

Osteoporosis Canada's
Scientific Advisory Council

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TIMOTHY MACLEOD MURRAY MD FRCPC CM (1938-2019)

Osteoporosis Canada is saddened to announce the passing of Dr. Timothy M. Murray, founding member of Osteoporosis Canada. Dr. Murray was the Emeritus Professor of Medicine at the University of Toronto, past Director of the Toronto CaMos Centre and past Director of the Metabolic Bone Clinic at St. Michael's Hospital, Toronto. He played an active role in the American Society of Bone and Mineral Research and the International Society of Clinical Densitometry.

He was awarded the Order of Canada in 2007 for his significant contributions to osteoporosis research and education in Canada. Without Dr. Murray, Osteoporosis Canada would not be the organization it is today.

Through the 1970's, Dr. Murray was a physician scientist at St. Michael's Hospital in Toronto researching fundamental bone science. He started the first Metabolic Bone Clinic in Canada at St. Michael's Hospital in 1981 bringing together people who were already suffering from the acute pain and deformity of osteoporosis, mostly elderly women. During this time the treatment and care for patients was still undeveloped. Dr. Murray's team worked to develop the medical procedures and facilities together with patients who were also passionately motivated to support the cause.



In this issue

**Timothy Macleod
Murray**

ASBMR

**Student Activities at
ASBMR**

Nominations to SAC

**Beyond The Break/
Bone Fit**

Osteoporosis Canada's
Scientific Advisory Council

SAC Link

These patients were women who were extremely determined despite their burden of pain. They were convinced that through their efforts and initiative they could affect change. They supported the physicians and researchers by drawing public awareness to the ravages of the disease, by raising money for research and by supporting each other. Ultimately, this group of women formed an army of volunteers across the country – strong and committed. Some of the key people were Eleanor Mills and Lindy Fraser.

Volunteers convinced newspaper columnists to take their osteoporosis story to the general public. Before long, eye catching headlines appeared such as Silent Thief will Rob Our Bones of Calcium, Fighting Back: A walk for all of Canada and Wealthy Women Should do More to Support Research. In the latter article, Dr. Murray was asked why osteoporosis had received so little attention. He responded, "It gets overlooked because of ageism and sexism." In response the writer wrote, "I was startled. Dr. Murray sounds like a conscious scientific type, not the sort given to the lingo of social change."

During this time, Dr. Murray together with Dr. Joan Harrison and his clinic staff were thinking about how they could maximize their efforts. One morning Dr. Murray boarded the bus on the way to work and got into a conversation with a new neighbor – a lawyer named Michael Slant.

When Dr. Murray told him of his involvement in the field of osteoporosis, Mr. Slant said he immediately knew what Dr. Murray was talking about and he expressed interest. Dr. Murray further shared the difficulties of finding funding for research. Mr. Slant immediately said a society was needed.

As a result of the chance meeting between these two gentleman, the process began to form The Osteoporosis Society of Canada. The work to create the society was done in Dr. Murray's living room and in October 1982 The Osteoporosis Society of Canada ultimately received its charitable status.

Since 1982, Osteoporosis Canada – the current name of the organization, has grown exponentially and made a significant impact in the areas of bone health and osteoporosis largely due to Dr. Murray. Given the groundbreaking work done in Canada, Dr. Murray who also was asked to consult on the formation of an osteoporosis organization in the United States. And before long, similar organizations started appearing in other countries.

Led by the passion and commitment of Dr. Murray, Dr. Joan Harrison and others, Canadians initiated an international movement in osteoporosis. It was a model of which we can all be proud. The Osteoporosis Canada family extends its heartfelt condolences to Dr. Murray's wife Joan and their entire family.

You can view the obituary for Timothy MacLeod Murray M.D. here <http://www.blairandson.com/book-of-memories/3962035/Murray-MD-Timothy/obituary.php>

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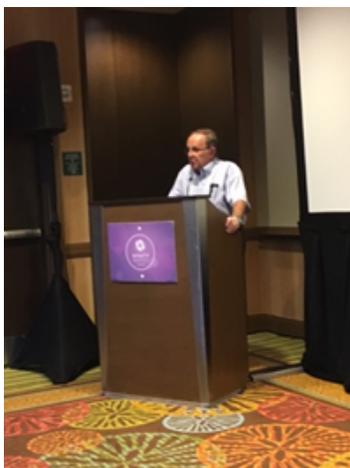
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ASBMR OC SAC Breakfast

Lindy Fraser Award Winner



Nearly 50 people joined Osteoporosis Canada for breakfast at the ASBMR held in Orlando on Sept. 19th. The morning included introductions of the SAC Executive, a tribute to Dr. Tim Murray, a guidelines update, an introduction of OC student award winners and the Lindy Fraser presentation.



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

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. Osteoporosis Canada recognizes *Dr. Rowena Ridout*.



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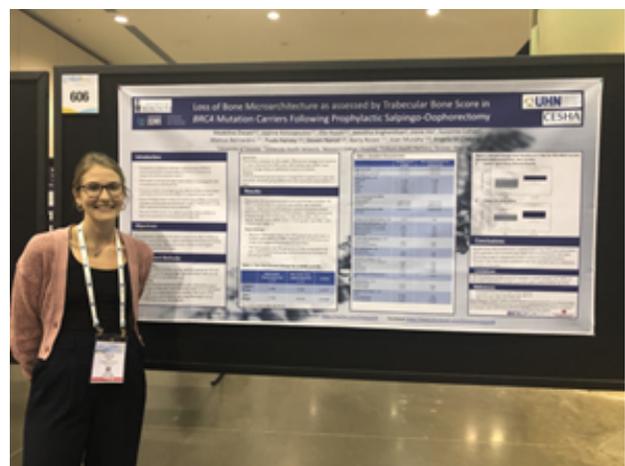
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Dr. Ridout is an endocrinologist at the Toronto Western Hospital, University Health Network and a staff physician at the UHN/MSH Osteoporosis Programme and can be seen below accepting her award from Dr. Sandra Kim, Chair of the SAC. She completed her undergraduate and postgraduate medical training at the University of Toronto. She has been involved in clinical research in osteoporosis including the attainment and maintenance of peak bone mass, the treatment of steroid-induced osteoporosis in children and interventions in the fracture clinic. She has been involved with Osteoporosis Canada for many years, and is currently the medical advisor for COPN and the vice chair of the SAC. She is an Assistant Professor of Medicine at the University of Toronto, and her primary academic activity is teaching and education. Rowena is also involved with the Clinical Practice Guidelines update. At this year's Osteoporosis Canada AGM, Rowena was presented with Osteoporosis Canada's Backbone award for volunteering.

Student Activities at ASBMR

Madeline Dwyer

"The Osteoporosis Canada Master's Studentship Research Award helped to support my travels to Orlando, Florida for the ASBMR Annual Meeting 2019. I am grateful to have had the opportunity to present my thesis research to others in the field. The questions, feedback, and discussions I was able to participate in at the ASBMR meeting will allow me to produce more rigorous research. I am also grateful to have learned about new research and upcoming topics in the field of bone and mineral research, which will benefit me moving forward in my career."



Congratulations Rowena!



Osteoporosis Canada's
Scientific Advisory Council

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Anne-Frédérique Turcotte

"I want to thank Osteoporosis Canada for granting me with the Tim Murray Award, which allowed me to attend the American Society for Bone and Mineral Research (ASBMR) Annual meeting in Orlando, Florida, from September 19th to 23th 2019. During that meeting, I attended multiple conferences that allowed me to gain new knowledge in my research field. I also presented one of my Master's project in two poster presentations, during the Symposium on Muscle: The Path Forward to New Therapeutic Targets and during the Annual meeting, which is a great opportunity to network with other researchers and graduated student in the bone field, as well as with other Osteoporosis Canada members. I also had the opportunity to attend the annual breakfast organized by Osteoporosis Canada on the 21st. " Thank you again for this award!

Nominations to SAC

Three nominations were reviewed and accepted by the SAC Development Committee. Caitlin McArthur, Jenna Gibbs and Natasha Gakhal have been welcomed as new SAC members.

There were 5 resignations to the SAC this year: Vicky Scott, Courtney Kennedy, Sadhana Prasad, Anne Marie Whelan and Geoffrey Johnston.

Donate Now to Receive your 2019 Tax Receipt

Join your fellow members of the Scientific Advisory Council in making your annual donation to Osteoporosis Canada. As you know, the Scientific Advisory Council's Terms of Reference state that members have an annual commitment to be an OC donor.

You can donate online through the website or through any of the end of year campaigns which will be emailed to you containing links and details to make giving easier.

Thank you to everyone who has already made their 2019 gift. Let's aim for 100% participation this year.

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Scientific Advisory Council

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New SAC Members



Dr. Natasha Gakhal

Dr Gakhal is a full time rheumatologist and assistant professor at Women's College Hospital at the University of Toronto, Ontario. Her clinical focus is osteoporosis and she has a Master's in quality improvement and patient safety. Her academic and research focus is on improving triage and access to care by exploring new models of care and collaboration with primary care physicians, specialists and allied health practitioners.

Dr. Jenna Gibbs

Dr. Jenna Gibbs is an assistant professor in the Department of Kinesiology and Physical Education at McGill University with advanced expertise and skills in applied exercise physiology, bone strength and body composition imaging methods, clinical trial research, systematic reviews, and integrated knowledge translation. Her research productivity has resulted in over 30 peer-reviewed publications, 3 book chapters, and 35 academic presentations. She has secured competitive research funding and awards from CIHR, American Society for Bone and Mineral Research, Network for Aging



Dr. Caitlin McArthur

Dr. Caitlin McArthur is a registered physical therapist and postdoctoral fellow at McMaster University and the GERAS Centre for Aging Research with expertise in bone health, physical activity, exercise and safe movement. She is a lead clinical instructor for Bone Fit™. Her current research is funded by a CIHR fellowship and focuses on fracture risk assessment and prevention in home and long-term care. Dr. McArthur has clinical experience working with people with osteoporosis as a physiotherapist in long-term care and in outpatient clinical settings. She currently works closely with the Ontario Osteoporosis Strategy for Long-Term Care and has led development of several knowledge translation tools such as a video series for fracture prevention in long-term care (<http://www.gerascentre.ca/osteo-ltc-health-video-gallery>) and several webinars for Osteoporosis Canada. Welcome Caitlin!

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SAC Link

BEYOND THE BREAK

2019 WEBINAR SCHEDULE
12:00PM-1:00PM EST

OCTOBER



31 Sarcopenia & Frailty

Presented by Dr. Ahmed Negm

Watch it on GoToWebinar- <http://bit.ly/btbnegm>

NOVEMBER



5 Nutrition and Bone Health Throughout the Lifespan

Presented by Dr. Hassan Vatanparast, University of Saskatchewan

Watch it on OTN #116280099



7 Dance, Mobility and Falls

Presented by Dr. Patricia Hewston, GERAS Centre

Watch it on OTN #109164870



osteostategy.on.ca/btb-main

For more information, visit the Beyond the Break webpage [here](#).

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Scientific Advisory Council

SAC Link



Upcoming Workshops

University of Saskatchewan (Saskatoon)	Jan 25-26, 2020
SCC HealthPlex (Chatham, ON)	Mar 7-8, 2020
YMCA, Kingston (Kingston, ON)	Mar 28-29, 2020
Castle Downs Family YMCA (Edmonton)	Apr 4-5, 2020



For more information, visit the Beyond the Break webpage [here](#).