appreciation to our Board of Directors for their diligent governance and leadership in guiding Arthritis Research Canada. I am grateful for the opportunity to work alongside such talented Board members, scientists and staff.

To the many individuals, businesses, foundations, organizations, and our government - your loyalty and support are key to our success. None of this is possible without you. Thank you for helping to make arthritis research a priority.

MESSAGE FROM THE BOARD CHAIR

Jordan Langlois

Partner
Kornfeld LLP

It has been another year of remarkable progress fueled by the hard work of our scientists, patient partners, board team, staff, and the incredible support of our generous donors. This year was further distinguished as Arthritis Research Canada/ Arthrite-recherche Canada's 25th year of life-changing arthritis research.

With our newly minted Strategic Plan, we are poised for the next phase of Arthritis Research Canada's evolution. We remain steadfast in our mission and vision, aiming to maximize our impact on the prevention, diagnosis, and treatment of arthritis. We will continue to lead in patient-centred research while fostering equity, diversity, and inclusion to ensure our research is impactful.



I wish to recognize the exceptional contributions of our Board members, Don Elkington, Pauline Hadley-Beauregard, Jim Dales, Rahim Esmail, and Stephen Schwartz, who are concluding their terms this year. Each of you has played a crucial role in the success of Arthritis Research Canada during your time on the Board by sharing your expertise in marketing and communications, brand and strategic alignment, financial acumen and legal matters and by strongly advocating for our organization's mission.

My thanks to everyone who is a part of our journey. Our success is your success, benefiting over six million Canadians living with arthritis.

I am proud of our Board team and their unwavering dedication to Arthritis Research Canada's vision and values as we go forward. Your solid governance and leadership are instrumental to the organization's position as the leading clinical arthritis research organization in North America.

BOARD OF DIRECTORS



Jim Dales

Retired



Don Elkington

Owner
Elkington Investments
PAST CHAIR



Rahim Esmail

Associate
General Counsel
TELUS



**Pauline
Hadley-Beauregard**

Partner,
Strategic Clarity Crux



Rodrigue Lussier

Senior 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 Shojan

Chief Executive Officer
AS Search & HR



Jatinder Sidhu

Chief Operating Officer
Keith Scott Group

PATIENT PARTNERS

Since its establishment in 2002, the Arthritis Patient Advisory Board has been a cornerstone in our organization's history. These dedicated volunteer advocates, including members of the Patients Intéressés par la Recherche sur l'Arthrite in Quebec, have contributed significantly to our mission.

As integral members of our research team, they provide the lived experiences of people with arthritis. They have attended and presented abstracts at prestigious conferences, such as the scientific meetings of the American College of Rheumatology and the Canadian Rheumatology Association, and have co-authored scientific articles alongside our research teams.

Our patient advisors are key to the planning and development of our Arthritis Research Education Series and contributing to Arthritis Research Canada's quarterly eNewsletter.

These achievements underscore the vital role that patient partners play in advancing and shaping our research and making a tangible impact on the lives of people with arthritis.

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

Distinguished 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
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

Nick Bansback - MSc, PhD
Research Scientist, Health Economics

APPOINTMENTS

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

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

Director and Chair, McCaig Institute for Bone and Joint Health
Canada Research Chair, Rheumatoid Arthritis and Autoimmune Diseases
Arthur J.E. Child Chair in Rheumatology Research
Professor, Departments of Medicine and Community Health Sciences, University of Calgary
Rheumatologist, Alberta Health Services

Susan J. Bartlett - PhD
Research Scientist, Medicine (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

Chief Academic Officer, Children's Health Ireland
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, Gout and Crystal Arthropathy Center, Massachusetts General Hospital

Director, Clinical Epidemiology and Health Outcomes, 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

Director, University of Calgary Lupus Centre of Excellence

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, Child Health and Human Development Program

Mary De Vera - MSc, PhD

Senior 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

Scientist, Centre for Health Evaluation & Outcomes

Tier 2 Canada Research Chair (Health Outcomes & Treatment Adherence)

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

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

SCIENTIFIC TEAM

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

Valérie Leclair – MD, PhD, FRCPC
Research Scientist

APPOINTMENTS

Rheumatologist, Jewish General Hospital

Investigator, Lady Davis Institute

Assistant 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

Scientific Director, BC SUPPORT Unit, Michael Smith Health Research BC

Carlo Marra – BSc (Pharm), PharmD, PhD
Research Scientist, Pharmacoepidemiology

APPOINTMENTS

Pro-Vice Chancellor, Faculty of Health Sciences, Curtin University

Deborah A. Marshall - PhD
Senior Scientist, Health Economics and Preferences Research

APPOINTMENTS

Professor and Svare Chair Health Economics – Value and Impact, 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
Senior Scientist, Musculoskeletal Rehabilitation

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

Member, Centre for Aging SMART, University of British Columbia

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

Wei Zhang – MA, PhD
Research Scientist, Health Economics

APPOINTMENTS

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

Scientist and Program Head of Health Economics, Centre for Advancing Health Outcomes, Providence Health Care Research Institute

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 Emeritus, 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

Deniz Bayraktar (Denislav Orlinov) - PT, MSc, PhD

Affiliate Scientist, Musculoskeletal Rehabilitation

APPOINTMENTS

Associate Professor, Department of Physiotherapy and Rehabilitation, Izmir Katip Celebi University, Izmir, Turkey

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



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

Kun Huang – MD, PhD, FRCPC

Clinician Investigator, Rheumatology

APPOINTMENTS

Clinical Assistant Professor, Department of Medicine,
Division of Rheumatology, University of British Columbia
Co-director of Myositis clinic at the Mary Pack Arthritis Centre
Division Head, Fraser Health Authority Rheumatology
Rheumatologist, Fraser South Rheumatology Clinic in Surrey

Shahin Jamal – MD, FRCPC, MSc

Clinician Investigator, Rheumatology

APPOINTMENTS

Clinical 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, West Coast Rheumatology Associates,
Richmond, BC

Hyein Kim - MD, MPH, FRCPC

Clinician Investigator, Rheumatology

APPOINTMENTS

Clinical Assistant Professor, Department of Medicine,
Division of Rheumatology, University of British Columbia
Rheumatologist, Vancouver General Rheumatology Clinic,
VCH Mary Pack Scleroderma Clinic and St. Paul's Hospital
Scleroderma-Lung Clinic

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, MPH, FRCP

Clinician Investigator, Rheumatology

APPOINTMENTS

Assistant Professor, Division of Rheumatology,
Adult Rheumatologist, Queen Elizabeth II Health Sciences Centre,
Halifax Nova Scotia



Leading Research. Finding Answers. Saving Lives.

For 25 years, Arthritis Research Canada/Arthritis-recherche Canada has been at the forefront of arthritis research, continuously pushing the boundaries of discovery and innovation.

Our dedication is reflected in our presence across Canada, with centres in British Columbia, Alberta, Quebec, and Nova Scotia, where our teams are working to advance and share knowledge aimed at preventing arthritis, finding new and better treatments, and improving the quality of life for people living with arthritis.

Our multidisciplinary team comprises over 100 world-class scientists who bring expertise from various disciplines, including rheumatology, orthopaedics, physiotherapy, kinesiology, occupational therapy, pharmacy, rehabilitation science, public health, epidemiology, health psychology and behavioural change, health economics, health systems assessment, biostatistics, education, pediatrics, and knowledge mobilization. This allows us to approach arthritis from multiple angles to ensure our research provides solutions for all the ways in which arthritis affects a person's life.

We are as committed now as ever to improving the lives of people impacted by arthritis through patient-centred research and engagement, maintaining the same passion and drive as when we began.



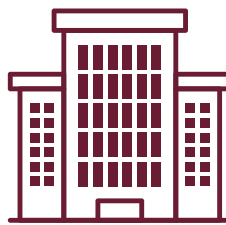
6+ MILLION

Canadians of All Ages Affected by Arthritis



100+

Research Studies



6

Centres



7

Major Universities

FOSTERING EQUITY, DIVERSITY & INCLUSION

At Arthritis Research Canada, we embrace equity, diversity, and inclusion as core values. Our scientists consistently influence practices that ensure these principles are applied to research methods.

Canada's diverse population is not adequately reflected in arthritis research, which limits the broad applicability of research findings and the provision of appropriate care. **Senior Scientist, Dr. Linda Li** led research to identify and map tools, strategies and approaches to support anti-racism when working with patients as partners on research teams. **Senior Scientist, Dr. Mary De Vera** and **Research Trainee, Megan Thomas** interviewed Canadian arthritis researchers about applying an equity, diversity, and inclusion lens in research. They identified challenges and developed strategies to increase the diversity of representation in studies and make the research process more inclusive and equitable. Additionally, **Research Trainee, Codie Primeau** is leading research to improve the representation of people from the 2SLGBTQIA+ communities in arthritis research.

Working collaboratively with these communities, this study uses a citizen science approach to determine the most relevant pain research questions to improve their health and healthcare experiences.

Senior Scientist, Dr. Cheryl Barnabe conducted a study that found that Indigenous people living with arthritis in Alberta wanted culturally safe care that integrates traditional healing practices with pharmacological treatment and considers cultural beliefs, preferences and values. The research team is collaborating with these communities to adapt decision aids and test if a new "decision coach" healthcare role improves how Indigenous people living with arthritis feel about their treatment choices.



REDESIGNING CARE TO IMPROVE HEALTH OUTCOMES

In the current healthcare landscape, it is imperative to develop innovative patient-centred solutions that cater to diverse needs and ensure equitable access to high quality care for all. Strategies may involve leveraging digital technologies, designing innovative care models, and creating learning health systems where comprehensive data is collected to inform better care delivery.

Research Scientist, Dr. Laëticia Michou is leading a multidisciplinary team that will leverage an existing digital platform to provide ongoing virtual care, at home, for people with stable inflammatory arthritis in Quebec. This platform will allow people to complete questionnaires regularly, monitor their arthritis at home, and communicate with their healthcare team when issues arise between rheumatology appointments. The aim is to better meet their needs while reducing how often in-person appointments are needed. This will be especially useful for people in remote communities.

A study led by **Senior Scientist, Dr. Mary De Vera** and **Clinician Investigator, Dr. Neda Amiri** found that telemedicine can be used effectively to manage rheumatology care during pregnancy for people with rheumatic diseases, especially those unable to attend in-person appointments.

Research Scientist, Dr. Claire Barber will leverage a new electronic health record system in Alberta to measure how rheumatology care is delivered and how patients are doing across the province. This will create a “learning health system” where scientists learn from the data collected during doctor visits to ensure the care provided follows established guidelines and quality measures.



Senior Scientist, Dr. Cheryl Barnabe is conducting research in Alberta to help minimize the number of hospital and emergency room visits for people with inflammatory arthritis seeking urgent care for non-urgent reasons due to the lack of timely access to rheumatology care. The research team will provide recommendations to improve the way care is delivered and help people with inflammatory arthritis access care from their family doctor or rheumatologist in a timely manner when their arthritis flares or new issues arise.



ADDRESSING MENTAL HEALTH

Research has shown that depression and anxiety are common among people living with arthritis, and can significantly impact their quality of life as well as worsen their arthritis symptoms. Exploring ways to ensure better and timely access to mental health care for people with arthritis is crucial.

Research led by **Research Trainee, Dr. Alyssa Howren** and **Senior Scientist Dr. Mary De Vera** showed that people with inflammatory arthritis were more likely than people without arthritis to have depression and anxiety, especially in the year immediately before and after their arthritis diagnosis. These rates remain higher even five years after their diagnosis. A second study evaluated whether people with inflammatory arthritis newly diagnosed with depression and anxiety received adequate mental health care. Findings showed only half the people had adequate pharmacological treatment, and only one in five received publicly funded mental health services.

Research Scientists, Dr. Susan Bartlett and **Dr. Glen Hazlewood** conducted a study that found that people with new onset rheumatoid arthritis were less likely to have a good response to treatment of their arthritis with methotrexate if they were experiencing symptoms of anxiety or depression.

Findings from these studies emphasize the need for incorporating mental health support in the multidisciplinary care of people with arthritis.

Up to 70 percent of people with arthritis report sleep issues, including difficulty falling asleep, staying asleep, and waking up early. These sleep disruptions worsen other symptoms of arthritis, which can negatively affect a person's quality of life. **Research Scientist, Dr. Deborah Da Costa** and **Research Trainee, Nicole Anderson** are conducting a study to explore if Cognitive Behavioral Therapy (CBTi) can help people with arthritis who suffer from insomnia. This research will provide new knowledge on the benefits of a non-drug method for managing insomnia in people with arthritis. If found helpful, internet-delivered CBTi will improve access to treatment of insomnia for people living with arthritis.



KEEPING PEOPLE ACTIVE

Research shows that maintaining an active lifestyle is essential for people with arthritis, both for their joint and overall health. Regular movement helps to strengthen muscles, improve flexibility, and reduce pain. Our scientists have been at the forefront of international collaborations to create evidence-based recommendations to help people with arthritis stay active and focus on preventing osteoarthritis.

People in their 20s and 30s with sport-related knee injuries have an increased risk of developing osteoarthritis. **Senior Scientist, Dr. Jackie Whittaker** is leading a clinical trial that will test the effectiveness of the SOAR program, developed by her team, which offers a new way to help people stay active after a sports injury to their knee through education and exercise. **Dr. Whittaker** also leads OPTIKNEE, an international group of over 40 scientists, patients and healthcare professionals working to address knee health after knee injuries. Over the last three years, the OPTIKNEE group has published numerous recommendations for health care after a knee injury and identified priorities for future research. The ultimate goal is to prevent knee osteoarthritis after an injury.

Research Scientist, Alexandra Legge and Senior Scientist, Dr. Linda Li were part of an international task force aimed at providing healthcare professionals and people living with systemic lupus erythematosus (SLE) with consensus-based recommendations for physical activity and exercise. These recommendations integrate physical activity and exercise into the management of SLE to help improve the well-being of individuals living with this challenging autoimmune condition.

Affiliated Scientist, Dr. Deniz Barayktar is working with 25 experts from different countries on a task force of The European Alliance of Associations for Rheumatology (EULAR) to update physical activity recommendations for people around the world with inflammatory types of arthritis and osteoarthritis in light of recent advances and evidence.



REDUCING FRAILTY IN OLDER ADULTS

Many adults over age 65 with arthritis are physically frail. Our scientists are conducting innovative research, to help older adults stay active safely while managing their arthritis and improve health outcomes.





Fragility fractures are a frequent consequence of osteoporosis and can happen spontaneously or with minimal injury, and often lead to a cycle of recurrent breaks, reduced mobility and physical function. **Clinician Investigator, Dr. Raheem Kherani** is leading a team to promote the adoption of the Fracture Liaison Services (FLS), a model that improves the care delivered to people after a fracture and prevents future injuries and fractures, in British Columbia. The model involves a dedicated coordinator who works with the patient during the orthopaedic care for a fracture and connects them to services through their family doctor. This ensures they receive recommended osteoporosis care for future fracture prevention.

There is strong evidence that the Otago Exercise Program is effective at preventing falls in older adults, by providing strength and balance training from a physiotherapist. However, maintaining the program is a challenge, with only a quarter of the people who start the program continuing with it over time. **Senior Scientist, Dr. Linda Li** and her team are testing the Otago program in older adults with arthritis and are using technology and personalized coaching to help people sustain their participation. The goal is to reduce falls and injury and improve overall quality of life.

NEXT GENERATION OF SCIENTISTS



ARTHRITIS TRAINEE NETWORK

Since its inception, Arthritis Research Canada/Arthrite-recherche has been unwavering in its dedication to nurturing the next generation of arthritis research scientists.

Our growing and collaborative Trainee Network, comprising Master's, Ph.D., and post-doctoral students, benefits immensely from the mentorship provided by our multidisciplinary team of world-renowned researchers. This invaluable guidance equips our trainees with the skills and knowledge to excel in their respective fields.

Arthritis Research Canada takes immense pride in the achievements of our trainees, who are exceptionally well-prepared to advance the future of arthritis research.

Nicole Andersen, PhD in Counselling Psychology,
McGill University

Kawami Cao, BSc in Kinesiology, 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

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, Masters in Experimental Medicine, UBC

Chris Lamb, Masters in Rehabilitation Sciences, UBC

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, Postdoctoral Fellow in Rheumatology
Research (Gout), 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

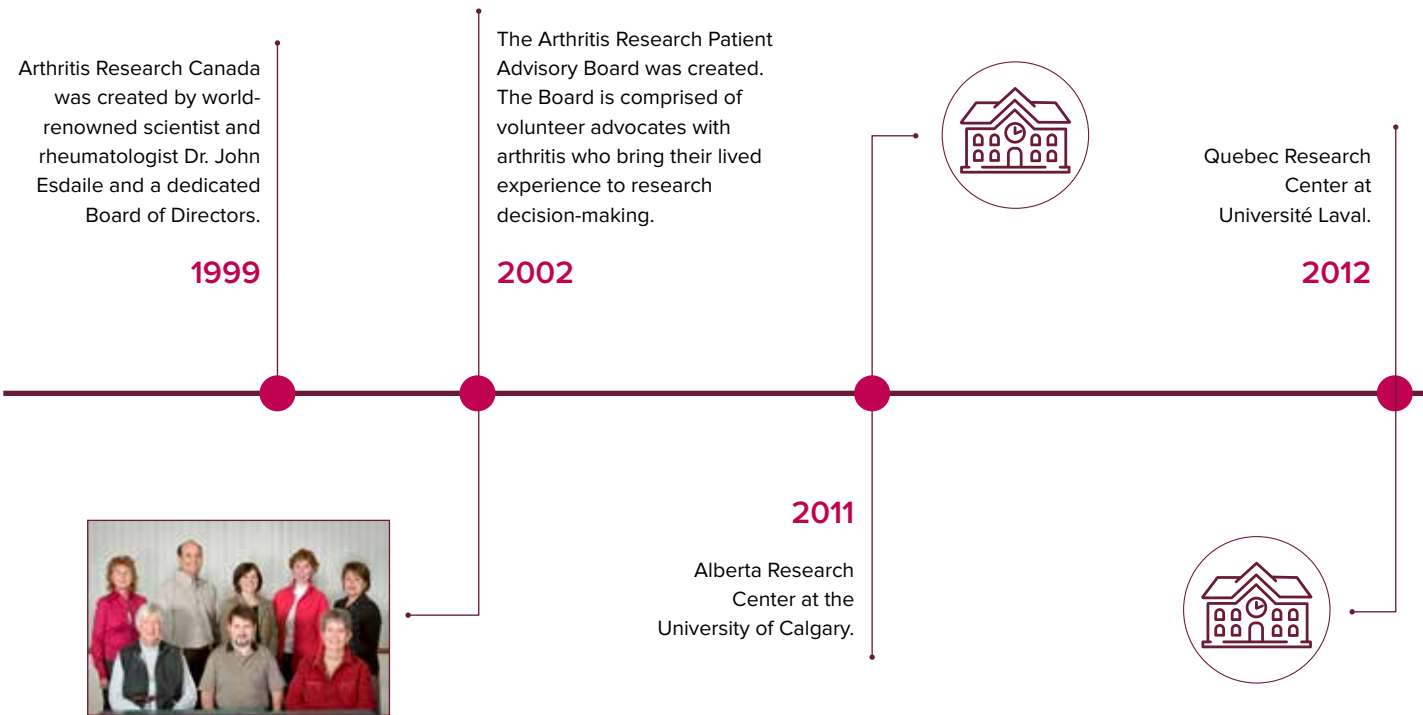
Vivienne Yuetong Zhou, PhD in Biostatistics,
Simon Fraser University

Kai Zhao, PhD in Biostatistics, Simon Fraser University

For the past 25 years, Arthritis Research Canada has been at the forefront of patient-centred arthritis research, providing innovative, evidence-based solutions for the prevention and treatment of arthritis. What began with a team of three, has grown into North America’s largest clinical arthritis research organization.

Our scientific team has made significant discoveries that have helped improve the lives of people with arthritis. They were the first to demonstrate the safety of biologic drugs during pregnancy for conditions like rheumatoid arthritis, vasculitis, and lupus. They partnered with First Nations communities to develop and evaluate culturally sensitive arthritis services such as the Arthritis Wellness Program.

Our scientists pioneered research on gout by testing a less painful method of confirming its diagnosis, evaluated the role of an anatomical bone lump as a potential cause of hip osteoarthritis, a disease responsible for over 75% of hip replacements in Canada, and developed “Making it Work”, a unique program designed to help people with inflammatory arthritis at work and prevent work disability.



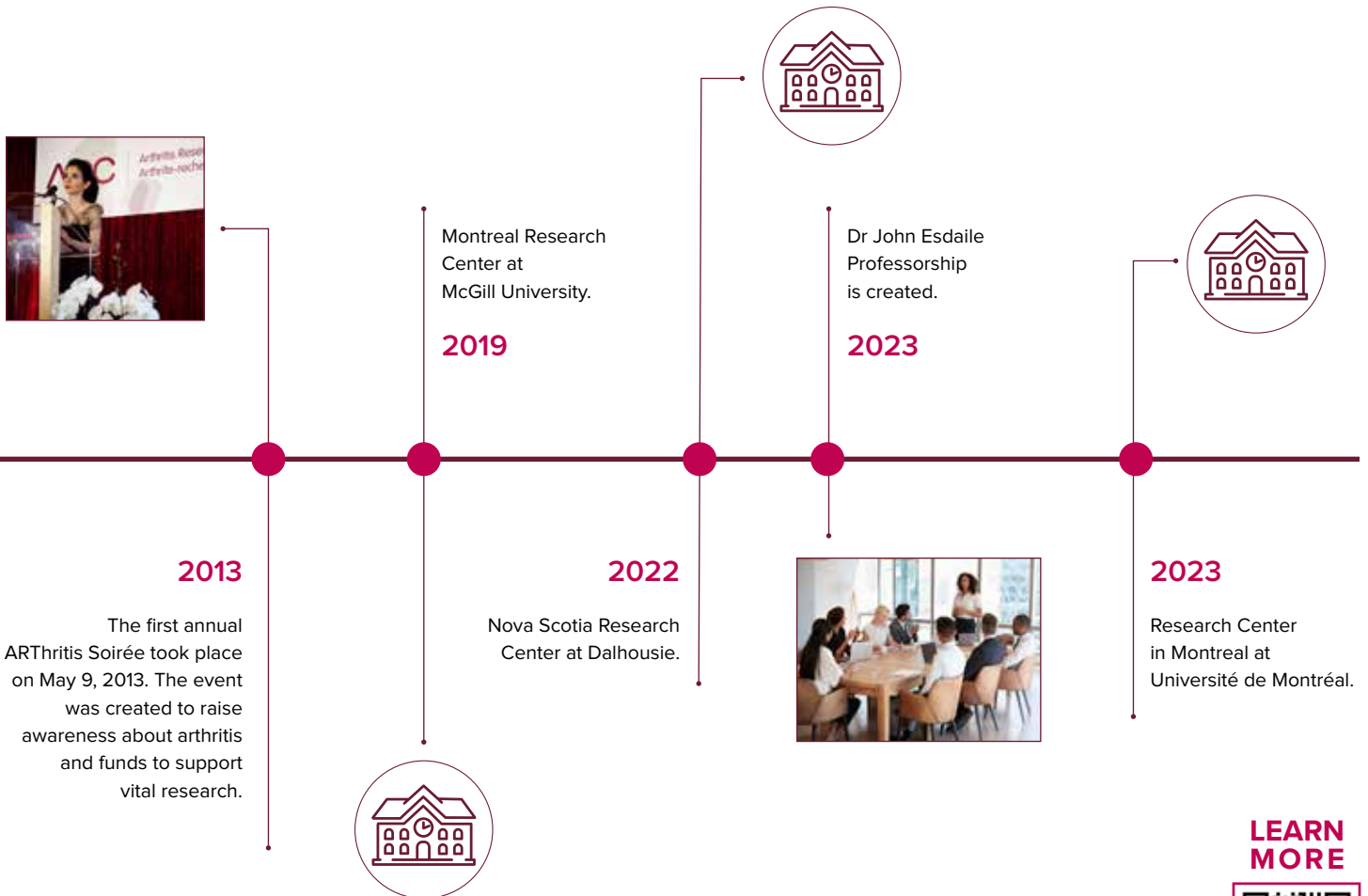


ARTHRITIS RESEARCH

From the outset of COVID-19, Arthritis Research Canada scientists responded quickly to the need for reliable information and have continued investigating the risk of infection and vaccine safety for immunocompromised people. Our team collaborated with the Province of BC on successfully implementing the biosimilar transition policy, the first of its kind in Canada, and evaluated its impact.

In 2023, the Dr. John Esdaile Professorship was created in partnership with the University of British Columbia to support the career of an arthritis scientist in perpetuity. This initiative honours the legacy of Arthritis Research Canada’s founder and visionary, Dr. Esdaile, and our commitment to mentoring the next generation of research scientists.

Arthritis Research Canada is committed to making arthritis research a priority and creating a world where people living with arthritis can thrive.



LEARN MORE



WITH GRATITUDE

The last 25 years would not have been possible without the extraordinary generosity of our donors. Arthritis Research Canada/Arthrite-recherche Canada is honoured to recognize our Fellows Circle donors for their annual support. This allows our world-class research team to pursue groundbreaking discoveries, providing hope and answers to the over six million Canadians affected by arthritis. Together, we are driving arthritis research forward.

Thank You.



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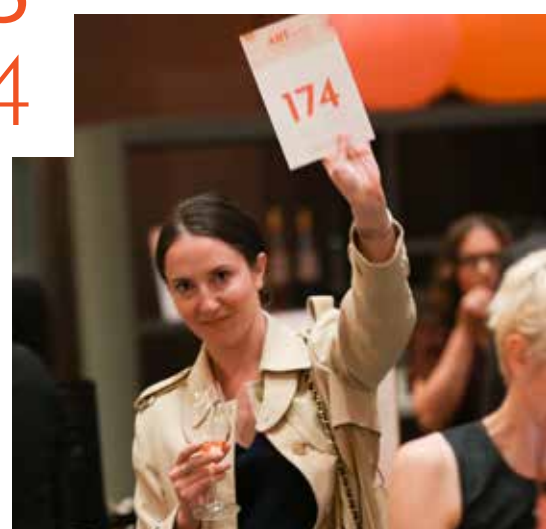
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ARThritis SOIRÉE 2024



THANK YOU TO OUR GENEROUS SPONSORS FOR SUPPORTING ARTHRITIS RESEARCH

Our signature fundraising event, the 2024 ARthritis Soirée, raised an impressive \$413,000 to support life-changing arthritis research. For the third consecutive year, the event was proudly presented by RBC and hosted by Coleen Christie (Global BC) and Fred Lee.

Guests enjoyed a sophisticated evening of fabulous hors d'oeuvres, champagne and wine, participated in an exquisite prize draw by Montecristo Jewellers, and bid on fantastic art, silent and live auctions. The night was capped off with a fantastic performance by the West Coast Dueling Pianos.

The ongoing success of the ARthritis Soirée is a true reflection of the generosity and dedication of our sponsors, guests, artists, volunteers, and donors. We extend our heartfelt thanks for your unwavering support of arthritis research.

PRESENTING SPONSOR



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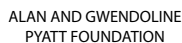


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THE ARTHRITIS RESEARCH CENTRE SOCIETY OF CANADA

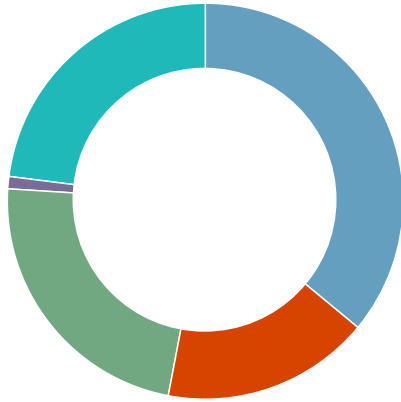
STATEMENT OF FINANCIAL POSITION AS AT MARCH 31, 2024

ASSETS

CURRENT	
Cash and Cash Equivalents	\$335,932
Accounts receivable	397,084
Recoverable from government – GST	4,502
Prepaid expenses	19,075
	<hr/>
	\$756,593
INVESTMENTS	17,044,151
CAPITAL ASSETS	9,657,946
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	\$27,458,690

LIABILITIES AND NET ASSETS

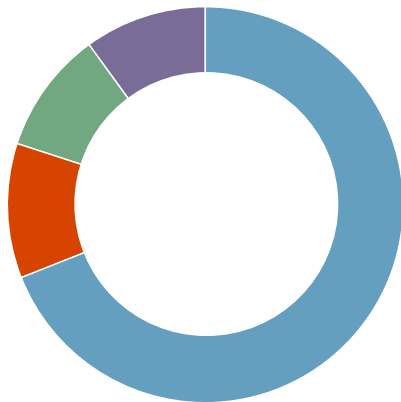
CURRENT	
Accounts payable & accrued liabilities	\$259,537
Payables – Payroll deductions	26,621
Current portion of deferred revenue	1,112,398
Current portion of long term debt	209,830
	<hr/>
	\$1,608,386
DEFERRED REVENUES	2,961,634
DEFERRED CAPITAL REVENUE	168,059
LONG TERM DEBT	6,095,593
	<hr/>
	\$10,833,672
FUND BALANCES	
Unrestricted	12,578,134
Internally restricted	4,046,884
	<hr/>
	\$16,625,018
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	\$27,458,690



REVENUE

- **36%** - Research
- **17%** - Operating Grants
- **23%** - Fundraising
- **1%** - Interest Income
- **23%** - Investment Income

Research	\$2,100,214
Operating Grants	1,000,000
Fundraising and Donations	1,285,670
Interest Income	24,532
Gross Revenue	4,410,416
Investment Income	
Unrealized Gain (Loss) on Investments	761,355
Investment Income	608,307
	1,369,662
Revenue after Investments	\$5,780,078



EXPENSES

- **69%** - Research
- **11%** - Administration
- **10%** - Fundraising
- **10%** - Miscellaneous Expenses

Research	\$3,079,612
Administration	478,364
Fundraising	437,928
Miscellaneous Expenses	449,259
Total Expenses	\$4,445,163
Excess (Deficiency) of Revenues over Expenses	\$1,334,915



YEARS

ARC

ARTHRITIS RESEARCH CANADA
ARTHRITE RECHERCHE CANADA

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