

ONSF holds Panel Discussion for New Canaan High School Rams

Youth football is a fun-filled learning experience offering many positive aspects – good sportsmanship, honesty, loyalty and citizenship – in addition to the fundamentals of playing the game. In order to fully enjoy and gain the most from the football experience, it is important to be knowledgeable about the best practices related to safe conditioning. At the request of the New Canaan High School Coach, Lou Marinelli, ONSF held a panel discussion entitled "**Youth Football - Play Strong Play Safe - Know the Facts about Weight Lifting, Intensity Training, Nutrition and Safety of Supplementation.**"

The event took place at New Canaan High School on Thursday evening, August 18th. Approximately 110 football players and their coaches attended the hour long talk. The lively Q&A centered on questions from the athletes about nutrition and supplementation.



Paul Sethi, MD, Demetris Delos, MD, Katie Vadasdi, MD, and Alicia Hirscht, DPT

Panelists included orthopedic surgeons Drs. Paul Sethi, Katie Vadasdi, and Demetris Delos who were joined by Alicia Hirscht, DPT who is a board certified Sports Physical Therapist specializing in adolescent sport injury prevention.



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Message from the President . . .

Dear Friends,

Within the breakneck pace of all of our lives, it seems that the only time we have to reflect on our accomplishments is at the end of the year. Truth be told, I love having the time to plan for the coming year and to reflect on the amazing accomplishments of Team **ONSF**.

This reflection makes it clear that **ONSF** continues to grow from all perspectives. We welcomed the most conference attendees ever, more student interns, more medical students and young doctors who returned for a visit. In addition, we developed more research projects and attracted many more supporters. In this case, more is indeed better!

There are many highlights from this year, all of which have been meaningful, but a few are noteworthy. Every month, **ONSF** has run a Journal Club (three years running now.) This meeting, led by Dr. Delos, has covered the most important topics of the year and is now a multidisciplinary conference attended by physical and occupational therapists from around the region. This is the sort of educational collaborative that shapes health care in the region and is a mainstay of **ONSF** activity.

The 2016 Medical Education Conference was once again sold out. Health care providers look forward to this meeting and rely on **ONSF** as a source of vetted information. Year in and out, **ONSF** delivers a national caliber meeting that educates this region's medical professionals, ensuring the best medical care for all of us. This year we presented our own research at the Hand Society, Closed Meeting of the American Shoulder Surgeons, American Academy of Orthopedic Surgeons and The American Orthopedic Society for Sports Medicine. **ONSF** is recognized nationally as a research organization and as a mainstay of medical education.

In the coming year, we will attempt to unravel this country's opioid epidemic with specific emphasis on reducing and eliminating the use of narcotics in teens and athletes. These projects inspire and propel our organization. Looking back it has been a great year. It is rewarding to teach others, it is rewarding to write novel research, and it is exhilarating to be surrounded by such great people. These are all privileges that must not be taken for granted.

I wish you the warmest and happiest of holidays.




Paul M. Sethi, MD

Save the Date. . .

9th Annual ONSF Golf Outing - The Stanwich Club - Monday, June 5, 2017

5th Annual 5K RUN/WALK EXPO - Eastern Greenwich Civic Center, Sunday, Sept. 17, 2017

9th Annual Medical Education Conference - Greenwich Hospital, Saturday, Nov. 18, 2017

Mini-Med School Gets High Marks

From June 27th to June 30th seventeen high school students had the “ultimate” hands-on experience in the world of medicine while attending the 4th Annual ONSF Mini-Med School program. The Mini-Med School was held at the ONSF Arthroscopy, Surgical Skills and Biomechanical Research Lab.

A series of workshops included casting, suturing, ultra-sound and scrubbing as well as lectures that covered an introduction to surgery and the operating room environment, x-ray/MRI and surgical simulations. Students learned first-hand from orthopedic and neurosurgical specialists not only about musculoskeletal disorders but also more broadly about careers in medicine.

A reporter from the Greenwich Time visited the suturing and operating room scrub workshops on Tuesday, June 28th and published a front page article in the June 29th issue. The story, that included interviews with Drs. Paul Sethi and Marc Kowalsky and a number of the students, can be found at the following link: <http://www.greenwichtime.com/local/article/Greenwich-summer-program-gives-teens-hands-on-8330619.php#photo-10462335>

Participants represented 11 schools including the Convent of the Sacred Heart, Darien High School, Greenwich Academy, Greenwich High, Harrison High, Mira Costa High, New Rochelle High, Poly Prep Country Day, Rye Country Day, The Lawrenceville School and Westhill High School.

Serena Khana, a Lawrenceville School student, expressed her thanks and appreciation in the following note:

... Mini-Med School was one of my best educational experiences ever! I wanted to say thank you so much for creating this amazing program and including me in the

student group. I feel truly honored to have been a part of this year's session. I have a long-standing interest in medicine and I have tried to expose myself to the field through volunteering and summer classes, but until now, I have not had the opportunity for the hands-on experience and real insight from practicing professionals that Mini-Med School offered. It was such a privilege to have orthopaedic doctors take time out of their busy day to teach me about surgery and what the life and career of a surgeon are like. I extremely enjoyed your lesson on suturing and

I was so excited to actually try it out myself! I never thought that as a high school student, I would be able to practice something that surgeons do all the time. I also very much appreciated hearing from the ONSF interns who shared their stories about their journeys to medical school. They offered such valuable advice and gave me much to think about even as I go through my last two years of high school.

*I had such an exciting and enjoyable week with everyone from **ONSF** and my fellow Mini-Med classmates. Thank you truly for allowing me to participate ...*

Lori Redell, Director of Internship Program, Poly Prep Country Day wrote: *... thank you for making the Poly internship program a success with the ONSF Mini-Med program. You provided a professional opportunity for our students to learn about the process for applying to a prestigious program. I've heard from our students that the experience was incredible ... I appreciate all you do for young people who are beginning to consider a future in medicine ...*

Mini-Med School at the **ONSF** Lab creates an amazing mentor/student event that has the potential to change a young person's life.



Family Fun! ONSF 4th Annual 5K Run/Walk & Expo

On Sunday morning, September 18th, early fall weather welcomed 225+ runners, joggers, walkers and families to the 4th Annual **ONSF** PLAY Strong, PLAY Safe Family 5K Run/Walk & Expo to benefit **ONSF** education and community outreach programs.

The race, a USATF certified 5K course, started in front of the Eastern Greenwich Civic Center and continued through scenic Old Greenwich. The event began with a pre-race warm up led again this year by Alicia Hirscht, DPT. Alicia demonstrated and coached the group of runners and walkers through safe conditioning exercises preparing them for a fun, safe race. In addition, just prior to the Kids .05 race, Anthony Scire, Performance Specialist from Elite Health Services, held a warm up for our “future athletes.”

One of the day’s highlights was the Kids Obstacle Course designed and built by Friso Van Reseema and his team from the Boys and Girls Club of Greenwich (BGCG). The course consisted of a balance beam, tunnels and a blow-up castle obstacle maze and was followed by the kid’s race around the fields of EGCC. Some of the obstacles previewed the BGCG Muddy Up Event. Kids of all ages participated and many had already completed the 5K.

The **ONSF** 5K Committee acknowledges the support of the many generous donors including Greenwich Hospital, CHASE, Whole Foods, Houlihan Lawrence, Granoff Architects, Camps Takajo and Tripp Lake, Fairfield County Look, Greentree Toyota Danbury, Greenwich Running Company, Elite Health Services, Fleet Feet Stamford, Murtha Cullina Attorneys, Fieldpoint Private, Town of Greenwich Department of Parks and Recreation and many others.

Thank you to the student volunteers from the Boys and Girls Club of Greenwich and Greenwich Country Day School! Their valuable assistance with manning the aid stations, helping with handing out awards and medals, cleaning up, etc., etc., contributed to the overall success of the 5K!



Safe Behavior Choices

ONSF ThinkFirst, a chapter of **ThinkFirst National Injury Prevention Foundation**, participated in Tully Health Center's annual Safety and Injury Prevention Fair held on Saturday, October 8th.

Neurosurgeon and **ThinkFirst** sponsor, Dr. Scott Simon, disseminated **ThinkFirst's** message – "use your mind to protect your body." The focus of **ThinkFirst** is to empower people to make safe behavior choices through education. It strives to reduce the incidence of brain and spinal cord injury among our most vulnerable populations – children, teens and young adults.

Please visit the **ONSF** website www.onsf.org and click on the Prevention tab to learn more.

Ski/Snowboarding Safety



Skiers can increase their safety and performance this winter by starting with a preconditioning program. Aerobic fitness is the key to preventing the end of the day injuries (the last run).

Strength and flexibility focusing on the legs and trunk are vital in injury prevention specific for skiing. In addition to a conditioning program, skiers need to adequately warm up – an activity that is often neglected with skiing.

For more information go to www.onsf.org and click on Prevention - Sports Injury Prevention.

Annual Medical Education Conference

ONSF held its 8th **Annual Medical Education Conference "Enhancing Orthopedic Surgery Safety and Outcomes"** on Saturday, November 5th, at the Greenwich Hospital Noble Auditorium.

A wide array of topics were studied, including: Stem Cells, Pediatric ACL Reconstruction, Preventing Infections in Shoulder Surgery, Minimizing Use of Narcotics in Orthopedic Surgery, Minimally Invasive Spine Surgery, WALANT in Hand and Upper Extremity Surgery, Injury and Prevention and Therapeutic Exercise and many others.



Dr. Paul Sethi, ONSF President, Jimmy Roberts and Mark Lazarus

Keynote speakers included Mark Lazarus and Jimmy Roberts. Lazarus is Chairman of NBC Broadcasting & Sports. In addition to leading the NBC Sports Group he has oversight of the Golf Channel, NBC Olympics and NBC Sports Radio among others. He was

joined by Jimmy Roberts, NBC Sportscaster. Roberts, a 13 time Emmy Award winning broadcaster and writer, is known for his work on NBC and Golf Channel as an



essayist, interviewer, feature reporter and studio host. Nearly 200 participants attended the conference including doctors, nurses, physician assistants and physical and occupational therapists. Presentations were delivered by orthopedic surgeons, sports medicine physicians, neurosurgeons, physical therapists, anesthesiologists, physiatrists and radiologists. Vendor exhibits, breakfast and lunch were included.

This conference, that qualified for continuing education credits certified by Greenwich Hospital, was underwritten by an anonymous **ONSF** donor and was free of charge to all medical professionals.

Wide-Awake Hand and Wrist Surgery

Matthew Cantlon, MD

One of the most significant recent advances in hand and wrist surgery has been the advent of wide-awake surgery. This technique allows patients to be completely awake during surgery by using local-only anesthesia and eliminating the need for a sedation or general anesthetic. This confers particular advantage to improve the outcome of many surgeries in addition to significant benefits to patients, providers and the health care system as a whole. ONS surgeons are currently employing this technique for many hand and wrist procedures.

What is Wide-Awake Surgery?

Historically, patients undergoing hand and wrist surgery have a tourniquet applied to the upper arm and inflated during surgery to keep blood out of the operative field. Tolerating the pain of the inflated tourniquet typically requires a sedation, or in some instances, a general anesthesia. In wide-awake surgery, the only medication administered to the patient is a local anesthesia mixed with epinephrine. The medication is placed everywhere surgery will take place, and the manner in which it is injected, in combination with the epinephrine, allows for a bloodless operative field. This eliminates the need for a painful tourniquet, and obviates the need for the patient to be sedated.

Patient Benefits of Wide-Awake Surgery

Eliminating the need for sedation confers several benefits to patients. For one, and most importantly, wide-awake surgery has the ability to improve surgical outcomes. This is because surgical repairs, transfers or releases can be tested intra-operatively with an awake, comfortable patient using voluntary, active motion. Typically, a patient would have to be awoken and then re-sedated during surgery to accomplish this in the traditional manner or the patient would remain sedated and the surgeon would use passive motion as an inferior proxy for active motion.



Matthew Cantlon, MD

Secondly, patients no longer need pre-operative testing, a series of tests including blood work, chest x-rays, EKG and a trip to the internist, that evaluate if a patient is safe to undergo general anesthesia. This means fewer trips to health care centers, fewer needle sticks and radiation exposure, and less overall disruption to daily life.

Thirdly, patients do not need to be fasting prior to wide-awake surgery. This is particularly beneficial for patients with certain medical conditions, such as diabetes, as fasting can make blood sugar control challenging. Furthermore, since patients can eat and drink, all regular medicines can be taken as usual, eliminating confusion over which medicines can/can't be taken the morning of surgery.

Lastly, staying awake for the surgery means patients have uninterrupted time with their surgeon and can further discuss the surgery, post-operative plan and expected course without concern over grogginess from a sedation.

System Benefits of Wide-Awake Surgery

Wide-awake surgery has the potential for tremendous cost benefits to the health care system as a whole. Several financial analyses have shown that wide-awake hand surgery costs as little as 1/5th as the same surgery performed in the traditional manner with a tourniquet and sedation. Furthermore, patients spend less overall time in the hospital before, during and after their surgery, which allows hospital resources and staff to be utilized by more patients.

Value Proposition of Wide-Awake Surgery

By improving patient outcomes and satisfaction and decreasing costs, this new technique has a tremendous value benefit. With the recent emphasis placed on value-based medicine in the United States, wide-awake surgery represents a significant opportunity to contribute to this trend and allow physicians to provide state-of-the-art patient care with greater efficiency and savings.

ONSF Golf Outing — “Ace”



Monday, June 6th was a picture perfect day for the **ONSF** 8th Annual Golf Outing at The Stanwich Club. The event, held in conjunction with

Greenwich Hospital, provided an outstanding golf experience to benefit **ONSF** clinical research, education and community outreach programs. Lunch on the terrace was followed by the golf tournament. Later in the day, non-golfing friends and other supporters joined the players for cocktails, silent and live auctions, and a dinner reception.

The 2016 event was co-chaired by Michael Clain, MD, Adam Ercoli, Rich Granoff and Vicki Leeds Tananbaum. Auction Chair, Amy Sethi, along with her committee, Janet Delos, Lora Greene, Rebecca Karson, Kate Knetzger and Lauren Mazzullo, secured amazing Auction lots. Neurosurgeon Dr. Paul Apostolides served as “charity” auctioneer and encouraged lively bidding on Live Auction items: an Old Course Golf Experience in St. Andrews, Scotland, a ROLEX watch from Betteridge, a party catered by Watson’s with

Horseneck Wines, a weekend drive in a Rolls Royce *Wrath* from Miller Motorcars, a round of golf with Dan Hicks at Winged Foot Golf Club, and a Chef’s Tasting Dinner.



Golf outing sponsors included Greenwich Hospital, Constitution Surgery Centers, NEBCO Insurance Services, *Fairfield County Look*, Greentree Toyota of Danbury which provided the “hole in one” car, Houlihan Lawrence, Granoff Architects, Watson’s Catering, Tripp Lake Camp and Camp Takajo, Horseneck Wine and Liquor, Thomas Cleaners and many other generous businesses and individuals.



Norman Roth, President
Greenwich Hospital

Major ONSF Research Project Announced: Unraveling the Opioid Epidemic in Teens and Athletes

In 2017, **ONSF** will attempt to unravel some of this country’s opioid epidemic with specific emphasis on reducing and eventually eliminating the use of narcotics postoperatively in teens and athletes. The Institutional Review Board at Greenwich Hospital has approved this study.

At the recent **ONSF** Medical Education Conference, Dr. Paul Sethi described in detail the current over use of opioids after surgery. Currently, prescription opioids such as oxycodone and hydrocodone are prescribed to surgical patients in large quantities to ensure that the patient does not experience serious post-operative pain. The problem is that not all pills are used and the leftover pills frequently end up in the hands of vulnerable individuals leading to addiction and in some cases death. According to a recent press release, however, orthopedic surgeons are using a new pain-relieving method that helps reduce or eliminate a patient’s need for opioids while at the same time controlling the post-operative pain.

While addressing the Conference attendees, Dr. Sethi said, “It is frightening, as a surgeon, to think that an opioid prescription intended to help a patient recover could lead to a lifelong battle with addiction or death...” He went on to explain that in some cases young people and athletes would rather suffer the pain than take the opioids. Currently, orthopedic surgeons at ONS are utilizing a “slow release analgesic called Exparel.” This drug administered at the surgical site has proven to help eliminate the use of opioids and narcotics postoperatively. Patients have reported a faster, low pain recovery. After rotator cuff surgery, one patient said, “I am the happiest person in the world. I had surgery on Thursday and I was out walking the dog that same day.”

Physicians have high expectations, and are cautiously optimistic, that drugs such as Exparel and those that result from high caliber research will make a major difference in the treatment of post-operative pain and have the capability to reduce or eliminate the use of narcotics.



6 Greenwich Office Park, Suite 100
40 Valley Drive
Greenwich, CT 06831

Phone: 203.869.3131
Fax: 203.485.8705
Email: contact@onsf.org
Web: www.onsf.org



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