

2024/2025

ANNUAL REPORT



ARTHRITIS RESEARCH CANADA
ARTHRITE RECHERCHE CANADA

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.



ARTHRITIS RESEARCH CANADA
ARTHRITE RECHERCHE CANADA

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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.

Photo credit: Sombilon Studios



MESSAGE FROM THE SCIENTIFIC DIRECTOR

Dr. Diane Lacaille

As I reflect on the past year, it has been a time of meaningful progress, practical innovations and important discoveries for Arthritis Research Canada/Arthrite-recherche Canada. Our dedicated team of scientists and clinicians across the country are conducting leading edge research aimed at finding answers to the practical questions that people have in order to live well with arthritis.

We've made significant strides—from uncovering novel biomarkers that will facilitate earlier diagnosis and better disease prediction, to advancing personalized approaches to treatment and care. Our scientists published 220 articles in top journals, were recognized with \$12.5M in national funding awards, and were invited to present their research findings at international conferences. These achievements are a testament to the strength of our team, our collaborative spirit, and our unwavering commitment to helping people overcome the challenges of this disease.

We are, however, acutely aware of the growing number of Canadians living with arthritis and the urgent need to accelerate progress. None of what we do would be possible without our patient partners who work closely with our scientists, ensuring our research addresses their priorities, and our donors who make this work possible.

Thank you for your trust, your generosity, and your shared commitment to a future without the limitations of arthritis.

As we look to the year ahead, we do so with determination, ready to push boundaries and investigate new possibilities. Our work is about more than research—it's about life-changing opportunities and a shared vision of a future where arthritis no longer limits anyone's potential.

MESSAGE FROM THE EXECUTIVE DIRECTOR

Michelle Tice



I was thrilled to join Arthritis Research Canada/Arthrite-recherche Canada as Executive Director last fall. It's an exciting time for our organization, as we enter a new chapter marked by momentum and renewal. We have also welcomed new leadership and strengthened our team across key areas, including new Board members, along with an expanding network of scientists and academic centres across the country, as we remain focused on advancing our mission.

Our team of researchers and patient partners continues to drive meaningful change through innovative science aimed at improving the lives of people living with arthritis. Their dedication is the foundation of our work and the driving force behind our growing impact.

We take pride in our strong commitment to transparency and fiscal responsibility. This year's independent audit once again confirmed that we meet the highest standards

of accountability. By keeping administrative costs low, we ensure that the maximum possible funding is directed to our life-changing research. These practices help us build a stable foundation for sustained growth.

I'm deeply grateful to our Board of Directors for their thoughtful leadership and ongoing support. It is a privilege to collaborate with such an exceptional group of professionals, researchers, and staff.

Finally, to those who support our vital work—individuals, foundations, businesses, and government partners—thank you. Your belief in the importance of arthritis research drives everything we do. Together, we are building a future with better treatments, better outcomes, and better lives for millions of people.

MESSAGE FROM THE BOARD CHAIR

Jordan Langlois

Partner
Kornfeld LLP



It has been another year of remarkable advancements, made possible by the dedication of our scientists, patient partners, staff, Board members, and the steadfast support of our generous donors. Together, we continue to drive leading-edge arthritis research that is improving millions of lives across Canada.

Arthritis Research Canada/Arthrite-recherche Canada remains deeply committed to advancing patient-centred research that enhances the prevention, diagnosis, and treatment of arthritis. As a Board, we are also focused on embedding equity, diversity, and inclusion throughout our research and operations—ensuring that our work has the broadest and most meaningful impact possible.

This year, we were pleased to welcome several new members to our Board of Directors: Norma Biln, Kris Dattani, Kevin Joy, William Sapphire, and

Erick Zanker. Their expertise, which spans marketing and communications, fundraising, finance, strategic leadership, and medical research, will prove invaluable as we continue to strengthen the organization and expand our reach.

To everyone who contributes to our mission—thank you. Your support empowers us to reach new milestones and fuels the progress needed to improve outcomes for over six million Canadians living with arthritis.

BOARD OF DIRECTORS



Norma Biln

Co-founder, Board Chair,
Augurex Life Sciences Corp.



Kris Dattani

Strategic Communications
Principal, KMD Consulting



Kevin Joy

Senior Partner,
Consulting - MNP



Rodrigue Lussier

Senior Investment Counsellor,
Private Wealth, Fiera Capital Corp.

FINANCE CHAIR



Joy MacPhail

Retired



Samantha Rogers

Patient Advisory
Board Liaison



William Sapphire

Portfolio Manager
& Wealth Advisor,
RBC Wealth Management



Anna Shojania

Chief Executive Officer,
AS Search & HR



Jatinder Sidhu

Chief Operating Officer
Keith Scott Group



Erick Zanker

Managing Director,
Head PH&N Institutional,
RBC Global Asset
Management Inc.

PATIENT PARTNERS

We are proud to partner with our Arthritis Patient Advisory Board, a dedicated team of volunteer advocates from across Canada, living with various forms of arthritis. They contribute their lived experience and valuable insights to research projects and decision-making at Arthritis Research Canada, ensuring that the patient perspective is embedded in all aspects of our work. Our patient partners also play a key role in sharing research findings and knowledge with people living with arthritis, health care professionals, and the broader public through diverse communication channels.

Notable contributions in 2024-2025 included:

- Co-authored 13 Arthritis Research Canada publications. The papers were published across 10 scientific journals.
- Co-presented at nine academic conferences, including the American College of Rheumatology and the Canadian Rheumatology Association annual meetings.
- Collaborated on several research projects, including writing letters of support for grant applications.
- Played a key role in translating research into plain language summaries accessible on our organization's website.
- Led a panel discussion on patient engagement in research during the Annual Scientific Retreat Trainee Day.
- Collaborated on knowledge mobilization initiatives, such as the Arthritis Research Education Series.

ARTHRITIS PATIENT ADVISORY BOARD

Samantha Rogers (Chair)
Nikki Bhatti
Eileen Davidson
Christine Graveline
Alison Hoens
Sadiq Jiwa
Michael Kuluva
Shanon McQuitty
Philippa Mennell
Kohle Merry
Bableen Parmar
Chris Pudlak
Louella Sequeira
Trish Silvester-Lee
Steve Sutherland
Natasha Trehan

PATIENTS INTÉRESSÉS PAR LA RECHERCHE SUR L'ARTHRITE

Dr. Marie-Claude Beaulieu
Dr. 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

Hugues Allard-Chamard - MD, PhD, FRCPC
Research Scientist, Rheumatology

APPOINTMENTS

Assistant Professor, Université de Sherbrooke
André Lussier Chaire de Rhumatologie

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, School of Population and Public Health, University of British Columbia
Director, Centre for Advancing Health Outcomes
National Co-Director, CIHR Pan-Canadian Network for HIV and STBBI Clinical Trials Research (CTN+)

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

APPOINTMENTS

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

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
Associate Vice Chair of Planetary Health for the Department of Medicine, 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

Susan J. Bartlett - PhD, M-ARP
Research Scientist, Medicine

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

Hyon K. Choi - MD, DrPH, FRCPC
Senior 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

Full Member, McCaig Institute for Bone and Joint Health

Full Member, O'Brien Institute for Public Health

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

Scientist, Centre for Advancing Health 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

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

Associate 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

SCIENTIFIC TEAM

Maggie Larché – MRCP (UK), PhD

Research Scientist, Rheumatology

APPOINTMENTS

Professor and Division Head, Division of Rheumatology, Cumming School of Medicine, University of Calgary

Section Head, Section of Rheumatology, Department of Medicine, Alberta Health Services

Valérie Leclair – MD, PhD, FRCPC

Research Scientist

APPOINTMENTS

Clinical Scientist, 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

Quigley Family Endowed Chair in Rheumatology

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

Carrie Ye – MD, MPH, FRCPC

Research Scientist, Rheumatology

APPOINTMENTS

Associate Professor, Department of Medicine, Faculty of Medicine & Dentistry, University of Alberta

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 Research

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

Catherine Backman - PhD, FCAOT

Senior Scientist Emeritus, Rehabilitation Sciences

APPOINTMENTS

Professor Emeritus, Department of Occupational Science & Occupational Therapy, University of British Columbia

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

President, Turkish Health Professionals in Rheumatology Association
Health Professional Representative, Auto-Inflammatory Diseases Working Party, Pediatric Rheumatology European Society

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 Medicine, University of Alberta

Adjunct Professor, School of Public Health, University of Alberta

Natalie McCormick - MSc, PhD
Affiliate Scientist, Clinical Epidemiology

APPOINTMENTS

Instructor in Investigation, Rheumatology and Allergy Clinical Epidemiology Research Center, Division of Rheumatology, Allergy, and Immunology, Massachusetts General Hospital, Boston MA USA

Instructor in Medicine, Department of Medicine, Harvard Medical School, Boston MA USA

Codie Primeau - PT, PhD
Affiliate Scientist, Physiotherapy

APPOINTMENTS

Assistant Professor, School of Physical Therapy, Western University



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

Maziar Badii – MD, MHSC, FRCPC

Clinician Investigator, Rheumatology

APPOINTMENTS

Clinical Assistant Professor, Department of Medicine,
Division of Rheumatology, University of British Columbia

Cross-Appointment, Department of Radiology,
University of British Columbia

Rheumatologist, Artus Health Centre in Vancouver

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

Shahin Jamal – MD, FRCPC, MSc

Clinician Investigator, Rheumatology

APPOINTMENTS CONT.

Rheumatologist, Diamond Health Care Centre, Vancouver

Co-Director, CanRIO Network (The Canadian Research Group of
Rheumatology in Immuno-Oncology)

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

Clinician Investigator, Rheumatology

APPOINTMENTS

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

Medical Lead, Intensive Collaborative Arthritis Program,
Mary Pack Arthritis Centre

Head, Division of Rheumatology, Department of Medicine,
Richmond Hospital

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, FRCPC

Clinician Investigator, Rheumatology

APPOINTMENTS

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

Adult Rheumatologist, Queen Elizabeth II Health Sciences Centre,
Halifax, Nova Scotia

Boyang Zheng – MD, MSc, FRCPC

Clinician Investigator, Rheumatology

APPOINTMENTS

Assistant Clinical Professor, Division of Rheumatology,
University of British Columbia, St Paul's Hospital

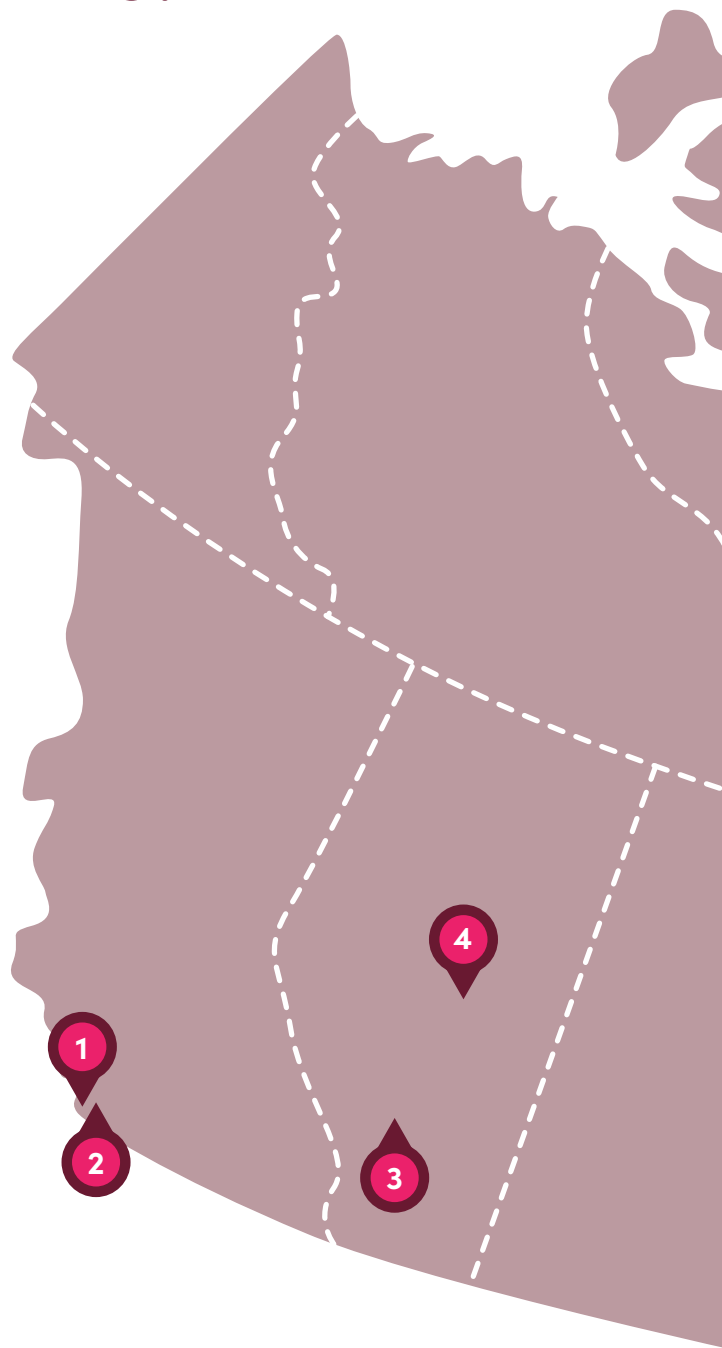
LEADING RESEARCH. FINDING ANSWERS. SAVING LIVES.

For 26 years, Arthritis Research Canada/Arthrite-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, Ontario, Quebec, and Nova Scotia, where our team works to advance and share knowledge about preventing arthritis, improving health, and finding solutions to lessen the impact of arthritis on people's lives, right now.

Our research team comprises over 100 world-class scientists, trainees, and staff who bring expertise from various disciplines, including rheumatology, orthopedics, 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 with arthritis through patient-centred research and engagement, maintaining the same passion and drive as when we began.



6M+

Canadians of
All Ages Living
with Arthritis

200+

Research Studies

8

Cities

Vancouver, Calgary,
Edmonton, London,
Montreal, Sherbrooke,
Quebec City and Halifax

10 MAJOR UNIVERSITIES

- 1 University of British Columbia 
- 2 Simon Fraser University 
- 3 University of Calgary 
- 4 University of Alberta 
- 5 University of Western Ontario 
- 6 Université de Montréal 
- 7 McGill University 
- 8 Université de Sherbrooke 
- 9 Université Laval 
- 10 Dalhousie University 



IMPROVING CARE

In today's complex health care environment, innovative, patient-centred solutions are needed to address the diverse needs of patients and promote equitable access to care. Our scientists are developing digital tools, rethinking care models, and building learning health systems informed by real-world data to improve care and achieve better, more equitable health outcomes for everyone.

To enhance care and communication, **Research Scientist Dr. Claire Barber (University of Calgary)**, conducted a pilot study using a text messaging platform to connect patients and their rheumatology team between appointments. People with rheumatoid arthritis appreciated the regular “check-in” texts from the team, and the ability to have their questions answered in real-time.

Research Scientist, Dr. Allyson Jones (University of Alberta), collaborated with family physicians and health care leaders to evaluate the implementation of a novel care pathway for the treatment of lower back pain by family physicians in Alberta. The care pathway provided funding and a streamlined process for accessing care as recommended by guidelines, including an evidence-based education and exercise program.

Research Scientist Dr. Laëtitia Michou (Université Laval) is investigating the impact of implementing Educare in her team's rheumatology clinic. This program provides therapeutic education to patients with inflammatory arthritis, to improve their understanding of their arthritis and treatment, and to enhance their ability to self-manage their disease.

Research Scientist, Dr. Sabrina Hoa (Université de Montreal), examined how well cardiovascular risk is assessed and managed in patients with systemic sclerosis. She found that nearly 40% are not receiving adequate screening or treatment, despite their elevated risk. These findings underscore the urgent need for improved management strategies, particularly at a time when many people lack access to a family doctor.

ADDRESSING MENTAL HEALTH



Patient-centred arthritis care supports mental health in addition to addressing physical symptoms. Our studies have shown that people who have arthritis are twice as likely to experience depression or anxiety. Addressing the mental health needs of people with arthritis is a priority for our research team.

Research Scientist, Dr. Susan Bartlett (McGill University), using data from the Canadian early arthritis CATCH cohort, found that people with a recent diagnosis of rheumatoid arthritis who had depression or anxiety had worse arthritis symptoms and were less likely to go into remission. They were more likely to require advanced treatments like biologics within a year.

By recognizing and addressing mental health earlier, it may be possible to improve people's response to treatment and health outcomes.

People with arthritis often face additional challenges as new parents that can affect their mental health. **Research Scientist Dr. Deborah Da Costa's (McGill University)** research aims to identify the support needs of new parents through an online survey that inquires about their arthritis, symptoms, mental health difficulties, parenting experiences, and how their health care providers can better help them.

ADDRESSING INEQUITIES IN INDIGENOUS HEALTH

Indigenous peoples in Canada experience higher rates of inflammatory arthritis and worse health outcomes. They face greater barriers to accessing care and frequent racism during health care encounters. Alternatives to current care, offering holistic care that upholds Indigenous approaches to health and is provided in a culturally safe context, are greatly needed. Our scientists are partnering with Indigenous communities to make this a reality.

Senior Scientist, Dr. Cheryl Barnabe (University of Calgary), is co-leading a Canadian team, including other Indigenous scholars, that has received a \$2 million grant to transform arthritis prevention and care for Indigenous peoples from rural and urban communities of all ages and genders. The research

will improve our understanding and help better predict people's risk of inflammatory arthritis by examining factors such as genetic, immune, environmental, and social triggers. The research will also take a patient-centred approach to provide culturally appropriate care and guide shared decision-making for treatment choices that reflect the holistic health needs and traditions of Indigenous communities.

In partnership with First Nations communities on Vancouver Island and Haida Gwaii, **Dr. Diane Lacaille, Scientific Director (University of British Columbia)**, has developed and tested the Arthritis Wellness Program. This family-based arthritis self-management program includes Indigenous health practices and is currently being expanded to other Indigenous communities across BC.





MAKING INFORMED DECISIONS ABOUT TREATMENTS

Informed treatment decisions require clear, accessible information and meaningful patient involvement. Our research examines strategies to help patients weigh risks, benefits, and personal priorities when choosing among treatment options.

Many new, very effective treatment options, known as biologic medications, now exist for treating inflammatory types of arthritis. This makes choosing among them challenging, as information directly comparing the risks and benefits of the different options is lacking. **Research Trainee, Kasra Moolooghy (University of British Columbia)** is using administrative health data from everyone in BC who has used these medications to compare how they increase or decrease the risk of infections, heart attacks, strokes and blood clots. By providing real-world evidence, this study will help clinicians and patients make more informed decisions about treatment options.

Research Scientist, Dr. Glen Hazlewood (University of Calgary), developed a decision aid to help people with rheumatoid arthritis whose disease is in remission make an evidence-informed choice about reducing their medication. After using the tool, 25% chose to reduce their dose, and two-thirds of those who did remained in remission after cutting their medication in half. The others successfully re-increased their medications. These promising results will now be tested in a larger-scale study.

Research Trainee, Vienna Cheng (University of British Columbia), is using BC's administrative health data to investigate whether targeted synthetic disease-modifying antirheumatic medications, a new class of drugs, are safe to use during pregnancy. Since pregnant individuals are excluded from clinical trials, real-world data from mothers' and babies' experiences offer valuable insight into potential drug effects—helping to inform treatment decisions and shape clinical guidelines.





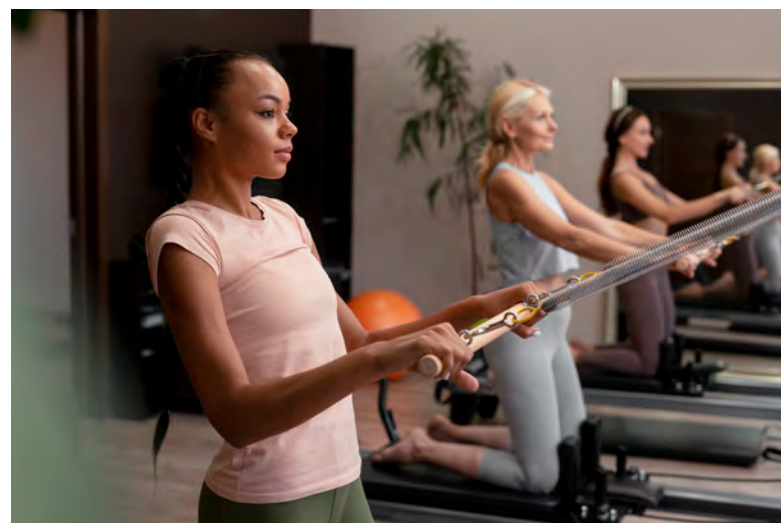
SUPPORTING PHYSICAL ACTIVITY

Staying active is essential for people with arthritis—not just for joint health, but also for overall well-being. While chronic pain, fatigue, and poor sleep are common, making exercise challenging, regular physical activity can help improve these symptoms. Our scientists are at the forefront of developing evidence-based strategies to help people with arthritis stay active.

People with rheumatoid arthritis face numerous challenges in becoming and staying physically active and often lack the tailored advice and support they need for physical activity from their health care team. **Kinesiologist and Research Trainee, Manuel Ester (University of Calgary)** interviewed rheumatology health care providers to identify key opportunities and challenges for promoting physical activity as part of regular rheumatology care. Findings will inform the creation of practical toolkits for rheumatology health care providers to support physical activity better.

Although strength training is recommended twice weekly and linked to a reduced risk of high blood pressure, diabetes and improved mental health, the majority of adults—and 86% of people with rheumatoid arthritis—don’t do it regularly. **Clinician Investigator Dr. Jasmin Ma (University of British Columbia)** developed the I START tool and guide to help people with rheumatoid arthritis create a personalized strength-training plan in collaboration with their health care professional.

Focusing on the whole day, including reducing sedentary time and getting good quality sleep, is also important, to complement physical activity. **Senior Scientist, Dr. Linda Li (University of British Columbia)**, explored how people spend their entire day—sleeping, sitting, and moving—to identify who may benefit from support with the 24-hour movement guidelines. Her findings show that support needs to be personalized and grounded in shared decision-making to help individuals achieve a “balanced 24-hour day”.





NEXT GENERATION OF SCIENTISTS

ARTHRITIS TRAINEE NETWORK

Since its inception, Arthritis Research Canada/Arthrite-recherche Canada 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

Jenyo Banjo, MSc in Pharmaceutical Sciences, UBC

Jordyn Burgar, MSc in Public Health, University of Alberta

Vienna Cheng, MSc in Pharmaceutical Sciences, UBC

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

Krista Dagsvik, MSc in Community Health Sciences,
University of Calgary

Julia Downey, MSc in Community Health Sciences,
University of Calgary

Manar Elsayed, PhD in Department of Medicine,
University of Alberta

Manny Ester, Postdoctoral Associate, McCaig Institute,
University of Calgary

Maribeth (Fortune) Gelisanga, MSc in Physical Therapy,
UBC

Daniel Gillespie, Postdoctoral Fellow, McCaig Institute,
University of Calgary

Racheal Githumbi, PhD in Community Health Sciences,
University of Calgary

Sarah Hansen, Postdoctoral Fellowship in Rheumatology,
UBC

Rashedul Hoque, PhD in Biostatistics,
Simon Fraser University

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

Judith Jade, Rheumatology Fellow, Faculty of Medicine,
UBC

Chloe Jessen, MSc in Epidemiology & Public Health
Research, Université Paris Saclay

Sydney Joy, PhD in Experimental Medicine,
McGill University

Derin Karacabeyli, PhD in Experimental Medicine, UBC

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

Justin Losciale, PhD in Rehabilitation Sciences, UBC

Kasra Moolooghy, Masters in Experimental Medicine, UBC

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

Anthony Obrzut, MSc in Health Sciences, SFU

Tosin Ogunleye, MSc in Community Health Sciences,
University of Calgary

André Luiz Luquini Pereira, PhD in Experimental Medicine,
UBC

Sharan Rai, Postdoctoral Fellow in Rheumatology
Research (gout), Harvard University

Barath Ramanathan, MSc in Immunology and Cell Biology,
Université de Sherbrooke

Melissa Siple, MSc in Epidemiology, Cumming School of
Medicine, University of Calgary

Abigail Stites, MSc in School of Population and Public
Health, UBC

Viviane Ta, Masters in Counselling Psychology,
McGill University

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

Megan Thomas, PhD in Pharmaceutical Sciences, UBC

Dwayne Tucker, Postdoctoral Fellow in Pharmaceutical
Sciences, UBC

Ellen Wang, PhD in Physical Therapy, UBC

Heather Worthington, PhD in Rehabilitation Sciences, UBC

John Xian He Yan, Masters in Rehabilitation Sciences, UBC

Vivienne Yuetong Zhou, PhD in Biostatistics,
Simon Fraser University

Kai Zhao, PhD in Biostatistics, Simon Fraser University

THE POWER OF COLLABORATION

Collaboration is at the heart of our scientists' work as they lead national networks that unite researchers, physicians, and people with lived experience across Canada to tackle rare diseases. By working together, and integrating research alongside expert clinical care, they are generating vital insights that advance knowledge of rare diseases and improve care for the future.

CanRIO, Canadian Research Group of Rheumatology in Immuno-Oncology, is a powerful example of the impact of collaboration. Co-directed by **Dr. Shahin Jamal (University of British Columbia)** and **Dr. Marie Hudson (McGill University)**, with **Dr. May Choi (University of Calgary)**, Basic Science lead, **Dr. Carrie Ye (University of Alberta)**, Clinical Science lead, and **Dr. Janet Roberts (Dalhousie University)**, scientific advisory committee member, CanRIO brings together experts across institutions and disciplines. This network has rapidly expanded our knowledge of how cancer immunotherapies affect autoimmune rheumatic diseases. These highly effective medications fight cancer by activating the immune system against tumour cells.

CanRIO's research has investigated how cancer immunotherapies can trigger new autoimmune rheumatic diseases as a side-effect, and how to best treat them without compromising the effectiveness of the cancer medications. Studies in people with pre-existing rheumatic diseases have assessed how the medications they are taking that suppress the immune system, affect the ability of immunotherapy to fight cancer and prevent recurrence.

The network also provides reliable patient information on its website, online medical education modules and expert clinical advice for physicians. They will soon release their Canadian clinical guidelines for the assessment and management of immune-related rheumatic complications of cancer immunotherapy.

For more info go to canrio.ca

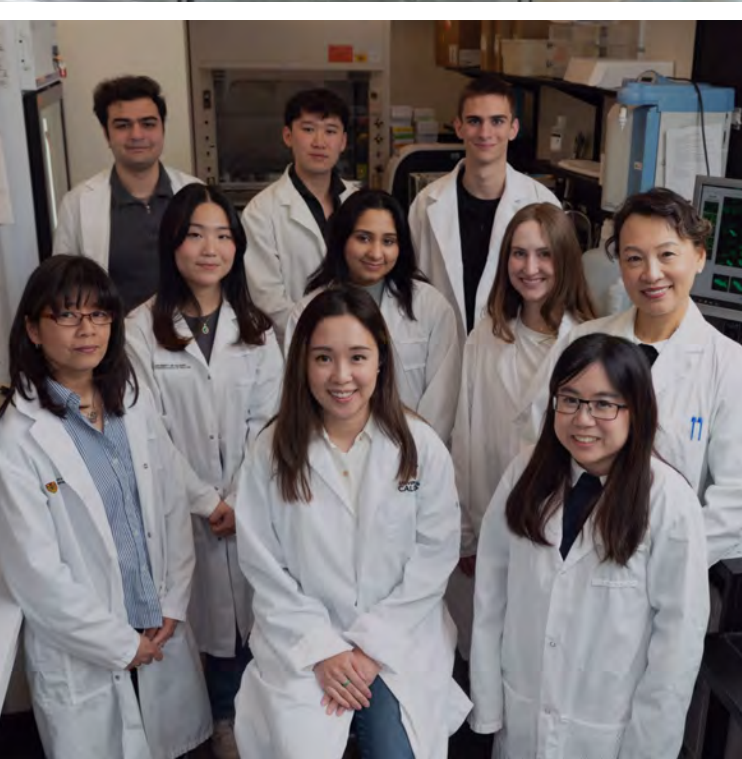
Arthritis Research Canada scientists hold leading roles in other national and international networks.

Dr. Maggie Larché (University of Calgary) and **Dr. Sabrina Hoa (Université de Montréal)** are Co-Directors of the Canadian Scleroderma Research Group, and **Dr. Marie Hudson (McGill University)** was a founding member. Over the 21 years since its inception, this multidisciplinary group has grown to include 15 centres across Canada, and has published 209 studies about scleroderma, a rare condition that causes inflammation and scarring of the skin and other organs.

Dr. Valérie Leclair (McGill University) is the Director of the Canadian Inflammatory Myopathy Study (CIMS), a multi-center registry founded by **Dr. Marie Hudson** following people living with diseases that cause inflammation and weakness of the muscles (myositis). Their research has helped better understand the different ways myositis can present clinically and improve clinical outcomes.

Dr. May Choi (University of Calgary) leads the AI.Dx lab, which provides state-of-the-art biobanking and AI-driven diagnostics of blood samples for different clinical registries, allowing scientists to identify novel biomarkers to better diagnose, predict the clinical course, or personalize treatment, for autoimmune rheumatic diseases.

Dr. Paul Fortin (Université Laval) is the Chair of the Systemic Lupus International Collaborating Clinics (SLICC), an international group of lupus experts fostering research collaborations amongst its 43 scientists across 16 countries, to advance research in lupus, an autoimmune disease that can affect all organs of the body. Dr. Fortin is also the founder and past chair of the Canadian Network for Improved Outcomes in Systemic Lupus Erythematosus (CANIOS) which includes a number of Arthritis Research Canada scientists.





WITH GRATITUDE

We are deeply grateful to all donors, including our loyal Circle donors, for their remarkable generosity. Thanks to your unwavering support, Arthritis Research Canada/Arthrite-recherche Canada's world-class research team is making vital progress in finding answers, improving care, and quality of life for more than six million Canadians living with the challenges of arthritis.

Together, we are creating change.

Thank you.



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ARThritis SOIRÉE™ 2025



THANK YOU TO OUR GENEROUS SPONSORS FOR SUPPORTING ARTHRITIS RESEARCH

Blending art, philanthropy, and purpose, our signature 2025 ARThritiS Soirée raised an incredible \$440,000 in support of innovative arthritis research. Our heartfelt thanks to Beachcomber Hot Tubs, who stepped into the role of Presenting Sponsor for the first time this year and to our fantastic co-hosts Coleen Christie and Fred Lee.

The evening brought together a vibrant community of supporters with guests savouring elegant hors d'oeuvres, sipping wine, and taking part in an exclusive prize draw courtesy of Montecristo Jewellers.

The live, silent, and art auctions added to the excitement, which was capped by a graceful ballet performance and spirited dueling pianos.

Thank you to all our sponsors, artists, guests, volunteers, and donors for their generosity – and to our patient speaker, Jen Hayes, whose honest and inspiring words reminded us all of the importance of fueling life-changing arthritis research.

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FINANCIAL STATEMENTS

THE ARTHRITIS RESEARCH CENTRE SOCIETY OF CANADA

STATEMENT OF FINANCIAL POSITION AS AT MARCH 31, 2025

ASSETS

CURRENT

Cash and Cash Equivalents	\$548,070
Accounts receivable and accrued	292,410
GST recoverable	25,851
Prepaid expenses	25,361
	\$891,692

INVESTMENTS 16,420,471

CAPITAL ASSETS 9,493,228

\$26,805,391

LIABILITIES AND FUND BALANCES

CURRENT

Accounts payable & accrued liabilities	\$415,385
Payroll deductions payable	31,975
Current portion of deferred revenue	135,432
Current portion of long term debt	6,096,591
	\$6,679,383

DEFERRED REVENUE 2,226,921

DEFERRED CAPITAL REVENUE 163,562

LONG TERM DEBT -

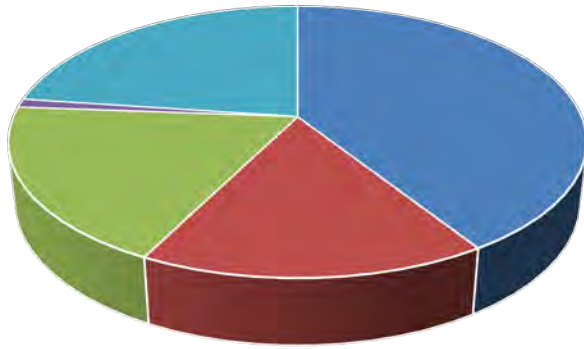
\$9,069,866

FUND BALANCES

Unrestricted	13,670,609
Internally restricted	4,064,916

\$17,735,525

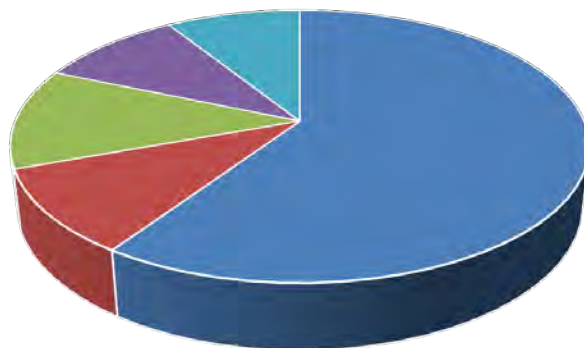
\$26,805,391



REVENUE

- **41%** - Research
- **16%** - Operating Grant
- **19%** - Fundraising and Donations
- **1%** - Interest Income
- **23%** - Investment Income

Research	\$2,533,469
Operating Grants	1,000,000
Fundraising and Donations	1,142,808
Interest Income	27,827
Gross Revenue	4,704,104
Investment Income	
Unrealized Gain (Loss) on Investments	236,242
Investment Income	1,153,827
	1,390,069
Revenue after Investments	\$6,094,173



EXPENSES

- **59%** - Research
- **10%** - Professorship Donations
- **12%** - Administration
- **10%** - Fundraising
- **9%** - Miscellaneous Expenses

Research	\$2,960,893
Professorship Donations	500,000
Administration	597,803
Fundraising	479,550
Miscellaneous Expenses	445,420
Total Expenses	\$4,983,666
Excess (Deficiency) of Revenues over Expenses	\$1,110,507



ARTHRITIS RESEARCH CANADA
ARTHRITE RECHERCHE CANADA

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Vancouver, BC V5Y 3P2 | 604-207-0400

arthritisresearch.ca