



Osteoporosis Canada

Ostéoporose Canada

COPING

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Remember: You can live well with osteoporosis!

Osteoporosis Canada's Scientific Advisory Council

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Fracture Fact

In the time it takes you to read this issue of COPING, one more Canadian will have broken a bone because of their osteoporosis.

A Message from the COPN Chair

My enthusiasm for joining and volunteering for COPN was founded on two important attributes of the organization. First, COPN is by the patient and for the patient. It speaks from the perspective and experience of individuals who have learned how to overcome the challenges of osteoporosis. In other words, I can relate. Second, and equally important as hearing the patient voice, is knowing that I can trust the information and support coming from COPN because it is grounded in objective, cutting-edge science. That grounding comes from Osteoporosis Canada's Scientific Advisory Council (SAC).

I am delighted that starting today with this article we will be publishing a series of special features on the SAC, giving you a behind-the-scenes look at the dedicated volunteers and the incredible work they do to benefit all of us.

I know you will all join me in saying to each and every member of the SAC: From the bottom of our hearts, thank you for all you do to help us live well with osteoporosis. We are forever grateful.

*Cherylle Unryn,
Chair, COPN*

Osteoporosis Canada's Scientific Advisory Council

The Scientific Advisory Council (SAC) is a multi-disciplinary group of 70 clinicians, researchers and practitioners who provide independent scientific expertise to Osteoporosis Canada. These consultants are all dedicated volunteers who help ensure that the policies and programs of the organization have the benefit of sound science and best practices in osteoporosis care. The following is a link to a list of all SAC members:

SAC Executive Committee

The SAC Executive Committee provides advice and guidance to OC's President and CEO on all technical, scientific and medical matters. Under its leadership, the work of the Council is carried out by a number of committees, including the Guidelines Committee, the Research Committee, the Knowledge Translation Committee, the Development Committee and the COPN Response Committee. Each of these committees will be described in future issues of this newsletter.

COPN's needs and interests are represented by Dr. Rowena Ridout, who plays a dual role as a member of both the SAC Executive Committee and the COPN Executive Committee.

The Executive Committee appoints SAC consultants to working committees, matching those with the appropriate skills to the work to be done by the committees. Membership on a committee is not limited to SAC consultants, but may include patient representatives and other external experts as required. A member of the Executive Committee serves on each committee.

The SAC is made up of experts from the following disciplines:

- Pharmacy
- Rheumatology
- Geriatrics
- Orthopaedics
- Internal Medicine
- Ob/Gyn
- Endocrinology
- Nutrition
- Radiology
- Family Practice
- Physiotherapy



Suzanne Morin, MD, MSc, FRCPC
Chair, Scientific Advisory Council

Current Executive Committee Members: Suzanne Morin, Chair (Internal Medicine, Montreal, QC); Sandra Kim, Vice Chair (Endocrinology, Toronto, ON); Angela Cheung, Past Chair (Internal Medicine, Toronto, ON); Earl Bogoch (Orthopaedics, Toronto, ON); Sid Feldman (Family Medicine, Toronto, ON); Stephanie Kaiser (Endocrinology, Halifax, NS); Aliya Khan (Endocrinology, Oakville, ON); Sumit Majumdar (Internal Medicine, Edmonton, AB); Heather McDonald-Blumer (Rheumatology, Toronto, ON); Alexandra Papaioannou (Geriatrics, Hamilton, ON); Rowena Ridout (Endocrinology, Toronto, ON); Wendy Ward (Nutrition, St. Catharines, ON)

Be sure to catch the next article in the SAC series, featuring the Guidelines Committee.

If you have questions about this article or any other aspect of osteoporosis, please call **toll-free 1-800-463-6842** (416-696-2663 in the Greater Toronto Area) to speak to an information counsellor.

BONE MATTERS

Take charge of your bone health

Upcoming *Bone Matters* presentation

Medication Matters

Date: Wednesday, October 12, 2016

Time: 12:00 – 1:00 pm EDT

Presenter: Sandra Kim, MD, FRCPC. Endocrinologist; Assistant Professor of Medicine, University of Toronto; Medical Director, Multidisciplinary Osteoporosis Program, Women's College Hospital

- Drug treatments for osteoporosis can reduce the risk of fracture by as much as 50%
- For high-risk individuals, the benefits of drug therapy far outweigh potential risks
- Medications won't work if you don't take them properly

Watch it live! Have your questions answered!

Access the forum at <http://webcast.otn.ca/mywebcast?id=59317799>

FUNNY BONE:

We've all heard that a million monkeys banging on a million typewriters will eventually reproduce the entire works of Shakespeare. Now, thanks to the Internet, we know this is not true.
– Robert Wilensky

A Recipe from our Sponsor

Cheddar, leek & mushroom focaccia

Course: *Hors D'œuvres & Appetizers*

Preparation Time: 1 hr

Cooking Time: 25 mins

Yields: 6 servings

2/3 milk product serving(s) per person

Calcium: 28% DV/ 313 mg



It works equally well as a light-tasting but hearty supper or as a fresh-from-the-oven appetizer for relaxed cocktails. Earthy, chewy and satisfying.

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/cheddar-leek-mushroom-focaccia>

Ingredients

1 homemade milk pizza dough or 1 package (19 oz – 570 g) store-bought pizza dough
1 tbsp (15 mL) **butter**
2 leeks, cut into ½" (1 cm) lengths
8 oz (225 g) cremini mushrooms, halved
Salt and freshly ground pepper
1 tbsp (15 mL) dried wild mushrooms (chanterelle, cep, shiitake, etc.)
7 oz (200 g) **Canadian Medium Cheddar**, grated

Milk pizza dough:

1 cup (250 mL) **milk**
2 tbsp (30 mL) **butter**
2 ¼ cups (560 mL) flour
1 tsp (5 mL) sugar
1 tsp (5 mL) salt
1 tsp (5 mL) instant yeast (quick-rising)

Tips

Cheese alternatives: Canadian Swiss cheese, Gouda, Provolone.

Preparation

Preheat oven to 450°F (230°C). Cut parchment paper to fit a 9" x 12" (23 x 30 cm) baking sheet.

Using a rolling pin, roll out pizza dough on the parchment paper. Transfer to baking sheet and let rise for 30–45 minutes.

In a large skillet, melt butter over medium-high heat and cook leeks and mushrooms for 10 minutes. Season with salt and pepper.

In a mini food processor, grind dried mushrooms until fine and powdery.

Sprinkle pizza dough with a quarter of grated cheese, add leek and mushroom mixture and top with remaining cheese and dried mushroom powder.

Cook on top rack of the oven for 12 minutes.

Milk pizza dough

In a small saucepan, heat milk over medium-high heat for 2 minutes. Add butter and let melt.

In a bowl, mix flour with sugar, salt and yeast.

Pour in warm milk and butter; stir with a wooden spoon. Knead the dough by hand for 5 minutes.

Shape dough as needed and let rise for 30–45 minutes.

This issue of COPING is sponsored by Dairy Farmers of Canada

NOTICE: Every issue of COPING is vetted by members of Osteoporosis Canada's Scientific Advisory Council to ensure accuracy and timeliness of content. These newsletters are not intended to promote or endorse any particular product. Product references, if they appear, are for illustration only.

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



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