This issue of the CRAJ focuses on Metro Ogryzlo (1915-1977), who was one of the true giants in Canadian Rheumatology.

He spearheaded the concept of the Rheumatic Disease Unit (RDU) and was the Director of the first such unit at the Wellesley Hospital in Toronto. His leadership led to the creation of RDUs in academic centres across Canada. He worked hard to have Rheumatology recognized as a distinct medical subspecialty and succeeded as the first Chairman of the Rheumatology Committee at the Royal College in 1971.

He was the founding editor of *The Journal of Rheumatology* in 1974, which continues to have enormous stature and impact.

He attracted outstanding individuals to Rheumatology and became a role model and mentor to countless students, fellows and aspiring young consultants. Without his vision and commitment, Rheumatology might be much different than it is today. He made it a front-line speciality and made sure that RDUs were prominent in major teaching hospitals.

Dr. Duncan Gordon, the current editor of *The Journal of Rheumatology*, and Dr. Hugh Smythe knew Metro better than anyone and were shoulder to shoulder with him in the contributions he made to Canadian Rheumatology. They share these experiences in this issue.

Members of the CRA recognized Metro’s enormous impact on Canadian Rheumatology and shortly after his death, created the Metro A. Ogryzlo International Fellowship to honour his memory. The Fellowship was designed to provide advanced clinical training to an international physician who would take these skills back to his native country and set the groundwork for the development of Rheumatology in that country. It was expected that CRA members would make annual contributions to provide the funding for the award and that it be recognized as a CRA sponsored Fellowship.

This issue also has interviews with former Ogryzlo Fellows who share their experience and the impact the Fellowship had on them and their country of origin.

I think that it is extremely important to continue to recognize “forefathers” such as Metro Ogryzlo. This is an important award which has had major impact just as Metro had on Canadian Rheumatology.

Gunnar Kraag
President, CRA

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**The Ogryzlo Fellowship and Past Fellows**

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**Vinod Chandran, MD**

1. Please tell us about yourself: Where are you from? What was your medical and Rheumatology training prior to coming to Canada?

I am from Kerala, one of the states on the south-western Malabar Coast of India, well known for its scenic beauty and high-human but low-economic development (known world-wide as the “Kerala Paradox” or the “Kerala Model of development”).

My training in medicine before coming to Canada was accomplished at three large medical institutions in India. My basic medical training was at Medical College Calicut, Calicut, Kerala, the place where the famous Portuguese explorer Vasco da Gama first landed in India by sea. My training in Internal Medicine was at the Postgraduate Institute of Medical Education and Research in Chandigarh, India, a modern city built in the 1960s as a city—quoting Jawaharlal Nehru, India’s first Prime Minister—“fettered by the traditions of the past, a symbol of the nation’s faith in the future.” My subsequent training in Rheumatology-Immunology was at the Sanjay Gandhi Postgraduate Institute of Medical Sciences at Lucknow, India, a medieval capital city under the Nawabs of Awadh, and the birthplace of the British singer Sir Cliff Richard. Subsequently, for a brief period of about 10 months, I was an Assistant Professor of Rheumatology-Immunology at the Kasturba Medical College affiliated with the Manipal University, a centre of academic learning, healthcare, industry and finance. Thus, I had spent 15 years in medicine (5 years in Rheumatology) before coming to Canada.
2. How did you come to learn about the Ogryzlo Fellowship?
I learned about the Ogryzlo Fellowship from my colleagues and peers in India. Most rheumatologists in India know about the Ogryzlo Fellowship as an opportunity to train further in Rheumatology in Canada and to get first-hand experience in patient care and research in the “first world.” I subsequently, requested Dr. Dafna Gladman in Toronto to accept me as a trainee and support my application for the fellowship, as I was interested in long-term outcomes in Spondyloarthritis, especially Psoriatic Arthritis. She agreed to become my supervisor and whole-heartedly supported my application to the Arthritis Society for the fellowship.

3. What opportunities did the fellowship give you?
The Ogryzlo Fellowship gave me the opportunity to undergo further training and research in outcomes in Rheumatic diseases, especially Psoriatic Arthritis, at the Centre for Prognosis Studies in the Rheumatic Diseases, located at the Toronto Western Hospital. The reason I chose this centre is that this centre runs one of the largest open dynamic observational cohorts of patients with Psoriatic Arthritis and Systemic Lupus Erythematosus in the world. Most of the knowledge about long-term outcome of these diseases has come from studies conducted at this centre. During the fellowship period, I worked as a clinical research fellow with the Psoriatic Arthritis and Lupus programs. I learnt how standardized patient assessment is done and how longitudinal databases are maintained. I was able to complete two studies: one on the effectiveness of methotrexate in psoriatic arthritis and the other on the validity of FACIT-fatigue in psoriatic arthritis. The fellowship also provided me with support to present my work at the 69th Annual American College of Rheumatology meeting at San Diego, California.

My experience during the Ogryzlo Fellowship period helped develop in me a strong interest in the genetics of complex diseases such as psoriatic arthritis and made me consider doing a formal degree course in the same. Dr. Gladman enthusiastically supported my endeavour. I was successful in enrolling into a doctoral program with the Institute of Medical Science, University of Toronto in 2006, with Dr. Gladman as my supervisor and Dr. Robert Inman (an expert in Spondyloarthritis) and Dr. Shelley Bull (an expert Statistical Geneticist) as advisory committee members.

The Ogryzlo Fellowship was for a period of one year and was held in conjunction with an award from the Arthritis Centre of Excellence. Subsequently, I was awarded a Krembil Psoriatic Arthritis Fellowship, a Canadian Arthritis Network Fellowship, Arthritis and Autoimmunity Research Centre Postdoctoral Fellowship and most recently, a Canadian Institutes of Health Research/Clinical Research Initiative Fellowship.

4. How has the experience obtained as an Ogryzlo Fellow influenced your career in rheumatology?
The Ogryzlo Fellowship has had a major impact on my career in Rheumatology. Prior to becoming an Ogryzlo Fellow, I was in an academic medical centre in India and was involved primarily with medical education and patient care with little time for research, although I knew that research was my calling. The situation in India is such that high patient-care commitment and absence of protected time for research makes it impossible to do any quality research. The Ogryzlo Fellowship gave me my first break and helped partially fund my research training in Canada. It gave me an opportunity to work with leaders in the field of rheumatology and outcome studies and gave my research interests the needed focus. I am now on a path to become an independent researcher in the genetics and outcomes of rheumatic diseases.

My long-term career goal is to take up an academic position at a university teaching hospital. I will become a Clinician Scientist and will establish or continue to run longitudinal observational cohorts of patients with psoriatic arthritis and other arthritides. I will conduct independent genetic epidemiologic and outcome studies in rheumatic diseases. The training I have received in conjunction with this fellowship award has allowed me to make a major change in my career path and focus my research interest in outcomes of rheumatic diseases.
Sergio Toloza, MD

1. Please tell us about yourself: Where are you from? What was your medical and Rheumatology training prior to coming to Canada?

I was born and raised in Catamarca, N.W. Argentina. Before being awarded with the Metro Ogryzlo Fellowship, I completed my residency in Internal Medicine at the Hospital Nacional de Clinicas, National University of Cordoba, Argentina and I was carrying out a fellowship in rheumatology at the same University Hospital.

2. How did you come to learn about the Ogryzlo Fellowship?

While carrying out a clinical rotation in trauma and critical care at Washington Hospital Center, Washington, D.C. in 1995 I had the opportunity to read an issue of The New England Journal of Medicine where a notice for this prestigious fellowship award was advertised. It caused me a strong impression that the fellowship funding for this award came from the generous support of colleagues of Dr. Metro Ogryzlo from the Canadian Rheumatology Association and that it was designated to provide training in rheumatology to non-Canadian trainees.

3. What opportunities did the fellowship give you?

I have been fortunate to have been trained and supervised by Dr. John Esdaile and other outstanding rheumatologists like Drs. Stein, Chalmers and Klinkhoff at the University of British Columbia (UBC) whom with their numerous teaching hours helped me to acquired strong clinical and scientific skills in clinical rheumatology; more importantly, they also helped me to conduct myself properly in a lifetime (both personally and scientifically). I also had the opportunity to make friends and to learn from other numerous colleagues at UBC. This experience truly enriched and diversified my previous clinical experience by learning the proper assessments of complex diseases like systemic lupus erythematosus and rheumatoid arthritis (from review of disease manifestations and major organ involvement to the impact of these conditions on quality of life and other important outcomes).

4. How has the experience obtained as an Ogryzlo Fellow influenced your career in rheumatology?

Upon my return to Argentina, I practiced clinical medicine and rheumatology in the province where I was born. Inspired by the successful model developed by Dr. Metro Ogryzlo in Canada, I helped to set up the first rheumatology unit in our local hospital to aid patients and to collect data systematically at the point of clinical care by using quantitative measures to describe patient’s status and events. Practicing rheumatology in a poor community it became evident the role of socioeconomic-demographic and biologic-genetic factors in the expression, clinical course and outcomes of the chronic rheumatic diseases. To learn more about the role of the interaction between genetic and non-genetic factors in the phenotypic expression of diseases such as lupus and rheumatoid arthritis, I pursued further clinical and postdoctoral fellowships at McMaster University, the University of Alabama at Birmingham (Lumina Study) and at the CHORD (Centocor Health Outcomes in Rheumatic Diseases) program and currently at the University of Toronto Lupus Clinic under the guidance of Drs. Dafna Gladman and Murray Urowitz where I learned that the assessment of complex diseases must not be merely limited to the review of disease manifestations, major organ involvement, disease activity or damage but also to take into consideration the impact of ethnicity-genetics, socioeconomic status, behavioural and psychological factors as determinant of outcomes. I was fortunate to be mentored by prominent clinician-scientists and to participate from data collection to the write-up of papers and book chapters. It was an honour to write a chapter in Koopman’s textbook of rheumatology “Arthritis and Allied Conditions” and subsequently in a Spanish textbook edited...
by the former Dr. Donato Alarcon Segovia, a prominent Latin American rheumatologist from Mexico. Additionally, I authored and co-authored papers published at Arthritis and Rheumatism and other major rheumatologic journals. Since the establishment of our rheumatic disease unit, our patients with rheumatoid arthritis have participated in two multicenter studies, the QUEST-RA (acronym for Quantitative Patient Questionnaires in Standard Clinical Care of Patients with Rheumatoid Arthritis) study that assess clinical status in rheumatoid arthritis, the first report has been published in Annals of Rheumatic Diseases and a national study (GenAr) in collaboration with Uppsala University examining the association between specific genetic polymorphisms and disease susceptibility and expression among patients with the same disease.

I am indebted and always will be to the Metro Ogryzlo Fellowship for broadening my horizons and knowledge and for helping me with the pursuit of my dream to provide and organize a better rheumatology care to patients in a developing community like Catamarca, Argentina. Without the legacy of Dr. Ogryzlo and his colleagues from the Canadian Rheumatology Association it would have been impossible to achieve the dreams of giving hope and to include patients from a developing community in clinical research; a dream that is now continued by my colleagues at the Hospital San Juan Bautista.

Desiree Tulloch-Reid, MD

How did you first hear about the Ogryzlo Fellowship?
I first learned about the Ogryzlo Fellowship while investigating fellowship training opportunities for Rheumatology in Canada. As a non-Canadian medical graduate, a source of funding was required, both for acceptance by the institution and for obtaining a visa. The Ogryzlo Fellowship was the only source of funding available to non Canadians that could be applied to training at any Canadian Centre in any branch of Rheumatology, including, as in my case, basic training in the field.

What is your background?
I am from Jamaica. I am a specialist in Internal Medicine and a Rheumatologist-in-training. I received my Medical Training from the University of the West Indies and graduated in 1999. Following my internship I spent two years as Medical Officer at the Government Health Department in the capital, Kingston, before going on to residency training in Internal Medicine at the Temple University/Western Pennsylvania Hospital in Pittsburgh. I was fully certified by the American Board of Internal Medicine in 2005. Currently I am part of the Rheumatology Fellowship training program at the University of Toronto, which I will complete in June 2007.
How has your experience as an Ogryzlo Fellow contributed to your evolution as a rheumatologist to the present?

My year as the Ogryzlo Fellow, 2005-2006, was the beginning of my training as a Rheumatologist and so constituted a completely new horizon in my career as a physician. At one of the largest Centres of Rheumatology in North America, I had the opportunity to participate in a busy Consultation Service at four different hospitals, a Rheumatic Disease Inpatient Ward and a variety of outpatient clinics. I benefited from formal courses in Immunology/Basic Sciences, Rheumatic Disease Pathogenesis and physical examination techniques. Above all I had the opportunity to interact with and learn from some of the most accomplished Clinicians and Researchers in the field. Not only was I receiving excellent clinical training, but I confirmed a longstanding interest in Clinical Research in Lupus, and within 6 months had started my first research project in Rheumatology, under the guidance of Dr. Dafna Gladman and Dr. Murray Urowitz. It was an intense but very exciting year.

Has being an Ogryzlo Fellow changed the path of your career in Rheumatology?

Without question—the Ogryzlo Fellowship was the beginning of my career in Rheumatology. In fact, without the Ogryzlo Fellowship I might not have been able to train in Rheumatology in Toronto.

In June I will come to the end of my formal training as a Rheumatologist, and will also begin a fellowship in Lupus with Drs. Gladman and Urowitz here at the University of Toronto. I look forward to honing my skills in the clinical evaluation and management of complex cases in Lupus as well as in Clinical Research, and will also begin a masters course in Clinical Epidemiology.

So from this opportunity provided by the Ogryzlo Fellowship have come many other opportunities. I feel that I have been placed on a path to becoming the sort of competent and confident rheumatologist—clinician, manager and researcher—who can make a meaningful contribution in tackling the problem of Rheumatic Diseases in Jamaica and the Caribbean, where I look forward to returning next year.

It has been my impression that this is very much the legacy of Dr. Ogryzlo, about whom I have heard so much. On my first interview at the University of Toronto, the then program director, Dr. Dafna Gladman, talked about her days as a fellow under Dr. Ogryzlo, when she was part of a very international group. She spoke about his vision of “training Rheumatologists for the world.” It seems to me that this fellowship in his name has very much fulfilled this principle. I believe if Dr. Ogryzlo were alive today he would be very pleased to see the opportunities this programme has created for non-Canadians like myself to gain access to the excellent research and clinical training available in Canada. There is no question that in this way the Ogryzlo Fellowship continues to make a significant impact on the care and understanding of the Rheumatic diseases all over the world.