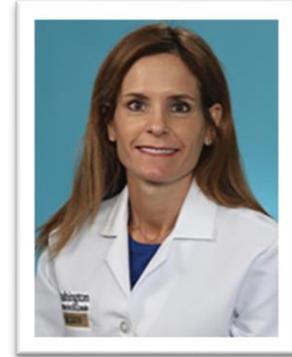


Annual Report
2018

*Dr. William H. Harris Foundation Career
Development Award in Hip Surgery*

By Cecilia Pascual-Garrido, MD
Department of Orthopaedic Surgery
Adult Reconstruction – Adolescent and Young Adult Hip Service

Recipient 2016-2017



Impact of the Harris Career Development Award

A year has passed since I first had the opportunity to be part of the William Harris Career Development Award in Hip Surgery. The impact that this fellowship has had on my professional and personal life continues to surprise me.

Clinically, I was able to start implementing surgical techniques, with specific focus in hip preservation, including the PAO, surgical dislocations and proximal femoral osteotomy. The implementation of these techniques has impacted my clinical decisions and patient care tremendously. I hope I keep improving the lives of patients and continue to become a better doctor, learning to listen, think and make the best decisions for my patients.

Academically, I received the Scientific Exhibit Award for Excellence at the American Academy of Orthopaedic Surgeons (AAOS) 2018 Annual Meeting for our work on the “Contemporary Approach to the Pre-Arthritic Hip Disease.” In this scientific exhibit, we were able to describe the contemporary approach to the pre-arthritic hip. This exhibit provided an updated review of the contemporary approach to pre-arthritic young adult hip disorders. Morphological abnormalities of the hip, including femoroacetabular impingement (FAI), developmental dysplasia of the hip (DDH) and sequelae of childhood hip pathologies (SCFE; Perthes disease) were included. Clinical, radiological and three-dimensional imaging parameters that affect treatment decision-making were thoroughly discussed.



Dr. Marc Safran presents Dr. Cecilia Pascual-Garrido with the Scientific Exhibit Award for Excellence at the AAOS 2018 Annual Meeting for work on the “Contemporary Approach to the Pre-Arthritic Hip Disease.”

Recently, I was also awarded the OREF/Goldberg Research Grant in Arthritis. The objective of this project is to investigate the metabolic activity in the pre-OA hip joint. We hypothesized that cartilage from patients with pre-OA hip disease (DDH or FAI) has a distinct profile of inflammatory genes/proteins from advanced hip OA. We expect that patients with pre-OA disease (DDH or FAI) will present elevated OA-related proteins in all intraarticular soft tissue, including labrum, cartilage, capsule and synovial tissue compared to cadaveric control and less so compared to advanced OA disease. The clinical implications of these findings are enormous, including identifying potential targets of therapies to slow or prevent the development of OA in the hip. Characterizing the metabolic activity in different intraarticular soft tissues is important, since it can provide the most active intraarticular tissue during pre-OA disease or, even more, establish location of activity. Potential target genes and soft tissue identified in this study could undergo further in vitro and in vivo testing to assess possible therapies to prevent development of hip OA.

In addition, we have developed multiple research studies using the ANCHOR registry. Most of these studies have been focused in the pre-OA hip, trying to understand the mechanisms of degeneration that occurs in the pre-OA hip. We were selected as a Spotlight research study at the Orthopaedic Research Society this past week for our study on “Patterns of Cartilage Wear in the Pre-Arthritic Joint.” We continue to recognize the deleterious effect that abnormal morphology has on the cartilage.

Finally, I must emphasize that one of the most enjoyable things through this journey is the opportunity to keep meeting an incredible group of people, all with passionate convictions devoted to patient care, collaboration, education and research. I have been fortunate to have an incredible clinical mentor, Dr. John Clohisy. He is one of the most novel, passionate and thoughtful people I have met, inspiring full commitment that allows me to maximize my professional growth.



Dr. Perry Schoenecker, Dr. Cecilia Pascual-Garrido, current ANCHOR fellow Dr. Robby Westermann, Dr. John Clohisy and Dr. Jeff Nepple during Dr. Westermann's rotation at the Washington University School of Medicine Department of Orthopaedic Surgery.

I want to thank Dr. William Harris, Dr. John Clohisy and the ANCHOR group for the tremendous impact that this fellowship has had and will continue to have on my professional and personal growth.

Sincerely,

Cecilia Pascual-Garrido, M.D.
Assistant Professor
Washington University Orthopaedic Surgery
Adult Reconstruction – Adolescent and Young Adult Hip Service