

CANADIAN NEUROLOGICAL SCIENCES FEDERATION

# NEURO NEWS



## WORKING TOGETHER

Managing Neurological Disorders



ANNUAL EDITION 2020

## CNSF Vision

The improved wellbeing of children and adults with diseases, disorders and injuries of the nervous system and the prevention of these conditions.

## CNSF Mission

To support the neuroscience professions in Canada, and particularly those members of the CNSF Societies, through education, advocacy, membership services and research promotion.

### Notes about the Mission:

- **Education** includes the annual CNSF Congress, The Canadian Journal of Neurological Sciences (CJNS), and all other continuing professional development (CPD) activities.
- **Membership Services** include services delivered to the five constituent Societies of the CNSF, the services offered to individual Society members, the research to identify member needs, and other related activities.
- **Advocacy** includes activities such as building public awareness about diseases, disorders and injuries of the nervous system, and advocacy for improved public policy and increased medical research. Such advocacy may be direct or in collaboration with other organizations.

## CNSF Strategic Priorities

To ensure the achievement of its Vision and Mission, the CNSF has three strategic priorities: Continuing Professional Development; Membership Value; and Advocacy. The main objectives of these three priorities appear below. Responsibility for expanding and putting these elements into operation has been assigned to one or more of the CNSF constituent societies, committees, or staff.

### 1. Continuing Professional Development:

The goal of this priority is to review, refine, improve and expand the overall CNSF CPD plan to meet the evolving needs of Society members while continuing to focus on the CNSF's priorities, i.e. the Congress and the Journal.

### 2. Membership Value:

The goal is to build a strong organization that provides value to the constituent Societies and their membership.

### 3. Advocacy:

The goal is to increase awareness of the impact and burden of diseases, disorders and injuries of the nervous system in Canada on affected individuals, their families, and communities, and the health-care system. The targets of this priority are the policy-makers at all levels of government, the general public and affiliated health care providers.

## CNSF Facts

- The CNSF's major priorities, as determined by the CNSF Board's Strategic Planning document are: Continuing Professional Development (through the Congress and Journal); Advocacy (in particular through our involvement with Neurological Health Charities Canada) and Membership retention and growth.
- The CNSF has four main sources of revenue: Membership dues, Congress registration fees, Journal subscription revenue and Industry sponsorship and Exhibitor revenues. All four are vital to our continued success and growth.
- It is **very important** that our Members renew their membership each year and we hope that each member can encourage others to join. The benefits of membership page is included in this Neuro|News and a Power Point presentation on "The CNSF and why you should join" is on our website.
- The CNSF has four staff; Marika, Donna and Dan have been with the CNSF for a total of 46 years. Nicole, who started in 2017 and who works part time, provides assistance to everyone. She is a most valued addition to the Secretariat.
- We 'contract' services to third parties such as Intertask Conferences for the Congress and Cambridge University Press for the Journal.



# Message from the CNSF CEO

Neuro|News is traditionally printed and distributed at our Congress. This year has been anything but traditional for the CNSF. Cancelling our Congress was very disappointing, but necessary, of course.

Most importantly, we hope that you and your families are healthy and safe, and remain so.

The CNSF and each of its' Societies are still functioning, not necessarily as normal, but functioning, nevertheless. We are continuing with AGM's and Board meetings, Membership renewals and more.

The CNSF Scientific Program Committee has commenced planning for the 2021 Congress in Toronto, Tuesday, June 15 to Friday, June 18. Whether we are there face to face, or virtually, it is vital to our financial survival that a Congress is held in whatever format is appropriate for the 'time'.

The good news is that the vast majority of 2020's Chairs/co-Chairs have agreed to hold the same session in 2021 which results in a 2021 Congress program that is much further advanced and easier to accomplish. Our thanks to all of them.

At the time that our 2020 Congress was cancelled, we had already secured significant support from Pharma and Medical Equipment companies in the form of nine Lunch 'n Learns. Thanks to these 'supporters' we have transitioned from Lunch 'n Learn sessions to Accredited Webinars that are being scheduled from mid-October to December. These webinars have essentially saved the year for us financially. We owe a debt of gratitude to all the webinar sponsoring organizations.

The Webinar listing is included within this Neuro|News. Please take the time to review the topics and make plans to attend as many as you find appropriate. These Webinars provide 1 to 1½ hours of CME credits.

On behalf of the CNSF Board, our best wishes during these troubling times.



Kindest Regards,

Dan Morin  
Chief Executive Officer  
Canadian Neurological Sciences Federation



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# Benefits of CNSF Membership

## Our Member Societies

CNSF members belong to one, or more, of our five constituent Societies:



## CNSF Membership includes the following benefits:

### Membership in the Community of Canadian Clinical Neuroscientists

The community of clinical neurologists, neurosurgeons, pediatric neurologists, neurophysiologists and neuroradiologists is a robust and growing family that has made a long-standing, international, and ongoing contribution to clinical neuroscience. The community provides continuing medical education for its members, teaching for residents, students and clinical fellows. There is strong clinical and discovery-based research in Canada. Networking in this group provides opportunity for training (e.g. fellowships), for collaboration across the country and for mutual learning.

### Annual Congress

Our Federation, assisted by the Professional Development and the Scientific Program Committees, hosts an Annual Canadian Congress geared towards the continued professional development learning needs of Neurologists, Neurosurgeons, Pediatric Neurologists, Neurophysiologists, Neuroradiologists and Neuroscientists.

Our Congress is an accredited learning activity, providing you the opportunity to earn Continuing Maintenance of Certification credits.

Gather with your colleagues and friends from across the country.

#### **Learn, Mentor, Share, Teach, Collaborate, Advocate.**

Members attend the CNSF Annual Congress at a generously discounted registration fee.

## Annual Society Prizes

Members have the opportunity to win valuable Society prizes by submitting Abstracts to the Congress and expanded abstracts to the Society competitions. There are multiple first place prizes available to Junior members or an Active member within two years of receiving their certificate. Each valued up to approximately \$2500. Winners have the privilege of presenting their work at the Grand Plenary, alongside our Distinguished Guest Lecturers, during the Congress.

There may also be \$500 second place prizes or additional subsidiary prizes awarded.

## Canadian Journal of Neurological Sciences (CJNS)

The Canadian Journal of Neurological Sciences is the official publication of our five member Societies. The Journal is an internationally recognized, peer reviewed medical journal, published through Cambridge University Press – Cambridge Core.

Members receive an online subscription to the Canadian Journal of Neurological Sciences (CJNS).

CNSF Members and Journal subscribers have exclusive access to the most current year of this publication and the “Magazine View” of each issue.

CNSF Members submitting an article to the CJNS receive GOLD open access at **half price**.

# Benefits of CNSF Membership

## Members have access to additional information on our CNSF website using their password login

Our website contains Congress information, Advocacy information and general Society information. The site includes access to CJNS Journal articles back to Issue 1 in February 1974. View Neuro Careers postings, Society Prize information, access for annual dues payments, Society Governance items (such as council representatives and their responsibilities), Member Directories, Society bylaws, resource links, CPD calendar of events, and more.

## Residents

First-year residents can apply for complimentary first-year membership, paid by their member Society. Membership dues for subsequent years of residency are only \$80/year.

The Congress registration fee for resident members is only \$250 (pre and post Early Bird). This registration fee includes access to all Congress courses/sessions, course notes, luncheons, breaks and the Residents Social.

CNSF Society Resident Representatives help organize a resident social event. This is a major networking event for trainees to connect with attending physicians from a wide variety of backgrounds and subspecialties.

Resident members also receive the 'benefits' outlined in the sections above.

The CNS, CNSS, CACN and CSNR, all have resident representatives that sit on the CNSF Professional Development and Scientific Program Committees, which determine the scientific program for each year's Congress. The resident representatives attend the CNSF Board of Directors meetings, as well as their respective Society Board meetings.

Resident members are welcome to contact their society resident representative with any issues, concerns or ideas that they would like to see discussed.

## Not a member of the CNSF (CNS, CACN, CNSS, CSCN, CSNR)?

Would you like to become a member of one of the CNSF Societies? Would you like to take advantage of these Benefits of Membership? Just download the appropriate Society Application form by choosing your society of interest at: [www.cnsfederation.org](http://www.cnsfederation.org) or contact Donna Irvin at [donna-irvin@cnsf.org](mailto:donna-irvin@cnsf.org)

## The Associate and Affiliate Societies of the CNSF

**Associate Societies** of the CNSF are professional societies that have similar goals to the CNSF. They are:

- Canadian Association of Neuroscience Nurses
- Canadian Association of Electroneurophysiology Technologists Inc.
- The Association of Electromyography Technologists of Canada
- Canadian Association for Neuroscience
- Canadian Association of Physical Medicine & Rehabilitation
- Canadian Apheresis Group

The CNSF and its **Affiliate Societies** work collaboratively whenever possible throughout the year. The CNSF values and appreciates these partnerships. They are:

- Canadian ALS Trials and Research Network
- The Canadian Brain Tumour Consortium
- The Canadian Headache Society
- The Canadian League Against Epilepsy
- The Canadian Movement Disorders Group
- The Canadian Network of MS Clinics
- The Canadian Neurocritical Care Society
- The Canadian Neuromuscular Group
- The Canadian Stroke Consortium
- The Consortium of Canadian Centres for Clinical Cognitive Research



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# CNSF Society AGMs

## CNSF Society AGMs have always been held in person during the CNSF Congress.

This year we have received permission to hold the annual general meetings by teleconference. We hope this will enable participation by additional members across the county.

Email notifications will be sent to the membership with call in numbers and links to meeting documents. If you are unable to join the call, please complete and submit the proxy form.

### October

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### November

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## 2020 Society Annual General Meetings



Canadian Neurological Society  Société canadienne de neurologie

### CNS — Canadian Neurological Society

Tuesday, October 20  
7 pm Eastern time



The Canadian Neurosurgical Society  
Société canadienne de neurochirurgie

### CNSS – Canadian Neurosurgical Society

Tuesday, October 27  
7 pm Eastern time



ASSOCIATION CANADIENNE DE NEUROLOGIE PÉDIATRIQUE INC.  CANADIAN ASSOCIATION OF CHILD NEUROLOGY INC.

### CACN – Canadian Association of Child Neurology

Thursday, October 29  
7 pm Eastern time



Canadian Society of Neuroradiology (CSNR)  Société Canadienne de Neuroradiologie (SCNR) 

### CSNR – Canadian Society of Neuroradiology

Thursday, October 29  
7 pm Eastern time



Canadian Society of Clinical Neurophysiologists  Société canadienne de neurophysiologie clinique

### CSCN – Canadian Society of Clinical Neurophysiologists

Thursday, November 5  
7 pm Eastern time



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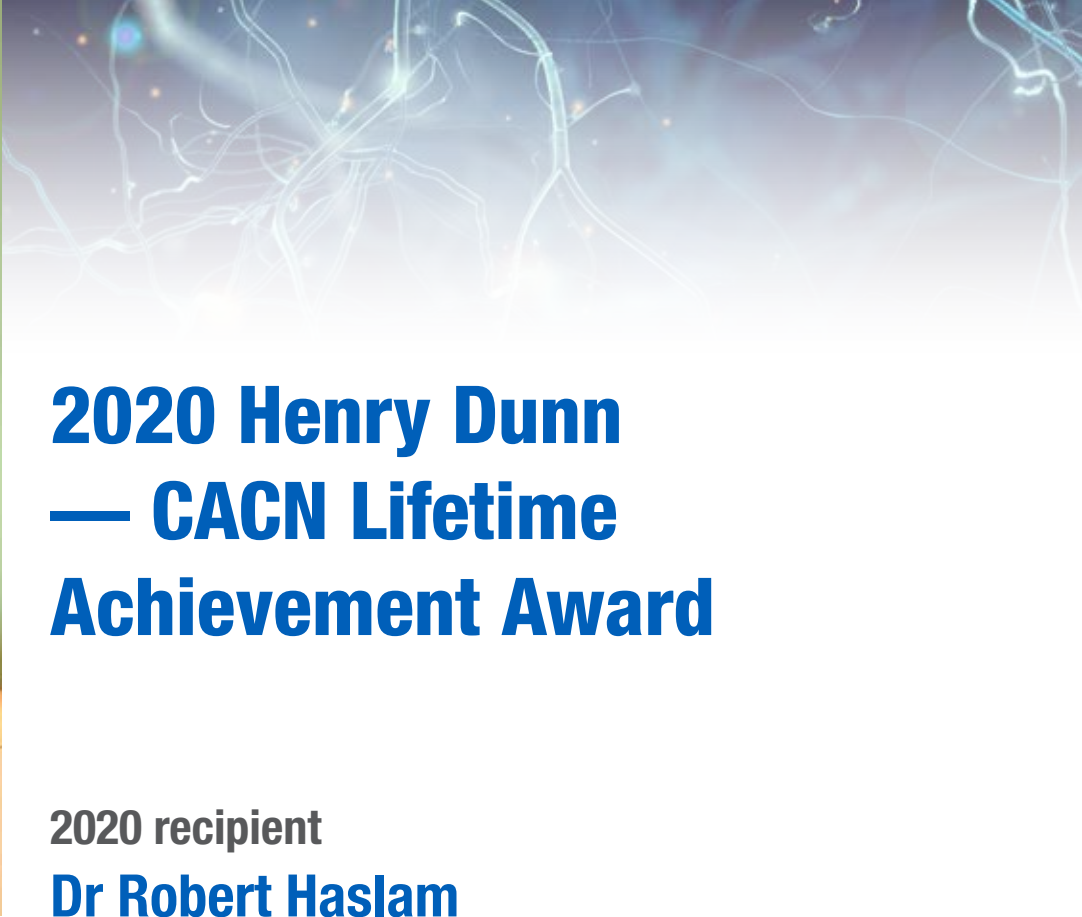
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# 2020 Henry Dunn — CACN Lifetime Achievement Award

## 2020 recipient Dr Robert Haslam

Dr. Haslam was truly a giant in the fields of pediatrics and child neurology in all the ways that matter most. His contributions as a clinician, teacher, academic, and leader at the highest levels are legendary, impacting the care of children with neurological disorders across Canada and the world. He literally built the field of child neurology in southern Alberta while leading the growth of the entire Department of Pediatrics in Calgary where he served as Chairman for many years. His influence expanded to other internationally recognized institutions, most notably serving as Chairman and Pediatrician-in-Chief at the Hospital for Sick Children in Toronto for 10 years. Formal recognitions of Dr. Haslam's contributions are too many to count but are collectively exemplified on the national level by his induction to the Order of Canada and being awarded the 2020 Henry Dunn Lifetime Achievement Award from the Canadian Association of Child Neurology.


Above and beyond these remarkable accomplishments, it was Dr. Haslam's skill as a clinician and teacher, as well as his remarkable humanity, which may have been most impactful. His ability to acquire the essential history and combine it with a careful, targeted examination to understand a child's neurological problem was truly masterful. Dr. Haslam's ability to connect with a child and communicate with parents was unmatched. To then be able to teach and instill these most essential skills in the hundreds of trainees he touched has carried immeasurable impact. This primary dedication to the "art of medicine" and the care of patients and families, is evident on his CV where all of his many prestigious leadership appointments and awards are only listed after his primary profession: child neurologist.

We thank Dr. Haslam for setting the highest of examples that we will strive to emulate.

Dr Haslam was very pleased to learn that he had been chosen to receive the award, unfortunately, he passed away March 30th. This award will be presented to his family in absentia with our deepest condolences.

- 
- [Calgary Herald obituary](#)
  - [Globe and Mail obituary](#)





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# CNSF 2020 Society Prize Winners

**Even though our 2020 Congress has been cancelled, we are pleased to acknowledge the winners of the 2020 Society Prizes — Congratulations**

**CNS – André Barbeau Prize**

**David Pellerin**

*A Novel Recessive TNNT1 Congenital Core-Rod Myopathy in French Canadians*

**CNS – Francis McNaughton Prize**

**Houssein Salem Abdou**

*Identification of predictors of response to Erenumab in episodic and chronic migraine in a cohort of patients: a preliminary analysis*

**CNSS – K.G. McKenzie Basic Neuroscience Research Prize**

**Albert Isaacs**

*Activated gene pathways in post-infectious hydrocephalus (PIH): Proteogenomics and PIH expressome*

**CNSS – K.G. McKenzie Clinical Neuroscience Research Prize**

**Mark MacLean**

*Does gender equality exist in the surgical management of degenerative lumbar disease?*

**CSCN – Herbert Jasper Prize**

**Ana Suller Marti**

*Vagus Nerve Stimulation in patients with therapy resistant generalized epilepsy*

**CACN – President's Prize**

**Aris Hadjinicolaou**

*Nutrition in the first two weeks of life, neonatal brain growth and cognitive outcomes in children born very preterm*

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## Supplementary Society Prize Awards

**CNS – Encephalitis Foundation Prize**

**Adrian Budhram**

*Use of diffusion-weighted imaging to distinguish seizure-related change from limbic encephalitis*

**CNSS – K.G. McKenzie – Basic Neuroscience Research  
– 2nd Place**

**Michelle Kameda-Smith**

*Musashi-1 is a master regulator of aberrant translation in Group 3 medulloblastoma.*

**CNSS – K.G. McKenzie – Clinical Neuroscience Research  
– 2nd Place**

**Jonathon Chainey**

*Action-related fixation in microsuturing, a new gaze behaviour metric to differentiate the level of expertise.*

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# Medtronic

# CNSF Committees

## Advocacy - NHCC

Neurological Health Charities Canada (NHCC) is comprised of organizations that represent specific neurological diseases and disorders across Canada. The NHCC attempts to serve as one voice to provide a stronger sense of community and influence for positive change for those persons affected by Neurological Diseases. Most of the CNSF's Advocacy initiatives are in partnership with the NHCC.

## Membership Committee

Membership retention and growth is vital to the continued success and stability of each of the Federation's Societies. Each Society has members on the CNSF Membership Committee: Jeanne Teitelbaum, Chair, Sharon Whiting, Ian Fleetwood, Jodie Burton, Tejas Sankar, Laila Alshafai, David Callen, Erica McKenzie, Fateme Salehi, Jennifer Gettings, Matt Eagles, Michelle Kameda-Smith and Mohamed-Reda Bensaidane.

Increased Society membership is an objective every Society has expressed as a high priority. Increased membership is reflected in higher revenues for the Societies and the CNSF and ideally for the Congress through increased member registrations. Increased membership makes us stronger and even more relevant.

The issue of expanding membership numbers in every Society has never been as important as it is today.



## May I help you?



Available year round to assist with questions regarding your Society, your Membership or CNSF services.

[donna-irvin@cnsf.org](mailto:donna-irvin@cnsf.org)  
403-229-9544 ext 103

## Clinical Practice Guidelines Committee

The Clinical Practice Guidelines Committee is chaired by Shobhan Vachhrajani with Draga Jichici as Vice Chair. Committee members include: Lyle Weston, Jeanne Teitelbaum and Kesh Reddy.

The goals of the Clinical Practice Guidelines Committee are to:

1. Encourage the development, dissemination and implementation of clinical practice guidelines by our Member and Affiliate Societies, and other Canadian groups that would be of benefit to Canadian neuroscientists.
2. Establish a framework and processes for the promotion and endorsement of clinical practice guidelines so that current evidence-based guidelines meet the needs of, and can be communicated effectively to, the membership of the CNSF.
3. Evaluate and adopt for use by the CNSF membership, with appropriate context-specific provisions, Clinical Practice Guidelines developed outside Canada, particularly in the United States and Europe.



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# The Canadian Journal of Neurological Sciences

The [CJNS Journal](#) is owned by the CNSF member societies and features many articles submitted by your colleagues and fellow CNSF members.

Our Editor-in-Chief, Dr Robert Chen, dedicates numerous hours towards the science, the professionalism and the improvements of our Journal publication. He has built a strong Editorial Board and Associate Editors team and we thank them all for their time and dedication.

The Journal is hosted on Cambridge Core, the new academic platform from Cambridge University Press. Cambridge Core was developed specifically with researchers' needs in mind and was shortlisted for the 'Best publisher user experience award' in November 2019 from OpenAthens. They were impressed with the 'intuitive experience' of using Cambridge Core, which features: design for mobile devices, tailored journal pages, multimedia and graphical abstracts, metrics and digital innovations, tools and services.

CNSF members currently receive full access by logging in as a member on the CNSF website using your CNSF member ID# and your last name as username and password.

The CJNS Journal has been publishing peer reviewed, scientific articles since 1974 and these are all available for viewing online. Check out the multiple features including "Magazine View".

We have also begun to publish "Accepted Manuscripts", which helps you to get your research out there faster. Newly accepted manuscripts are published within a few days of acceptance

under "Accepted manuscript". This is a PDF file of the accepted version of the manuscript. This greatly decreases the time from acceptance to publication and "Accepted Manuscripts" are citable.

This year the CJNS page is featuring a direct, free access banner link to the Coronavirus Collection of articles on Cambridge.

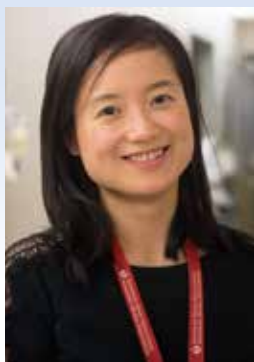


Dr Robert Chen



Cambridge Core

## CJNS Distinguished Reviewer of the Year 2019\*



Dr. Amy Yu

### Amy Yu, MDCM MSc FRCPG

The Canadian Journal of Neurological Sciences sincerely appreciates the consistent and numerous high quality manuscript reviews that Dr Yu has provided for the CJNS Journal. This award is based on review statistics from 2019.

Dr. Amy Yu is a stroke neurologist and Assistant Professor of Medicine at the University of Toronto. Her research focuses on measuring, monitoring, and improving stroke care in the population. Her research is funded by CIHR and Heart & Stroke.

Dr. Yu has expressed that supporting CJNS is a priority as she feels this journal is so important for our community of Canadian neuroscientists.

Thank you Dr. Amy Yu. We appreciate your support.



\*Presented in June 2020



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CGRP: calcitonin gene-related peptide

\*Comparative clinical significance unknown.

†Fictional patient. May not represent all patients.

**References:** 1. AJOVY Product Monograph. Teva Canada Innovation. April 9, 2020.

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KATHERINE, 31†



teva

## Virtual Exhibit Hall

The online Virtual Exhibit Hall allows you to peruse the current year of CNSF Sponsors and Exhibitors.

Since we were unable to hold the 2020 Congress in Banff, this is the best opportunity to have a closer look at all of their products and services, and access their websites and contact information.

The CNSF is proud to showcase these CNSF Supporters and their contributions to the Canadian Neurological community. The site is available from February 2020 until January 31, 2021.

[veh.cnsfederation.org](http://veh.cnsfederation.org)



## NEURO CAREERS

- ▶ Looking for a new career opportunity?
- ▶ Looking to advertise a position at your center?

### Check out Neuro Careers!

Neuro Careers is an online classified advertising resource on the CNSF website and linked on the CJNS page within Cambridge Core. Direct links to classified ads are also included in the CNSF members' newsletter, the Neuro|News.

Classified ads are posted online for 2 months, for less than \$500. They open as a full page PDF complete with color, graphics and company logos.


Neuro Careers is a great way to advertise job opportunities and fellowships to Neurologists, Neurosurgeons, Pediatric Neurologists, Neurophysiologists, Neuroradiologists and related health care professionals.

To find out more, contact Donna at [donna-irvin@cnsfederation.org](mailto:donna-irvin@cnsfederation.org).


▶ [www.cnsfederation.org/careers](http://www.cnsfederation.org/careers)



## Rare Inspiration. Changing Lives.

A woman with long, wavy brown hair, wearing a green patterned top, is smiling and looking towards the camera. She is standing in a kitchen, with a countertop and some food items visible in the foreground.

**CHELSEY**  
LIVING WITH NEUROMYELITIS  
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A man with short dark hair, wearing a dark blue t-shirt and jeans, is leaning on a wooden fence post. He is looking off to the side with a thoughtful expression. The background shows green foliage and a bright sky.

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Our passion drives us to continuously innovate and create meaningful value in all we do. In doing so, we change lives for the better – ours, people living with rare diseases and the communities we serve. Every day.

# We asked our two most recent CNSF Presidents, each of whom served a remarkable 3 years, for their views on work and life. . .

## Kesh Reddy

### Q. Was there a defining moment that led you to choose the neurosciences as your career, and why?

A. As a medical student, the brain was a black box – as it was to most in my class. I was seriously considering plastic surgery as a career option after working with a selfless dedicated person that really tried hard to improve the lot of leprosy patients in rural India. Once I really got into the neurosciences, the love affair began and has blossomed. I was fortunate enough to have great mentors such as Mike West, Derek Fewer, Norman Hill and the late Dwight Parkinson. The one aspect of my life I still genuinely enjoy is looking after patients with neurosurgical disorders.

### Q. What was the greatest piece of advice you have received?

A. Can't quite recall who said this to me but it stuck – adversity is inevitable, but misery is optional. In spite of ours being a noble profession practiced mostly by noble individuals, there seem to be some amongst us that strive to undermine others. I need to constantly remind myself of this and hold my head up high and move on....

### Q. What do you do when you have down time?

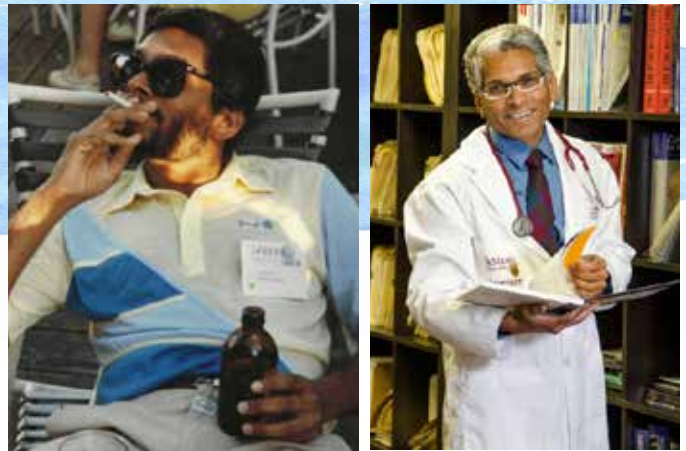
A. I have always enjoyed gardening and that remains my main activity when I have any time to indulge in it. I find it forgiving, varied and I find that it allows me to be somewhat creative and gives me intense pleasure. I am an avid reader of fiction but only when on vacation.

### Q. What do you think of when you hear the words brain health?

A. Not sure I like the term as it is rather vague but for me personally it means staying focused and calm despite all that goes on around me.

### Q. What is your favorite book and why?

A. Hard to pick one book but the Pulitzer prize winning books by Arundhati Roy (*The God of Small Things*) and Anthony Doerr (*All the Light We Cannot See*) come to mind from my recent readings.



Left: at the Canadian Congress in Vancouver 1986; Right: Current P.S – I did not smoke/drink alcohol even then – just trying to look cool...

### Q. Which technology could you do without?

A. Probably the mobile phone though there are times I wish I did not own one. On the rare occasion when I do not have it on me, peace reigns and it becomes obvious that this is completely dispensable as am I. Life goes on perfectly well without me answering the phone or emails every five minutes!

### Q. What one thing could everyone do to stay brain healthy?

A. I do not smoke, drink alcohol and I exercise regularly. Keeping the body in reasonable shape probably helps keep the brain healthy. I suspect though that surrounding one's self with people with positive attitudes is even more important. If you are lucky enough to have someone close to you that you can discuss anything without being judged, it will help achieve the seemingly impossible – equanimity in life. I am blessed with an incredible wife and two adult children that help me achieve this.

### Q. How has your career in medicine created value in your life?

A. It continues to amaze me that I can interact with so many lovely people and often am able to help them through their illness. This certainly has enriched my life incredibly.

### Q. What advice would you give to someone aspiring to be successful?

A. Each of us needs to define what success is. Financial success is important as it allows us to live comfortably but obviously this is rather shallow. Success in one's career is loftier in that it helps others too. In my view the ultimate success is to be content with one's achievements and to feel that it has been achieved without hurting others. Personally, for me success is simply to be remembered as a decent man.

# We asked our two most recent CNSF Presidents, each of whom served a remarkable 3 years, for their views on work and life. . .

## Jeanne Teitelbaum

### Q. Was there a defining moment that led you to choose the neurosciences as your career, and why?

A. I went through medical school with no precise specialty in mind, and was headed for a residency in Family Medicine. During my clerkship, Dr Suzanne Rousseau, the Neurologist on call for the internal medicine unit, came to assess a patient. Watching her question and examine the patient was one of the most beautiful things I had ever seen, and I was amazed at how, from that clinical information, she knew exactly where the problem was and what the most likely cause would be. From that moment on, I was hooked.

### Q. What was the greatest piece of advice you have received?

A. There are two very important pieces of advice that were passed on to me by my mentor, and that I continue to pass on to all those I have trained.

- ‘Good judgement comes from experience, and experience comes from bad judgement’. This means that we need to make mistakes to know how to do things right, and that our job is not to be perfect, but to learn from our mistakes and do better.
- ‘Don’t just do something, stand there’. This means that when something is going wrong, you need to think about why this is happening before rushing in to do something that, if not thought out, could cause more harm than good.

### Q. What do you do when you have down time?

A. As I get older, I am trying to work less and spend more time with my family, tend to my garden, enjoy nature at my country home in the Laurentians and walk with my dog. Yoga is something I now do for my well-being, whether I have down time or not.

### Q. What do you think of when you hear the words brain health?

A. I define brain health as the ability to keep the brain functioning properly as long as possible. The longer I live, the less impressed I am with specific brain training computer programs, vitamins or additives. I come back to basics: moderate exercise, sufficient sleep, proper diet, keeping your blood pressure in check, keeping your mind active (through reading, card games, learning new skills like dance and song), and most important: mindfulness, and nurturing your relationships with friends and family.



### Q. What is your favorite book and why?

A. My favourite book is *Galapagos* by Kurt Vonnegut. It is a clear send-up of human race, condemning it for its overwhelming technology, war making, greed and other perversities. It is eerily timely right now as in the story the human race has become infected with a virus that will cause its extinction. Through a series of events, Vonnegut follows the few survivors over the next million years, as humans evolve to a new harmless species equipped to do little more than fish. The way this book is written is brilliant, and the various philosophical questions dealt with in a very original and humorous fashion.

### Q. Which technology could you do without?

A. Social media. I do not go on any of these platforms, and the amount of harm generated through cyber-bullying, fake news, hate mail, trolls, political manipulations and privacy breaches far outweigh the benefits.

### Q. What one thing could everyone do to stay brain healthy?

A. Exercise: physical and mental

### Q. How has your career in medicine created value in your life?

A. My patients have been my greatest teachers. Through them, I have learned so much about the brain, and what defines us as human beings. I have learned resiliency, and perspective. Being able to help, to treat illness and alleviate suffering is my way of giving back, and it is such a privilege to be able to do this.

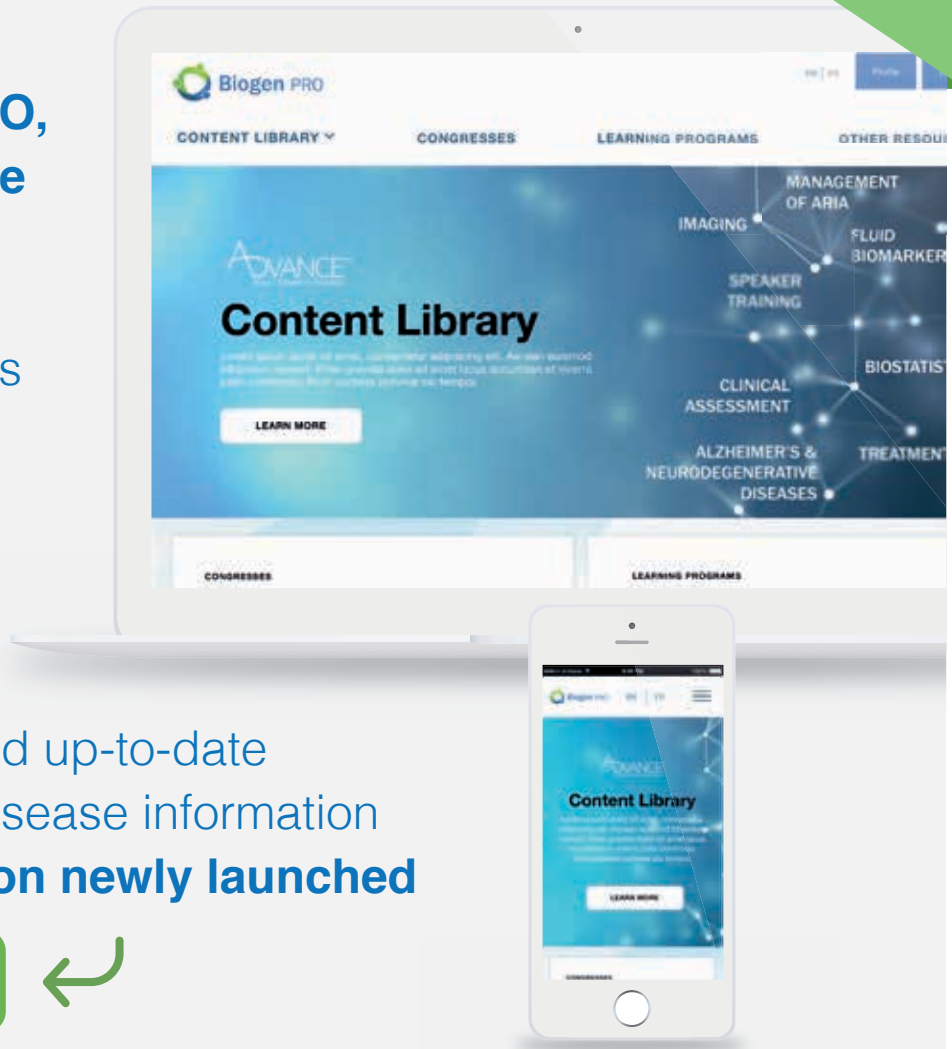
### Q. What advice would you give to someone aspiring to be successful?

A. Start by defining what successful means. Each individual needs to figure out what really matters to them, how they want to contribute and what will bring meaning and pleasure to their lives, not what matters to society or parents or friends. Then, once you know what you want to do, put in the work and always do the very best you can, learning from mistakes and continually improving.



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# 2020 CNSF Accredited Webinars Supported by Industry

[www.cnsfederation.org/cnsf/cpd/webinars](http://www.cnsfederation.org/cnsf/cpd/webinars)

These sessions are created with specific topics of interest to our members. They are co-developed by the CNSF and various communication companies through grants provided by 'industry'. All sessions will be by "Webinar" and held in October, November and December 2020. Attendance is 'free'.

Dates and Registration links will be advertised on the CNSF website; [LEARN MORE](#)

We will also notify our membership as registration for each session becomes available.

Thank you to our industry partners for their support: [www.cnsfederation.org/sponsors](http://www.cnsfederation.org/sponsors)

## Upcoming Webinars

### **New frontiers in Neurology: Emerging data on the role of complement in neurological disorders**

Course Chairs: Mark Freedman • Angela Genge  
*Antibody Communications and the CNSF supported by Alexion.*

### **hATTR Amyloidosis**

Course Chair: Michelle Mezei • Michael Chetrit • Genevieve Matte  
*EOCI Pharma and the CNSF supported by Alnylam.*

### **Alzheimer's**

Course Chair: Jennifer Ingram • Andrew Kirk  
*Agence Colibri and the CNSF supported by Biogen.*

### **New Disease Therapy in MS: The role of Sphingosine-1-Phosphate Receptor Modulators**

Course Chair: Jeffrey Cohen (US) • Mark Freedman, Moderator  
*Hc3 Communications and the CNSF supported by Bristol Myers Squibb. (Section 3).*

### **Covid-19 and Stroke Management**

Course Chairs: Michael Hill • Cian O'Kelly  
*CNSF driven, supported by Medtronic.*

### **Neurovascular session**

Course Chairs: Cian O'Kelly • Michael Hill  
*CNSF driven, supported by Medtronic.*

[continued...](#)

## Upcoming Webinars (continued)

### Medtronic 'Robotics' session

Course Chair: TBD

*CNSF driven, supported by Medtronic. (Unaccredited)*

### Improving ALS patient care through early diagnosis & referral to multidisciplinary clinics

Course Chairs: Aaron Izenberg • Genevieve Matte

*Six Degrees and the CNSF supported by Mitsubishi Tanabe Pharma.*

### SPMS (MS)

Course Chairs: Paul Giacomini • Virginia Devonshire

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### SMA (Spinal Muscular Atrophy)

Course Chair and Speakers: Hugh McMillan • Kathryn Selby • Alex Mackenzie

*EOCI Pharma and the CNSF supported by Novartis.*

### Advances in the management of MS: A reappraisal of disease progression and treatment strategies

Course Chairs: Jiwon Oh • Amit Bar Orr • Virginia Devonshire

*Medscape and the CNSF supported by Roche.*

### Headway-New Advances in Migraine Management

Course Chairs: Farnaz Amoozegar • Sean Spacey

*MedPlan and the CNSF supported by Teva Neuroscience.*

### A round table virtual session on Immunoglobulins' national guidelines.

Course Chair: Kristine Chapman

*Grifols. (Unaccredited)*

### Topic: TBD

Course Chair: TBD

*MD Financial. (Unaccredited)*

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# 2020 Major Supporters

The CNSF relies on the support it receives from all “industry” sectors throughout the year. Industry is very generous year after year in their provision of unrestricted and unconditional grants to the CNSF. This ongoing relationship is based on honesty, integrity and transparency.

Our cancelled Congress meant the loss of over \$550,000 in revenue from our supporters, especially those who had signed up for our Congress Lunch ‘n Learn sessions.

We approached each one and most have stepped up and have agreed to support accredited webinars. We now have webinars scheduled from mid October to mid December providing valuable CME credits to our attending members, and much needed revenue to the CNSF. Each Webinar is developed, independently, by 3rd party communication companies.

Please make every effort to attend those topics, which are of interest.

## Thank you to:

### PLATINUM

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#### ► **Bristol Myers Squibb**

Transforming patients’ lives through science.™ We are in the business of breakthroughs—the kind that transform patients’ lives. Dedicated to our mission of discovering, developing and delivering life-saving innovations that help patients prevail over serious diseases, we’ll never give up our search for more hope, for more people, around the world.

### GOLD

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#### ► **Alexion Canada Pharma Corp**

Alexion is a global biopharmaceutical company focused on serving patients and families affected by rare diseases through the discovery, development and commercialization of life-changing therapies. Since its founding in 1992, Alexion has given hope to people who had none and shined a light on those who felt isolated and alone. At Alexion, our goal is to deliver medical breakthroughs where none currently exist. We are driven because we know people's lives are at stake.

#### ► **Alnylam Pharmaceuticals**

Alnylam is the leading RNAi therapeutics company. We believe our efforts have the potential to improve the lives of Canadian rare disease patients. Alnylam, founded in 2002, is delivering on a bold vision to turn scientific possibility into reality with a deep pipeline of investigational medicines to address the needs of patients who have limited or inadequate treatment options. Alnylam employs over 1200 people worldwide with Canadian headquarters in Mississauga established in 2018.

### GOLD (continued)

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#### ► **Biogen**

At Biogen, our mission is clear: we are pioneers in neuroscience. Biogen is one of the world’s first biotechnology companies and is the only major player exclusively focused on neuroscience, a disease area with great unmet need for breakthrough treatment advances and discoveries.

#### ► **Medtronic Canada**

Through innovation and collaboration, Medtronic helps to improve the lives and health of millions of people each year. At Medtronic, our goal is to be an intrinsic partner in global neurological care, so that together, we can confront healthcare’s biggest challenges. The human brain is at the heart of our mission. It’s what gets us up in the morning and what keeps us innovating throughout the day. Our solutions are designed to support your growth, streamline your surgical workflow, manage complexities, and most importantly, enhance neurological patient outcomes. Together, we can transform the way the world treats neurological disorders and diseases.

#### ► **Mitsubishi Tanabe Pharma Canada**

Mitsubishi Tanabe Pharma Canada, Inc. (MTP-CA) is focused on providing therapies for some of the most difficult-to-treat diseases. We strive to make a difference for those struggling with devastating illnesses.

# 2020 Major Supporters (continued)

## GOLD (continued)

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### ► **Novartis**

Novartis Pharmaceuticals Canada Inc., a leader in the healthcare field, is committed to the discovery, development and marketing of innovative products to improve the well-being of all Canadians. Novartis is proud to have served patients in Neuroscience for over 70 years. We strive to identify novel targets using human genetics and experimental medicine, advance clinical trial design and pioneer a new era of scientific advancements.

### ► **Hoffmann-La Roche**

Roche is a leader in the research and development of pharmaceutical and diagnostic solutions that look beyond today's horizons and make a profound difference in people's lives. From our approach to clinical trials for new drug therapies, to industry partnerships and community involvement, Roche Canada is a leader in providing pharmaceutical and diagnostic solutions that make a profound difference in people's lives. Our innovative approach improves the effectiveness and efficiency of the healthcare system in the diagnosis, treatment and management of acute and long-term disease.

### ► **Teva Canada Innovation**

At Teva, we care deeply about the wellbeing of the patients, caregivers and communities who rely on us. We serve 200 million people every day. From our role as a global leader in generic and brand-name medicines to the innovative solutions we create for our healthcare partners — here in Canada and around the world.

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### ► **Grifols**

Grifols is a global pharmaceutical company that develops and produces plasma-derived therapies and manufactures hospital pharmacy products, intravenous solutions, diagnostic tools and medical devices. As the third largest global producer of plasma therapies, Grifols has a presence in more than 90 countries and is the world leader in plasma collection, with 150 plasma donation centers across the U.S.

### ► **MD Financial Management**

MD is the only Canadian wealth-management firm committed solely to the financial well-being of Canada's physicians. We provide financial peace of mind, so you can enjoy all of life's possibilities. Fifty years of physician-centric experience enables us to anticipate, understand and appreciate your needs at every career stage, from day one of medical school, to running a practice and through retirement. We help take care of your financial health, so you can enjoy the things that matter most to you.

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