



# OrthoWalk

North York General Hospital Foundation

## Keeping our community in motion!

Presented By:



SHOPS AT DON MILLS

Join us in the public square at: Shops at Don Mills, 1090 Don Mills Road, Toronto, ON  
Sunday, June 13, 2010 • Registration: 9:30 a.m. • Walk starts at: 11:00 a.m.

**You can help North York General Hospital keep our community in motion...** OrthoWalk 2010 is a symbolic 1km walk around the public square at Shops at Don Mills in support of orthopaedic care and in honour of all the surgeons, nurses, physiotherapists and staff who provide compassionate and quality orthopaedic care at NYGH.

**Fun for everyone of all ages...** Come and join us for a fun morning of walking, laughing and meeting new friends. Free food and music; face painting and games for kids; interactive displays, free ice cream and give-aways, and don't forget shopping afterwards!

**All proceeds from OrthoWalk 2010...** Proceeds go towards the purchase of much needed equipment to allow North York General Hospital to continue to provide innovative and compassionate orthopaedic care for you, your loved ones and our community.

**Come Out and Join Us...** You can participate in OrthoWalk 2010 by registering; collecting donations from your friends, family and co-workers; and coming out on walk day! If you cannot do the walk yourself, you may sponsor your physician or even collect donations on their behalf. A donation form can be found on the back of this brochure, or you can register and fundraise online at [www.orthowalk.ca](http://www.orthowalk.ca).

### Orthopaedic Fast Facts...

- More than 90% of Canadians will require orthopaedic care in their lifetime
- North York General Hospital is one of the province's leading orthopaedic hospitals with a full complement of seven surgeons
- Over 20% of Canadians report having Orthopaedic health problems - arthritis, rheumatism, osteoporosis, osteoarthritis, traumatic injury or connective tissue disease.
- Approximately 9,000 children under 16 require treatment in emergency rooms each year for hockey-related injuries such as bone fractures.
- Over the past five years, the number of patients having hip or knee replacement at NYGH has doubled.
- Demand for new hips and knees will double again within the next 10 or 15 years.

**North York General Hospital's Orthopaedic Services are in High Demand...** North York General Hospital has one of the highest volumes of hip and knee replacement surgery in the province. This year, we are performing over 1,000 joint implant surgeries. The Orthopaedic Service also has a major focus on sports injuries and the treatment of fractures referred from our busy Charlotte and Lewis Steinberg Emergency. Patients recover from their operations with the help of the dedicated staff on the 4-West Orthopaedic Unit. Meanwhile, the Hospital's physiotherapists and occupational therapists provide top-notch rehabilitation for patients following surgery or injury.

With more than 20,000 patient visits annually, the Gulshan and Pyrali G. Nanji Orthopaedics and Plastics Centre (OPC) is the second busiest area of the Hospital after Emergency. OPC staff and physicians treat patients with broken bones, fractures and joint injuries, apply and remove casts and provide follow-up care. The plastics component of the OPC is where patients requiring the expertise of a plastic surgeon are assessed and followed up.

The Total Joint Assessment Centre (TJAC), a partnership of North York General Hospital, Markham Stouffville Hospital and York Central Hospital, is a multidisciplinary assessment clinic for patients who may require hip or knee replacement. TJAC reduces wait times for consultation and surgery.

RECEIVE A FREE ORTHOWALK 2010 T-SHIRT WHEN YOU REGISTER IN ADVANCE AND FUNDRAISE. Details on back.



[www.orthowalk.ca](http://www.orthowalk.ca)

