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Remember: You can live well with osteoporosis!

Did you know that Osteoporosis Canada has a Scientific Advisory Council made up of 58 of the top Canadian specialists in osteoporosis; physicians, researchers, physiotherapists, dietitians, and pharmacists. These extremely knowledgeable people volunteer their time and expertise to ensure that the materials available to us and to our doctors from Osteoporosis Canada contain only the best available evidence-based information.

Each year this group nominates one person from across Canada to receive the Lindy Fraser Memorial Award. This award was established 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. This year's winner was Dr. Anthony Hodsman. We thought you might like to know more about this exceptional person.

Dr. Hodsman wins 2007 Lindy Fraser Memorial Award

Osteoporosis Canada is proud to announce that Dr. Anthony Hodsman was selected as this year's winner of the Lindy Fraser Memorial Award, which is given to individuals that have made a significant contribution to research and education in the field of osteoporosis.

Dr. Hodsman received his award at a scientific meeting earlier this fall, in recognition of his leadership as Chair of Osteoporosis Canada's Scientific Advisory Council (SAC) from 2003 to June 2006, as well as his outstanding research over the years, particularly in the development of parathyroid hormone (PTH) as a new approach to osteoporosis therapy.

Dr. Hodsman played an integral part in re-shaping the organization of the SAC by implementing a process to continue developing best-practice recommendations, streamlining the reporting structure of the SAC Executive Committee and establishing partnerships with other research funding organizations such as the Canadian Institutes for Health Research, the Ministry of Health of Ontario and industry partners. Dr. Hodsman always acknowledged that these achievements were the result of a dynamic group with the vision to come together to reach common goals.

Dr. Hodsman graduated from the Middlesex Hospital Medical School at the University of London, England, in 1971. After completing his training in both endocrinology and nephrology at the University of Western Ontario, Canada, and the University of California in Los Angeles, he was appointed to the Department

of Medicine, in the University of Western Ontario at St. Joseph's Health Centre, London in 1981. A fellow of the Royal College of Physicians in both Canada and the United Kingdom, he is currently a professor of medicine at the University of Western Ontario. He created the London Regional Osteoporosis Program in 1981, and was its Medical Director until 2004.

Dr. Hodsman's research interests primarily lie in the field of metabolic bone disease, renal osteodystrophy and osteoporosis. His basic research has been funded by the Canadian Institutes for Health Research since 1981, and is currently focused on the molecular mechanisms by which parathyroid hormone functions as an anabolic agent in the adult skeleton. He is the Director of the Osteoporosis Clinical Trials Unit at St. Joseph's Health Centre, and has been actively engaged in clinical trials evaluating many therapies for the treatment of osteoporosis. He has published extensively in the basic and clinical fields, as well as the application of clinical practice guidelines in osteoporosis, (particularly regarding wrist fractures in later life).

Dr. Hodsman is a member of the American Society of Bone and Mineral Research, and both the Canadian and American Societies of Nephrology. He is a past Deputy Director of the Lawson Research Institute at St. Joseph's Health Centre. He serves as a member of many advisory boards at both national and international levels in the field of osteoporosis and renal osteodystrophy, as well as on the editorial boards of several medical journals, including *The Journal of Clinical Endocrinology and Metabolism*.

Upon receiving the Lindy Fraser Memorial Award, Dr. Hodsman provided the following advice for young researchers: "Firstly, I'd encourage young researchers to realize that most of what we think we know about the skeleton is not biologically correct. Therefore there are an infinite variety of windmills to go and tilt at, with opportunities to get *closer* to the truth. However, the *real* truth won't be clear until after retirement, so you'll never run out of things to do."

"Secondly, pick a project that is sufficiently circumscribed so that there is a good chance to become an expert – for that, most people need either a mentor, or very good luck."

"Thirdly, demand the time protection to accomplish the goal. It is never worth being successful in a university career, at the expense of one's family, health and friends. It is necessary to visit Peru, or the Himalayas along the way."

Please join us in congratulating Dr. Anthony Hodsman.

Funny Bone:

Before marriage a man will lie awake all night thinking about something you said; after marriage he will fall asleep before you have finished saying it.

Remember: It is important for you to eat a **healthy diet**, get some appropriate **exercise**, take your **calcium and vitamin D** and if your doctor has prescribed a **medication** don't forget to take it as directed.

COPING NEWSLETTER will come to you every second Friday. We hope you enjoy it and find the information useful. Don't forget to log on to www.osteoporosis.ca for up to date information.

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