

HARMSSTUDYGROUP NEWS

LEADING THE WAY IN SPINAL DEFORMITY SOLUTIONS

THE MISSION *The HSG is a group of surgeons dedicated to the advancement of treatment for children and adolescents with spine deformity. Through comprehensive, multicenter prospective research studies, questions regarding treatment approach and techniques to achieve desired outcomes are studied.*

KEEPING THE GOAL IN SIGHT

My name is Jaimie and I am currently 20 years old. I was diagnosed with scoliosis at age fourteen in the middle of eighth grade. When I first found out the news while sitting in the doctor's office, I was devastated, heartbroken, and confused. I wasn't even sure what scoliosis was, all I knew was that I had a severe case and surgery was necessary to prevent life-threatening complications later in life.

The first thing that came to mind was "How am I going to play soccer?" Soccer has been my life since I was four years old, and knowing I had to give it up for a year to receive surgery to straighten my spine was something I could not comprehend. But after much needed support from my family and doctors, I knew the surgery was something I had to do for myself to live a healthy life.

Thinking about the surgery, I was scared with so many endless thoughts running through my head, but once I met Dr. Newton at Children's Hospital, I realized I had one of the top doctors in the world taking care of me. Knowing I had the best, I was more calm and relaxed. Looking back to those

dreaded days before surgery, I could not be happier with my decision to follow through with the surgery. My results are phenomenal and I am more satisfied with my self-image and appearance now after the surgery than before.

I am so thankful for the constant support I received from my family, friends, soccer team, and most importantly my doctors who performed such an extraordinary surgery. Support and self-determination are the two most significant aspects that pushed me through the surgery and also the recovery process. I had such a strong will to spend continuous hours in physical therapy to get back to playing soccer the second I received permission. I played soccer after six months when the normal recovery period is one year, I ran again before the usual time period, and experienced so much more because of the motivation that surrounded me. I had such a positive experience with all I encountered through the process. I am stronger now than ever before. I would not change one day from before or after the surgery because it has made me who I am today.



HARMSSTUDYGROUP FOUNDATION

THE HARMS STUDY GROUP FOUNDATION IS A NONPROFIT FOUNDATION FORMED TO ENABLE FUNDRAISING EFFORTS TO FURTHER ADVANCE RESEARCH IN SPINAL DEFORMITIES IN CHILDREN AND ADOLESCENTS. TO LEARN MORE MAIL THE HARMSSTUDYGROUPFOUNDATION@GMAIL.COM TO RECEIVE OUR WEBSITE LAUNCH NOTICE!

www.harmsstudygroup.com

"Participating in this study means a lot to me"

My name is Tania Richard. I am 21 years of age and live in Miami, FL. I was diagnosed with scoliosis when I was 8 years old and have been seen by Dr. Shufflebarger ever since. Great doctor by the way. I had upper and lower back surgery about two years ago now and ever since then I have had no pain or discomfort unlike before. It has been a while now and I feel great about myself and have no complaints. Before I had scoliosis surgery my spine was shaped like an "S" and I was concerned with my body image. I was afraid to wear a bikini because of how it would look on me. Now after my back surgery I feel confident and my self-esteem went back up. I am proud and feel comfortable wearing whatever I want. It has been the best decision I have ever made. Participating in this study means a lot to me. It shows patients how a surgery can be life changing to someone to better their health.



My experience at Miami Children's Hospital has been extremely wonderful. I am so grateful that Miami Children's Hospital has such a staff and doctors that care for their patients.

Thank you for everything and best wishes in whatever you do.
God Bless.

Sincerely,
Tania E. Richard

Share your story and your pictures with the HSG newsletter! We would love to profile your individual stories in a future HSG newsletter - to share with other patients! Contact the Harms Study Group Foundation office: mmarks@harmstudygroup.com

HSG RESEARCH AND PATIENT CARE

Participation in the research activities of the Harms Study Group is on a level higher than achievable by any individual. Pooling of data from the leading care providers for pediatric age patients with spinal deformity affords rapid accumulation of data adequate to provide standard of care statements. Continual updating and review of data affords a real time level of care. Consecutive enrollment of patients is necessary to maintain a pure and unquestionable database.

— Harry Shufflebarger, MD

Contacts

Rady Children's Hospital
San Diego, CA
Carrie Bartley
cbartley@rchsd.org

Philadelphia Shriner's, PA
Kim Costello, RN
KCostello@shrinenet.org

Johns Hopkins Hospital
Baltimore, MD
Grace Ogbeche
gogbeche@jhsph.edu

Nemours Children's Clinic
Wilmington, DE
Geraldine Neiss
gneiss@nemours.org

Klinikum Karlsbad
Lagensteinbach, Germany
Lynn Letko, MD
Lynn.Letko@kkl.srh.de

Scoliosis and Spine Associates
New York, NY
Phedra Penn
phedrapenn@gmail.com

Miami Children's Hospital, FL
Dianna Morales
Dianna.Morales@mch.com

Children's Hospital of Philadelphia
Stephanie Cody
cody@email.chop.edu

BC Children's Hospital
Vancouver
Veronika Scheepmaker
VScheepmaker@cw.bc.ca

HSG Coordinator
Michelle Marks
mmarks@comcast.net

REMEMBER, as a patient volunteer in Harms Study Group research, you can continue to help. Be sure to make all of your scheduled follow-up appointments with your spine surgeon. Once you have agreed to participate in HSG research, the follow-up information that you provide is **CRITICAL** to our success in answering our important research questions.