

OSTEOPOROSIS SAC LINK

Osteoporosis Canada's Scientific Advisory Council

SAC Member Receives the ASBMR 2024 Gideon A. Rodan Excellence in Mentorship



Angela Cheung, M.D., Ph.D. is the recipient of the 2024 Gideon A. Rodan Excellence in Mentorship Award which is given annually in recognition of outstanding support provided by a senior scientist who has helped promote the independent careers of young investigators in bone and mineral metabolism. This award will be presented during the ASBMR 2024 Annual Meeting in Toronto this September.

Congratulations to Dr. Angela Cheung

WEBINAR: Biologics & Biosimilars - An Overview for Healthcare Providers

Osteoporosis Canada is hosting healthcare webinars on biologics and biosimilars. Information presented will include how biologics and biosimilars work, the benefits of biosimilars and how to speak to patients about these new treatment options.

The English webinar will be presented by Dr. Alan Low on Thursday, September 5th at 3pm ET. [Register here](#)

The French webinar will be presented by Dr. Laetitia Michou on Monday, September 16th at 3pm ET. [Register here](#)

If you cannot attend, you can register and receive the recording in your inbox the following day.

THE OSTEOPOROSIS CANADA TIM MURRAY SHORT-TERM TRAINING AWARDS

Two individuals were awarded this spring with the opportunity to learn more about osteoporosis, advance their existing research skills in osteoporosis and/or present their research at a scientific meeting with funding from the Tim Murray training awards.



Dr. Christina Ziebart

Project Title: Prevalence and incidence of fractures post spinal cord injury and subsequent screening and treatment for osteoporosis in the spinal cord injury population

Research Mentor: Dr. Susan Jaglal

“These funds will help support my research pillar of using administrative health data to investigate fracture rates and risk for osteoporosis to improve health outcomes in people living with a spinal cord injury (SCI). “
In recent studies by Christina and research mentor Dr. Jaglal, which are currently in progress, a total of 14,168 individuals were identified from hospitalization data with a SCI: 4,486 traumatic spinal cord injury (TSCI) (73.1% male mean age = 56, SD=19.7) and 9,682 non-traumatic spinal cord injury (NTSCI) (53.3% male, mean age = 64.4 SD=14.9). A total of 1,561 (11%) individuals were found to have had a fracture treated in the emergency department (ED) or acute care hospital after their TSCI or NTSCI. The average time to the first fracture was approximately four years after the initial SCI. There were significantly more fractures in the NTSCI than the TSCI cohort. The site of fracture aligns with the common sites of fracture in people with osteoporosis, with the hip, spine, and wrist. The results from these studies highlight a need to better screen and treat individuals with SCI at high risk for fracture. Oral bisphosphonates are the primary drugs used to treat osteoporosis in Canada and are a recommended treatment for people post-SCI(15-17).

Objectives:

We will calculate the cumulative incidence of (1) screening for osteoporosis in SCI with bone mineral density testing and (2) examine for treatment with medications for fracture prevention, or (both), within 5 years after the index SCI, accounting for the competing risk of death. The third objective will examine patterns of pharmacotherapy use for individuals with SCI at risk of osteoporosis (type of medication and use over time), the overall length of time patients are on medications, and compare findings in those with TSCI, and NTSCI and across the sexes.

Research to be Presented:

The osteoporosis screening and testing study has been supported by the Bone and Joint Institute Health Data Grant at Western University. We will present the results about fracture prevalence and incidence at the 2024 ASBMR conference. This study aligns with Osteoporosis Canada’s Research Priorities as it is clinical research on health outcomes that focus on a high fracture risk population and preventing fractures and their negative consequences. The award will support dissemination of the project and support knowledge translation of the research, facilitating recognition of the research by Christina and supporting Christina in progress towards becoming an ICES scientist.



Anita Kaiser

Project Title: The Bare Bones Podcast: Co-Designing a Podcast Series with Lived Experience Partners using PVA CPG Content.

Research Mentor: Dr. Cathy Craven

Osteoporosis is a significant secondary health complication after spinal cord injury (SCI/D). 25-50% of patients with SCI/D will experience a fracture in their lifetime which is much higher than the 10-year fracture projections suggested for the general population. Despite high fracture prevalence, most patients with SCI/D do not know they should receive bone health care to prevent fracture or what specialized care they require should a fracture occur.

The management of bone health ensures that individuals with SCI/D have adequate bone mass to participate in weight-bearing and activity-based therapies without risk of injury. Bone health after SCI/D requires careful management to prevent fracture, fracture-related complications and promote long-term quality of life. Educating patients about their bone health is important, as it enables them to self-advocate with clinicians and healthcare providers who are otherwise unfamiliar with managing SCI/D.

In 2022, the Paralyzed Veterans of America solicited the Consortium for Spinal Cord Medicine to create the first Clinical Practice Guideline (CPG) for “Bone Health and Osteoporosis Management for Individuals with Spinal Cord Injury or Disease (SCI/D)”. Dr. Cathy Craven, a previous Osteoporosis Canada SAC member, was selected to chair the guideline panel. The next knowledge translation step for the CPG is to share its content with patients. I am a PhD Candidate in Rehabilitation Sciences at the University of Toronto and a person living with SCI/D. In collaboration with Dr. Craven, we proposed and were granted funding for a co-design project that would engage patient partners throughout the development of a patient-focused, educational podcast series and an affiliated website with print/pdf patient education materials.

The project, “The Bare Bones Podcast Series”, aimed to translate the clinician-focused Bone Health and Osteoporosis CPG into an easy-to-understand format for patients, their families and caregivers. www.scifragments.ca The project team included two individuals and myself, who have lived experience with SCI/D and also solicited feedback using focus groups and one-on-one interviews from other Canadians living with SCI/D in the community. CPG panel members volunteered to serve as “Expert” guest speakers on the podcast. Each podcast episode and its related handouts cover one chapter of the CPG. Collaboratively, nine podcast episodes and related handouts were produced. The project team revised content based on patient partner feedback before releasing it online.

“With this Tim Murray award, I will be able to attend the Paralyzed Veterans of America Healthcare Summit and Expo conference in Anaheim, California in August, 2024 to present our project in a workshop entitled: “The Bare Bones Podcast: Co-Designing a Podcast Series with Lived Experience Partners using PVA CPG Content”. This conference will provide an opportunity for me to share the project internationally. The project is in line with Osteoporosis Canada’s Research Priority. The podcast “focuses on the high fracture risk population, especially on preventing fracture and their negative consequences”. As a student, I am looking forward to the experience I will gain through presenting and answering questions at the workshop. Most of all, I am looking forward to the opportunity to promote bone health after SCI/D.”

Tracking Dissemination of the New Guideline

Osteoporosis Canada wishes to track dissemination activities related to the Clinical practice guideline for management of osteoporosis and fracture prevention in Canada: 2023 update.

If you have done a presentation, podcast, article, or other activity to disseminate the clinical practice guideline, please enter information about the activity in this brief Qualtrics survey. This short (~5-minute) survey asks for details about the audience, location, and the focus of your dissemination activity.

If you know of dissemination activities led by others, please forward them to Alexander Liao at a5liao@uwaterloo.ca. You can also contact Alexander if you have questions. Thank you in advance for your cooperation.

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.

CLINICAL PRACTICE GUIDELINE UPDATE

Knowledge Translation tools are being added to the OC website. An Executive Summary and a Quick Reference Guide will be soon available. The new nutrient calculator app is now on-line. Fact sheets, slide shows and several other apps are currently under development. In addition, slides from the CMC 2023 can be viewed on the OC website.

ASBMR 2024

The American Society for Bone Mineral Research will meet in Toronto this year from Sept. 27-30th. The Annual SAC Breakfast will be held on Saturday Sept. 28th from 6AM to 8 AM at the InterContinental Toronto Hotel (225 Front Street West) in the Caledon Room.

The Lindy Fraser Award will be presented at the breakfast. Please let Kerry know if you plan to attend.