



Osteoporosis Canada

Ostéoporose Canada

COPING

November 6, 2014

COPN: Proudly Celebrating our 10th Anniversary **Innovations in Patient Care – UBC Opens Pharmacist Clinic**

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We at COPN are always on the lookout for new developments in patient care, so this latest innovation from the University of British Columbia really caught our attention. The most common questions we get from COPN members concern medications. Wouldn't it be nice if we all had more ready access to the experts who could guide us through the pharmaceutical maze of our health care? Read on to see how BC residents are now able to benefit from this first of its kind pharmacists clinic in Canada.

When was the last time you got an hour with a healthcare professional? In the fall of 2013, the Faculty of Pharmaceutical Sciences at UBC (Vancouver Campus) opened the Pharmacists Clinic - Canada's first university-based, licensed, pharmacist-led, patient care clinic. The Pharmacists Clinic is not a typical pharmacy. It does not sell products or offer prescription-filling services. It is dedicated to making the clinical expertise of pharmacists available to meet the information and consultation needs of people taking medication. Located at the university, the Pharmacists Clinic is tapped into the latest evidence, research and care models. Their focus is on optimal drug therapy results!



The Clinic's pharmacists work in respectful collaboration with you, your physicians and your community-based pharmacist. Services are provided in person or by telephone at no cost to you. The BC Ministry of Health (PharmaCare) pays the Clinic directly for some services and the Faculty funds the rest.

Fracture Fact:

If you are at high risk for fracture, you should review the various osteoporosis drug treatment options with your physician or pharmacist, assessing the benefits and risks of each and choosing the best treatment for you.

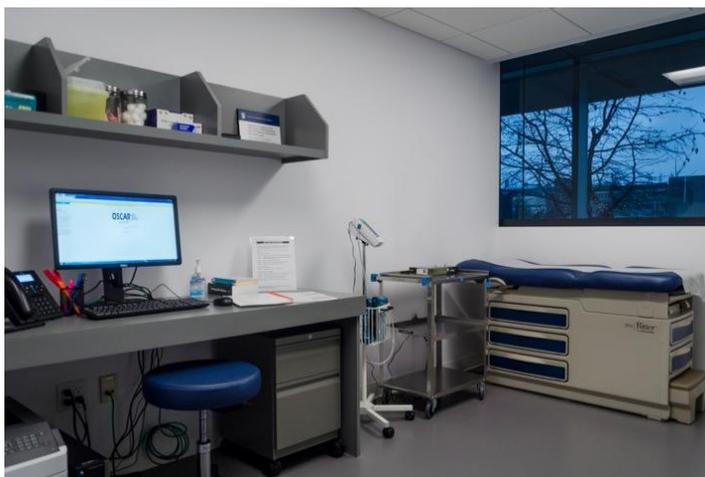
[Click here for more information on drug treatments.](#)

Patients come to the Clinic by referral from a physician, pharmacist or by self-referral. The first appointment is scheduled for 60 minutes and follow-up appointments last 30-45 minutes as needed. At the appointment, the pharmacist gathers detailed information about all medications (prescription, non-prescription and natural health products such as vitamins and other supplements), assesses how well the current medications are working, identifies any potential problems that could be getting in the way of optimal results, provides patients with answers to questions, and works with patients to prioritize and plan how to resolve drug therapy problems. Follow-up appointments are used to check on progress and ensure patients are getting the best possible drug therapy results. All care is documented and shared with patients and their healthcare team.

As a model of how pharmacists will practise in the future, the Pharmacists Clinic is also a teaching site for students and for practising pharmacists who want to refresh their skills.

Patients who benefit from an appointment at the Pharmacists Clinic typically:

- want answers to questions about medications, supplements and other natural health products
- take multiple medications
- live with more than one health condition
- are not getting the intended results from their medications
- are concerned about adverse reactions, allergies or drug sensitivities
- have difficulty sorting out and taking their medications at home
- are challenged by advancing age, reduced liver or kidney function
- were recently discharged from hospital.



Other Schools of Pharmacy across Canada are in various stages of considering similar patient care clinics. In fact, the University of Saskatchewan just opened the Medication Assessment Centre (<http://www.usask.ca/pharmacist/>).

If you live in BC and would like to book an appointment at the Pharmacists Clinic – UBC Faculty of Pharmaceutical Sciences, please contact them at 604-827-2584. More information on the Pharmacists Clinic and booking an appointment is available at <http://clinic.pharmacy.ubc.ca>.

Notice of Expanded Coverage

The criteria for coverage of denosumab (Prolia®) under the Alberta Health Services Drug Benefit Program have been expanded. Prolia® belongs to a class of osteoporosis treatment called a RANK ligand inhibitor. It reduces the risk of fractures of the spine, hip and other sites. Previously, the criteria for coverage of Prolia® were:

"For the treatment of postmenopausal osteoporosis in women who have a high 10-year risk (i.e., greater than 20%) of experiencing a major osteoporotic fracture, as demonstrated by at least two of the following:

- age greater than or equal to 75 years
- a prior fragility fracture
- a bone mineral density (BMD) T-score of less than or equal to -2.5

AND

at least one of the following:

1. for whom oral bisphosphonates are contraindicated due to drug-induced hypersensitivity, OR
2. for whom oral bisphosphonates are contraindicated due to an untreatable abnormality of the esophagus that delays esophageal emptying, OR
3. who have demonstrated severe gastrointestinal intolerance to either alendronate or risedronate. Severe gastrointestinal intolerance is manifested by weight loss or vomiting directly attributable to the oral bisphosphonates."

To these criteria has been added:

OR

1. who had an unsatisfactory response (defined as a fragility fracture despite adhering to oral alendronate or risedronate treatment fully for one year and evidence of a decline in Bone Mineral Density below pre-treatment baseline level).

As fragility fractures are the most serious consequence of osteoporosis, and effective treatment is necessary to prevent future fractures, this is good news for patients in Alberta. Osteoporosis Canada congratulates the Alberta government.

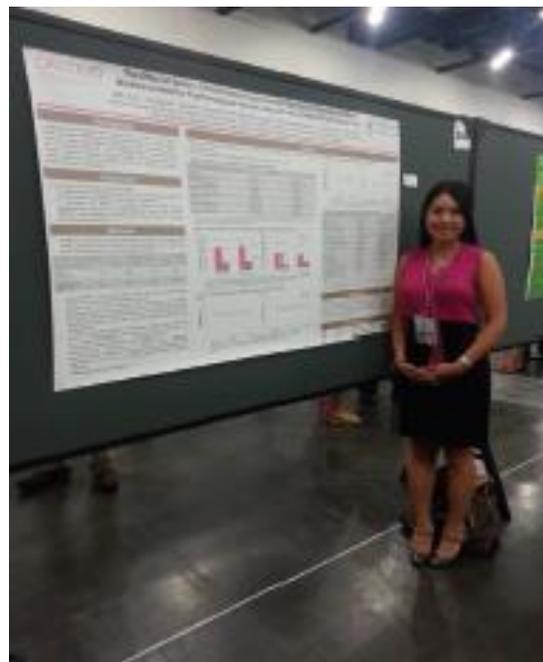
TIM MURRAY TRAVEL AWARD RECIPIENTS AT ASBMR

Osteoporosis Canada's Research Priority is to support clinical, translational and health outcomes research that focuses on the high fracture risk population, especially on preventing fractures and their negative consequences.

The Tim Murray Short-Term Training Awards are for supporting individuals (undergraduate, graduate and junior faculty) interested in gaining research skills over a 3-4 month period. This year's award goes to Angel Ong.

Angel Ong – McGill University

"It is a great honour to be a recipient of the Osteoporosis Canada Tim Murray Award. This award will facilitate my PhD training by supporting my travel to Houston, Texas, to attend the full ASBMR 2014 Annual Meeting this fall." As the research dietitian of a randomized clinical trial at the McGill University Health Centre Research Institute (MUHC), Angel is excited to present the final results of her pilot study which examined the effect of dietary and supplemental calcium on vascular and bone health in



Angel Ong by her research poster: The Effect of Dietary Calcium versus Supplemental Calcium on Vascular and Bone Markers in Healthy Postmenopausal Women: Results of a 12-Month Pilot Clinical Trial

postmenopausal women. In addition to helping her share her research with other scientists, this award will also give her the opportunity to attend and to participate in different educational sessions, including symposia, plenary lectures and poster presentations by peers and experienced researchers at the ASBMR Annual Meeting. These learning opportunities will provide a fundamental skillset for Angel's PhD training as well as future research work. Moreover, she looks forward to the great opportunity of meeting other students and potential mentors with similar research interests from all across North America, Europe, and Asia.

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BONE MATTERS
Take charge of your bone health

Do you have unanswered questions about osteoporosis? Join Dr. Marla Shapiro as she talks about...

- Fracture risk assessment
- Falls prevention
- 5 questions you ask yourself

**Thursday, November 13, 2014
3-4pm EST**

HOW TO REGISTER?
Click [here](#) or call 1-800-463-6842 ext. 2224

Watch live and archive with Ask a Question feature from your computer!

Presented by

For more information on Osteoporosis Canada and the Canadian Osteoporosis Patient Network (COPN) call 1-800-463-6842 or visit our website at www.osteoporosis.ca

Thursday, November 13, 2014, 3-4pm EST

Introducing the first in our new rebranded Public Virtual Education Forums: **Bone Matters** with Dr. Marla Shapiro: Fracture risk assessment, falls prevention, 5 questions you to ask yourself, and a Q & A about osteoporosis. More information and registration for this upcoming English presentation, please [click here](#).

Webcast Replay and Evaluation - *Treatments of Osteoporosis: Expected Benefits, Potential Harms and Drug Holidays*

Did you miss our recent live presentation with **Dr. Suzanne Morin, on Friday, October 17, 2014?**

A replay of the presentation is now available on the Osteoporosis Canada's website.

This means you can **enjoy watching it at your own leisure** and also **rewind to watch parts you want to hear again**, as Dr. Morin covered a lot of great information on treatment of osteoporosis.

[Watch The Replay](#)

FUNNY BONE:

Did you know? Line dancing was started by women waiting to use the bathroom.



A Recipe from our Sponsor

Roast Chicken & Rice Gratin with Apples

Course: *Main Dishes*

Preparation Time: *15 mins*

Cooking Time: *45-55 mins*

Yields: *4 servings*

1/2 milk product serving(s) per person

Calcium: 20% DV/223 mg

Ingredients

- 1 cup (250 mL) long-grain parboiled brown rice
- 1/4 tsp (1 mL) salt
- 4 cups (1 L) water
- 2 stalks celery, finely chopped
- 2 tart cooking apples, finely chopped
- 1 small onion, chopped
- 1 tsp (5 mL) dried sage or thyme
- 4 boneless skinless chicken breasts, each about 4 oz (125 g)
- 2 tsp (10 mL) butter, melted
- 3 1/2 oz (100 g) Canadian Monterey Jack or Swiss cheese, shredded (about 1 cup/250 mL)

Preparation

In a saucepan, combine rice, salt and water; bring to a boil over high heat. Cover with lid slightly ajar, reduce heat to medium-low and boil gently for 15 to 20 min or until rice is almost tender. Spoon off 1/2 cup (125 mL) of the cooking liquid and reserve; drain off any remaining liquid.

Preheat oven to 400°F (200°C).

Lightly butter a 13 x 9-inch (33 x 23-cm/3 L) glass baking dish. Add rice, reserved cooking liquid, celery, apples, onion, sage and pepper to baking dish and stir to combine.

Place chicken breasts on top and lightly brush with butter. Cover dish with foil and bake for 25 min. Uncover and bake for 5 to 10 min more, or until a thermometer inserted in thickest part of chicken registers 170°F (77°C) and chicken is no longer pink inside. Sprinkle Canadian Monterey Jack cheese evenly over casserole and broil for about 2 min or until lightly browned. Let stand for 5 min before serving.

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/roast-chicken-rice-gratin-with-apples>

This issue of COPING is sponsored by Dairy Farmers of Canada

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These newsletters are not intended to replace individualized medical advice. Readers are advised to discuss their specific circumstances with their healthcare provider.



NUTRITION
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getenough.ca