

 OSTEOPOROSIS

SAC LINK

Osteoporosis Canada's Scientific Advisory Council

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.

Your gift will immediately help to educate, empower, and support individuals and communities on bone and muscle health and in the risk-reduction and treatment of osteoporosis.

Donors make information available to healthcare providers and people living with osteoporosis through tools, webinars and resources on the website. Donations provide support groups for people living with osteoporosis so they can share their knowledge and coping strategies.

Here is a quote from a person living with osteoporosis,

"Through Osteoporosis Canada, I learned all about what to eat, how to exercise, different medication and treatment options - you name it. The nutrient calculator helps me stay on top of my nutrition, and the bone-friendly recipes are a great resource. You didn't just give me information - you gave me a community (through support groups)."



Osteoporosis Canada Strategic Plan

2024-2029

At the 2024 AGM, Osteoporosis Canada unveiled its 2024-2029 Strategic Plan which will set the direction for the organization for the next five years. https://osteoporosis.ca/wp-content/uploads/2024/09/Osteoporosis-Canada-2024-2029-Strategic-Plan_FINAL.pdf

The Strategic Plan was developed by the Strategic Planning Committee on behalf of the Board of Directors with input from staff and volunteers.

This new plan will allow the organization to navigate on a broader mandate to serve, support, empower and advocate for more Canadians in bone and muscle health and in the prevention and management of osteoporosis with a renewed focus on reducing fragility fractures.

Over the coming weeks, updates and new information will be unveiled on the Osteoporosis Canada website in line with the new core strategies.

With a new Mission, Vision and set of Values – Osteoporosis Canada is determined and committed to providing even more people across the country, access to innovative, informative and dynamic programs and services so that together, we will make Canadians unbreakable.

Vision: Canada Without Fragility Fractures

Mission: Empower Canadians To Optimize Their Bone And Muscle Health And Improve The Lives Of Those Affected By Osteoporosis

Values: Respect Integrity Inclusivity Innovation

Welcoming New SAC Chair - Dr. Laëtitia Michou, MD, PhD

Dr. Laëtitia Michou is the new SAC Chair, taking over from Dr. Rowena Ridout who served the SAC as its chair from 2021-2024.



Dr Laëtitia Michou, MD, PhD is an associate professor and head of the Division of Rheumatology at CHU de Québec-Université Laval. Dr Michou is a clinical investigator at the Centre de Recherche du CHU de Québec and rheumatologist at the CHU de Québec.

Research interests of Dr. Michou are human genetics of bone and joint diseases, particularly Paget's disease of bone, rare bone diseases, osteoporosis, atypical femur fractures and rheumatoid arthritis. In career, Dr Michou has published 81 refereed publications and more than 150 conference abstracts. She has supervised research projects of 70 undergraduate, graduate, or medicine students or residents from four continents.

Dr. Michou has completed her medicine training, rheumatology residency, and PhD in Human Genetics in France. She had completed a clinical fellowship of two years in fragility bone diseases at the centre Viggo Petersen, Rheumatology department, Lariboisière hospital, Assistance publique-Hôpitaux de Paris, France.

Dr Michou is a member of the scientific advisory committee of Osteoporosis Canada since 2012, member of the research committee from 2016 to 2023, member of the board of directors since September 2024.

Thanking Dr. Rowena Ridout

On Saturday Sept. 28th, Rowena stepped down as the Chair of the SAC and moves into the role of Past Chair. On behalf of Osteoporosis Canada and its SAC, we would like to express sincere thanks to Rowena for her time and devotion to the SAC over the past three years.



Dr. Rowena Ridout (SAC Chair 2021-2024) and Dr. Sandra Kim (SAC Chair 2018-2021)

Osteoporosis Canada Awards Lindy Fraser Award 2024

On behalf of Osteoporosis Canada's Scientific Advisory Consultants and Osteoporosis Canada, we would like to announce 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's award winner has shown immeasurable dedication and determination in the collaborative effort to achieve the common vision of Canada without osteoporotic fractures. We cannot think of a more deserving individual.

Dr. David Kendler



Dr. David Kendler graduated from the MD program at the University of Toronto in 1977. After completing a rotating internship in Toronto, he practiced for several years in Canada, Botswana, and New Zealand. He returned to Internal Medicine training in 1983 in Christchurch, New Zealand and in 1984 joined the Internal Medicine program in Halifax, Canada. In 1985 he moved to Vancouver to complete Internal Medicine and Endocrinology training at the University of British Columbia. After a 2-year thyroid immunology Fellowship in New York, he returned to the University of British Columbia Faculty of Medicine where he is now a Professor of Medicine (Endocrinology).

He has led osteoporosis programs at Children and Women's Hospital, St. Vincent's Hospital, and St. Paul's Hospital. He is the director of the Osteoporosis Centre of British Columbia and Prohealth Clinical Research, a major North American centre for clinical trials in the area of osteoporosis. He serves on the Scientific Advisory Council of Osteoporosis Canada and Chairs the Western Osteoporosis Alliance. He is a Past-President of the International Society for Clinical Densitometry. He is a member of the Committee of Scientific Advisors of the International Osteoporosis Foundation and is co-Chair of the Western Osteoporosis Alliance. He has been awarded the John Bilezekian ISCD Global Leadership Award. He was a founding member and has served on the Board of Directors of the Canadian Menopause Society. He has published over 120 peer-reviewed papers on osteoporosis therapies, osteoporosis risk assessment technologies, and autoimmune thyroid disease.



David receiving his award at the ASBMR SAC Annual breakfast held Saturday Sept. 28th in Toronto from SAC Chair Dr. Laetitia Michou

Congratulations David!

At the recent OC AGM, SAC members were honoured with the following awards:

BackBone Awards The purpose of the Backbone Award is to recognize those volunteers who, through their actions, efforts and ideas, have made a significant impact to the success of Osteoporosis Canada.

Dr. Adrian Lau

Dr. Andy Kin On Wong

Dr. Natasha Gakhal

Eleanor Mills Inspiration Award

The recipient of the Eleanor Mills Inspiration Award is a volunteer who, like Eleanor, has inspired others with their determination, perseverance and optimism and has given of themselves to champion the cause.

Dr. Rowena Ridout

The Osteoporosis Canada Tim Murray Short-Term Training Awards

These awards (maximum \$1500) provide successful individuals the opportunity to learn more about osteoporosis, advance existing research skills in osteoporosis and/or present their research at a scientific meeting. It is open to undergraduate, graduate and postgraduate trainees. The awards aim to build on Dr. Timothy Murray's impressive legacy of teaching, research and patient care by recognizing, supporting and encouraging future leaders in bone health. The application process will be administered by Osteoporosis Canada's research committee.

The proposed training or project must occur between October 2024 and March 31, 2025.

Deadline: Oct. 25, 2025

<https://osteoporosis.ca/competition/>



Welcoming New SAC Members

Dr. Andrea Cowan

Dr. Andrea Cowan is an assistant professor at the University of Western Ontario in the division of nephrology. After completing her clinical training in nephrology and home dialysis modalities, she completed a Master's degree of clinical epidemiology and biostatistics at the University of Western Ontario.

Her research focusses on the effects mineral and bone disorder associated with chronic kidney disease using routinely collected data.



Dr. Michele Monroy-Valle

Michele is a Guatemalan nutritionist and dietitian with a Master's in University Teaching, a master's in public health, and a PhD in Epidemiology. She works at the University of Saskatchewan and collaborates with various community organizations in Saskatoon and Saskatchewan.

Michele is an outstanding researcher with expertise in nutrition, bone health, and food insecurity, particularly among Indigenous mothers and children in Guatemala. She is a passionate researcher of the Developmental Origins of Health and Disease (DOHaD) framework; therefore, in her PhD project, she inquired about maternal-child dyads' bone health outcomes. Her PhD research has provided valuable insights into improving the health of these underserved communities through targeted nutritional interventions. Her work has been around dietary measurements to determine the exposure to diet and food-related outcomes.

Michele's postdoctoral work further explores the complex interactions between nutrition, gut microbiota, and bone health, emphasizing a holistic approach to bone health. Her experience working with Central American governments in food economics and strong community engagement in program implementation enhance her strategic thinking and advisory skills.



Dr. Noémie Thériault

My name is Noémie Thériault and I am a dentist. I graduated from the Université Laval in Québec in 2019 with a dental medicine doctorate and obtained a multidisciplinary dentistry residency certificate in 2020 from the same university.

In September 2021, motivated by a true interest for eldercare and care for medically compromised patients, I decided to begin a post-graduate residence program in Geriatric dentistry (gerodontology) at the Université Laval. This program is combined to a Master of Dental Science focused on the aspects of dentistry for elderly people, with an expected date of graduation in 2024.

This residence allowed me to learn more about how to properly treat the elderly in terms of dental care, but also gave me a better understanding of the elderly person as a whole, notably regarding general health, as well as deepening the links that may exist between various conditions and oral health. While I am completing my master's thesis, I work as a dentist in a long-term care facility for seniors, as well as at a cardiology and pneumology specialized hospital where I treat hospitalized patients waiting to undergo heart surgery. In the context of my work, osteoporosis is a major element of consideration, especially when patients who require dental extractions receive bisphosphonate therapy for osteoporosis. I am pleased to be joining the SAC as a consultant and share knowledge with other professionals to improve the care of patients with osteoporosis, notably in regard of their dental care.



Dr. Shirine Usmani

Dr. Shirine Usmani completed her undergraduate degree in Physiology and Pharmacology at Western University before entering the MD/PhD program, also at Western. Her PhD focused on musculoskeletal health, specifically understanding molecular mechanisms involved in bone development and osteoarthritis.

Dr. Usmani then went on to complete her residency training in Internal Medicine with a sub-specialization in Endocrinology at the University of Toronto. She completed a Post-Doctoral Fellowship through Toronto's Clinician Scientist Training Program with a focus on sarcopenia and genetic regulators of muscle mass. She will be starting as a Clinician Investigator/Assistant Professor at the University Health Network (UHN) and will focus on clinical and translational research through the UHN Osteoporosis and Metabolic Bone clinic.



Dr. Sarah Rydahl

Sarah is a physiotherapist working at Unity Health Toronto. Sarah is currently the Manager of Access & Flow and Transitions at St. Joseph's hospital at Unity Health Toronto. In addition to being a certified LEAN white belt, Sarah holds a B.Sc. in Physiotherapy and a M.Sc. degree, both from Queens University, as well as a Master's of Health Administration from Telfer School of Management, University of Ottawa. Sarah also is a practice-based researcher with Li Ka Shing Institute. As a physiotherapist, promoting independence in older adults is Sarah's primary interest.

Sarah's research has investigated how exercise classes successfully improved balance and fall incidences in newly discharged patients. Current research also focuses on the holistic approach of the RCC which will provide a smooth transition for patients back into the community after reaching their ideal mobility, and functional status. Inasmuch as, it will benefit the healthcare system by better allocating resources to the appropriate patient demographic. In addition to research Sarah is also a Lecturer, Faculty of Medicine Department of Physical Therapy University of Toronto as well as with Centre for Advancing Collaborative Education (CACHE) associated with UHN. Sarah also spends her time volunteering with Ontario Physiotherapy association, the St. Joe's Foundation and acts as a mentor for IP professionals transitioning into leadership roles in the undergraduate, graduate and post-graduate phase.



Dr. Sophie Roux

Dr Sophie Roux is a full professor in the Rheumatology Department at the University of Sherbrooke. Her work is dedicated to bone pathology, both in clinical practice and research. She has a strong focus on bone diseases, particularly osteoporosis and genetic osteopathies.

In her fundamental research, she investigates osteoclast biology and signaling, as well as the factors influencing osteoclast phenotypes in conditions characterized by excessive bone resorption, with a special emphasis on the bone destruction associated with rheumatoid arthritis.



Dr. Wasim Mansoor

Dr. Wasim Mansoor, MD, MSc, FRCPC, is a General Internal Medicine specialist with a strong focus on osteoporosis care, particularly in hip fracture patients. He is an Associate Staff at Trillium Health Partners and the Bone Research Clinic in Oakville, where he collaborates on complex osteoporosis cases.

Dr. Mansoor has been actively involved in the Hip Fracture Transformation Project at Trillium Health Partners, working with a multidisciplinary team to improve perioperative care and standardize osteoporosis management for hip fracture patients. His work emphasizes timely intervention and pharmacologic management to prevent future fractures.

He has co-authored a Canadian position paper on orthogeriatric care after hip fractures, addressing challenges and strategies to improve patient outcomes. His ongoing efforts include developing evidence-based guidelines and advocating for greater recognition of osteoporosis management in internal medicine.

Dr. Mansoor looks forward to contributing to Osteoporosis Canada's Scientific Advisory Council, where he hopes to further enhance osteoporosis care through research, education, and collaboration.

SAC Committee Membership 2023-2024

SAC Executive:

Committee Chair: Dr. Laetitia Michou, Vice Chair: Dr. Adrian Lau, Past Chair: Dr. Rowena Ridout

Members: Sandra Kim, Ahmed Negm, Linda Probyn, Aliya Khan, Natasha Gakhal, Lianne Tile, Lora Giangregorio, Sid Feldman

COPN Review Committee

Chair: Dr. Adrian Lau

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

Development Committee

Chair: Dr. Lianne Tile

Members: Laetitia Michou, Angela Cheung, Heather Frame, Larry Dian, Sandra Kim, Wendy Ward, Andy Kin On Wong, Heather McDonald-Blumer

SAC Guidelines Committee

Chair: Dr. Sandra Kim

Members: Laetitia Michou, Laura Rothman, Leo Lai, Julie Gilmour, Carrie Yu, Emma Billington, Phil Chilibeck, Sabrina Gill, Teri Charrois,

SAC KT Core Committee

Co-Chair: Dr. Aliya Khan

Members: Adrian Lau, Miranda Boggild, Monica Menecola, Lianne Tile, Larry Funnell, Laetitia Michou, Natasha Gakhal, Julie Gilmour, Tim Cuddy

SAC Rapid Response Team

Chair: Dr. Adrian Lau

Members: Laetitia Michou, Claudia Gagnon, Emma Billington, Alan Low, Zahra Bardai

SAC Research Committee

Chair: Dr. Ahmed Negm

Members: Laetitia Michou, Alexander Bilbily, Caitlin McArthur, Fabrice Mac-Way, Joanna Sale, Kristin Clemens, Lindsie Blencowe, Rowena Ridout, Suzanne Morin, Alex Papaioannou

What Does It Mean To Be a Member of the SAC?

As a member of the SAC, you have agreed to take on certain responsibilities. Please take a moment to review the following list.

Roles and responsibilities:

- Provide assistance, support, advice and guidance to the Executive Committee of the SAC and Osteoporosis Canada on technical, scientific or medical matters. ·
- Review and validate material prepared for public or professional distribution with respect to scientific/medical content. ·
- When required, actively participate on committees based on availability and expertise ·
- Respond in a timely manner to requests ·
- Lend your name and prestige to further the purposes and goals of the organization. ·
- Speak on behalf of OC and/or represent OC as requested by the Chair of the SAC and/or President & CEO
- Represent OC internationally, as appropriate
- Promote and foster the growth of OC, where appropriate. ·
- Safeguard and protect the credibility of OC by being consistent with OC messages when acting in the capacity of an SAC consultant. ·
- [Maintain membership in good standing with OC.](#)
- [Honour financial obligation to OC as an annual donor](#)
- Provide signed Confidential Disclosure (COI) Statement annually

If you haven't joined OC or made your annual donation, please follow the links above – thank you!