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## 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 encouraged at promoting the mission of OC as a charity by supporting donation.

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](#)

## CMC 2026 In-Person & Virtual Tickets Still Available



Join Osteoporosis Canada at the Canadian Musculoskeletal Conference. CMC 2026 is a hybrid event – a professional educational symposium focused on bone and muscle health including rare skeletal and metabolic bone diseases. This dynamic conference will offer an advanced medical education program and is intended for general physicians and specialists as well as allied health professionals.

**Conference Date:** Friday, March 27, 2026

**Post-Conference Access:** All registered attendees will receive access to on-demand session recordings and digital materials for four months following the conference.

**GET INFO & TICKETS**

## Tim Murray Short Term Training Award Recipients Fall 2025



**Kristy (Hao) Wang**

**Kristy (Hao) Wang, BSc, MD, CCD** is a senior General Internal Medicine fellow at the University of British Columbia with a developing academic focus in osteoporosis and metabolic bone disease. She is deeply honoured to receive the Osteoporosis Canada Tim Murray Short-Term Training Award, which supports her advanced clinical training and long-term commitment to excellence in bone health care.

Dr. Wang's planned training experience is designed to provide comprehensive, interdisciplinary exposure across the full spectrum of osteoporosis care. With the support of the award, she has completed immersive rotations in osteoporosis clinics led by geriatricians, rheumatologists, internists, and gynecologists, gaining broad experience in the management of osteoporosis in advanced age, falls prevention, steroid-induced osteoporosis, and menopause-related bone disease. These experiences have strengthened her ability to deliver nuanced, patient-centred care to diverse populations.

To complement her clinical training, Dr. Wang completed the International Society of Clinical Densitometry's Quality Bone Densitometry for Clinicians course and earned certification as a Certified Clinical Densitometrist (CCD), reflecting a high level of expertise in fracture risk assessment and DXA interpretation.

A key component of her training is a mini-fellowship at the University of Calgary's David Hanley Osteoporosis Centre, where she is gaining specialized experience in disorders of calcium metabolism, hypogonadism, pregnancy-associated osteoporosis, and rare metabolic bone diseases. Working within a dedicated interdisciplinary centre has provided valuable insight into collaborative models of care, including close partnership with dietitians and pharmacists.

Her training will conclude with focused experience in metabolic bone disease in patients with chronic kidney disease and following kidney transplantation. Dr. Wang's career goal is to practice as an academic general internist at Vancouver General Hospital, where she is currently leading a quality improvement initiative addressing gaps in post-hip fracture care. This work represents an important step toward the development of a Fracture Liaison Service and reflects her commitment to advancing osteoporosis care at a systems level.

Dr. Wang is sincerely grateful to Osteoporosis Canada for this award and for its investment in the next generation of clinical leaders in bone health.



**Gabrielle Tsai**

Gabrielle Tsai is a MSc student in Rehabilitation Science at the University of Toronto. She works as a Fracture Prevention Coordinator and Graduate Research Fellow at Providence Healthcare, a geriatric rehabilitation hospital in the Greater Toronto Area. Under the supervision of Dr. Joanna Sale, Gabrielle's research focuses on evaluating the implementation process of the Fracture Liaison Service (FLS) program at Providence Healthcare. This is one of the first known implementations of an FLS within a rehabilitation setting, where a high proportion of fracture patients do not receive appropriate post-fracture bone treatment. The goal of this work is to improve patient outcomes following fragility fractures and to identify rehabilitation-specific considerations that can inform evidence-based best practices for implementing FLS programs in other rehabilitation settings.

The Tim Murray Short-Term Training Award will support Gabrielle's professional development through several targeted training activities. Specifically, this award will sponsor her attendance in an *Osteoporosis and Fracture Prevention Workshop* offered by the Ontario College of Family Physicians, allowing her to stay up to date with best clinical practices in post-fracture management and to translate these learnings into improved patient education and knowledge translation with clinicians. In addition, Gabrielle will present her research at conferences such as the Fragility Fracture Network congresses in Canada and Europe to disseminate findings and network with national and international experts in fracture prevention. Finally, she will complete the course *StrategEase: The HOW of Creating Sustainable Change* through the Centre for Implementation, which will strengthen her research skills in evaluating and supporting evidence-based program implementation.

Gabrielle is honoured to receive this award and excited to contribute to advancing older adult bone health and overall well-being in Canada and beyond.

## **2026 Update: The level of vitamin D in cow's milk and some other foods has increased in Canada**

**Authors: Wendy Ward, Zahra Bardai, Marie-Josée Bégin, Claudia Gagnon, Alan Low, Laëtitia Michou, Sarah Rydal, Vithika Sivabalasundaram, Shirine Usmani, Adrian Lau**

**Osteoporosis Canada's Rapid Response Team**

In Canada, cow's milk has been fortified with vitamin D since the 1970s to help support the development and maintenance of healthy bones and teeth. In addition to cow's milk, there is mandatory vitamin D fortification of margarine. Only a few foods naturally contain vitamin D such as fatty fish and egg yolk, a key reason for Canada's mandatory vitamin D fortification of specific foods. Foods fortified with vitamin D are the main dietary source of vitamin D for Canadians.

**[READ THE FULL POSITION STATEMENT](#)**