The passing of John Evans, one of the founding fathers of the McMaster Medical School is an important point in the history of our University and our Department. As we take a moment to reflect upon the contributions Dr. Evans has made over his long career, we can take inspiration from his life’s work. It is all too easy to be caught up in our day to day rush, with so many commitments vying for our attention, we can lose focus on the larger scale impact that our lives work can and will have on generations to come. One of greatest benefits of working within the academic department, and within our hospital systems, in any capacity, is the knowledge that we are part of something larger than ourselves, that our work clinically and academically creates an impact with a ripple effect.

Finding time to reflect can be a challenge, yet several members of the Departments of Surgery, Anesthesia and OB/Gyne took time out to attend the Mindfulness Meditation retreat in January. Dr. John Lee, Division of Cardiac Surgery, was one of the organizers and provides a report within. I certainly encourage all of our members to strive for balance and health in all aspects of their lives. As the winter continues to loom, we can take hope in the spring to come. Spring is traditionally a time for renewal and rejuvenation, and I certainly hope that all faculty members, but particularly those who have been preparing tirelessly for the Royal College accreditation are able to set aside some time for refreshment of both mind and body.

I would like to congratulate all programs on the successful CaRMs process. We are excited to welcome new residents into our programs in July. Many of our senior residents are currently studying for their Royal College fellowship examinations, and I would like to take the opportunity to extend to each of them a wish for success in the exams, and beyond their graduation.

Our Department recently held a retreat for academic and clinical leadership at the Scottish Rite. The attendance was excellent, as was the setting for a discussion of opportunities for our faculty in our pillars of research, education and clinical work. The ideas generated will be shared with all members once the raw data is thoroughly reviewed. I would like to thank all of those who attended and participated.

Please enjoy the newsletter and remember to let us know if you have news to share or comments.

Susan Reid, M.D., F.R.C.S.C.
The Norman Bethune Urological Society was founded by members of the Canadian Urological Association (CUA) and the Chinese Urological Association with the mission to foster professional development of urological trainees in both countries and to encourage collaboration on urological research between the partners. The Society is an official affiliate of the CUA. Since 2007, several Canadian delegations have gone to China to lecture, perform surgery, conduct seminars and tour Chinese Urological institutions. Several Urology trainees from China have done part of their training at Canadian University centers, with the assistance of the Canadian Section of the Societe Internationale d’Urologie and the Canadian Urological Association Scholarship Foundation. This year four CUA members (Peter Anderson, Joe Chin, Jerzy Gajewski and Anil Kapoor) visited two Chinese cities as part of the ongoing exchange, arriving November 30th. The group visited Changsha in Hunan Province (population 5 million) and Wuhan in Hubei Province (population 10 million), respectively hosted by Prof. Jeffrey Zhou and Prof. Z-Q. Ye (Immediate Past President of the Chinese Urological Association).

In Changsha, the Canadian delegates were the exclusive speakers at a full-day symposium of the Hunan Provinical Urological Association attended by 150 urologists. The morning session consisted of lectures by Joe Chin on management of prostate cancer and bladder cancer; management of vesico-ureteric reflux by Peter Anderson; robotic and laparoscopic management of renal masses and treatment of advanced renal cancer by Anil Kapoor; and management of female urinary incontinence and lower urinary tract symptoms by Jerzy Gajewski. The afternoon session included detailed surgical video demonstrations on open radical prostatectomy and radical cystectomy and Studer ileo-bladder (by Joe Chin); laparoscopic and robotic partial nephrectomy and pyeloplasty (by Anil Kapoor); and neural modulation for overactive bladder (by Jerzy Gajewski). Peter Anderson gave a thought-provoking lecture on continuing medical education.

Also in Changsha, the group visited a very impressive world-class Molecular and Cytogenetics Research and Clinical Laboratory in the Second Xiangya Hospital at South Central University. Researchers at this Institution already collaborate with many other investigators worldwide. Several collaborative possibilities were spawned during this visit between the Canadian and Chinese researchers.

In Wuhan, the Hubei Province Urological group of 100 was addressed respectively by Jerzy Gajewski and Joe Chin on management of LUTS and management of prostate cancer in the elderly. Our group visited the Dr. Norman Bethune Museum at the hospital where Dr. Bethune first performed surgery in China. The group saw in the hospital lobby an elaborate display chronicling the life and times of Dr. Bethune, including his childhood years in Ontario, his medical training at the University of Toronto and his early surgical career in Southern Ontario and at McGill University in Montreal. The Museum itself housed numerous fascinating artifacts relating to Dr. Bethune’s work in China, including his mobile operating table for surgery in the battlefield and his surgical instruments and blood transfusion equipment.

The Canadian delegates also visited an Urodynamic Laboratory and a Urolithiasis Treatment Unit in Wuhan. At Tangyi Hospital, the group conducted a clinical conference with the attending and resident staff and was presented with several challenging management cases in oncology, obstructive uropathy and urolithiasis. The group also conducted ward rounds to gain first-hand information on Urological patient management and the healthcare system in China.

There was ample opportunity to interact with several Urology residents at different levels of training. This provided valuable insight into the Chinese surgical training system, and aspirations of the residents and the challenges they face in China.

Respectfully submitted by Joe Chin, Peter Anderson, Jerzy Gajewski, and Anil Kapoor
Office Re-Location

Please be aware that effective February 25, 2015 the Department Administrative team has moved from their location at St. Josephs Healthcare, 8th floor Mary Grace Wing to the Juravinski Cancer Centre.

New extensions, address and fax is below:

Anne Lancaster  Ext. 47102
Marcy Willis  Ext. 47103
Tanya Nesvit  Ext. 47104
Laurie Dennison  Ext. 47105
Ann Kolkin  Ext. 47106
Fax #905-381-7090
Address: JHCC 699 Concession St., Room 3-223, Hamilton, L8V 5C2

Effective February 25th, please direct all communications for Finance and Human Resources to the above noted numbers/address.

Thank you in advance for your patience.

Did We Miss Your News?

The Deadline for the next newsletter is June 30th, 2015

All members of the Department are welcome to submit

Contact us!

Rebecca Misiak
misiakr@mcmaster.ca

Dr. Robert Hansbout, Alumni Corner
hansebou@mcmaster.ca

During the winter months, Mini-Retreats were hosted by Cathy Turner for the Program Assistants and Department HR/Finance Teams to show appreciation and build “team”. The Hamilton Academy of Medicine loaned us their boardroom and Dr. Kelly and Dr. Reid attended for afternoons of a little bit of work, and a little bit of fun! The teams enjoyed the comedic presentation, “The Power of the Pen” presented by Elaine Charal, where individuals were given a one-on-one handwriting analysis in an interactive, humorous, upbeat talk on communication and leadership. This proved to be an entertaining team-building technique, geared toward appreciating and acknowledging differences and working together with them.

Support Staff Appreciation Lunch

On March 6th, Dr. Reid invited all support staff to an annual appreciation luncheon held at Liuna Station. This event drew 85 staff members to enjoy a lovely luncheon, and hear some words of appreciation from Dr. Reid; as well, some fun door prizes were involved! We are blessed with a strong and supportive staff to help us build our Department of Excellence!
Faculty Promotions & Reappointments

Plastic Surgery Program Director:

We would like to take this opportunity to announce the appointment of Dr. Ronen Avram to the position of Program Director for Plastic Surgery.

Please join in congratulating Dr. Avram and extending your support to him as he transitions into his new role within the Department.

We would also like to thank Dr. Strumas for his time and all his contributions to the Department while Program Director for Plastic Surgery.

Effective October 1, 2014

Assistant Clinical Professor (Adjunct):
- Oluwatola Afolabi
- Vinod Bharadwaj
- Sarfaraz Banglawala
- Srinidhi Jayaram
- Rick Lau
- Dalal Aziz

Effective November 1, 2014

Associate Clinical Professor:
- Wesley Stephen

Assistant Clinical Professor (Adjunct):
- Jason Correia

Effective December 1, 2014

Assistant Clinical Professor (Adjunct):
- Adeel Sheikh
- Douglas Grace
- Chris Steyn

Effective January 1, 2015

Assistant Clinical Professor (Adjunct):
- Faizal Bhojani

Effective July 1, 2015

To Associate Professor with CAWAR
- Timothy Davies (Urology)
- Christian Finley (Thoracic Surgery)
- Shawn Forbes (General Surgery)
- Dennis Hong (General Surgery)
- Vikram Iyer (Vascular Surgery)
- Ted Rapanos (Vascular Surgery)
- Dale Williams (Orthopaedic Surgery)

Three-Year Reappointments
- Scott Gmora (General Surgery)
- John Harlock (Vascular Surgery)
- Bill Ristevski (Orthopedic Surgery)

Chief Examiner:
- Doron Sommer has been named the Chief Examiner for Royal College.

Program Director:
- The Plastics Program has recently changed their Program Director. We would like to thank Dr. Strumas and welcome to Dr. Avram.

Quarter Century Club:
- Kesava Reddy inducted into the Quarter Century Club to be held on January 28, 2015.

Faculty Publications

I asked Dr. Archibald about his journey in medicine and also to describe the history of Head and Neck surgery. Dr. Archibald grew up in Toronto. Accordingly, he applied to the University of Toronto where he obtained his M.D. in 1972. He took a year of Internal Medicine followed by four years of surgery in the Gallie course, a year of laboratory research and two years of Head and Neck surgery. He completed a year of oncology training at Roswell Park Memorial Institute in Buffalo. He muses that following training, he never returned to Toronto, the self-proclaimed centre of the medical universe. He did have three job choices in 1980 when his training was completed. There was a possible opening at the University of Toronto, another in Ottawa and the third in Hamilton. His father, a retired senior civil servant observed that in Ottawa there were a lot of people who needed their heads operated upon. As a consequence of the welcoming community in Hamilton, the excellent environment for his wife and young family, the absence of a rush hour and a lot of head and neck pathology, he chose to come to Hamilton and McMaster University. At that time, there was an established Regional Head and Neck Service at St. Joseph’s Hospital, drawing from over 1 million people in an area including the Niagara Region, Hamilton and up to the Bruce Peninsula.

In 1980, the concept of a Head and Neck Service was novel in Canada. It began in the 1950s as a special interest of Dr. Alan Lane, general surgeon, who came to Hamilton after training in General Surgery in Toronto with Dr. James, an early pioneer of Canadian Head and Neck surgery. Cases involving reconstruction, although rudimentary by current standards, were done with the plastic surgeons in collaboration, particularly doctors Barry Clark and Gunter Born at St. Joseph’s Hospital. The advent of the Faculty of Health Sciences at McMaster University in 1969 had no initial impact on Head and Neck surgery, but by 1980, both Head and Neck surgery as a subset of General Surgery and Otolaryngology had attained academic status at McMaster University. Dr. Ted Young had come to Hamilton in 1975. He joined the General Surgery service at St. Joseph’s Hospital and held a geographic full-time University appointment.

Under his leadership, the Head and Neck Service became a separate and regionally recognized surgical service based at St. Joseph’s Hospital, where a Head and Neck nursing unit was developed. Surgery of the thyroid, parathyroid, major salivary glands, upper aerodigestive tract, skin and scalp have all been progressively concentrated in this Regional Head and Neck Area. From the outset, all new cancer patients have been reviewed by the Head and Neck surgeons, Radiation Therapists and often a Chemotherapist before treatment, making the Head and Neck service a Canadian pioneer in multidisciplinary patient evaluation. This type of arrangement paved the way for subsequent clinical trials, mainly under the direction of Dr. George Browman, Clinical Epidemiologist throughout the 1980s and 1990s. Most of the research had been in clinical domains. Dr. Young was the first Canadian President of the prestigious Society of Head and Neck Surgeons in Canada in 1994.

Since his time in Hamilton in 1990 began, a Head and Neck Surgical Oncologic revolution has occurred. It involved explosive growth in our understanding of cancer pathobiology, in the development and extension of surgical ablative techniques, in the rapid progress in designing reconstructive procedures, often based on microsurgery which was introduced in Hamilton to Head and Neck surgery by Dr. Achilles Thoma in 1983. There has also been an integration of Clinical Epidemiology progress linked to clinical surgical practice, in understanding the patient's quality of life issues, and providing effective palliative care and advances in various areas of rehabilitation including speech therapy, swallowing therapy, dental care and prosthetics.

In 1995, Dr. Archibald assumed the leadership of the Regional Head and Neck Service and in 1998, amalgamated Head and Neck Surgery and Otolaryngology into the McMaster University Division of Otolaryngology – Head and Neck Surgery. They inaugurated a residency training program in 2005 and have seen 11 residents graduate thus far. They continued to teach the undergraduate students as well. The Head and Neck surgical team includes the three veterans, Doctors Ted Young, Stuart Archibald, Stan Jackson and most recently, Dr. Michael Gupta.

Personally, Dr. Archibald feels that it has been a tremendous privilege for him and his colleagues to contribute to improving the care of the small but very complex group of patients at St. Joseph's Hospital and the Cancer Centre in association with McMaster University.
The Silverhearts Association is an Oakville founded, not for profit organization that seeks to raise awareness towards cancer specific sarcomas. Comprised of young professionals, our goal is to reach out to the leaders of tomorrow and educate, involve and inspire them to make a difference in the future of our health care system. Silverhearts goal is to involve the Community in fundraising efforts. We work with our sponsors and peers to build a strong foundation to further engage Sarcoma Research at McMaster Health Science. We work closely with Michelle Ghert and her team on the PARITY project.

Our first event in 2012 was attended by 185 Oakville business representatives and young professionals and was able to raise $11,000. The second event held in 2013 was attended by 260 people and raised $12,400. This years SASS Gala (2014) was attended by 350 people and raised $14,100. Our Presenting Sponsor, Milestones Restaurants, enabled guests to try a wide variety of delicious appetizers, Toyota of Oakville had a beautiful display of cars out front, Barefoot Wine and Disaronno were sampling all night long. Eighty Eight Media Group assisted with composing videos and content for the evening, and countless other sponsors helped out with Raffle prizes. Most notable would be Sleeman Breweries, GUESS, Hockey Hall of Fame, FreshCo, Barringtons of Oakville, RBC, TD, and more! 2014 marked SASS's break our year for attendees and also for getting the community involved. We anticipate this to continue to grow for years to come.
The Otolaryngology Research Day took place on November 5th at the McMaster Innovation Centre. Awards were given to Dr. David Choi, PGY2 and Dr. Jay Wong, PGY3 and will be recognized at the appreciation dinner this year. David Choi’s presentation was: **Diffusion-weighted MRI versus second look surgery in residual and recurrent cholesteatoma - A cost.** Jay Wong’s presentation was: **The Usefulness of Routine Histopathology of Bilateral Nasal Polyps – A Systematic Review and Meta-Analysis.**

The Division of Ophthalmology held its First Research Day on February 11th, 2015. This event was designated for residents and faculty to present their ongoing clinical and scientific research for appraisal and consideration of their peers. This year featured six resident research presentations and the first ever recipient of the Dr. Sher Research Award. Under the review of Dr. Kelly and Dr. P. Harvey, presentations were judged and the winner was PGY-5 resident Vasudha Gupta for her presentation on **LASIK Striae Requiring Flap Re-Lift and Irrigation.** The Dr. Sher Research Award was presented by Dr. Sher’s wife Vicky. The Ophthalmology Department would like to thank all who were involved in the organization of this event including Dr. P. Harvey, Dr. Sabri and all staff who made this event possible.
**Recent Passings**

**Dr. Robert Evans** died peacefully at home February 13, 2015 after a long struggle with Parkinson's disease. John enjoyed a full life marked by contributions on many fronts. He pioneered a new model of medical education as the founding Dean of McMaster University Medical School in 1965. He served as President of the University of Toronto from 1972-1978. He was the first Director of the World Bank's Population, Health and Nutrition Division. He was the CEO of Allelix, Canada's first biotechnology company, the Chair of TorStar, the first Chair of the Canadian Foundation for Innovation, the Chair of the Rockefeller Foundation and most recently the founding Chair of MaRS. Throughout his career and his life, his greatest satisfaction came from caring for others as a clinician and mentoring colleagues in their careers. Born October 1, 1929, John joined siblings Mary, Watson, Gertrude, Gwendolyn, Anne and Elizabeth as the youngest of 7 children of Mary and William Watson Evans. John will be missed by his loving wife Gay of 61 years, his children Derek, Mark, Michael, Gill, Tim and Willa, his daughters/son-in-laws Janet, Sarah, Lise, Alayne and David and his 23 grandchildren. The family is grateful to a wonderful care team that included Drs. Sandra Black, David Goldbloom, John Floreas, Tony Lang and Pauline Pariser and a homecare team including Graciela, Miez, Minda, Rose, Sharyn, Tashyn, Samira and Elham. A memorial service was held at Grace Church on-the-Hill in Toronto on Thursday, February 19, 2015. In lieu of flowers, donations may be made to Parkinson Society Canada. - See more at: [http://www.legacy.com/obituaries/thestar/obituary.aspx?page=lifestory&pid=174150357#sthash.vXVMHkDe.dpuf](http://www.legacy.com/obituaries/thestar/obituary.aspx?page=lifestory&pid=174150357#sthash.vXVMHkDe.dpuf)

**Dr. Richard Lachowski** has passed after a short and courageous battle with esophageal cancer, just after his 60th birthday. Born in Toronto on November 3, 1954, Richard attended secondary school at Silverthorne Collegiate. He attended the University of Toronto where he graduated in 1978 from the Faculty of Medicine. Richard specialized in Orthopaedic Surgery with a special interest in joint replacement and trauma. He attributed his philosophy of patient care to his mentor Dr. Marvin Tile who always demonstrated the importance of listening to the patient. He achieved his fellowship in the Royal College of Physicians and Surgeons in 1984, and in 1985 he opened his practice in Hamilton. For 13 years Richard specialized in joint replacement and trauma surgery at Hamilton General Hospital where he acquired many steadfast friendships. For the past 16 years, Richard has enjoyed working at St. Joseph's Hospital, where he performed joint replacement and emergency surgery. Dr. Lachowski was Associate Clinical Professor in the faculty of Health Sciences at McMaster, and was also Director of Alumni Affairs for MacOrtho Society. A teacher at heart, he derived immense satisfaction from instructing medical students, clerks, and residents in the McMaster medical program. Richard was well loved and respected by his colleagues at St. Joseph's and Hamilton General, and will be dearly missed. Memorial donations can be made in Richard's honour to the Esophageal Cancer Action Network (www.ecan.org) or the Juravinski Cancer Centre. (Obituary taken from: [http://www.lifenews.ca/announcement/5161307-dr-richard-john-lachowski](http://www.lifenews.ca/announcement/5161307-dr-richard-john-lachowski))

Sincere condolences are sent at this time to his family, friends and colleagues.
On January 15, 2015, a faculty development workshop on Strengthening Resilience was organized by Dr. Anne Wong, Assistant Dean, Program for Faculty Development. The workshop was entitled, “An Introduction to the Science and Practice of Mindfulness-Based Stress Reduction”, with particular focus on coping with stress in the OR and the clinical environment. This was held with collaborative efforts from Departments of Anesthesia, Surgery and Obstetrics/Gynecology. The workshop was facilitated by Dr. Wong with co-facilitators, Drs. John Lee (Cardiac surgery) and Nick Leyland (Obs-Gyn). The keynote speaker was Dr. Parmjit Singh, Department of Family Medicine. He is a Harvard trained PhD with extensive experience in this field and has taught at all levels including the Medical school. 

With ever increasing challenges in dealing with daily stress at both work and personal life, this workshop provided an opportunity for faculty and residents to be introduced to a stress reduction strategy using Mindfulness techniques. This strategy is being increasingly used by competitive professional athletes as well as industry executives with great success. The workshop began with a panel discussion to discuss the importance of recognizing the stress level in our lives and the impact it has particularly on surgical patient care and our interaction with our colleagues. Dr. Singh provided excellent background information and introduction to the concept of Mindfulness including scientific evidence followed by some basic meditation techniques. By the end of the workshop, the group was very much enlightened and motivated to continue with the practice of meditation and mindfulness on a daily basis.

Undergraduate Medical Education at McMaster University has already introduced Mindfulness to the students as part of the curriculum. It is also hoped that this concept can also be introduced to residents as well. Mindfulness Based Stress Reduction to residents early in their training should better equip the trainees to not only cope with the challenges of stress during residency but more importantly throughout their career. Departments of Anesthesia and Surgery may start this initiative for the new PGY1 trainees of 2015.
The second Building Bridges event was held on November 28th with continued success from the first in its series. The showcase presented a true reflection of the department's trailblazing leadership in research across our divisions, inspiring members from the entire department. The spirit of our speakers enveloped the audience creating great opportunities for collaboration throughout the interactive portions of our day, and for reflection upon its completion. Our third Building Bridges event is underway! Details to follow.
The Centre for Minimal Access Surgery, CMAS

CMAS has announced that the Centre is scheduled to become an Advanced Trauma Operative Management (ATOM) Course Centre.

“The Advanced Trauma Operative Management (ATOM) course is an effective method of increasing surgical competence and confidence in the operative management of penetrating injuries to the chest and abdomen.” American College of Surgeons Committee on Trauma

At CMAS Dr. Paul Engels, Trauma Surgeon at the Hamilton General Hospital has been named as the course lead with Tracy Tazzeo as the course coordinator.

CMAS is currently making plans to host the first course in spring 2016.

For details about ATOM visit: http://atomcourse.com/find.php

CMAS News

CMAS is expanding it’s reach beyond provincial borders and has nursing courses scheduled to run in Alberta this March, sites include Medicine Hat and Lethbridge.

The Centre has purchased a new Simbionix Endoscopic Simulator and will be working with Dr. Marcaccio and Dr. Eskicoglu on a course curriculum for the residents.

The Fundamentals of Laparoscopic Surgery (FLS) Program is thriving as a key part of the curriculum hosted by CMAS. The program has attracted participants from London, Buffalo, Ottawa, Quebec and Hali-
You must sign up for a Twitter account to receive this information