

 **OSTEOPOROSIS**

SAC LINK

Osteoporosis Canada's Scientific Advisory Council

In this edition:

Reminder of Annual Giving

FRAX Tutorial

Awards

New SAC Members

SAC Committees

SAC Orientation

CMC 2026

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.

[DONATE](#)

FRAX Tutorial

Health care professionals may find it challenging when navigating through the FRAX tool. In addition to femoral neck (hip) BMD, age, gender, fracture history and steroid use, FRAX also takes into account other clinical risk factors to calculate the absolute 10-year risk of a hip fracture or other major osteoporotic fracture (spine, forearm, upper arm).

We have developed 15-minute tutorial on the FRAX fracture risk assessment tool for health care professionals, available in English and French on Osteoporosis Canada's website.

By the end of this tutorial, participants will be able to:

- Access the FRAX tool online
- Explain what FRAX is, what it does, who uses FRAX, and when to use it
- Assess the different risk factors of the FRAX tool online
- Discuss how to interpret the results of the FRAX tool

The English version is presented by Dr Adrian Lau from the University of Toronto.
The French version is presented by Dr Laetitia Michou from Université Laval.

[CLICK TO WATCH THE FRAX TUTORIAL](#)

CONGRATULATIONS

The 2025 Osteoporosis Canada Awards were handed out at the AGM in September, presented to individuals and partners in recognition of their ongoing commitment to the organizational Mission: Empower Canadians to optimize their bone and muscle health and improve the lives of those affected by osteoporosis.

Dr. Lianne Tile, Dr. Alan Low and Dr. Claudia Gagnon were presented with Backbone Awards.



Dr. Lianne Tile

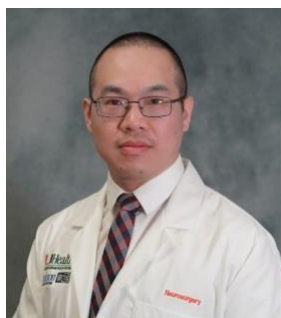


Dr. Alan Low



Dr. Claudia Gagnon

Welcoming New SAC Members



Dr. William Chu Kwan

William is a Spine Surgeon at Vancouver General Hospital. He is currently on sabbatical, completing a neurosurgery Spine Fellowship at the University of Miami. He trained in the Surgeon-Scientist Program at the University of Toronto, where he earned a PhD in Biomedical Engineering while completing his residency in Orthopedic Surgery. He has been awarded the Vanier Scholarship, along with multiple NSERC and CIHR grants. He previously served two terms on the Board of Directors of Osteoporosis Canada.



Dr. Tyler Churchward-Venne

Dr. Tyler Churchward-Venne is an Associate Professor in the Department of Kinesiology and Physical Education at McGill University in Montreal, Canada. He is a William Dawson Scholar and directs the Exercise Metabolism, Nutrition, and Muscle Health Lab. He joined McGill in 2018 following postdoctoral training at Maastricht University in the Netherlands, where he was a Marie Skłodowska-Curie Fellow.

Dr. Churchward-Venne's research focuses on skeletal muscle health, particularly the role of nutrition and exercise in regulating muscle protein metabolism. His lab uses a wide range of techniques—including stable isotope tracers, magnetic resonance imaging, and molecular biology tools—to investigate muscle protein turnover and the mechanisms underlying muscle adaptation.

A major emphasis of his work is on understanding and mitigating muscle loss due to aging or muscle disuse, such as during bed rest. His research explores how nutritional strategies—especially dietary protein intake—can be optimized in conjunction with exercise to preserve or restore muscle mass, function, and metabolic health. His lab is also evaluating novel interventions, such as exogenous ketone supplements, as potential protective agents during periods of inactivity.

Dr. Churchward-Venne has received funding from the Canadian Institutes of Health Research (CIHR), the Natural Sciences and Engineering Research Council of Canada (NSERC), Muscular Dystrophy Canada, and the Canada Foundation for Innovation (CFI), among others. In recognition of his contributions to the field, he received the Peter J. Reeds Young Investigator Award from the American Society for Nutrition in 2019.

In addition to leading his research program, Dr. Churchward-Venne is a member of McGill's Division of Geriatric Medicine and an Investigator at the Research Institute of the McGill University Health Centre.



Joëlle Flamand Villeneuve

Joëlle Flamand Villeneuve is a clinical pharmacist-researcher at the Institut Universitaire de Cardiologie et de Pneumologie de Québec (IUCPQ) since 2009, the year she completed her master's degree in advanced pharmacotherapy at Laval University. She divides her clinical time at IUCPQ between the geriatric short-stay unit and the DEVENIR pre-dialysis clinic.

She has been a member of the Regroupement de Pharmaciens Experts (RPE) in geriatrics since 2014 and of the Regroupement des Unités de courte durée gériatriques et des Services Hospitaliers de Gériatrie du Québec (RUSHGQ) for the development of medication guidelines, especially in osteoporosis. She is an associate clinical professor at the Faculty of Pharmacy at Laval University, where she teaches in both the PharmD and the master's program in advanced pharmacotherapy. She is also involved in advanced training programs in geriatrics through Montréal and Laval University.



Dr. Jamie Fleet

Dr. Jamie Fleet is a Psychiatrist at Parkwood Institute, St. Joseph's Health Care London and Western University. She completed her undergraduate degree at University of Western Ontario in Health Sciences, followed by both medical school and residency in Psychiatry at McMaster University. Clinically, she focuses on gait abnormalities and fall prevention, stroke rehabilitation, and EMG.

Dr. Fleet is also finishing a MSc degree in Health Research Methodology at McMaster University. Her research interests involve stroke rehabilitation, and falls, fractures, and bone health, in individuals with disabilities.



Julia MacLaren

Julia MacLaren is a registered dietitian and health services researcher with over 18 years of experience in clinical nutrition and applied research, specializing in culinary medicine and nutrition interventions for bone health. Her work spans Indigenous chronic disease care, primary care, and system-level culinary medicine, with a strong focus on translating evidence into practical, patient-centered strategies.

Julia's research includes co-investigating and delivering Own Your Bones, a multicomponent shared medical program in primary care, and Bites for Bones, a pilot randomized controlled trial evaluating culinary medicine as an adjunct to specialty care—also the focus of her Master of Science in Health Services Research thesis at the University of Calgary. She has contributed to qualitative studies on dietary adherence, co-authored a clinical review for family physicians, and presented her work at national and international conferences, including the American Society for Bone and Mineral Research Annual Meeting.

Currently serving as a health systems consultant in culinary medicine with Alberta Health Services, Julia also holds leadership roles in national and international networks. Her upcoming PhD research will further explore dietary patterns and practical nutrition interventions, aligning with the Council's mission to advance evidence-informed care.

SAC Committee Membership 2025 - 2026

Executive Committee

Chair: Laetitia Michou; Vice Chair: Adrian Lau; Past Chair: Rowena Ridout

Other Members: Sandra Kim (Guidelines), Claudia Gagnon, Natasha Gakhal(KT), Aliya Khan, Lianne Tile (Development), Ahmed Negm (Research), Lora Giangregorio, Zahra Bardai, Miranda Boggild (KT)

Guidelines Committee

Chair: Sandra Kim

Other Members: Laetitia Michou, Teri Charrois, Sabrina Gill, Carrie Ye, Phil Chilibeck, Laura Rothman, Julie Gilmour, Irma Dijak (COPN)

Research Committee

Chair: Ahmed Negm

Members: Laetitia Michou, Alex Bilbilly, Joanne Sale, Caitlin MacArthur, Fabrice Mac Way, Suzanne Morin, Kristin Clemens, Alex Papaioannou, Jackie Herman (COPN)

Development Committee

Chair: Lianne Tile

Members: Laetitia Micou, Heather Frame, Wendy Ward, Larry Dian, Angela Cheung, Heather McDonald Blumer, Andy Kin On Wong, Susan Jaglal

Rapid Response Team

Chair: Adrian Lau

Members: Claudia Gagnon, Laetitia Michou, Zahra Bardai, Alan Low, Vithika Sivabalasundaram

Knowledge Translation Committee

Co Chairs: Natasha Gakhal, Miranda Boggild

Members: Julie Gilmour, Monica Menecola, Tim Cuddy, Lianne Tile, Larry Funnel (COPN), Laetitia Michou

COPN Review Committee

Chair: Adrian Lau

Members: Joanna Sale, Zahra Bardai, Teri Charois, Jenny Thain, Laura Rothman

Please note – if you have interest in working on a committee, please let Kerry know.

SAC Orientation

This year's SAC Orientation will take place on Nov. 20th at 7 PM ET. Zoom details will be sent to all SAC members.

CMC 2026

Osteoporosis Canada is hosting the 2026 CMC – Canadian Musculoskeletal Conference. This hybrid event will be led by national experts in osteoporosis and musculoskeletal health.

Date: Friday, March 27, 2026

Location: In-Person event hosted at Marriott Downtown at CF Toronto Eaton Centre 525 Bay St., Toronto, ON M5G 2L2

[Please click on the following link to register for the in person or virtual event.](#)