

HOW YOU HELPED

Young man is City Hospital's first arthroscopy patient

Last spring, the Foundation asked for your help to fund Dr. Matthew Mastel's new orthopedic surgery practice. The physician was just the first in Saskatoon and second in Saskatchewan to offer arthroscopy.

"Arthroscopy uses a microscopic camera and tools to correct hip impingements," he explained in the March Well Aware issue. "It's used for preservation type procedures to delay the need for a total joint replacement. It's one of the fastest growing areas of orthopedics in North America."

Because of your support, the Foundation purchased the tools he needed for the procedure. This included a camera with a 70-degree scope, portals, suture passers, and anchors – all specialized because the hip is a deeper joint.

Your kindness quickly paid off with the active young man who was Dr. Mastel's first patient. Easton Genest is a 17-year-old dirt bike racer who had a mishap on his bike in 2021. "While I was practicing, I crashed, and it threw me over and my bike landed on top of me. I broke my hip," he says.

While it healed, he continued to experience hip pain. He visited several doctors hoping for surgery but the waiting lists were too long. He and his family even went to a U.S. surgeon who said he was fine despite the pain. Eventually, a surgeon in Regina suggested he contact Dr. Mastel.

"Dr. Mastel said the injury was extensive enough that hip replacement was possible but because of my age



Easton Genest was riding high after receiving successful arthroscopy surgery at Saskatoon City Hospital. Inset: Easton preparing for a race.

and the fact I'm still growing it wouldn't have made sense to do that."

Easton underwent the arthroscopy procedure and then recovery. "I was on crutches for about six weeks and did physiotherapy but I've returned to doing everything I was doing before, like running track. I'd even say that I was feeling better than I'd felt in the whole year after the crash."

He got back on the bike in the late spring and was thrilled. "It felt brand new. I was feeling so comfortable to be back on the bike again."

Not knowing anything about arthroscopy before meeting Dr. Mastel, he was surprised at how minimally invasive it was. "I thought I was going to have a cut down the whole side of my leg. I was amazed that it took only three little incisions and seven stitches. I was in the hospital for only a day."

Easton has a message for donors who made his surgery and recovery possible. "Thank you for getting the tools into Saskatoon. I'm so glad to have this done so close to home. It's made my life better and I just have to say thanks a million." □