



Osteoporosis Canada

Ostéoporose Canada

COPING

November 30, 2016

Remember: You can live well with osteoporosis!

Osteoporosis Canada's Scientific Advisory Council

Part two: Research Committee

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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. 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).

In the September 21, 2016 issue of Coping (<http://www.osteoporosis.ca/wp-content/uploads/2016-09-21-COPING-SAC-FINAL.pdf>), we published the first in a series of special features on the SAC, which will give you a behind-the-scenes look at the dedicated volunteers and the incredible work they do to benefit all of us.

Research is continually expanding our knowledge of osteoporosis and how it can best be treated. Twenty-two years ago, there was only one drug, hormone replacement therapy, approved to treat the disease and reduce the risk of fracture. Now there are a number available to suit individual needs. More recently, research has led to a whole new approach to exercise for those at risk of osteoporosis and fractures, and to an understanding of ways to reduce fracture rates in long-term care facilities.

Importantly for us patients and those who treat us, the SAC takes the best of that research to provide the foundation for Osteoporosis Canada's Clinical Practice Guidelines for the Diagnosis and Management of Osteoporosis. Not only is the SAC ensuring the accuracy of the information you get from COPN, it is also helping to ensure that the treatment you receive from your doctor is grounded in the best that research has to offer.

In this issue we look at the SAC's Research Committee, its primary responsibility and its training awards program.

Cherylle Unryn, Chair, COPN

Fracture Fact

The risk of a major osteoporotic fracture in Canada is among the highest in the world, in the top 25%.

Osteoporosis Canada's Scientific Advisory Council

Part Two: Research Committee

Osteoporosis Canada's research priority focuses on the high fracture risk population, especially on preventing fractures and their negative consequences.

The Scientific Advisory Council (SAC) Research Committee's primary responsibility is to identify, recommend and fund such research opportunities.

The Osteoporosis Research Program provides training awards to support Canadian investigators whose research promises to yield new insights into the prevention and treatment of osteoporosis and to improve the lives of individuals with this disease. The Research Program also aims to develop new researchers in the field of osteoporosis. Awards are offered to individuals through annual research competitions, which involve an extensive peer review process conducted by members of the Research Committee.

The **Osteoporosis Canada-CaMos Fellowship Award** is a collaborative award, offered by the [Canadian Multicentre Osteoporosis Study \(CaMos\)](#) and Osteoporosis Canada. This award provides an individual with the opportunity to engage in research training with investigators at CaMos. Awardees gain new insight into the field of osteoporosis and are presented with the basis for a career in clinical/epidemiological research related to osteoporosis. This award strives to improve the lives of individuals with osteoporosis while supporting research into the optimal prevention and treatment of the disease.

The **Tim Murray Travel Awards** give students the opportunity to learn more about osteoporosis and/or advance existing research skills in osteoporosis by supporting their travels to conferences to present their research.

Current research award winners and their profiles can be found at <http://www.osteoporosis.ca/health-care-professionals/osteoporosis-research/research-award-recipients/>

Two new awards are being created as well, one at the M.Sc. level and one at the Ph.D. level. These awards will allow younger trainees to be competitive for funding through Osteoporosis Canada and will be available in the next round of funding.

Osteoporosis Canada will provide support for the recruitment of participants for ethical and reputable research relevant to our vision and mission. The research team reviews each application prior to posting.

The Research Committee is made up of SAC consultants with research qualifications and experience. The committee is chaired by Dr. Wendy Ward from Brock University. The other committee members are Dr. Angela Juby, Dr. Cathy Craven, Dr. Debra Butt, Dr. Laetitia Michou, Dr. Suzanne Cadarette, Dr. Susan Jaglal, Dr. Suzanne Morin and Christine Thomas (COPN).

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.

FUNNY BONE:

Men like to barbecue. Men will cook if there is danger involved. –
Rita Rudner

A Recipe from our Sponsor

Ginger Curried Pork with Carrots and Greens

Course: *Main Dishes*

Preparation Time: *20 mins*

Cooking Time: *20 mins*

Yields: *4 serving*

2/3 milk product serving(s) per person

Calcium: 21% DV/ 229 mg

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/ginger-curried-pork-with-carrots-and-greens>



Ingredients

12 oz (375 g) pork tenderloin
1 tbsp (15 mL) **butter**
1 onion, thinly sliced
2 carrots, thinly sliced
2 tbsp (30 mL) minced fresh gingerroot
1 tbsp (15 mL) curry powder
1/2 tsp (2 mL) salt
1/4 cup (60 mL) water
2 tbsp (30 mL) cornstarch
2 cups (500 mL) **milk**
4 cups (1 L) chopped trimmed Swiss chard leaves or spinach (about 4 oz/125 g)
Hot pepper sauce

Topping:

1/2 cup (125 mL) **plain Greek yogurt**
1/4 tsp (1 mL) ground cumin
2 tbsp (30 mL) chopped fresh cilantro
Salt and pepper, to taste
1/4 cup (60 mL) sliced almonds or chopped cashews (optional)

Tips

This is a flavourful, yet mild curry that will please most palates. If you prefer a hot, spicy kick, add 1 minced hot pepper with the ginger, or use a hot curry powder – or both.

If you want to add the Swiss chard stems (if they're not too thick and tough), slice up to 1 cup (250 mL) keeping stems separate from the leaves and add to the skillet with the ginger.

Tender pork and a variety of vegetables are accented with ginger and curry in a luscious sauce made with the goodness of milk. The yogurt topping adds a fresh touch that turns this quick sauté into something special. Serve over brown basmati or long-grain rice, or brown rice noodles with a fresh cucumber salad on the side.

Preparation

Trim off any fat and silver skin from pork. Cut tenderloin in half lengthwise, then cut crosswise into thin slices; set aside.

In a large skillet, melt butter over medium-high heat. Sauté onions and carrots for 5 minutes or until starting to soften. Add ginger and sauté for 2 minutes. Add curry powder, salt and water and sauté for about 2 minutes or until fragrant. Add pork and stir to coat well with spices.

Whisk cornstarch into milk and stir into pan. Simmer, stirring often, for about 5 minutes or until sauce is thickened and just a hint of pink remains in pork.

Meanwhile, prepare topping: in a small bowl, combine yogurt, cumin, cilantro, salt and pepper. If using almonds or cashews, toast in a dry skillet over medium heat, stirring constantly, for about 3 minutes or until fragrant. Transfer to a small bowl.

Add Swiss chard or spinach to skillet; cook, stirring, for about 2 minutes or until wilted. Season with hot pepper sauce (or pass at the table). Serve curry topped with yogurt and toasted almonds or cashews, if using.

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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.



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