

Remember: You can live well with osteoporosis!

Osteoporosis Canada Honours Volunteers at AGM

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Fracture Fact:

In 2019, 12.7 million Canadians volunteered. Osteoporosis Canada offers a range of volunteer opportunities depending on one's skills, interests and availability.

One of the highlights of Osteoporosis Canada's Annual General Meeting is the Awards Dinner where volunteers who have made a significant contribution to the organization are recognized.

Backbone Award

The *Backbone Award* is presented annually by Osteoporosis Canada to individuals who have provided leadership and inspiration to other volunteers, and have exemplified the spirit of volunteerism through their on-going actions and dedication to OC.

Dr. Rowena Ridout

The evening's first Backbone Award was presented to COPN's medical advisor, Dr. Rowena Ridout. A consultant with OC's Scientific Advisory Council since 2011, Dr. Ridout has been instrumental in ensuring that all of COPN's work, including its monthly newsletter, is science-based and relevant to patients.

Dr. Ridout is a very busy health professional who has expertise in internal medicine and endocrinology and metabolism. She works at various hospitals within the University Health Network in Toronto. We are fortunate and forever grateful to Dr. Ridout for volunteering so much of her time and expertise to benefit those affected by osteoporosis.



Dr. Sandra Kim (l., Board member), Dr. Rowena Ridout (r.)

Karen Chatfield

Karen Chatfield has been with OC for almost 10 years! In those years her main focus has been on educating those in her community through speaking engagements and health fairs. Karen has also played a pivotal role in organizing a support group, Bones N Beer events, Bling for Bones and Bone China teas.

Through Karen's involvement and strong leadership skills, OC has maintained a strong community presence in London and the surrounding area.



Karen Chatfield (l.), Cathy Pearcy (r., Community Engagement Coordinator, Ontario)

Three of the Backbone Award recipients were not able to attend the awards dinner. The *2019 Backbone Awards* have been presented in person to those recipients at separate ceremonies.

They are

- **Nancy Hill** (National Office) Nancy has been a volunteer for five years. She assists wherever needed at the National office but primarily in Fund Development. She is outgoing and enjoys making valuable donor thank you calls to recent donors.
- **Lori De Pauw** (Region 2 - MB) Lori has been a volunteer for over 10 years as an educator. She is committed to supporting individuals with osteoporosis and because of her professional expertise as a physiotherapist, has been a significant contributor to the professionalism and popularity of Manitoba's Bone Up workshops for fitness professionals. She also sits on the Manitoba Bone Density Program Committee.
- **Dr. Nese Yuksel** (Region 1 - AB) Dr Yuksel has practised for over 20 years, as a clinical pharmacist in women's health, specifically in the areas of menopause and osteoporosis. She has been an active member of the SAC since 2004. She currently sits on the SAC Executive Committee and chairs the Knowledge Translation family practice subcommittee.

Volunteer of Distinction Award

Hilary Jaeger

The *Volunteer of Distinction Award* honours an exceptional individual who has made a superior and sustained contribution to Osteoporosis Canada and who has acted as a catalyst for enduring change – has bettered OC and moved it forward.

Brigadier General Hilary Jaeger joined the Board of Directors of OC in 2011. For the past six years she has been providing support to the Fracture Liaison Service (FLS) efforts and, although no longer a Board member, intends to continue that work.

Hilary participated in the planning committees for and as a speaker at the 2014 FLS Summit (Toronto), the 2017 FLS Forum (Toronto) and the 2019 BC FLS Forum. She has presented webinars on the cost-effectiveness of FLSs for OC's FLS works! webinar series. Hilary has recently joined a new FLS Task Force that looks at the challenges to FLS implementation in Canada. Her dedication and insight when participating in countless meetings, phone calls and emails have contributed greatly to increasing the number of FLS sites in Canada.



(l.-r.) Linda Annis (incoming Board chair), Hilary Jaeger, Dr. Heather Frame (outgoing Board chair)

Award for Overall Excellence

Canadian Osteoporosis Patient Network (COPN)

The *Award for Overall Excellence* is presented this year to an arm of the organization that has succeeded in furthering the osteoporosis cause through its numerous activities in the areas of education, advocacy and patient engagement.

COPN was ratified by the Board of Directors in 2004. This year it celebrates its 15th anniversary and welcomes its 10,000th member. The first newsletter, *Coping*, was published in November 2004; the first virtual forum, with Dr Angela Cheung speaking on medications, was held in 2009. October 2010 saw the launch of the Osteoporosis Canada Patient Bill of Rights, a significant accomplishment that provides a foundation for all that is done by COPN and Osteoporosis Canada on behalf of those affected by osteoporosis.

COPN members are playing a large part in the current guidelines revision, as each subcommittee includes a COPN member. The COPN executive undertook an extensive survey of the COPN membership to find out what aspects of osteoporosis they particularly wanted to see addressed in the revisions. Over 1,000 members responded. The implications here are enormous – the patient voice is being heard and incorporated into new guidelines that will affect how health professionals treat their osteoporotic patients.

Lindy Fraser Award

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. 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's award winner, **Dr. Rowena Ridout**, has shown immeasurable dedication and determination in the collaborative effort to achieve the common vision of Canada without osteoporotic fractures. Dr. Ridout is an endocrinologist and has been involved in clinical research in osteoporosis including the attainment and maintenance of peak bone mass, the treatment of steroid-induced osteoporosis in children and interventions in the fracture clinic. She is currently the medical advisor for COPN and the vice chair of the Scientific Advisory Council. Dr. Ridout is also involved with the Clinical Practice Guidelines update. Congratulations, Dr. Ridout!

Welcome Liz Kehler

My name is Liz Kehler and I am the Community Engagement Coordinator for Osteoporosis Canada in Region 1 - British Columbia and Alberta. In my role, I will oversee the volunteer program and community outreach for Region 1 to significantly increase OC's impact on preventing secondary fractures. I bring over 15 years of experience working in the non-profit sector and look forward to strengthening our national volunteer network of locally based fracture prevention educators.



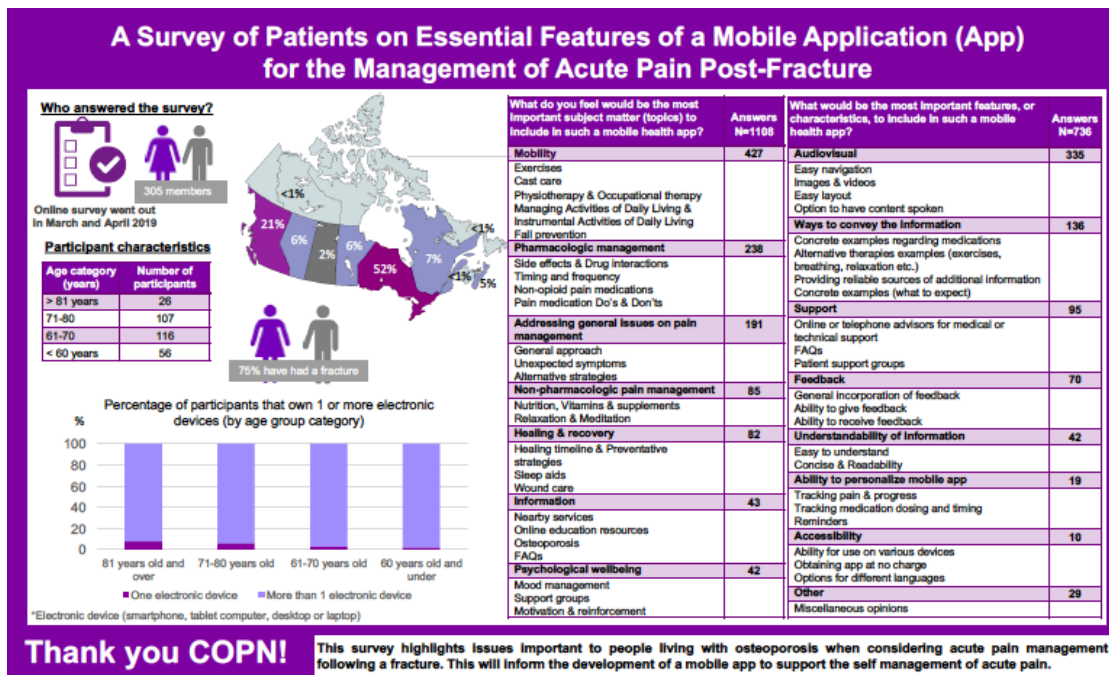
(l. – r.) Karen Chatfield, Sheila Brien (COPN co-founder), Hilary Jaeger, Dr. Rowena Ridout, Ina Ilse (COPN co-founder), Phyllis Kerkhoven (interim chair, accepted award on behalf of COPN)



At the Wood Forum, Calgary (l.-r.) Carol, Liz, Ewa

Essential Features of a Mobile Application to Help Manage Pain after a Fracture

Earlier this year more than 300 of you answered our call to complete a research survey about the most important features to include in a mobile health application (app) to help people manage their pain after breaking a bone. The research team has now completed an analysis of the survey and created this informative poster to summarize and share the results with you. What did people think was the most important topic that should be featured in the app? [See the poster for the answer!](#) Thank you one and all for contributing to this important work! We look forward to keeping you informed on the progress of this innovative project from Dr. Suzanne Morin and her research team.



[Click to view poster](#)

Feeling inspired to make a difference?

Our growing team of volunteers strives to make a real difference in the lives of Canadians at risk for and living with osteoporosis. If you are someone looking to make a difference in your community and are passionate about helping to spread the word on preventing fractures, then we need you! With your help, we teach Canadians how to improve their bone health so osteoporosis can never take hold and we support those already diagnosed, working to improve their quality of life.

Take action. Apply today at osteoporosis.ca/volunteer.
 Together, we will help **make Canadians unbreakable.**

Reminder: Bone Matters Webinar

Join us for **Osteoporosis - The Patient Journey**, a webinar presented by Dr. Marla Shapiro C.M. and moderated by Dr. Famida Jiwa, President & CEO, Osteoporosis Canada.

Dr. Shapiro is a family physician, health journalist for CTV, Canada AM and The Globe and Mail, author, and Associate Professor at the University of Toronto. In this webinar, you will become familiar with the patient journey and understand the importance of knowing what a fracture can mean to you.

Friday, November 15, 2019 - 12:00 PM - 1:00 PM ET

Spaces are limited. Free event.

[REGISTER NOW](#)

FUNNY BONE:

My favourite machine at the gym is the vending machine. – Caroline Rhea

We Welcome Your Feedback

- Have a question?
- Is there an osteoporosis-related topic that you would like to see featured in the newsletter?
- Looking for a great volunteer opportunity?

Please contact us by calling Osteoporosis Canada's toll-free number **1-800-463-6842** or emailing copn@osteoporosis.ca.