

@HUMBER

# Dr. Rodriguez awarded Doctor of Philanthropy



It is hard to imagine what it would be like living each day when simple tasks like walking without pain, bending down to pick up something you dropped or even hugging your grandchildren become an agonizing struggle. But this is exactly what patients with osteoarthritis face every day and this is precisely what motivates Dr. Sebastian Rodriguez-Elizalde to do the work he does.

As an Orthopaedic Surgeon at Humber River Hospital, specializing in trauma and adult hip and knee reconstruction, Dr. Rodriguez-Elizalde's vision has been to improve surgical recovery times and the patient experience by embracing the use of minimally invasive techniques. His surgical technique and use of advanced surgical technology has allowed him to make this vision a reality and as a result, Humber has become a leader in minimally invasive Direct Anterior Arthroplasty (DAA) and

the first GTA hospital to perform same-day total hip replacement.

While ensuring the best outcome for his patients is his primary focus, Dr. Rodriguez-Elizalde's impact reaches far beyond the operating table. His initiatives have led to improved surgical recovery times and shortened hospital stays, freeing up resources to provide care to more patients. He has been a true partner in fundraising, recognizing the role of grateful patients and philanthropic support in providing top-level care. His desire to advance patient care in hip surgery came to life when funds were raised to bring in two new HANA tables - the specialized operating room table used to perform the DAA surgery.

"Initially, we had the HANA table on trial. We wanted to see if I could do the procedure, if it would work, what the results would be, and

## Inside

Fundraising message:	
<i>Laurie Thomas and Jhanvi Solanki</i>	2
High Impact: <i>Gary's Story</i>	3
Doc Talk: <i>Dr. Stephen Halman</i>	5
The Future is Here	5
Doc Talk: <i>Dr. Sagar Desai</i>	6
AWESOME Golf Tournament	6
Corporate Corner: <i>RN Design</i>	7
Signature Events: <i>Humber Heels</i>	7



Dr. Rodriguez with celebrity chef Massimo Capra at a pre-gala reception hosted by Cameo Kitchens and Tasco Appliances

that there would be no complications. The pilot project lasted three months, and the results produced many grateful patients who were eager to express their appreciation with a personal gift to raise the funds to cover the purchase of both tables."

"I'm grateful to work in a facility that fosters a culture of innovation and that allowed us to bring this trial to life. And I am grateful for the patients who saw the benefits of fundraising along with me to help more people get the same, positive outcomes," said Dr. Rodriguez-Elizalde.

For his incredible work inside and outside the operating room, Humber River Hospital Foundation is honoured to present Dr. Rodriguez-Elizalde with the 2019 Doctor of Philanthropy award at this year's River Ball.

Our achievements have been many, but our need is still great. We need your help to stay ahead of a changing world. This is your hospital and the Humber River Hospital Foundation relies on your generous donations to support our growing community. After all, reinventing patient care is as much about the next innovation as it is about the current one.

## The Humber Difference: Orthopaedic Surgery

Our donors have helped enable Humber staff to provide the very best in patient care, serving thousands of people in our community. You have saved lives. Here's how our Orthopaedic Surgery Program is excelling with your generosity:

14



+ Surgeons work with interdisciplinary teams across the Hospital, making Humber's orthopaedic surgery team the largest in Toronto

4,351

+ Number of orthopaedic surgeries performed at Humber in 2018. This includes procedures such as total ankle replacements, unilateral hip replacements, knee replacements and revision joints

When compared to provincial averages, wait times at Humber were:

40%

Faster for hip replacement

50%

Faster for knee replacement

56%

Faster for shoulder surgery

28,799

+ Patient visits to the Fracture Clinic, located on the south side of our building where patients can be dropped off at the Portals of Care entrances only 30 feet from the clinic



### Jhanvi Solanki

Program Director,  
Inpatient Surgery and Ambulatory Clinics

### Laurie Thomas

Program Director,  
Perioperative Care and Endoscopy

#### Dear Friends,

As North America's most digital hospital, Humber River Hospital has become known around the world for the unique and powerful difference we are making to patient outcomes. Our Surgery Program is recognized as one of the best and biggest in the GTA, and the division of Orthopaedic Surgery, in particular, has become the destination of choice for patients, some of whom you will meet in this newsletter.

With the largest single-site orthopaedic team in Ontario, Humber is proud to be the first to introduce same-day hip replacement surgery and the second largest Total Shoulder Replacement Program in Toronto. Our orthopaedic patients benefit from both shorter wait times and innovative surgeons who embrace such patient-friendly procedures as Anterior Hip Replacement and Total Ankle Replacement.

While Humber boasts superior wait times when compared with provincial averages, demand for orthopaedic surgeries continues to increase. Donor support today will equip our surgeons with the tools they need to meet this demand and ensure that every person who needs life-changing orthopaedic surgery gets it quickly and experiences the best possible outcome.

Together with donors, we can expand and improve the healthcare delivered to our patients, changing thousands of lives for the better each year. We will always need your support to bring innovation, technology and new thinking to Humber. Please continue to consider Humber when making decisions about philanthropy - many lives in our community depend on it.



# HIGH TECH | HIGH TOUCH | HIGH IMPACT: Gary's Story



For years I thought about my ankle every second of every day because of the pain. Two weeks after my surgery, the pain was completely gone. Dr. Desai has been phenomenal. So positive and so confident.

Gary remembers the pain in his stomach after the ulcer formed. He'd been taking Naproxen for six years, and quite regularly for the last two. It was all he could do to keep the intense pain and swelling in his ankle at bay.

Despite the pain, Gary got up every morning and went to work. A professional horse trainer for the last 40 years, he's the kind of guy who never stops. Gary owns and operates Pickering Horse Centre with his wife and family. They love their work.

That's why Gary was so upset when he learned that he may never ride again. After consulting with a surgeon at another Toronto hospital, the prognosis wasn't good.

Gary broke his left ankle twice early in his career from two separate riding accidents. He recovered from both injuries, but over time the dull ache in his ankle turned into considerable discomfort, followed by intense pain. Arthritis had set in and surgery was the only option. The first surgeon he saw

recommended an ankle fusion, which is the most common way to treat acute ankle arthritis in Ontario. But for Gary, it would have meant the end of his riding career.

"When you ride, you balance yourself in the stirrups on the balls of your feet. You need to have good flexion in the ankles and knees," explains Gary.

After a typical ankle fusion, patients can no longer bend their foot. The ankle is permanently fused to the shin bone and the patient's gait is forever altered. Faced with no longer being able to ride horses, Gary insisted on exploring other options.

Through a joint assessment program, he was referred to Dr. Sagar Desai, a foot and ankle specialist at Humber River Hospital. Gary was in luck. With the support of two very generous donors, Dr. Desai had recently expanded Humber River Hospital's Total Ankle Replacement Program.

"With an ankle replacement, I'm actually inserting a prosthetic joint that acts as a buffer between the ankle bone and the tibia. It's a technically challenging procedure that requires a lot of training and expertise," explains Dr. Desai. "I'm very thankful that our donors and our Hospital have invested in this program. It's going to make a huge difference for patients like Gary."

Gary's surgery went extremely well.

"For years I thought about my ankle every second of every day because of the pain," Gary says. "Two weeks after my surgery, the pain was completely gone. Dr. Desai has been phenomenal. So positive and so confident."

About five months after Gary's surgery, Dr. Desai gave him the green light to ride again. "I love riding so much, it's my life's work and my life's passion. I can't thank Dr. Desai enough. He changed my life with this surgery. He's given me a new lease on my livelihood."

# People Care. It's in our DNA

Every day, in almost every way, our staff, physicians and volunteers at Humber go above and beyond to make our patients feel comfortable, hopeful and at ease. Here are just some patient care champions who make our hospital a friendlier, happier place:



**Julie Chung**

Advance Practice Physiotherapist

I love being part of someone's journey to get their life back! I joined the Humber team last year as part of the Rapid Assessment Clinic. After a patient is referred to us by their doctor for potential hip or knee surgery, we perform an assessment and help educate them on their surgical and non-surgical options for managing their pain. Patients used to have to wait almost a year for their consult, and now we can do it in 2-4 weeks. If they're a candidate for surgery, I help them understand that process too. People are so appreciative of being given the time to ask questions, and knowing what to expect puts them at ease."



**Sandro Ferrari**

Advanced Registered Orthopaedic Technologist

"In the Fracture Clinic, I realign broken bones, make casts for patients, and remove sutures and staples after surgeries. People come to us in pain, and in a lot of cases within six weeks their cast is coming off and there's a smile on their face. It's very rewarding to be able to witness that end result. I grew up in the area and often see people here that I've known since highschool. My co-workers are my friends. For me, Humber River Hospital is an important part of my community, and has been since I was young."



**Wendy Gold-Basch**

Advance Practice Physiotherapist

"As an Advanced Clinical Practice Physiotherapist working in the Rapid Assessment Clinic, I assess patients, provide individualized education and treatment options, and initiate referrals to the orthopaedic surgeons. I went into physiotherapy to help people. I love helping people who are in pain get back to being able to live a normal life. I have worked at Humber River Hospital for almost 25 years. I think Humber is such a hidden treasure; we have the top surgeons and an amazing team."



**Ranu Sehdev**

Registered Practical Nurse

"The Fracture Clinic is very fast paced; yesterday we saw 70 patients in under four hours! I used to work in the Emergency Department and in Acute Care. My purpose, in every Program of Care, is to give patients the best experience possible. I do what I can to make my patients comfortable and send them home happy."



## Doc Talk: Dr. Stephen Halman Division Head, Orthopaedic Surgery

### *Tell us a little about yourself!*

I am the Division Head of Orthopaedic Surgery and I have been a surgeon at Humber River Hospital for 17 years. Over the years I have seen about 30,000 patients.

### *How would you explain your job to a friend?*

In my clinical work, I am an orthopaedic surgeon operating mainly on shoulders, elbows, wrists. This includes Arthroscopy, a minimally-invasive approach where we use a tiny camera (an arthroscope) to repair the tissues in the joint, and also open procedures such as shoulder and elbow replacements.

As the Division Head of Orthopaedic Surgery, my role is to grow the Program and empower our 14 surgeons to pursue their clinical passions. Our surgeons are self-motivated, care deeply about their patients, and are courteous team players. This makes my job easy!

### *What is the best part about your work?*

I love being in the operating room. Before medical school I was a mechanical engineer. I really enjoy that orthopaedic surgery allows me to exercise spatial awareness and problem solving in a controlled environment.

### *What are the most interesting technologies at Humber?*

As a mechanical engineer, I appreciate

technology as an icon of human ingenuity. But at Humber River Hospital, I believe our most important resource is the people who have creativity, drive, intelligence and human touch. In the operating room environment, I admire the clerical staff who do this daily, by answering phones, booking cases, managing the list, phoning the inpatient units, and putting the surgeons in their place. No machine learning can supplant that talent.

### *What inspires you?*

I am inspired by the determination and gratitude that many of my patients show throughout their surgical journey. It's very rewarding to work with people like that.

(In a funny way, it reminds me of my goldendoodle. No matter how he is feeling, he is so determined to do his responsibility of always welcoming people to our home. He is stubborn and has an attitude, but he also shows us unconditional love.)

I also like listening to a spectrum of podcasts. One that has really stood out to me is Radical Candor, which has inspired me to be a better colleague by Challenging Directly and Caring Personally (saying what I think while also sincerely caring about the person).

## The Future is Here

As our population ages, demand for Humber's orthopaedic procedures is growing. In 2020, Humber expects to perform 1,670 hip, knee and shoulder replacements—that's an increase of 21% over 2018 volumes. Humber believes that patients shouldn't have to wait nine months for hip and knee replacements or three years for total ankle replacements. With donor support, we can make a better life for patients in need of joint replacement surgery, allowing them to return more quickly to the healthy and active lifestyles they deserve.

## Expanding Orthopaedics

Over the next two years, with generous support of our donors, Humber River Hospital's Orthopaedic Surgery Program is prepared to expand to meet the needs of our growing community. Humber has the surgical expertise, resources and capacity to continue expanding our annual number of orthopaedic procedures.

### Hip, Knee and Shoulder Replacement Expansion

Donors can help us expand our service offering of hip, knee and shoulder replacement so that even more people living with chronic pain and a decreased quality of life can get back to the moments that matter.

#### Together we can achieve:

234

more hip, knee and shoulder surgeries in 2019

60

more hip, knee and shoulder surgeries in 2020

### Total Ankle Replacement Growth

Donors can continue to help us grow Humber's Total Ankle Replacement Program. The team has an ambitious goal to increase the program by ten cases per year, so that by 2020, they can serve 30 patients.

#### Together we can achieve:

20

total ankle replacements in 2019

30

total ankle replacements in 2020

The orthopaedic team is growing and hiring even more talented and innovative surgeons to meet the community's needs. This expansion also means new equipment is required to help surgeons continue to provide the best possible care to patients, with less time spent waiting for surgery.

For more information on how you can make a gift contact: David Gilmer, Vice President of Development at [dgilmer@hrh.ca](mailto:dgilmer@hrh.ca)





## Doc Talk: Dr. Sagar Desai

### *Tell us a little about yourself!*

I am an Orthopaedic Surgeon with subspecialty training in Trauma as well as Foot and Ankle. I have been at Humber River Hospital for three years. One of the procedures I have specialty training in is called Total Ankle Replacement.

### *How would you explain Total Ankle Replacement to a friend?*

Your ankle joint involves two bones: the talus and the tibia. When the cartilage breaks down, we replace the joint with two metal pieces and

one plastic piece that acts as replacement cartilage between the two bones. Historically, the alternative to this has been an ankle fusion, but that means the patient will no longer be able to flex and extend their foot. Total Ankle Replacement is more technically difficult, but it is life-changing for our patients. I've been blown away by how well they're doing.

### *What is the best part about your work?*

When I see my patients at their follow up appointment, and they're happy because

their pain is gone and they're back to living their normal lives. It's an amazing feeling. It always reminds me why I do my job.

### *What is it about Humber River Hospital that makes it ideal for innovative surgeries like Total Ankle Replacement?*

At Humber River Hospital we really believe in innovation, progressing science, and creating a total surgical experience (including STERIS, the Family Presence Program, and the Child Life Program for the kids). Our Hospital encourages pushing the envelope for better patient outcomes.

### *What is your favourite technology at Humber?*

From a surgical perspective, STERIS RealView. It allows families to keep track of their loved ones throughout their surgical journey. It gives them the chance to feel connected during a time when they might otherwise feel like they have no control.

### *What inspires you?*

I get my inspiration from people who are committed and dedicated to their work. Some of them are my surgical mentors, and I've also learned a lot from professional athletes. Years ago, I heard that Kobe Bryant would get up at 3:00 am to train. I'm a big basketball fan so that really made an impression on me. I am really inspired by other people's work ethic, and have always felt that I could learn from it and apply it in my own field.



MONDAY, AUGUST 19, 2019  
KING VALLEY GOLF CLUB  
15675 DUFFERIN STREET, KING CITY, ON L7B 1K9

## Corporate Corner: RN Design

Rob Nicolucci and his team at RN Design are longtime donors to Humber who began their support through sponsoring The River Ball in 2015 and have continued every year since then. Through the years, RN Design's support at our events has helped to open the new Hospital, equip the resuscitation rooms in our Apotex Emergency Department, open a new operating room and expand services in our Mental Health and Addictions Program.

"We all have many choices where to contribute our donation monies, I chose Humber River because I wanted to support a hospital that was going to change the way healthcare will be delivered," explains Rob, Owner of RN Design. "Since getting involved and being toured through the Hospital and the Command Centre, I'm thrilled with my choice. Their commitment to deliver efficiently while enhancing the patients' experience is wonderful. Always looking for a better way to take care of their community is extraordinary. I am more convinced than ever that this facility has and will continue to push the healthcare boundaries."

Thank you Rob and RN Design for your continued support and partnership and for embracing our belief that reinventing patient care is as much about the next innovation as it is about the current one.



## #HumberHeels

Our heartfelt thanks go out to the 600 guests who supported the 2018 Humber Heels Women's Event on November 8th, 2018. Thanks to all of you, we raised \$120,000 net in support of programs including Breast Reconstruction at Humber River Hospital.

It was an evening filled with shopping, laughter, memories, and of course, fundraising! Special thanks to our organizing committee, led by Anna Eliopoulos, our Platinum Sponsor, Luxe Magazine, our Premier Style Partner, Yorkdale, and of course, everyone who sponsored and helped support this event.

And finally, a heartfelt congratulations to our 2018 Humber Hero: Joanie Magee-Slavkin, a nurse at Humber for over 40 years! We know many of you were touched by Joanie's commitment to our patients - thank you for helping us honour this special friend and colleague.

Mark your calendars and grab your stilettos for 2019 - Humber Heels will be back on November 7 at the Paramount Eventspace!

Platinum Sponsor

**LUXE**  
MAGAZINE

Premier Style Partner

*Yorkdale*

Gold Sponsor



Activation Sponsor







We're bringing the famous  
Coney Island Midway to you for  
one night, and one night only!

Thursday May 9, 2019 - 6PM  
Universal Eventspace, 6250 Hwy 7, Vaughan

A spectacular opportunity to support  
the programs at Humber River Hospital,  
including Orthopaedic Surgery.



FOR TICKETS VISIT [THERIVERBALL.CA](http://THERIVERBALL.CA)  
OR CALL 416.242.1000 x81523



HRH Foundation respects your privacy. If you  
wish to be unsubscribed from our newsletter  
mailing list, please contact us at 416-242-1000  
ext. 81500 or [foundation@hrh.ca](mailto:foundation@hrh.ca)

