Building on 25 Years of Osteoporosis Support in Canada

Then, Now & Tomorrow

We wish you a Happy 25th Anniversary.

This year’s Annual Review honours the contributions of our members, donors, volunteers, staff, partners and supporters. While the Review recognizes only some of the individuals who have shaped our history, we thank each and every person who has contributed to our success and development during our first 25 years.

We enter 2007 celebrating Osteoporosis Canada’s milestones and reflecting on how far the world of osteoporosis has come. We no longer shrug off painful fractures and a stooped posture as signs of aging, but undertake research to understand the cause of fractures so we can reduce their incidence and impact as well as find ways to enhance bone quality and growth.

We have come a long way at Osteoporosis Canada. From a few concerned citizens gathered around a coffee table, we have grown into a network of hundreds of volunteers and staff in 22 Chapters and one Division across the country, helping to educate, empower and support a growing number of people with osteoporosis and those at risk. Our services are more in demand than ever as our population ages.

Funding from the Ontario Ministry of Health and Long-Term Care has created unprecedented growth and a huge expansion in our capacity to recruit and train more volunteers and add programs, services and resources to help more people across the country. As funding from the Ontario government is used for service delivery in the province, there are more resources available for other parts of Canada, as shown by the addition of new Chapters in Montreal and Waterloo-Wellington, and development work continuing in PEI and Newfoundland.

With great growth, comes unique challenges; we must continue our high level of stewardship of our funds, maintain our operational efficiency, and continue to focus on our strategic priorities to achieve our mission and vision. We are implementing a new framework to measure and evaluate our overall performance and the impact of our efforts in improving awareness and knowledge of osteoporosis, improving access to care and making sure all Canadians benefit from research into the prevention, diagnosis and treatment of the disease.

In pursuing our mission that all Canadians benefit from our efforts, we are continuing to work with the Federal Government to establish a national osteoporosis strategy and to gather national surveillance data on osteoporosis.

Our Board of Directors continues its commitment to enhancing and refining the services that Osteoporosis Canada provides. In addition to the work of the Board’s Performance Management Task Force, the Board has established a Risk Management Task Force, which is responsible for developing an extensive risk management framework to strengthen accountability to all of our stakeholders. The Board also regularly reviews and updates the organization’s policies and by-laws to ensure compliance and that they accurately reflect the organization’s current practice.

From a treatment perspective, 2007 marks the fifth anniversary since Osteoporosis Canada published the world’s first evidenced-based Clinical Practice Guidelines (CPGs). Our Scientific Advisory Council continues to update these recommendations, this year publishing papers on men and osteoporosis, parathyroid hormone (PTH) treatment and bone mineral density (BMD) testing. They will continue

this work in the coming year, with new recommendations expected concerning vitamin D and hip protectors, among others.

As we enter our Silver Anniversary year, we continue to build on our founders’ dream - an organization grounded in science and built on compassion and care. We are grateful for the generosity, support, and hard work that our volunteers, staff, members, donors and supporters have shown throughout the years. Your support enables us to move closer each day to achieving our ultimate goal of a future where Canadians will not have to suffer from osteoporosis, but instead will be able to actively participate in life to the fullest. We want the bone health of all Cana-
dians to be as strong as our commitment, dedica-
tion and will to fulfill our dream, and provide a future where we will be able to stand tall and proud in a Canada without osteoporotic fractures.

Happy Anniversary!

Jacqui Wigginton         Dr. Famida Jiwa
Chair, Board of Directors                       Interim President & CEO

2006 - 2007 ANNUAL REVIEW     1
**Highlights & Accomplishments**

Ralph Amo Zirngibl, with Jane Aubin as co-investigator, was awarded the 2006-2007 Osteoporosis Foundation’s Research Award. The research grant enabled Dr. Zirngibl to work for three months at the University of Toronto conducting a study on the generation of a mouse model of osteoporosis. The $10,000 grant enabled Dr. Zirngibl to work for three months at the University of Toronto conducting a study on the generation of a mouse model of osteoporosis.

**Musculoskeletal Health and Arthritis**

Musculoskeletal Health and Arthritis named Dr. Richards to work for three months at the University of Toronto conducting a study on the generation of a mouse model of osteoporosis. The $10,000 grant enabled Dr. Richards to work for three months at the University of Toronto conducting a study on the generation of a mouse model of osteoporosis.

**Fellowship and New Investigator Award**

The Osteoporosis Canada grants two research awards annually to support innovative research on osteoporosis and its consequences. The fellowship award provides up to $50,000 for two years for New Investigator Award recipients. The Osteoporosis Canada grants two research awards annually to support innovative research on osteoporosis and its consequences. The fellowship award provides up to $50,000 for two years for New Investigator Award recipients.

**Bones of Controversy**

In alignment with the International Osteoporosis Foundation’s theme, Osteoporosis Canada unveiled the Bone Appetit campaign just in time for Osteoporosis Month in November 2006. The campaign stressed that food and nutrition play a vital role in building and maintaining strong bones and can therefore ensure good bone health and reduce the risk of developing osteoporosis.

“Osteoporosis Canada has always recommended a balanced diet with plenty of calcium and vitamin D to help build and maintain strong bones,” says Dr. Famida Jiwa, Interim President & CEO of Osteoporosis Canada. “With one in four women and one in eight men over 50 living with osteoporosis, it is concerning to think of how the incidence of osteoporosis may increase in the coming generations. It is critical that we get the message out that good nutrition and exercise can help reduce your risk of osteoporosis.”

Osteoporosis Canada recommends adults 19 to 50 get 1,000 mg of calcium and 400 IUs of vitamin D each day, with daily requirements for adults over 50 increasing to 1,500 mg of calcium and 800 IUs of vitamin D.

**Bone Appetit: Nutrition and your bones**

Bones play a key role in the health and wellbeing of all Canadians, yet the importance of bone health continues to be underestimated. Bones are not just a support system for the body, but a dynamic, living tissue that is constantly being remodeled.

Through most people may not think of it, individuals contribute to their beds and astronauts share something in common: progressive bone loss. Though most people may not think of it, individuals contribute to their beds and astronauts share something in common: progressive bone loss.

Dr. Dave Williams, astronaut and physician with the Canadian Space Agency, shared his experiences with the Bone Research in Space Symposium. Canadian Space Agency astronaut and physician Dr. Dave Williams was one of the experts on the Symposium panel. "As we enter the latter half of the Bone Research in Space Symposium, it is exciting to think about the potential of using space technology and countermeasures to prevent osteoporosis in our aging population,” Williams said. “Understanding the protective effect of appropriate nutrition, particularly on calcium and vitamin D, and countermeasures to prevent osteoporosis in our aging population is critical to the health and well-being of all Canadians.”

**Peaches and Greens**

For the first time, the Osteoporosis Canada collaborative on nutrition and bone health featured a symposium at the World Congress on Osteoporosis, organized in co-operation with Osteoporosis Canada. In addition to the scientific presentations and workshops, there was a meeting for National Patient Societies, a Bone Research in Space Symposium, an Allied Health Professionals Day and the Second Women Leaders Roundtable.

Peaches and Greens is the annual fundraising campaign for Osteoporosis Canada, focusing on increasing awareness and funds for research. This year, Osteoporosis Canada launched a special 25th anniversary line featuring turquoise, freshwater pearl pieces. Osteoporosis Canada recommends adults 19 to 50 get 1,000 mg of calcium and 400 IUs of vitamin D each day, with daily requirements for adults over 50 increasing to 1,500 mg of calcium and 800 IUs of vitamin D.

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Osteoporosis Canada's Scientific Advisory Council provides guidance to healthcare professionals.

Osteoporosis Canada's 58-member Scientific Advisory Council (SAC) continued to deliver practical and scientifically-based guidance to both Canadian, and international, healthcare professionals.

Osteoporosis Canada’s clinical practice guidelines for the use of parathyroid hormone (PTH) for the treatment of osteoporosis, as well as a review paper for the use of parathyroid hormone (PTH) for the treatment of osteoporosis, were published in the July 4, 2006 issue of the Canadian Medical Association Journal.

In January 2007, the Canadian Medical Association Journal published Osteoporosis Canada’s recommendations for the diagnosis, treatment and management of osteoporosis in men.

Highlights of both these guideline papers were presented at meetings with both Canadian, and international, healthcare professionals.

OC’s Scientific Advisory Council continues to review and expand our clinical practice guidelines as new treatments are approved and studies on their effectiveness are completed. We are very grateful to the members of our Scientific Advisory Council, particularly those on the clinical guidelines committees and all of the authors involved, for their time and dedication in completing these guidelines and papers.

The SAC is now working on three scientific papers, funded by the Ontario Osteoporosis Strategy: 1. Guidelines for BMD Testing in Men Aged 50 Years +; 2. Guidelines for BMD Testing in Healthy Women Aged 40-60 Years; 3. Provincial Recommendations for the Site Accreditation of Facilities Performing DXA Scanning in Ontario.

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The SAC is now working on three scientific papers addressing vitamin D, bone turnover markers and hip protectors.

Dr. Alexandra Papaioannou, Chair, Scientific Advisory Council

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Then, Now, Tomorrow

Elda Clarke
Executive Director

Elda Clarke is the Executive Director of Osteoporosis Canada, as osteoporosis became a growing health issue over the past 15 years.

Dr. Robert Josse
SAC Consultant

Dr. Robert Josse co-chaired the work that led to the publication of evidence-based clinical practice guidelines for the diagnosis and management of osteoporosis in Canada in 2002.

Huguette Couture
Quebec City Chapter

Huguette Couture is a founding member and was one of the founding members of Osteoporosis Canada in 1982.

Karen Ormerod
President & CEO (1994-2007)

Karen Ormerod served as President of Osteoporosis Canada as long-standing member and as long-standing member and as long-standing member and as long-standing member of the Ontario Osteoporosis Strategy, projects under the Ontario Ministry of Health and Long-Term Care.

Helen Holman
Volunteer

Helen Holman is a tireless advocate for improved osteoporosis care for the residents of Nova Scotia.

Maurice McNeil
President

Maurice McNeil is a respected author, lawyer and women’s advocate who has championed the cause of osteoporosis research and treatment for more than 15 years.

Scott Wills
President

Scott Wills was a tireless supporter of those living with osteoporosis, actively cross country running and serving on the Osteoporosis Society of Canada in 1997.

Susan Whittaker
Chief Board of Directors

Susan Whittaker serves on the Board of Directors of The Boney Express, a cross-country series of walks with osteoporosis; she led a supporter of those living with osteoporosis.

Elzia Landry
National Office

Elzia Landry has been a dedicated volunteer to the National Office of Osteoporosis Canada since April 1996. She has been a volunteering answering calls on the National 1-800 information line.

Elza Landry
National Director

Elza Landry is dedicated to raising awareness of osteoporosis and its prevention.

Jacqui Wigginton
Chair, Board of Directors

Jacqui Wigginton’s tenure as President and CEO concluded in 2004. She was instrumental in the successful development of Osteoporosis Canada.

Karen Ormerod
President & CEO (2004-2007)

Karen Ormerod succeeded Dr. Joyce Gordon as President and CEO of Osteoporosis Canada in 2004.

Eleanor Mills
Volunteer

Eleanor Mills was a tireless volunteer, having been at the Osteoporosis Canada office for over 12 years.

Joyce Gordon
President & CEO (1994-2004)

Joyce Gordon’s 10-year tenure as President and CEO of Osteoporosis Canada has been instrumental in the successful development of Osteoporosis Canada.

Christine Thomas
Vice-President

Christine Thomas was a tireless advocate for improved osteoporosis care for the residents of Nova Scotia.

Karen Ormerod
Interim President & CEO

Karen Ormerod joined Osteoporosis Canada as National Board of Directors in 2006. She was instrumental in the successful development of Osteoporosis Canada.
The Larry Funnell Story

Larry and his wife Alice live in Cloverdale British Columbia with their dog Leesha. They have two grown sons and three grandchildren. Now retired, Larry was the Director of Human Resources for Environment Canada’s Pacific and Yukon Region.

Larry was diagnosed with osteoporosis when he was 48 years old, shortly after moving to Vancouver from Ottawa. He became involved with Osteoporosis Canada because he was seeking information about the disease.

Responding to the Canadian Osteoporosis Patient Network’s call for membership, Larry is now a member of COPN’s executive committee, hoping to raise awareness of the disease among men. He recounts his experiences with osteoporosis.

“I was shocked when my doctor told me eight years ago I had osteoporosis. Like many others, I didn’t think that the disease affected men. Even though I broke many bones in my mid to late 40s, all from accidents no more severe than a fall from a standing position, it wasn’t until a 10th fracture that my doctor sent me for a bone scan. My history with bone breaks suddenly made sense.

As a man, I felt isolated by osteoporosis. The internet told me that a significant number of those afflicted with osteoporosis were men. Really? Where were they hiding? Didn’t they want to talk to other men and share their experiences? Perhaps they too were embarrassed to learn they had the disease - my own embarrassment kept me from telling anyone other than my family that I had osteoporosis. I was initially so reluctant to disclose my condition that I agreed to go horseback riding with a group of colleagues on a team building exercise – even though I was absolutely terrified the whole time that I might fall and end up in a heap of broken bones.

I’m very pleased to be part of COPN. I want to help change the way osteoporosis is discussed and marketed. It’s not just a woman’s disease – we need to get the message out that osteoporosis affects men. Much can be done to reduce the risk of developing osteoporosis or to catch it at an early stage. Most of all, any man with the disease needs to know that he’s not alone; that there are others and of course the COPN to support him in his quest to live well and live safely.

The Gail Lemieux Story

Gail is the mother of three grown children and currently lives in Barrie with her husband Jim and their two cats. Gail worked as a homecare manager for MDS Laboratories in Barrie for 12 years until she was put on long-term disability due to osteoporosis.

Gail is now a member of the Steering Committee of the Canadian Osteoporosis Patient Network (COPN) a part of Osteoporosis Canada. She has lived with osteoporosis for more than 25 years. Here, in her words, is her story.

In 1980, I slipped and fell on the ice in front of my home and fractured two vertebrae. I was hospitalized for two weeks, then sent home to recover.

In 1991, on Boxing Day, I fell again, down a flight of stairs, and fractured another vertebrae. This time recovery seemed endless, but I returned to work.

However, the pain became too much to bear, and I finally saw another doctor who suggested another x-ray and discovered another fracture. I was diagnosed with severe osteoporosis and was put on long-term disability.

When I was able to be up and around and do some easy things, I got involved with Osteoporosis Canada. I eventually formed a support group in my community and became a member of the Board of Directors of Osteoporosis Canada. I have had the opportunity to speak to many groups and organizations in Canada and abroad about living with osteoporosis. I am now involved with the Canadian Osteoporosis Patient Network.

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Living with Osteoporosis

The Gail Lemieux Story

The Larry Funnell Story

Gail Lemieux, Person with osteoporosis

Larry Funnell, Person with osteoporosis
During this last fiscal year, Osteoporosis Canada increased its financial income by 44 per cent over those of the last fiscal year. Such rates of growth do not come without their attendant challenges, and in the end, the Program fund of Osteoporosis Canada incurred a modest operating deficit of $125,172. Total revenue for the Program increased by $6,324,623 and total expenses were $6,449,795.

The charts below detail the results of operations of the Program Fund. Forty-seven per cent of revenues are derived from government grants. The remaining 53 per cent are derived from individual donations and bequests as well as corporate donations and sponsorships. Expenses incurred by the Program fund serve to fulfill the Vision and Mission of Osteoporosis Canada and research projects selected by the Scientific Advisory Council of Osteoporosis Canada. Osteoporosis Canada wishes to acknowledge the following corporations, foundations, employee groups and service organizations for their generous support:

**Thank You!**

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**Financial Highlights 2006-2007**

**Operations of the organization were increased in large part, due to the increased funds provided by the Ontario Ministry of Health and Long-Term Care for activities related to Ontario’s multi-year Osteoporosis Strategy, which aims to improve the bone health of all Ontario residents. The Research fund, which is administered by the Investment Committee of the Board of Directors and is financially segregated from the Program Fund, closed the fiscal year with a balance of $1,395,257. The Research fund receives and manages financial resources available for scientific research projects selected by the Scientific and Operations Advisory Council of Osteoporosis Canada.**

**Finally, I would like to personally thank all of the volunteers to Osteoporosis Canada. The tens of thousands of hours given by individuals to all of the Chapters and groups across Canada in all capacities including National and Local Board members, Scientific and Operations Advisory Council members, and National Office and Local Chapter operations staff members, have all innumerably contributed to the continued success of our organization.**

Ken Cheng, C.A., C.G.A. Treasurer, National Board of Directors

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**Thank You!**

Osteoporosis Canada wishes to acknowledge the following corporations, foundations, employee groups and service organizations for their generous support:

12 Waterhouse Private Giving Foundation
123 Automotive
Tetra Pak Canada Inc.
The George Loran Foundation
The Guarantee Company of North America
The Harold Crabtree Foundation
The HYDEDCF’s
The Jewish Foundation of Manitoba
The Joan and Irwin Philip Foundation
The John Jigg’s Foundation
The Peterson Charitable Foundation
The Sister of the Presentation
The Winnipeg Foundation
Thompson Funeral Home and Cemetery
Toronto Falls Communications Inc.
Tops Chapter #4824
Ironclad Community Foundation
Toyota Canada Inc.
Triforum Corporate Communications Inc.
Tuexi Chapter # 148 of the Eastern Star
Vancouver Island Health Authority
Vital Steps
Vancouver Mutual Insurance Company
Wyeth Consumer Healthcare Inc.

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**EXPENSES**

| Education & Program Development | 2,629,646 |
| Supporting Services | 606,469 |
| Resource Development | 1,022,700 |
| Ontario Ministry of Health Development | 2,191,150 |

| Individuals | 1,149,093 |
| Corporations & Foundations | 1,189,303 |
| Special Events | 178,875 |
| Government Grants | 5,007,745 |
| Sales | 12,026 |
| Other* | 203,638 |

| 6,324,623 | 3% |

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**REVENUES**

| * includes non-profit community groups, corporate giving and individual donations |

<table>
<thead>
<tr>
<th>Revenue</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individuals</td>
<td>23%</td>
</tr>
<tr>
<td>Corporations &amp; Foundations</td>
<td>19%</td>
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<tr>
<td>Special Events</td>
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<tr>
<td>Government Grants</td>
<td>47%</td>
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<tr>
<td>Sales</td>
<td>2%</td>
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<tr>
<td>Other*</td>
<td>3%</td>
</tr>
</tbody>
</table>

| 6,449,795 | 100% |
Earl R. Bogoch, MD, MSc, FRSCC
St. Michael's Hospital
Jacoques P. Brown, MD, FRCP
Université Laval
Thomas Brown, Pharm. D. University of Toronto
Angela Cheung*, MD, PhD, FRCP University of British Columbia
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E. Bruce Roe, MD, FRCP McMaster University
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Laurie Dian, MD, FRPC University of British Columbia
Sidney Feldman, MD, FCPP University of British Columbia
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For more information on the Division or Chapters near you visit the Community Contacts section of www.osteoporosis.ca or call 1-800-463-6842
For a list of National staff, visit the Osteoporosis Canada section of www.osteoporosis.ca.