

HARMSSTUDYGROUPNEWS

LEADING THE WAY IN SPINAL DEFORMITY SOLUTIONS

Welcome...

..to the August 2010 edition of the Harms Study Group (HSG) Newsletter! As an important participant in HSG research, we want to connect with you to share the latest news from our study group, introduce the hard working surgeons and staff from our sites, provide inspirational stories from patients like you, and last but not least, thank you for making our research a reality! In this edition we will be featuring the staff and patients from our Delaware site, The Nemours Children's Clinic, located in Wilmington, DE.

Our 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.

"It has been 2 years after my surgery, I feel wonderful"

My name is Piper, I am 14 and I was diagnosed with scoliosis. I didn't know what that was until I was in 6th grade when I found out that I needed surgery for my severe scoliosis. I wasn't scared because I knew that it would correct my spine but I was nervous about what would happen after the surgery. When I had scoliosis I had many problems. When I got home from school, I would have back pains and I wouldn't be able to sit up for long. Also, when I wore shirts, you could see my back sticking out and it was very embarrassing because it didn't look normal. Luckily I was able to get surgery to fix my spine. After my surgery in 2008, I remember a lot of pain in my back and not being able to move that much or it would hurt. After a few days at the hospital, I would have to get up and walk around so I could get my back used to movement and so I wouldn't stiffen up. After the 5th day I finally went home and started to do more mobile activities. Now that it has been 2 years after my surgery, I feel wonderful and am able to do all the activities I love to do. I would like to thank Dr. Shah and everyone at DuPont Children's Hospital for my successful surgery and helping me all week after my surgery. I am glad I got the operation because now I am happier with my life and appearance.

Piper Peterson
July 2010



Photos from the Clinic



Dr. Suken Shah meets with Haley Gelberg, a new HSG research participant, during her pre-op visit



Geraldine Neiss and Petya Yorgova, the Delaware HSG site coordinators



Dr. Peter Gabos examines an x-ray in the clinic

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:
HarmsStudyGroupFoundation@gmail.com

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 please visit our website, www.harmsstudygroup.com.

"Dedicated to the advancement of treatment for children & adolescents with spine deformity"

What's Happening in the Harms Study Group?



Several HSG members presented their research findings at the International Meeting of Advanced Spinal Techniques in July 2010 in Toronto, Canada.



The HSG Executive Committee recently met with Prof. Jurgen Harms in Germany to discuss the group's significant research findings and to define the strategic plan for the near future.

H A R M S S T U D Y G R O U P

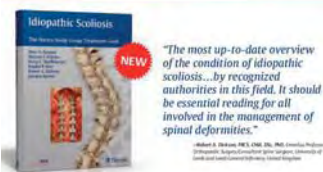
LEADING THE WAY IN SPINAL DEFORMITY SOLUTIONS

The HSG hits the web! The Harms Study Group is launching their official website at the end of August. Please visit www.harmsstudygroup.com for the latest news and information about our study group, our surgeon members, and our research.

The HSG Idiopathic Scoliosis Textbook is Published

The HSG surgeon membership has collaborated to produce the ultimate treatment guide for physicians and surgeons involved in spinal deformity care. Without the valuable information provided from HSG study patient volunteers, the creation of this textbook would not have been possible!

Cutting-edge research from the HSG

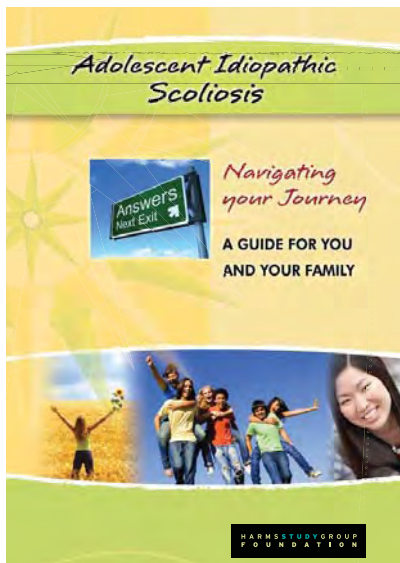


HSG and Patient Education

The Harms Study Group Foundation has completed a new handbook, entitled "Navigating Your Journey – A Guide for You and Your Family," as an educational resource for patients and families newly diagnosed with Adolescent Idiopathic Scoliosis (AIS). The

goal of the handbook is to first, educate the patient and their family about AIS and secondly, to act as a guide on what to expect from diagnosis to treatment.

The first edition of the AIS handbook is available for download on our website, www.harmsstudygroup.com. A revised second edition is currently underway, and we want your feedback to help us make this handbook a success! What would you like to see us incorporate into the handbook to help patients and families in the future? Do you feel the information contained in the handbook has helped you fully understand your diagnosis and what to expect from treatment, whether it be observation, bracing, or surgery? Please email your suggestions to mmarks@hsgf.org.



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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.

H A R M S S T U D Y G R O U P
F O U N D A T I O N

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