

WOOD FORUM 2024

BACK MATTERS ADVANCES IN SPINE RESEARCH



SATURDAY, NOVEMBER 2, 2024

Doors - 9:00 AM; Program starts - 9:30 AM; Q&A - 11:25 AM

Rozsa Centre, University of Calgary

The Wood Forum is also livestreamed

mccaig.ucalgary.ca

SCHEDULE OF EVENTS

9:00 AM

RESOURCE FAIR AND DOORS OPEN

9:30 AM

WELCOME AND INTRODUCTION

LISA BOWES, DR. CHERYL BARNABE
AND DR. RON ZERNICKE

9:45 AM

PRESENTATIONS

DR. GANESH SWAMY
DR. FRED NICHOLLS

10:15 AM

MOVEMENT FOR MOBILITY

WITH DR. MANNY ESTER - FITNESS INSTRUCTOR

10:25 AM

BREAK

10:40 AM

PRESENTATIONS

DR. JOHN MCWHAHE
DR. DAVID CADOTTE

11:10 AM

CHAIR YOGA FOR THE SPINE

WITH DR. CAROLYN HUTCHISON - YOGA TEACHER

11:25 AM

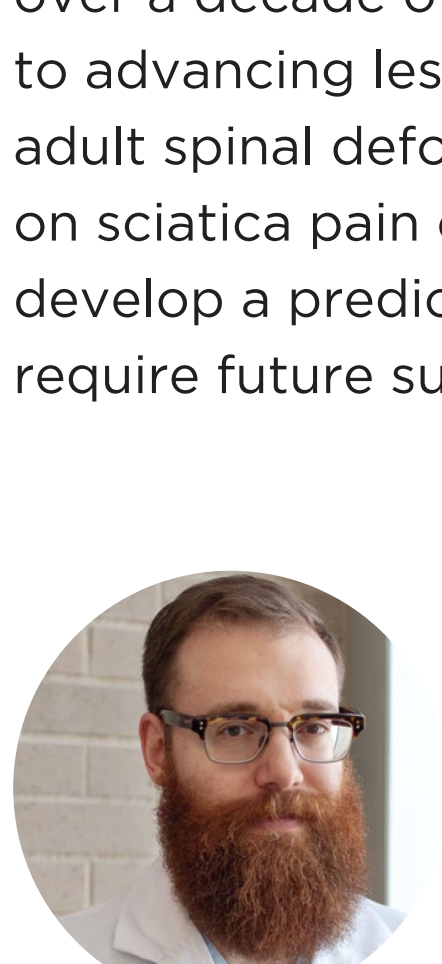
Q&A

12:00 PM

CLOSING REMARKS AND DOOR PRIZES

MARILYN McCAIG

ABOUT THE PRESENTERS

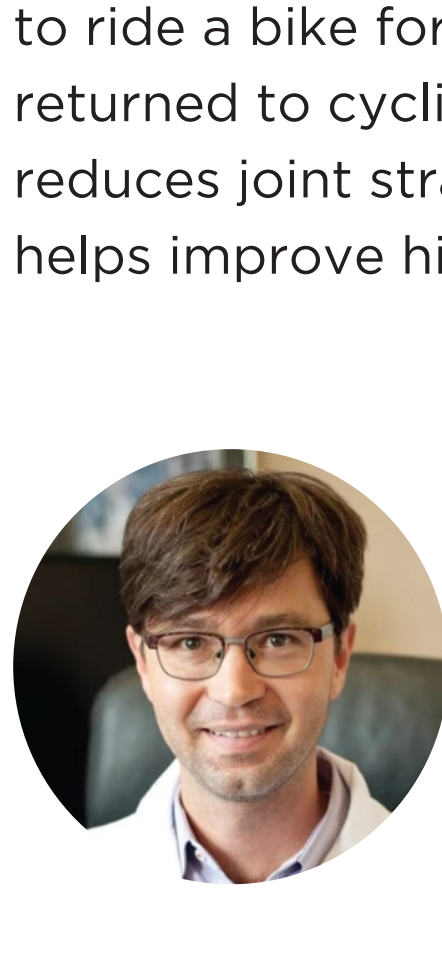


**Spine Issues:
Current Knowledge
and Future Research**

DR. GANESH SWAMY, MD, PHD

The world of back pain and spinal disorders is bewildering. In this presentation, we will delve into the most current understanding of how common spinal disorders such as back pain, sciatica, and scoliosis develop. Given the many gaps in our knowledge, we will explore how ongoing research can bridge these gaps and one day, lead to new treatments.

Dr. Swamy is a distinguished spine surgeon and clinical assistant professor at the University of Calgary. With over a decade of experience, he has dedicated his career to advancing less-invasive techniques for reconstructing adult spinal deformities. His research primarily focuses on sciatica pain caused by disc herniations and aims to develop a predictive model to identify patients who may require future surgical intervention.



**The Shape of Things to
Come: The UCalgary
Normative Alignment
Database**

DR. FRED NICHOLLS, MD, MA, FRCSC

Dr. Nicholls will discuss the Calgary Normative Spine Database, which is a collection of data that shows what's considered normal for spine health. He will also explore the projects that have come from this database and explain why that information is so important for understanding and treating spine issues.

Dr. Nicholls is an orthopaedic surgeon specializing in spine surgery, with a focus on complex trauma and spinal deformity. He plays a critical role in educating the next generation of spine surgeons at the University of Calgary, where he serves as the resident education lead and the director of the combined spine fellowship program. Additionally, Dr. Nicholls contributes to international education efforts through AO Spine. His research centers on understanding spinal alignment and optimizing complex surgical care.



**Exercise: You Never
Know Where it
Might Lead**

DR. JOHN MCWHAHE, MD

Dr. McWhae's presentation will provide a candid account of living with spondyloarthritis and the role of exercise as a primary treatment.

Dr. McWhae, a Calgary ophthalmologist and lifelong athlete, was diagnosed with ankylosing spondylitis—a type of arthritis causing spinal inflammation—at age 35, though he had experienced symptoms since he was 15. Following his diagnosis, Dr. McWhae was unable to ride a bike for 10 years. However, he eventually returned to cycling using a recumbent bike, which reduces joint strain due to its reclined position and helps improve his symptoms.

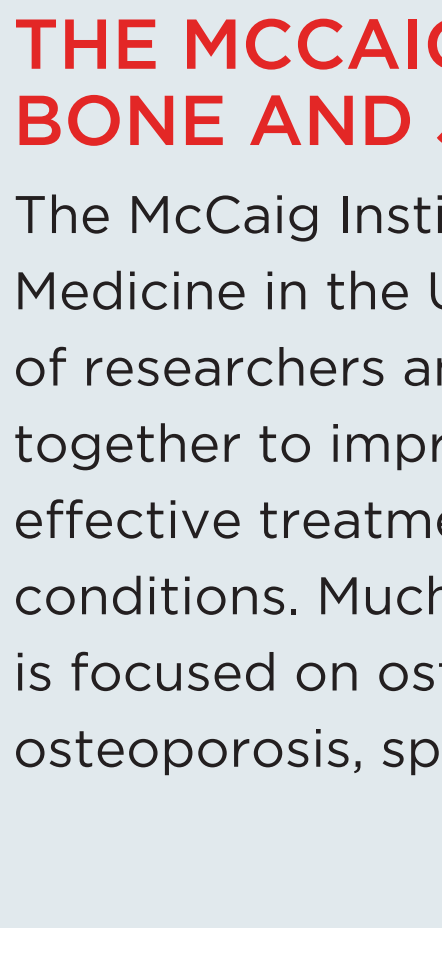


**Artificial Intelligence:
Disorders for Spine
Disorders**

DR. DAVID CADOTTE, MD, PHD

Dr. Cadotte will present a recent example of artificial intelligence research conducted in his laboratory at the University of Calgary. He will then explain a method for using this technology to help patients understand their diagnoses, provide precision medicine predictions, and support the sustainability of a spine program within a public health setting.

Dr. Cadotte is a neurosurgeon and assistant professor in the Department of Clinical Neurosurgery at the University of Calgary. His research on myelopathy aims to improve the quality of life for Albertans affected by this condition through specialized surgical procedures.



EMCEE LISA BOWES

A pioneer in Canadian sports broadcasting, Lisa Bowes is an award-winning journalist and media consultant based in Calgary, Alberta. A Physical Education graduate from Western University, she is a passionate advocate for youth physical activity and reading literacy. Following the 2010 Vancouver Olympic Games, where she covered women's hockey, Lisa began work on the best selling "Lucy Tries Sports" book series which encourages children to be active and persevere.



WELCOME ADDRESS DR. CHERYL BARNABE, MD, MSc, FRCPC

Dr. Cheryl Barnabe is a rheumatologist and a Professor in the Departments of Medicine and Community Health Sciences, Cumming School of Medicine, University of Calgary. She is the Director for the McCaig Institute for Bone and Joint Health. Her research program focuses on equity in health service delivery and arthritis outcomes, most specifically for Indigenous populations in Canada.

MOVEMENT FOR MOBILITY DR. MANNY ESTER, PHD

Manny Ester is a passionate physical activity researcher and exercise specialist. For over five years, he has been teaching tailored exercise programs for individuals with chronic conditions. His research focuses on helping individuals with inflammatory arthritis, cancer, and other chronic conditions to become and stay physically active.

CHAIR YOGA FOR THE SPINE DR. CAROLYN HUTCHISON, BSc, MD, MED, FRCSC(C), CYT.

Carolyn Hutchison is an orthopaedic surgeon and Professor at the University of Calgary. After completing her first yoga teacher training program, she has enjoyed teaching many paths of yoga for over 13 years. She guides yoga classes accessible for seniors and people managing with arthritis.

WOOD FORUM HISTORY

The Wood Forum is an initiative supported through the Wood Joint Research Fund which honours the memories of Dr. John and Mrs. Christena Wood. The forums were designed to enhance public awareness of the causes, consequences and prevention of joint injury and disease, and to provide an opportunity to discuss the latest research findings with leaders in the field. We are proud to continue this legacy, building on the foundation established 30 years ago with the creation of the Wood Joint Research Fund.

THE McCAIG INSTITUTE FOR BONE AND JOINT HEALTH

The McCaig Institute at the Cumming School of Medicine in the University of Calgary is home to a team of researchers and researchers-in-training working together to improve the prevention, early diagnosis and effective treatment of bone, muscle and joint conditions. Much of the research at the McCaig Institute is focused on osteoarthritis, rheumatoid arthritis, osteoporosis, spinal disorders, and sport injury.



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mobility for life.**

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