

Osteoporosis Canada

Ostéoporose Canada

# SAC Link

Osteoporosis Canada's Scientific Advisory Council

## Winter 2016

### Dr. Jiwa Recognized with IOF President's Award



Dr. Famida Jiwa is the 2016 recipient of the International Osteoporosis Foundation (IOF) President's Award. This award honours individuals who have made a significant contribution to the advancement of the work of the IOF, through furthering one or more of the mission statements and/or goals of the Foundation.

This award will be presented to Famida April 15, 2016 at the IOF's World Conference on Osteoporosis in Malaga , Spain.

**Congratulations to Famida on winning this prestigious award!**

### SAC Member Wins Prestigious Prize

Dr. Lora Giangregorio, a professor in the Department of Kinesiology at Waterloo, authored new exercise recommendations for people living with osteoporosis. She is the winner of the prestigious [Bloomberg Manulife Prize](#) for the Promotion of Active Health.

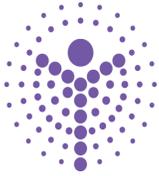
Dr. Giangregorio, will receive the prize at a ceremony in February. McGill University presents the annual award to a researcher whose work has significant impact on the health and well-being of people in North America. The grant is put towards future research.

"As Canada's population gets older, the area of aging and health promotion is a research priority for the University of Waterloo," said Feridun Hamdullahpur, president and vice-chancellor of Waterloo. "Professor Giangregorio's innovative approach to the prevention of injury from falls has the potential to improve the lives of so many older people around the world. The University congratulates her on this deserved honour and is proud that a Waterloo researcher is the first woman to ever receive it."

Osteoporosis Canada partnered on the development of the guidelines, and officially launched them in June 2014. The recommendations propose a shift away from aerobic-only exercise regimes to those that emphasize strength and balance training in combination with aerobic physical activity to achieve the greatest benefits.

**Congratulations to Lora on winning this prestigious prize!**





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### **Congratulations to Drs. Ashe, Cheung, Ward, and Weiler: 2016 Canada Research Chair Appointments**

The Canada Research Chairs Program (CRCP) stands at the centre of a national strategy to make Canada one of the world's top countries in research and development.

In 2000, the Government of Canada created a permanent program to establish 2,000 research professorships—Canada Research Chairs—in eligible degree-granting institutions across the country. The CRCP invests approximately \$265 million per year to attract and retain some of the world's most accomplished and promising minds.

Chairholders aim to achieve research excellence in engineering and the natural sciences, health sciences, humanities, and social sciences. They improve our depth of knowledge and quality of life, strengthen Canada's international competitiveness, and help train the next generation of highly skilled people through student supervision, teaching, and the coordination of other researchers' work.

The Government of Canada recently announced the 2016 round of research chairs. A total of 305 new and renewed Canada Research Chairs have been appointed at 53 postsecondary institutions across the country.

Congratulations to four of our SAC Members, who were recently awarded Canada Research Chairs:

Dr. Ashe, from the University of British Columbia, has been awarded the Tier 2 Canada Research Chair in Community Mobility.

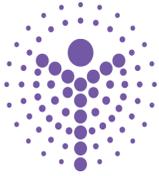
Dr. Cheung, from the University of Toronto, has been awarded the Tier 1 Canada Research Chair in Musculoskeletal and Postmenopausal Health.

Dr. Ward, from Brock University, received a renewal of her Tier 2 Canada Research Chair in Bone and Muscle Development.

Dr. Weiler, from McGill University, has been awarded the Tier 1 Canada Research Chair in Nutrition and Health Across the Lifespan.

The Canada Research Chair program attracts and retains the world's most accomplished and promising scientists.

Congratulations!!



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### Update on Current OC Research Award Recipients

#### Tim Murray Travel Awards

##### **Jenna Gibbs, University of Waterloo**

Supervisor: Dr. L. Giangregorio



The Osteoporosis Canada-Tim Murray Award provided Dr. Jenna Gibbs, a postdoctoral fellow in the Department of Kinesiology at the University of Waterloo, with the valuable opportunity to attend and present her research at the ASBMR Annual Meeting in October 2015 in Seattle, WA, USA. At the ASBMR annual meeting, Jenna presented on findings from two studies in three poster presentation sessions and gave an oral presentation at the Bone Strength Working Group session. She also attended plenary sessions, keynote lectures, and clinical discussions, networked with experts in osteoporosis and fracture prevention research, and met with collaborators from Canada and Australia to discuss ongoing research projects. Overall, the Tim Murray Award funded by Osteoporosis Canada supported key learning opportunities related to bone health research, and allowed Jenna to present her research at an international meeting.

*"I would like to thank Osteoporosis Canada and the Scientific Advisory Committee for recognizing me as a recipient of the 2015 Tim Murray Award. I am grateful for the tremendous opportunities the award provided me by supporting my attendance at the ASBMR conference."*

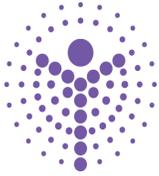
##### **Kristen Pitzul, University of Toronto**

Supervisor: Dr. S. Jaglal



As a third year PhD candidate at the University of Toronto, Kristen was delighted to receive the Tim Murray Award, which enabled her to attend the Fragility Fracture Network's Global Congress in Rotterdam, The Netherlands in August 2015—<http://fragilityfracturenetwork.org/>. At the congress, Kristen was selected to deliver an oral presentation for her first objective of her thesis, and received invaluable feedback from clinicians and policymakers from various health systems worldwide. This feedback was incorporated into her first thesis paper, which was submitted for publication in October 2015.

*"Without the support from the Tim Murray Award, attending this conference would not have been possible".*



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***John Morris, University of McGill***

Supervisor: Dr. B. Richards



John thanks the Osteoporosis Canada Research Committee for the tremendous opportunity to attend the annual meeting of the American Society for Bone and Mineral Research in Seattle, WA. At the meeting, he gave an oral presentation on his work concerning DNA methylation and bone mineral density to study epigenetic determinants of osteoporosis in twins. Even though identical twins share the same genome, their bone mineral density measurements can differ with one possible contributing factor being that their genes are controlled differently. John is investigating the role of DNA methylation, one of the mechanisms for epigenetic control of genes. Importantly, he was able to successfully begin a multi-cohort study by meeting with collaborators from around the world. This new study, bringing together cohorts from the UK, USA, and Europe, will be better powered to explore the relationship between DNA methylation and bone mineral density, and how changes to the epigenome can influence osteoporotic fracture risk.

## **Osteoporosis Canada – CaMos Fellowship Research Award Update**

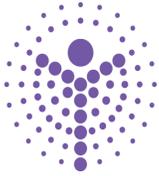
### **OC CaMos Fellowship Update**

***Lauren Burt University of Calgary***

Supervisors: Dr's S. Boyd and D. Hanley



I am in the process of achieving my first specific aim, which involves developing a centile-driven normative database for high-resolution peripheral quantitative computed tomography (HR-pQCT) parameters. The database consists of centile-specific normative data (tables and centile curves) for males and females at the radius and tibia. To date I have completed data for the following variables: total, cortical and trabecular bone mineral density (Tt.BMD, Ct.BMD, Tb.BMD), trabecular number (Tb.N) and failure load. The establishment of an HR-pQCT normative database in combination with DXA and finite element analysis to estimate bone strength will provide an important step towards a new basis for the assessment of fracture risk and improved treatment of osteoporosis, which is a major and escalating health concern across Canada.



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### OC Research Competition

#### Our Priority

Osteoporosis Canada's Research Priority is to support clinical, translational and health outcomes research that focuses on the high fracture risk population, especially on preventing fractures and their negative consequences.

The Osteoporosis Research Program provides training awards to support Canadian investigators conducting research that promises to yield new insights into the prevention and treatment of osteoporosis and improving the lives of individuals with this disease.

Awards are offered to individuals through annual research competitions, which involves an extensive peer review process. For more information on the Osteoporosis Canada-CaMos Fellowship Award or the Tim Murray Travel Awards, please visit:

<http://www.osteoporosis.ca/health-care-professionals/osteoporosis-research/>

### Osteoporosis Canada Office Has Moved !!

We have moved!

We are at our new location:  
**500-1200 EGLINTON AVE E**  
**NORTH YORK ON M3C 1H9**

Our contact numbers remain the same:

Phone (1) 416-696-2663 ext 2255 | Fax 416-696-2673 | English toll free: 1-800-463-6842 | French toll free: 1-800-977-1778