

Osteoporosis Canada

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SAC Link

Osteoporosis Canada's Scientific Advisory Council

Autumn 2016

SAC Annual Donation Act Now To Receive Your 2016 Tax Receipt

Now is a good time to join your fellow members of the Scientific Advisory Council in making your annual donation to Osteoporosis Canada. Your gift will help support research activities at Osteoporosis Canada including activities like the administration of the Research Awards and the development of Atypical Femoral Fracture and Vertebral Fractures guidelines. Let's aim for 100% participation this year. You will be receiving an email from Dr. Morin which will have a link for making a gift on-line to either the National Fund or to the Research Fund. Your first \$25 will go towards your OC membership. Thank you to everyone who has already made their gift in 2016.

Lindy Fraser Award 2016

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 is happy to recognize **Dr. Lora Giangregorio** as the 2016 Lindy Fraser Award Winner.

Lora is an Associate Professor in the Department of Kinesiology with the University of Waterloo. She is a Canadian Institutes of Health Research New Investigator (2011-2016).

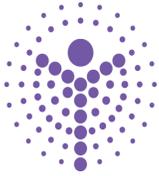
Lora's research centres on improving the capacity of health care providers to assess and treat osteoporosis, with a particular focus on the importance of physical activity for a healthy skeleton. Key research areas include examining bone health in groups at high risk of fracture, such as individuals with spinal cord injury, and studying the efficacy of exercise interventions on factors related to fracture risk in individuals at risk of fracture. Example studies include a multicentre randomized controlled trial of home exercise in women with osteoporotic spine fractures, and the "Too Fit To Fracture" initiative, aimed at developing exercise and physical activity recommendations for individuals with osteoporosis with or without vertebral fractures.

Lora and her research team translate research into practice by liaising with government and not-for-profit organizations and linking with community-based programs. Her team contributed to the development of Osteoporosis Canada's Bone Fit™ exercise training program for healthcare professionals and to publications for the Canadian Osteoporosis Patient Network.

Recently, Lora was recognized with the prestigious Bloomberg Manulife Prize for the Promotion of Active Health. Dr. Giangregorio is the first woman, and only the second Canadian, to receive the prize in its five-year history. She is being recognized for her clinical research aimed at improving the management of osteoporosis through exercise as well as for her significant outreach efforts in promoting physical activity more broadly.

Congratulations Dr. Giangregorio!





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Osteoporosis Canada is Proud to Announce *Larry Funnell* appointed as a Canadian Institute of Health Research-Institute of Musculoskeletal Health and Arthritis (CIHR-IMHA) Research Ambassador

Larry Funnell has been invited to be one of CIHR – IMHA new Research Ambassadors to share his perspectives, advice and experience with the Institute to help shape their health research agenda and represent the voice of Canadians living with conditions like osteoporosis that fall under the IMHA research mandate.

Larry is a tireless supporter of COPN (Canadian Osteoporosis Patient Network) and its mandate to represent Canadians living with osteoporosis. From 2009 to 2014 he was Chair of the COPN Executive Committee and a member of Osteoporosis Canada's Board of Directors. He continues to sit on the Executive Committee and fulfill other roles for COPN including:

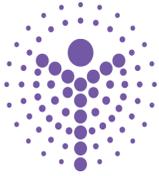
- ✦ Chair, Communications/Social Media Committee
- ✦ Chair, Fracture Liaison Services Task Group
- ✦ Member, Newsletter Committee Member, Bone Matters/Virtual Forum Committee



Larry also represents COPN on the Scientific Advisory Council Guidelines Committee.

As a man living with osteoporosis, Larry is acutely aware of the difficulties men face after a diagnosis of osteoporosis. He is the driving force behind Bones 'n' Beer, an awareness and fundraising series of events designed to reach men with messages about bone health and fracture prevention.

Congratulations Larry!



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Osteoporosis Canada is Proud to Announce *Richard Hovey* appointed as a Canadian Institute of Health Research-Institute of Musculoskeletal Health and Arthritis (CIHR-IMHA) Research Ambassador

Dr. Richard Hovey has been invited to be one of CIHR – IMHA new Research Ambassadors to share his perspectives, advice and experience with the Institute to help shape their health research agenda and represent the voice of Canadians living with conditions like osteoporosis that fall under the IMHA research mandate.



Richard is an Osteoporosis Canada Board Member, who currently is an Associate Professor in the Division of Oral Health and Society, Faculty of Dentistry, at McGill University in

Montreal QC. He has experience as both a quantitative MA (McGill University) in exercise physiology and qualitative research PhD (University of Calgary) as an educational / philosophical researcher.

Dr. Hovey's research expertise is focused on understanding the experiences of persons living with chronic pain, osteoporosis, diabetes and cancer, as well as, patient safety, person centered healthcare, health professional education, communication, leadership, and interdisciplinary practice.

Congratulations Richard!



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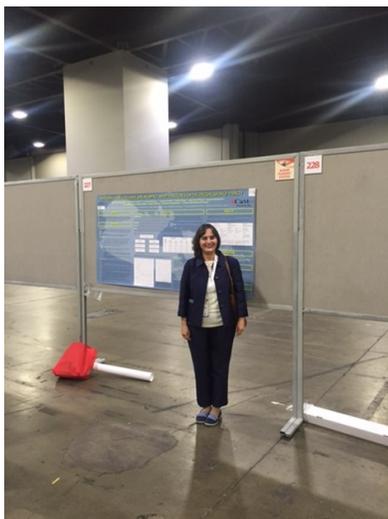
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Research Award Updates

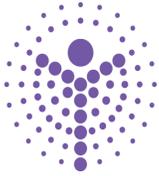
CaMos Award

O Gajic-Veljanoski, JD Adachi, C Kennedy, G Ioannidis, C Berger, A Kin On Wong, K Rockwood, S Kirkland, P Raina, L Thabane, A Papaioannou, and the CaMos Research Group. Vertebral fractures have similar impact as hip fractures on the progression of frailty. ASBMR, Sep 14-18, 2016, Atlanta , USA .



On behalf of all co-investigators (please see the citation above), Dr. Gajic-Veljanoski presented research related to the effects of osteoporotic fractures on frailty progression at this year's ASBMR meeting in Atlanta , USA . Our study examined changes in rates of frailty over 10 years in a CaMos cohort of women and men aged 50 years and older. We found that incident clinical vertebral fractures, in addition to hip fractures, significantly accelerated the progression of frailty, after adjusting for prior fractures and other risk factors for frailty or osteoporosis. The effects of low-trauma fractures on frailty progression differed between women and men who had no history of fracture. In women without prevalent low-trauma fractures, a new clinical vertebral fracture had a similar impact as an incident hip fracture. In men without prior low-trauma fractures, an incident hip fracture had the largest impact on an increase in frailty as compared to incident vertebral or non-hip-non-vertebral fractures. This research suggests that early prevention of vertebral and hip fractures in older women and men can alleviate the burden

of frailty and potentially benefit long-term outcomes such as survival and quality of life. For this research, Dr. Gajic-Veljanoski et al. received a plenary poster award and a ASBMR young investigator travel award.



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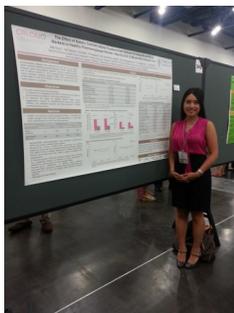
Tim Murray Travel Awards

Tomas Cervinka

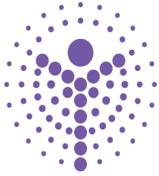


"I am very grateful to Osteoporosis Canada for my selection as a recipient of the Tim Murray Short Term Award. This Award provided me with a unique opportunity to meet face-to-face with scientists in the field of SCI research, gain knowledge about the most recent developments in the field, and allowed me to introduce my results to a broader audience of SCI researchers at the 55th Annual Scientific Meeting of the International Spinal Cord Society (ISCoS). This is especially important for me. As an engineer, I have just started my postdoctoral training in this field and the integration into the field of rehabilitation science and specifically, the SCI research community is essential. To date, the attendance of the meeting already resulted in 3 emerging collaborations. Over the long-term, I believe that the research connections, knowledge and experience acquired during the meeting will be integral to the achievement of my career goal of acquiring a faculty position at a Canadian University."

Angel Ong



"Through the support of the Osteoporosis Canada Tim Murray Short-Term Award, I had the opportunity to present my work at the ASBMR Annual Meeting in September 2016, which took place in Atlanta, Georgia, USA. I made new connections with researchers from Canada, the United States as well as from overseas at the different networking venues. Many colleagues showed great interests in my research project, which focuses on the effect of calcium of vascular health in postmenopausal women. It was a great opportunity to share my work with researchers with similar interests and to learn from experts in the field of bone and musculoskeletal health."



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Research Award Updates

Tim Murray Travel Awards

May Slim



I wanted to take a moment to express my sincere gratitude to Osteoporosis Canada for selecting me as a recipient of the Tim Murray Award. This award has helped me attend the American Society for Bone Mineral Research conference that was held this September in Atlanta, GA.

Thanks to this award I was able to present my research during a poster session at the 2016 ASBMR. This award not only afforded me an opportunity to disseminate my research to a broader scientific audience, but allowed me to interact with leaders in basic, translational and clinical nutrition research. I also had the opportunity to gain a better understanding of what I would like to do next in my future career. I appreciate the opportunity that this award has provided.

Gillian Mazzetti



The Tim Murray Travel Award allowed Gillian (an endocrinology resident at McGill University and currently a practicing endocrinologist) to attend the ASBMR Annual Meeting in Atlanta, Georgia in September 2016. Gillian presented a poster based on research completed with the Canadian Multicentre Osteoporosis study entitled "Densitometer-Specific Differences in the Correlation Between Body Mass Index and Lumbar Spine Trabecular Bone Score," and she received valuable feedback on her research from international clinicians and researchers in the field of osteoporosis. Gillian also had the opportunity to network with experts in osteoporosis and to attend numerous plenary and clinical sessions at the meeting.

"I am honoured to have received the Tim Murray Award, and I would like to thank Osteoporosis Canada and Scientific Advisory Committee for providing me with this invaluable opportunity to present my research at an international conference."



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Research Award Updates

Canadian Musculoskeletal Conference –Osteoporosis Canada's Award for Best Young Investigator Abstract

At the inaugural Canadian Musculoskeletal conference (CMC) held recently in Toronto, a young investigator was recognized with an award from Osteoporosis Canada.

As part of the general call for abstracts, 3 trainee abstracts were selected to present an oral presentation during the CMC Young Investigators' Training Day. The theme was Musculoskeletal Imaging.

The three finalists were:

Neil Brett from McGill University. Supervisor: Hope Weiler.
Neil's project was titled: "Irisin is proportionately lower in obese compared to healthy body mass index in 6-9 year olds."

Ahmed Negm from Hamilton Health Sciences, McMaster University. Supervisor: Alexandra Papaioannou
Ahmed's research was titled: "Short performance physical battery predicts emergency department visits and hospitalization in older adults"

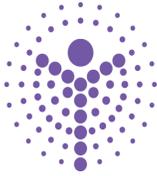
Shuman Yang from the University of Manitoba. Supervisor: Bill Leslie
Shuman's research was titled: "Objectively-verified parental non-hip fractures and offspring osteoporotic fracture risk: a population-based familial linkage study".

The highest-ranked trainee abstract receiving the Canadian Musculoskeletal Conference (CMC) - Osteoporosis Canada (OC) Award for Best Young Investigator (YI) Abstract was **Shuman Yang** from the University of Manitoba.

"Whether parental non-hip fractures should be used for fracture risk assessment is uncertain, which has been highlighted by the IOF and ISCD. This is the first study showing objectively-verified parental non-hip fractures to be an independent risk factor for offspring incident fractures. Our results may be used to substantially improve the current fracture prediction tools (i.e., FRAX)."

Congratulations!





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SAC Committee Membership 2016

SAC Executive Committee: Suzanne Morin, Chair; Sandra Kim, Vice Chair; Angela Cheung, Past Chair;; Stephanie Kaiser; Aliya Khan; Heather McDonald-Blumer; Alexandra Papaioannou; Rowena Ridout; Wendy Ward; Nese Yuksel; Marie-Claude Beaulieu; Steve Burrell

SAC Guidelines Committee: Heather McDonald-Blumer, Chair; Suzanne Morin; Heather Frame; Lisa Anne Fraser; Robert Josse; Sandra Kim; Bill Leslie; Sumit Majumdar; Lynn Nash; Alexandra Papaioannou; Lianne Tile; Larry Funnell(COPN)

SAC Research Committee: Wendy Ward, Chair; Suzanne Morin; Mohit Bhandari; Debra Butt; Suzanne Cadarette; Susan Jaglal; Angela Juby; Christine Thomas (COPN); Cathy Craven

SAC Development Committee: Alexandra Papaioannou , Chair; Suzanne Morin; Stephanie Atkinson; Sabrina Gill; David Goltzman; David Hanley; Rowena Ridout

SAC Knowledge Translation Core Committee: Stephanie Kaiser, Co-Chair; Sandra Kim, Co-Chair; Mohit Bhandari; Heather Frame; Aliya Khan; Monica Menecola; Lynn Nash; Ted Tufescu; Ravi Jain (OC)

Rapid Response Team: Aliya Khan; Suzanne Morin; Sandra Kim, LianneTile

COPN Response: Rowena Ridout; Maureen Ashe, Angela Juby

OC's FLS Registry Now Online!

Osteoporosis Canada (OC) launched its FLS Registry in May. The FLS Registry is an online map profiling FLSs across Canada which meet OC's Essential Elements of Fracture Liaison Services. The FLS Registry serves as a vital tool to assist with OC's efforts to foster the implementation of effective FLS. It is the first and only resource of its kind in Canada, and allows insight into the breadth and location of FLSs across the country. Twenty-five FLSs from 5 different provinces are currently profiled. View the Registry now: <http://www.osteoporosis.ca/fls/fls-tools-and-resources/fls-registry-map/>

We encourage you to share information about the Registry with any FLS program you are aware of and encourage them to make a submission. Any questions about OC's FLS work can be directed to the FLS Manager, Katie Cvitkovitch at kcvitkovitch@osteoporosis.ca.

FLS Forum 2017

Fracture Liaison Service (FLS) is still a relatively new concept in Canada and has not been widely adopted in the provinces. Canada is falling behind other developed countries.

Osteoporosis Canada is the lead organization for FLS nation-wide and the go-to organization for FLS support and implementation assistance among healthcare professionals.

OC will be hosting a national **FLS Forum in February 2017 in Toronto** to provide the opportunity for our lead FLS advocates to spend time together learning about FLS, and sharing success stories from within this country.

The major goal of this meeting will be to build OC's capacity to educate key healthcare administrators on the irrefutable benefits of FLS, including their ability to reduce healthcare utilization and healthcare costs.