

 **OSTEOPOROSIS**

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Osteoporosis Canada's Scientific Advisory Council

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Clinical Practice Guidelines Update

The Steering Committee submitted 2023 Clinical Practice Guidelines for Management of Osteoporosis and Fracture Prevention in Canada to the Canadian Medical Association Journal (CMAJ) in November of 2022 for peer review. In mid-December, a response was sent by CMAJ outlining the reviewers' questions. The Steering Committee and the Working Group Chairs have developed a plan to address these, with the target of April 1st for resubmission to the CMAJ. It is anticipated that there will be further back and forth between the reviewers and the steering committee, before approval is given. This is normal for guideline submissions. A conservative estimate of publication would be summer of 2023.

CMC 2023

Due to the delay in the publication of the 2023 Clinical Practice Guidelines, it was decided that the CMC that was scheduled for March should be delayed until the guidelines are published. Further details will be provided as decisions are made.

OC Research Program

The Osteoporosis Canada Tim Murray Short-Term Training Awards These awards (maximum \$1500) provide successful individuals the opportunity to learn more about osteoporosis, advance existing research skills in osteoporosis and/or present their research at a scientific meeting. It is open to undergraduate, graduate, postgraduate trainees and junior faculty members (where junior is defined as less than 5 years in their first academic appointment). The awards aim to build on Dr. Timothy Murray's impressive legacy of teaching, research and patient care by recognizing, supporting and encouraging future leaders in bone health. The application process will be administered by Osteoporosis Canada's Research Committee.

The proposed training or project must occur between June 2022 and March 31, 2023.

Application Forms:

[OC TIM MURRAY SHORT-TERM TRAINING AWARD - APPLICATION 2022](#)

Two rounds of awards will be available for 2023. The application deadline for the first round is May 15, 2023 and the second being Nov. 1, 2023.

FLS Update

There have been 4 new outpatient-only FLSs accepted in Osteoporosis Canada's FLS Registry:

- The Ottawa Hospital- General Campus
- The Ottawa Hospital- Civic Campus
- Queensway Carleton Hospital in Ottawa
- OOS FLS at Joseph Brant Hospital in Burlington

There are now a total of 53 FLSs on the Registry.

Rapid Response: Alcohol Intake and Bone Health

The Canadian Centre on Substance Use and Addiction (CCSA) recently published “Canada’s Guidance on Alcohol and Health: Final Report” (1).

The key points from CCSA’s guidelines, published in January 2023, are:

- Among healthy individuals, there is a continuum of risk for alcohol-related harms where the risk is:
 - Negligible to low for individuals who consume two standard drinks (see note) or less per week;
 - Moderate for those who consume between three and six standard drinks per week; and
 - Increasingly high for those who consume more than six standard drinks per week.

The 2023 guidelines are an update to the 2011 “Low-Risk Alcohol Drinking Guidelines” (2), which previously recommended:

- Reduce your long-term health risks by drinking no more than:
 - 10 drinks a week for women, with no more than 2 drinks a day most days
 - 15 drinks a week for men, with no more than 3 drinks a day most days

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