

# OSTEOPOROSIS

# SAC LINK

Osteoporosis Canada's Scientific Advisory Council

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## **Tim Murray Award Fall 2024 Award Winner Jasmine Friedrich Yap**

Jasmine Friedrich Yap is a Masters of Rehabilitation Research Candidate under the supervision of Dr. Caitlin McArthur at the School of Physiotherapy, Dalhousie University. She completed her BSc in Biomedical Sciences from the University of Waterloo where she worked as a research assistant on the FORTIFY Bones trial with Dr. Lora Giangregorio and developed an interest in osteoporosis and aging. Jasmine's research focuses on adapting current fracture prevention guidelines, namely those designed for the long-term care and general community dwelling populations, to home care settings in Canada. Jasmine is honoured to receive the Tim Murray Training Award and will be using the award to expand her current knowledge about osteoporosis and fracture risk for home care recipients. She will also use the award towards qualitative methods and statistic courses to develop research skills in preparation for the guideline adaptation and knowledge translation process.



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## 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 students, graduate students, and postdoctoral fellows. 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 June 2025 and March 31, 2026.

**Deadline:** May 31, 2025

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

## Age Forward

### British Columbia Launches 50+ Health Strategy and 3-Year Action Plan

Congratulations to Dr. Sonia Singh and the BC FLS Health Policy Research Team for working collaboratively with the BC Ministry of Health to include FLS in BC's new 50+ Health Strategy!



Age Forward: British Columbia's 50+ Health Strategy and 3-Year Action Plan outlines the commitment to improving the quality of life for older adults in BC by the BC government. With nearly a quarter of B.C.'s population aged 65 and older, supporting the health and well-being of older adults to help them thrive and continue contributing to their communities is a key priority.

The action plan is a prevention-focused strategy and action plan positioned to increase the number of years people live in good health. Through lifestyle changes like increased physical activity and nutrition, early risk identification, and targeted health interventions, both frailty and falls can be prevented or mitigated.

Priority 4.4.2 of the 50+ Strategy Action Plan is "Explores options to enhance secondary fracture risk prevention."

See Age Forward British Columbia's 50+ Health Strategy and 3 year Action Plan for more information

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## Healthy Bones and Healthy Swallowing: Nutritional Strategies for Dysphagia

People living with dysphagia have difficulties with swallowing, which may impact their nutrition, hydration and ability to take certain medications.

Please follow this link for more information: <https://osteoporosis.ca/oc-blog/healthy-bones-and-healthy-swallowing-nutritional-strategies-for-dysphagia/>

## Osteoporosis Canada's response to a recent publication about Osteostrom

*Contributors: Dr. Adrian Lau, Dr. Lora Giangregorio, Dr. Claudia Gagnon, Dr. Laëtitia Michou, Dr. Alan Low, Dr. Emma Billington, Dr. Zahra Bardai, Dr. Vithika Sivabalasundaram, Dr. Rowena Ridout, Dr. Sandra Kim*

In February 2025, a new article was published in the Journal of Clinical Endocrinology and Metabolism (JCEM) regarding Osteostrom. Osteoporosis Canada Rapid Response Team provided some recommendations regarding this publication.

**Please read for more information**

## Dr. Lora Giangregorio Named Canada Research Chair



The University of Waterloo, Kinesiology and Health Sciences Professor Lora Giangregorio has been awarded a Tier 1 Canada Research Chair (CRC) in Bone Health and Exercise Science, with a funding allotment of \$1.4 million.

The Tier 1 Canada Research Chair will advance bone health and exercise science research. Dr. Giangregorio also received a \$75,000 grant from the Canada Foundation for Innovation John R. Evans Leaders Fund (JELF) that is associated with this CRC.

As a member of Osteoporosis Canada's Scientific Advisory Council (SAC), Dr. Giangregorio's research team has worked with the organization to develop Bone Fit™, a two-day workshop for physiotherapists and kinesiologists on exercise prescription for those with osteoporosis.

Dr. Giangregorio is recognized for her outstanding research in reducing the burdens of osteoporotic (bone tissue) fractures. She leads the University of Waterloo Bone Health and Exercise Science Lab (BonES), working on exercise research to reduce fracture risk.

**Congratulations to Dr. Giangregorio!**

**Read More**

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## Osteoporosis Canada Awards Lindy Fraser Award 2024

Osteoporosis Canada is inviting nominations for the 2025 Lindy Fraser Memorial Award. The award recognises a SAC member who has made an outstanding contribution to the field of osteoporosis research and education and has been active on the SAC supporting the work of Osteoporosis Canada through committee work and speaking on OC's behalf.

Osteoporosis Canada established this award in 1993 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.

The award named in her honour recognizes individuals who have done exemplary research and have helped to increase the knowledge about osteoporosis. It is Osteoporosis Canada's most prestigious award.

The following is a list of SAC members who have been honoured with the Lindy Fraser Award.

**Past recipients include:**

2015 Dr. Heather Frame  
2016 Dr. Lora Giangregorio  
2017 Dr. Stephanie Kaiser  
2018 Dr. Sumit Majumdar  
2019 Dr. Rowena Ridout  
2020 Dr. Aliya Khan  
2021 Dr. Sid Feldman  
2022 Dr. Heather McDonald-Blumer  
2023 Drs. Sandra Kim and Wendy Ward  
2024 Dr. David Kendler

Please e-mail your nomination, with a brief note highlighting why the nominee is worthy of this honour, to [kgrady@osteoporosis.ca](mailto:kgrady@osteoporosis.ca) by July 31, 2025.

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## **Canadian Dinner at World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Disease**

The 25th Edition of the WCO-IOF-ESCEO Congress was recently held in Rome, Italy. The meeting focused on the field of musculoskeletal health and disease to discuss new strategies and options in prevention, diagnosis and treatment. During the meeting, a dinner was held for Canadians attending, including some familiar SAC members.



## **CMC 2026**

The CMC will be held on March 27, 2026 in Toronto at the Marriott Hotel, located at Toronto's Eaton Centre. The agenda focuses on Muscle and bone health, including rare bone diseases. Please mark your calendars. Further details including registration will be sent out shortly and available on the OC website.

## **ASBMR 2025**

OC will not be attending this year's ASBMR in Seattle as most Canadian universities have advised their faculty not to travel to the US. The SAC breakfast will therefore not be held. Instead, an event will be planned to coincide with the CMC 2026 being held in Toronto March 2026. Further details to follow.




## **Virtual Intervention for Vertebral Fractures (VIVA) study - please share with your patients and networks!**

Vertebral fractures due to osteoporosis can cause pain and disability. The VIVA study will evaluate whether people with spine fractures would benefit from receiving virtual education and training from a physical therapist on pain management, nutrition, safe movement, and exercise.

The VIVA study is currently recruiting people living in Ontario, BC, and Quebec who have had a spine fracture in the last year. Please share information about the study with your patients or networks.

Use this link for more information about participating in this study:

<https://uwaterloo.ca/bone-health-exercise-science-lab/projects/virtual-intervention-vertebral-fractures-viva-study>



**Do you have a spine fracture  
due to osteoporosis?**

**You may be eligible for a study  
about a virtual rehabilitation program**

**Participants in this study**

- ✓ Men or women aged 50 or over
- ✓ Are willing to participate in virtual once weekly sessions for 8 weeks
- ✓ Have had one or more spine fractures in the past two years

**This study involves**

- ✓ Once-weekly education and training sessions for 8 weeks that cover pain management, exercise, nutrition, and safe movement.
- ✓ Assessment of balance and physical function
- ✓ Questionnaires

**If you would like to learn more, please visit our website:**

This study has been reviewed by and received ethics clearance through Hamilton Integrated Research Ethics Board.

