

 **OSTEOPOROSIS****SAC LINK**

Osteoporosis Canada's Scientific Advisory Council

**A NEW CLINICAL PRACTICE GUIDELINE FOR MANAGEMENT OF
OSTEOPOROSIS AND FRACTURE PREVENTION IN CANADA**

On October 10, 2023, a new guideline on managing osteoporosis to assist Canadian healthcare providers was published by the Osteoporosis Canada 2023 Guideline Update Group in the Canadian Medical Association Journal (CMAJ).

With over 2.3 million Canadians living with osteoporosis, this guideline is intended to assist Canadian primary care providers in the delivery of care to optimize skeletal health and prevent fractures in postmenopausal females and in males 50 years and older.

“We are hopeful that this Canadian guideline will empower healthcare professionals and patients to have meaningful discussion on the importance of skeletal health and fracture prevention to preserve mobility and autonomy across adulthood.” says Dr. Suzanne Morin, lead author and Chair of the 2023 guideline steering committee. Morin, lead author and Chair of the 2023 guideline steering committee.

Advancements in risk assessment and disease management warranted an update to the Osteoporosis Canada 2010 clinical practice guidelines. The 2023 guideline contains 25 recommendations and 10 good practice statements with a focus on exercise, nutrition, fracture risk assessment, treatment and more – reflecting advances in risk assessment, and nonpharmacologic and pharmacologic management of osteoporosis.

The guideline is based on the latest evidence and included patient partners in developing the recommendations.

“I am pleased that the new guideline addresses concerns so often raised by patients including issues on treatment initiation, drug holidays and falls prevention” says Larry Funnell, patient advocate. “Our voices have been heard. Patient contributions to the new guideline have been significant, whether as full partners engaged in all the expert working groups, or as one of the more than 1,000 Canadians who responded to the survey seeking patient input to the development of the guideline.”

As the Canadian population ages, it is important, now more than ever, for healthcare providers to implement the guideline into everyday practice to ensure Canadians living with osteoporosis receive the highest quality care. The guideline will help care providers develop individualized and strategic care plans suited to their particular needs.

“The release of the Osteoporosis Canada 2023 Clinical Practice Guideline will support Canadian healthcare providers in providing the most current evidence-based information for patient centred care to optimise skeletal health and prevent fractures.” Dr. Famida Jiwa, President and CEO, Osteoporosis Canada added, “Tens of thousands of Canadians suffer preventable fractures every year because their osteoporosis was undiagnosed and untreated, and this guideline is intended to help close the care gap.”

This new guideline builds on the foundation of the 2010 clinical guidelines, offering important updates to improve overall care delivery and treatment of osteoporosis.

In the coming weeks and months, you will see new information, tools and resources released on the Osteoporosis Canada website.

[Access the CMAJ link to view the guideline here.](#)

Canadian Musculoskeletal Conference

The following is the link to the **2023 Hybrid Canadian Musculoskeletal Conference on Nov. 24th**. Please note that there are various registration options to choose from including virtual or in person attendance happening at the Sheraton Hotel on Queen Street in Toronto. The agendas for both the Young Investigator Day (Nov. 23) and the CMC (Nov. 24) are on the webpages for your review. Please share with your students and colleagues. Hope to see you there!

<https://osteoporosis.ca/canadian-musculoskeletal-conference-2023/>

Reminder of Annual Giving

Your support to Osteoporosis Canada makes a huge difference in helping Canadians protect their bone health and reduce the risk of devastating fractures.

As a member of the SAC you are reminded that the SAC Terms of Reference states that each member provides an annual donation to Osteoporosis Canada.

SAC Survey

Thank you for serving on Osteoporosis Canada's Scientific Advisory Council. We are grateful for everyone's participation and commitment to Osteoporosis Canada, and we are interested in your input about how to move forward with respect to expectations for SAC members. Please take the following short survey to help us shape the future of the SAC. We will report the results in a future edition of the SAC Link.

[**TAKE SURVEY**](#)

Volunteers Needed for Webinars and Podcasts

Please complete the attached short survey. We are looking for speakers for podcasts and webinars.

[**TAKE SURVEY**](#)

SAC Members Award Announcements

CIHR Institute of Aging Betty Havens Prize for Knowledge Mobilization in Aging

The CIHR Institute of Aging Betty Havens Prize for Knowledge Mobilization in Aging honors Betty Havens, a leading gerontologist who was committed to improving the lives of seniors with notable achievements in health services research on the aging process. ***This prize, based on nominations of applicants by peers, teams or organizations,*** recognizes an individual, team or organization that has advanced the mobilization of research in aging at a local or regional level.

The 2023 Award winner is Dr. Alexandra Papaioannou

Dr. Alexandra Papaioannou is a Professor of Medicine (Division of Geriatrics) at McMaster University, a Geriatric Medicine Specialist at Hamilton Health Sciences and Executive Director of the Geras Centre for Aging Research. She holds a Tier 1 Canada Research Chair in Geriatric Medicine and Healthy Aging.

She is the lead clinician-scientist of the Canadian Geriatrics Society Frailty working group and a member of the Global Frailty Network. Dr. Papaioannou is the Chair of the Regional Geriatric Program Central and past Director of the Division of Geriatric Medicine at McMaster University. She has 396+ peer-reviewed publications, 19 book chapters and 417+ published abstracts (h-index 76; 24,629+ citations). She has mentored 125+ research trainees from undergraduate to post-doctoral fellows, many of whom have received nationally-funded awards. Her program of research is focused on bringing the best research evidence to the frontlines of care for older adults to age with dignity and independence.



Congratulations Dr. Papaioannou!

Lindy Fraser Award 2023

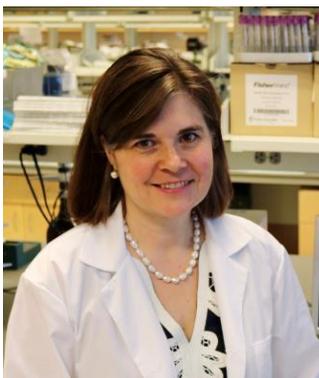
On behalf of Osteoporosis Canada's Scientific Advisory Consultants and Osteoporosis Canada, we are announcing this year's Lindy Fraser Award winner as chosen by you, the members of the SAC.

You may recall that Osteoporosis Canada established this award in 1993 to recognize individuals who have made an outstanding contribution to the field of osteoporosis research and education in Canada. The award is named in honour of Lindy Fraser, who in 1981 at the age of 87, started the first self help group for people with osteoporosis. She herself was an inspiration to others as she shared her struggle to get out of bed, into a wheelchair, then to walk again with a cane. In 1982, she answered a call from a small group in Toronto to take part in the first national symposium on osteoporosis. That appearance was the spark that gave rise to Osteoporosis Canada.

This year, we have decided to recognize **two** SAC members who have shown immeasurable dedication and determination in the collaborative effort to achieve the common vision of Canada without osteoporotic fractures. We cannot think of more deserving individuals.

Dr. Wendy Ward is a Professor and Senior Research Fellow in the Faculty of Applied Health Sciences where she previously held a Canada Research Chair in Bone and Muscle Development. The overall research goal of her research team is to develop dietary strategies that help protect against osteoporosis and related fractures, and to also understand how diet can be used to promote periodontal health. To answer their research questions, both preclinical and clinical studies are conducted to investigate how foods and bioactives in foods impact bone health. Whether males and females differ in their responses is also studied. Clinical studies have investigated how diet is associated with better healing outcomes after periodontal procedures. Dr. Ward's team has published many peer-reviewed articles, invited reviews and book chapters on the topic of nutrition and health.

She is an Editor in Chief for the journal Applied Physiology, Nutrition and Metabolism, a Member of the Scientific Advisory Council of Osteoporosis Canada, and a Member of the Education Committee of the Canadian Nutrition Society. She is actively involved in continuing education for health professionals and community education activities on topics about nutrition and health. She also chaired the CPG nutrition working group.



Dr. Sandra Kim is an endocrinologist at Women's College Hospital where she is the Division Head of Endocrinology and prior Director of the Osteoporosis Program, and she is an Assistant Professor of Medicine at the University of Toronto. She is the past chair of the Scientific Advisory Council for Osteoporosis Canada, and recent co-chair of the Pharmacotherapy working group for the Osteoporosis Canada Clinical Practice Guidelines update.

She is involved with the Ontario Osteoporosis Strategy and member of the Canadian panel for the International Society for Clinical Densitometry. She is actively involved in teaching at the undergraduate and postgraduate levels and is the recipient of several education awards. Her research interests include evaluating outcomes of osteoporosis care delivered by telemedicine, and quality of bone density reports. Sandra was chair of the CPG Pharmacotherapy working group.



Congratulations to Wendy and Sandra!!

Osteoporosis Canada Awards

New SAC Members

Dr. Sheila Holmes

Sheila Holmes completed her Endocrinology residency at the University of Toronto in 2021 and was previously at the University of British Columbia for her Internal Medicine Residency.

She completed a Master of Science in Community Health (Health Practitioner Teacher Education Program) at the University of Toronto in 2021. She has been working as an Endocrinologist at Toronto General Hospital's Osteoporosis Clinic since July 2021.

She also has a community endocrinology practice with Etobicoke General Hospital and is a Course Lead involved in developing the preclerkship curriculum for Toronto Metropolitan University's upcoming medical school.



Dr. Saeed Shaikh

Dr. Saeed Shaikh, M.D., F.R.C.P.C., is the Co-founder of Precision Longevity Inc. and Director of the Niagara Peninsula Arthritis Centre. A native of Toronto, Dr. Shaikh received his Bachelor of Arts from the University of Toronto and Doctor of Medicine from the Royal College of Surgeons in Ireland. He completed his Residency in Internal Medicine at the Medical Center of Delaware, Fellowship in Rheumatology at Georgetown University in Washington, DC, and a post-graduate Fellowship at the University of Manitoba.

He has completed board certifications in both Internal Medicine and Rheumatology in the United States and Canada. He has served on the Board of Directors for the Canadian Rheumatology Research Consortium and is currently an Assistant Clinical Professor at McMaster University where he coordinates the community rheumatology rotation. Since 2016, Dr. Shaikh has also headed the St. Catharines Site Fracture Liaison Clinic.



Dr. Leo Lai

Dr. Lai completed his Internal Medicine residency and Geriatric Medicine fellowship at UBC. He enjoys advocating for better care for older adults, particularly in the area of falls and fracture prevention.

He works at the Geriatric Assessment Program in Richmond and at the St. Paul's Hospital Metabolic Bone Clinic in Vancouver. He is the current medical co-lead for the Richmond Hospital Fracture Liaison Service, and the medical lead for elder care in Richmond.



Dr. Alan Low

Dr. Low is the Pharmacy Lead and Primary Care Pharmacist at BioPro Biologics Pharmacy, Care Director at MedInfuse Health, Executive Director, Medicines Access Coalition – BC and Clinical Professor at the Faculty of Pharmaceutical Sciences, UBC.

He has a devoted interest in patient-centred care and interprofessional collaboration. Dr. Low has practiced in many areas including hospital pharmacy, pharmaceutical industry, academia, research, community pharmacy and patient advocacy. He works with health professionals in the hospital and community to overcome medication related issues including offering dermatological and skin health consultations with patients. Working with a variety of stakeholders in health, he strives to develop solutions to close gaps in health care so that patients achieve optimal health outcomes and an improved quality of life.

Dr. Low developed an infusion clinic for people with osteoporosis so they can continue therapy when a BC Hospital was unable to continue an outpatient infusion clinic. He trains and educates health care students and patients on many therapeutic topics as well as management and leadership skills.

He has been an invited presenter at regional, national and international meetings as well as authored books (The Osteoporosis Book – Bone Health, and Co-Founder and Co-Editor of the Pharmacy Management in Canada textbook) and many scientific publications.



SAC Committee Membership 2023-2024

SAC Executive Committee

Chair: Dr. Rowena Ridout

Vice Chair: Dr. Claudia Gagnon

Past Chair: Dr. Sandra Kim

Members: Adrian Lau, Ahmed Negm, Linda Probyn, Prism Shneider, Aliya Khan, Natasha Gakhal, Lianne Tile, Lora Giangregorio, Sid Feldman

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Members: Jenny Thain, Joanna Sale, Laura Rothman, Teri Charrois, Siva Vithika, Zahra Bardai

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Chair: Dr. Lianne Tile

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SAC Guidelines Committee

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Members: Andy Wong, Carrie Yu, Christine Thomas, Emma Billington, Laetitia Michou, Phil Chilibeck, Rowena Ridout, Sabrina Gill, Suzanne Morin, Teri Charrois, Zahra Bardai

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Members: Adrian Lau, Miranda Boggild, Elizabeth Stanton, Natasha Gakhal, Julie Gilmour, Nese Yuksel, Susan Whiting, Tim Cuddy

SAC Rapid Response Team

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Members: Claudia Gagnon, Ema Billington, Rowena Ridout, Zahra Bardai

SAC Research Committee

Chair: Dr. Ahmed Negm

Members: Alexander Bilbily, Caitlin McArthur, Fabrice Mac-Way, Joanna Sale, Krsitin Clemens, Lindsie Blencowe, Rowena Ridout, Suzanne Morin