

Osteoporosis Canada's
Scientific Advisory Council

SAC Link

Harmonization of Guidelines:

The OC Guidelines Steering Committee has collaborated with members of osteoporosis organizations from the US and Mexico to harmonize generic recommendations on agreed core principals of osteoporosis care. This consensus paper was reviewed and endorsed by the OC Guidelines committee, and has also been endorsed by the National Osteoporosis Foundation and Mexico. It was recently published in the July issue of Osteoporosis International. The article is entitled: Core principles for fracture prevention: North American Consensus from the National Osteoporosis Foundation, Osteoporosis Canada, and Academia Nacional de Medicina de Mexico

It is a first step in harmonizing core principals between NOF, Mexico and Osteoporosis Canada. Here is the link to the article:
<https://doi.org/10.1007/s00198-020-05541-7>

IOF CNS Medal

Osteoporosis Canada is proud to announce that Dr. Famida Jiwa, President and CEO has been awarded the IOF CNS Medal.

The International Osteoporosis Foundation (IOF) has recognized Dr Jiwa for major contributions to the IOF Committee of National Societies (CNS), as well as her longstanding dedication to osteoporosis awareness, education and advocacy.

The CNS Medal honours an individual who has made an important contribution to the IOF Committee of National Societies (CNS) through active participation in CNS activities and by expanding IOF's message and outreach at the local level.

Congratulations Famida!

Read the full announcement:
<https://osteoporosis.ca/dr-famida-jiwa-awarded-the-iof-cns-medal/>

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Lindy Fraser Award 2020

This message is sent on behalf of Dr. Sandra Kim, Chair of the SAC

On behalf of Osteoporosis Canada's Scientific Advisory Consultants and Osteoporosis Canada, I would like to announce this year's Lindy Fraser Award Winner as chosen by the members of the SAC.

You may recall that Osteoporosis Canada established this award 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. 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.

This year's award winner has shown immeasurable dedication and determination in the collaborative effort to achieve the common vision of Canada without osteoporotic fractures. We cannot think of a more deserving individual.

Osteoporosis Canada is happy to recognize Dr. Aliya Khan as the 2020 Lindy Fraser Award Winner.

Aliya Khan is a Clinical Professor of Medicine, in the Divisions of Endocrinology and Metabolism and Geriatrics at McMaster University and Director of the Calcium Disorders Clinic at McMaster University Medical Centre.

She is also the Director of the Fellowship program in Metabolic Bone Disease at McMaster University.

She graduated from the University of Ottawa Medical School with Honors in the top quarter of her class. She trained in Internal Medicine, Geriatric Medicine and Endocrinology at the University of Toronto and also completed a research fellowship in Calcium and Metabolic Bone disorders at the University of Toronto.

Dr. Khan has been a long-time dedicated member of the SAC. She is the Chair of the SAC Rapid Response Committee of Osteoporosis Canada as well as the Co-chair of the Knowledge Translation committee. She is also a member of the SAC Executive committee, and has been actively involved with OC guidelines update work as part of the FRA working group. She is recognized nationally and internationally, as an expert in calcium, metabolic bone disorders and osteoporosis. She is the lead in the international task force on ONJ, as well as the Canadian and international consensus recommendations on hyperparathyroidism and hypoparathyroidism.

On a personal note, students and colleagues agree -- she is very caring and considerate towards her patients, students and staff. She is always striving to provide the best care to her patients and accomplishes this by leading research and the development of clinical practice guidelines.

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There are many more details about Dr. Khan and her career available on the OC website. Please refer to the OC website for more details.

Thank you Aliya for all your contributions to OC's SAC - we are lucky to have you and we wish you sincere congratulations!



SAC Committees 2020-2021

SAC Executive Committee: Sandra Kim (chair), Rowena Ridout (Vice Chair), Suzanne Morin (Past Chair), Wendy Ward, Sid Feldman, Aliya Khan, Adrian Lau, Alexandra Papaioanou, Nese Yuksel, Prism Schneider, Heather McDonald Blumer, Linda Probyn

SAC Guidelines Committee: Heather McDonald Blumer (Chair), Sandra Kim, Suzanne Morin, Bill Leslie, Emma Billington, Sid Feldman, Andy Kin On Wong, Angela Juby, Angela Cheung, Lora Giangregorio, Nese Yuksel, Christine Thomas (COPN)

SAC Research Committee: Wendy Ward (Chair), Ahmed Negm, Sandra Kim, Maureen Ashe, Jerilyn Prior, Stephanie Kaiser, Cathy Craven, Laetitia Michou, Sharon Marr, Christine Mader (COPN)

SAC Development Committee: Alexandra Papaioanou (Chair), Angela Cheung, Sabrina Gill, Sian Iles, Susan Whiting, Sandra Kim, Rowena Ridout

SAC Rapid Response Team: Aliya Khan (Chair), Sandra Kim, Rowena Ridout, Lianne Tile, Claudia Gagnon, Heather Frame

SAC KT Core Committee: Aliya Khan (Co Chair), Prism Schneider (Co Chair), Nese Yuksel, Lianne Tile, Elizabeth Stanton, Tim Cuddy, Sarah Ward, Susan Whiting, Natasha Gakhal

SAC COPN Review Committee: Adrian Lau (Chair), Joanna Sale, Teri Charrois, Jenny Thain, Zahra Bardai

New Members

The OC SAC Development Committee recently met and approved 12 new nominations to the SAC. Please welcome:

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Dr. Zahra Bardai BSc, MD, CCFP, MHSc, FCFP completed her medical and family medicine training at McMaster University. She has received a Masters of Health Science in Family and Community Medicine from the University of Toronto. She holds a Primary Care of the Elderly Fellowship accredited through the College of Family Physicians of Canada as well as Academic and Musculoskeletal Fellowships through the Department of Family and Community Medicine at the University of Toronto.

She is a Lecturer in the Department of Family and Community Medicine at the University of Toronto.

She has over 20 years of experience in developing medical educational materials. She has published multiple articles in peer-reviewed journals and has regularly contributed to patient education and media presentations. She is passionate about promoting health literacy. She currently practices family medicine at the Brock Community Health Center.



Lauren Beaupre

Lauren is a physical therapist and epidemiologist who is a professor and Dr. David Magee Endowed Chair in Musculoskeletal Research in the Department of Physical Therapy at the University of Alberta. She also holds a joint appointment in the Division of Orthopaedic Surgery at the University of Alberta. She is co-chair of Bone and Joint Canada, a knowledge translation organization that promotes best practices in the care people with musculoskeletal conditions or injuries.

Lauren has published extensively in the areas of hip fracture recovery and secondary fracture prevention. She is also interested in Implementation Science Research and has worked closely with the Alberta Bone and Joint Strategic Clinical Network to implement and evaluate provincial bone health programs to improve secondary fracture prevention. She is the current Scientific Committee Chair for the international Fragility Fracture Network that will bring their Global congress to Toronto in Fall 2021.

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Teri (Theresa) Charrois

Teri graduated with her BScPharm from the University of Alberta in 1997. She worked at the Grey Nuns Hospital in internal medicine for several years before completing her Master's degree in Clinical Epidemiology in 2005. Teri then worked as a Research Associate in the Faculty of Medicine, coordinating research studies in pharmacy practice. In 2010, Teri moved to Curtin University in Perth, Australia as a Lecturer in the School of Pharmacy. She returned to Edmonton in June 2014 and started her current position as Clinical Associate Professor and Director of Practice Innovation in the Faculty of Pharmacy and Pharmaceutical Sciences at the University of Alberta. Teri is finishing her Doctor of Education from the University of Calgary. For her clinical practice, Teri works in a multidisciplinary osteoporosis clinic once a week in the Division of Rheumatology, University of Alberta.



Dr. Phil Chilibeck

Phil Chilibeck is a professor in the College of Kinesiology at the University of Saskatchewan. He obtained his B.Sc. (Kinanthropology) from the University of Ottawa, his M.Sc. (Human Biodynamics) from McMaster University, and his Ph.D. (Kinesiology) from Western University. He did a postdoctoral fellowship (Physical Education and Recreation) at the University of Alberta. He has been involved in research on the influence of exercise and nutrition on bone health since 1994. He lives in Saskatoon with his wife and three very active kids and still struggles to play the occasional match of rugby.

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Dr. Kristin Clemens is an early career clinician-researcher, Assistant Professor of Medicine and Epidemiology and Biostatistics at Western University, Adjunct ICES Scientist, and endocrinologist at St. Joseph's Health Care London.

As an epidemiologist and health services researcher, her research focuses upon the quality of care, outcomes and social-environmental risk factors for disease in endocrine patients including those with osteoporosis. Dr. Clemens' research has been funded by organizations including the Canadian Institutes of Health Research and Diabetes Canada.

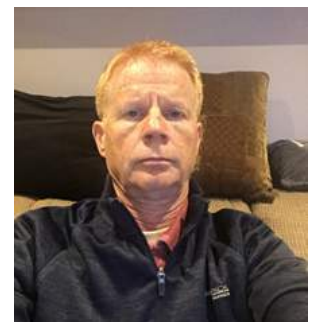
As a general endocrinologist, Dr. Clemens treats patients with a variety of endocrine disorders. She also has a large osteoporosis and metabolic bone disease practice, and is currently the Medical Director of the Osteoporosis and Metabolic Bone Disease Program at St. Joseph's Health Care London.

Dr. Clemens is also an active teacher and supervisor of medical trainees at Western University.

Dr. T Cuddy BSc MD CCFP Assistant Clinical Professor of Medicine , McMaster
Department of Family Medicine

His practice includes being a Medical Director and practicing physician in Long Term
Care in Burlington.

He is joining the SAC with a background of involvement in education sessions
including bone metabolism issues matched with a practice profile which regularly
involves managing patients with osteoporosis on the front lines .



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Ian Hammond

- Professor, Department of Radiology, University of Ottawa
- Co-chair Canadian Bone Density Facility Accreditation Program (CBMD), Ontario Association of Radiologists
- Graduate of McGill University Medical School 1972
- Royal College certification in Diagnostic Radiology 1976
- Chairman, Department of Radiology, University of Ottawa 1991-99
- President, Canadian Association of Radiologists 2001-03
- Recently retired general radiologist with special interests in community-based radiology practice, Bone Mineral Densitometry, and Ultrasound

Statement:

Given the importance of bone mineral densitometry (BMD) in the identification and management of persons with osteoporosis, I am committed strongly to efforts to promote high quality BMD scanning through facility accreditation, as well as through the education of technologists and imaging physicians. It has been my pleasure over the past several years to have been able to work with the CAMOS group on the significance of vertebral morphology in the diagnosis of osteoporotic vertebral fractures.

I very much look forward to working in collaboration with the expert colleagues from various disciplines who serve on the Scientific Advisory Council of Osteoporosis Canada.

Dr. Robert Josefchak

Dr. Josefchak grew up in Thunder Bay, was educated at Western in London, and has practiced orthopaedic surgery in St. Catharines, where he continues to run an orthopaedic office practice. He and Maureen have been married for 38 years, have two adult children and have recently become grandparents. They are in the process of transitioning his surgical orthopaedic practice to share in the family's mutual interests in golf, skiing, cycling, wine and travel.

He is an Associate Clinical Professor at the Department of Surgery, McMaster University and has been the Principal Investigator in over thirteen orthopaedic research studies.

He has served as the Ontario Orthopaedic Association's Regional Representative to Osteoporosis Canada from 2006 – 2016, He has successfully completed the McMaster University Chartered Director Program. He has served on the Niagara Health Foundation, Board of Directors since 1986 and sits on their nominating Committee. He is also presently on the Board of Directors for Community Living Grimsby, Lincoln and West Lincoln.



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Dr. Tayyab Khan works as an endocrinologist at Western University. He completed his medical degree at the University of Manitoba before training in Internal Medicine at Western University, London, ON. He then moved to McMaster University in Hamilton to pursue training in Endocrinology and Metabolism and then completed a Master of Public Health degree at Harvard University. Dr. Khan's research interests lie in disorders of bone and calcium. He continues to publish in this field and won the 2014 award for Best Research Poster at Western University in 2014. He subsequently won the Regional Medical Associates Scholarship towards research during subspecialty training in 2016. More recently, he was selected through an international competition to attend a preceptorship in Metabolic Bone Disease at Columbia University in May 2017. His research interests within osteoporosis include diabetes and osteoporosis, vertebral fractures, and treatment of osteoporosis among those with chronic kidney disease.

Dr. Ahmed Negm is a trained orthopedic surgeon with a passion for clinical research and knowledge translation, Dr. Negm completed his Master and Ph.D. in Rehabilitation Science at McMaster University. He led several research initiatives to improve the functional performance of frail older adults with osteoporosis, osteoarthritis, frailty, or sarcopenia.

In recognition of academic excellence and leadership, Dr. Negm has received over 30 academic awards including Alberta Innovates Post-doctoral fellowships, Osteoporosis Canada Ph.D. Studentship Research Award, Canadian Frailty Network Interdisciplinary Fellowship, and Ontario Graduate Scholarship.

Dr. Negm is a postdoctoral fellow at the University of Alberta focusing on optimizing the health outcome of Older Canadians with frailty and sarcopenia through improving rehabilitation interventions. Currently, he is a member of the Osteoporosis Canada Guidelines Update Committee as well as the Alberta Bone & Joint Health Institute Fragility and Stability Committee.



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Carla Purcell, BScN, RN, CMSN(C) is a Registered Nurse from Dartmouth Nova Scotia. She has worked in various roles at Dartmouth General Hospital for her whole career, with the majority of that time in the capacity of Clinical Nurse Educator, Inter-Professional Practice and Learning. During that time she supported continuing professional development for staff as well as facilitated the implementation of new initiatives throughout the hospital and health district. She has worked with Osteoporosis patients for more than 20 years providing patient education for the province of Nova Scotia through telehealth. She implemented the first Fracture Liaison Service (FLS) in Nova Scotia at Dartmouth General Hospital. The FLS program has now expanded and she now serves as both a clinician and the Clinical Nurse Educator for FLS in Nova Scotia.

Carrie Ye grew up in Winnipeg and completed her medical training at the University of Alberta in 2016. She works as a rheumatologist at the Kaye Edmonton Clinic at the University of Alberta Hospital in Edmonton and started the Multidisciplinary Bone Health clinic in 2017 with a team of nurses, pharmacists, physiotherapist, occupational therapist and dietitian. She is particularly interested in filling the care gap of osteoporosis prevention and treatment in patients on high risk medications such as glucocorticoids and cancer therapies. She co-founded and serves as the clinical lead of the scientific advisory committee for the Canadian Research Group of Rheumatology in Immuno-Oncology (CanRIO). She has been the program director for U of A's rheumatology training program since 2018. Outside of work, she keeps busy with her two kids and enjoys painting and running.



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Rapid Response from Osteoporosis Canada Celiac Disease and Bone Health

Dr. Aliya Khan, Heather Frame, Claudia Gagnon, Rowena Ridout, Lianne Tile, Wendy Ward, Sandra Kim

Recently Duerksen and colleagues published on fracture risk assessment in celiac disease – a registry-based cohort study (1). This study evaluated the incidence of major osteoporotic fractures (hip, spine, forearm and humerus) in patients with celiac disease confirmed by a positive celiac profile on blood testing, and compared the risk of fracture with those who did not have celiac disease. Individuals with celiac disease had more fractures in comparison to those who did not have celiac disease (HR 1.43 (95% CI 1.11-1.86)) (1).

This study confirms that celiac disease is associated with an increased risk of fracture. This registry-based study supports previous research (2) indicating that celiac disease appeared to be associated with an increased risk of fracture, however previous research was not conclusive as it was not clear if the increased fracture risk was due to the presence of celiac disease. Also, the impact of the gluten-free diet on fracture risk is still not well understood. People with celiac disease benefit from an assessment of bone health and fracture risk.

1. What is celiac disease and how does it affect bone health?

Celiac disease results from an immune reaction to the gluten present in wheat and other foods - ingestion of these foods results in the small bowel lining becoming flat, and affects absorption of nutrients including calcium, phosphate and vitamin D which are essential for bone mineralization and bone health. Also, celiac disease is associated with the release of inflammatory cytokines or proteins which increase the rate of bone loss, and may negatively affect bone formation.

2. How does FRAX calculate fracture risk in celiac disease?

The FRAX calculation incorporates multiple risk factors for fracture and provides a prediction of future fracture risk over the next 10 years. If the bone mineral density data is entered into the calculator, it does not incorporate the presence of another cause for the osteoporosis (such as celiac disease) in determining the fracture risk. However, if BMD is not provided, it includes the presence of a secondary cause for the osteoporosis in determining fracture risk.

This study showed that people with celiac disease had more fractures than expected if the celiac disease had not been present. The FRAX calculation appropriately predicted a higher fracture risk if the presence of celiac disease was considered as a secondary cause, or if BMD data was entered (1).

3. Are there any limitations of this study?

This data may not apply to men or younger individuals as the majority of the patients were women and the mean age was 60yrs. It was also not possible to evaluate the patient's ability to follow a gluten-free diet - some but not all patients may have followed the diet, and this may have affected the results of the study. Finally, the study was relatively small, with 693 patients with celiac disease and 68,037 patients in the general population.

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4. How should this information be applied to people with celiac disease? People with celiac disease benefit from an assessment of bone health and fracture risk. It is important to ensure that adequate calcium, phosphate and vitamin D are being ingested and absorbed, as malabsorption of these essential nutrients can impair bone quality and strength. (3). The importance of strict adherence to the gluten-free diet needs to be emphasized to enhance absorption of key nutrients for optimal bone quality and strength in those with celiac disease.

References

1. Duerksen DR, Lix LM, Johansson H, McCloskey EV, Harvey NC, Kanis JA and Leslie WD. Fracture risk assessment in celiac disease: a registry-based cohort study. *Osteoporosis International*. August 3, 2020
2. Heikkilä K, Pearce J, Mäki M and Kaukinen K. Celiac disease and bone fractures: A systematic review and meta-analysis. *Journal of Clinical Endocrinology & Metabolism*, 2015;100(1):25-34.
3. Fouda MA, Khan AA, Sultan M, Rios LP, McAssey K and Armstrong D. Canadian evaluation and management of skeletal health in celiac disease: Position statement. *Canadian Journal of Gastroenterology*. 2012;26(11):819-29.

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The results of Osteoporosis Canada's second national FLS audit (2020) demonstrate the effectiveness of Canadian FLSs in closing the post-fracture care gap.

This report provides an overview of the results from OC's second national FLS audit (cohort of FLS patients from April 1 to September 30, 2019). These results are compared to OC's first national audit (cohort of FLS patients from April 1 to September 30, 2017).

OC's national FLS audits evaluate the FLSs' performance on the OC core FLS KPIs, as defined in Key performance indicators (KPIs) for Canadian FLSs v2.0: setting the foundation for reflective practice and improvement for FLSs:

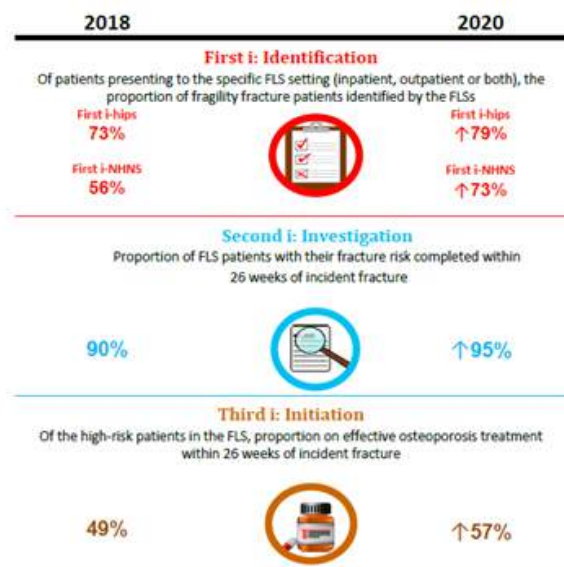
- First i (identification), hips
- First i (identification), non-hip, non-spine (NHNS)
- Second i (investigation)
- Third i (initiation of osteoporosis treatment in high risk patients)

OC's national FLS audits are intended for Canadian FLSs, excluding those of the Ontario Osteoporosis Strategy as the latter conducts its own audits. Of 17 eligible Canadian FLSs, 15 participated in this second audit (88% participation rate) with a total of 1870 patients (compared to the first audit's 1398 patients).

The results of this second national FLS audit highlight the ongoing and unwavering commitment of Canadian FLSs to CQI and to improving osteoporosis care for Canadians presenting with fragility fractures.

You can access the full report at <https://fls.osteoporosis.ca/wp-content/uploads/Second-national-FLS-audit-report-2020-English.pdf>

You can access the French version at: <https://fls.osteoporosis.ca/wp-content/uploads/Second-national-FLS-audit-report-2020-French.pdf>



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Now, more than ever, we need your help.



COVID-19 has made life challenging, but know that Osteoporosis Canada remains committed to supporting Canadians with osteoporosis.

**Without you, we cannot do what we do.
Together, we will make Canadians unbreakable.**

PLEASE DONATE