

Osteoporosis Canada's
Scientific Advisory Council

SAC Link

Clinical Guidelines Update

Work continues on the Osteoporosis Canada Clinical Guidelines Update. A steering committee has been formed including: Bill Leslie, Sandra Kim, Sid Feldman, Suzanne Morin, Heather McDonald Blumer, Nancy Santesso and Larry Funnell.

Working groups have been established: Risk Assessment, Pharmacotherapy, Exercise and Nutrition. These working groups are tasked with identifying primary questions relevant to the guidelines and their working committee. There is also a stakeholder committee and a Conflict of Interest Monitoring committee. A primary care physician and a member of COPN are included on each working group to ensure their voices are included. A Nov. 2019 launch date has been identified and targeting the Canadian Medical Association Journal for publishing.

The guidelines will target the primary care practitioner. The guidelines' target population has been identified as all adults over the age of 50 and those identified as high risk individuals. General practitioners and COPN members were asked to complete a survey to help the working groups identify priorities that will inform the questions addressed in the updated guidelines. The response from the COPN community has been outstanding and over 1000 participants have responded to the survey.

Lindy Fraser Award Nominees 2018

Osteoporosis Canada is inviting nominations for the **2018 Lindy Fraser Memorial Award** from the SAC. This award recognizes individuals who have made an out-standing contribution to the field of osteoporosis research and education in Canada.

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The award named in her honour recognizes individuals who have done exemplary research, have helped to increase the knowledge about osteoporosis and is a member of the SAC. It is Osteoporosis Canada's most prestigious award.

Please e-mail your nomination, with a brief letter highlighting why the nominee is worthy of this honour, to kgrady@osteoporosis.ca by Aug. 10, 2018. Presentation will occur at the annual ASBMR Breakfast.

The 2nd Canadian Musculoskeletal Conference

The 2nd meeting on muscle and bone was held in Toronto on May 3 - 5th, 2018 under the leadership of OC in partnership with Bone and Joint Canada. 213 delegates from across Canada attended this three day event. The program included a trainee meeting for young investigators and a two day program targeting various topics on Bone and Muscle Health.

The Young Investigator Day included a poster session. The top rated poster, submitted by Anne-Frédérique Turcotte was entitled "Effects of biliopancreatic diversion on bone turnover markers and association with hormonal factors in patients with severe obesity." Anne-Frédérique then presented her poster to the main conference attendees on Friday. The runner ups were Dr. Ahmed Negm from

McMaster and Matteo Ponzano from the University of Waterloo. The organizers were very pleased with the applicants.

The two day program, based on evaluations received was a great success and met the goals outlined by the speakers. The event was accredited by the University of Toronto.

Young Investigator Day Results

Anne-Frédérique Turcotte (Winner)



Anne-Frédérique completed a degree in Kinesiology and is currently in a Master's Program in Clinical and Biomedical Science at Laval University, Quebec City. Her research interests are in bone health,

obesity, bariatric surgery and diabetes. More specifically, she is trying to find why and how bone health is impaired after bariatric surgery and what are the underlying mechanisms. The future goal is to determine how fracture risk can be prevented or decreased, and to improve the quality of life of patients undergoing bariatric surgery. The Canadian Musculoskeletal Conference gave her the chance to meet with pioneers in bone research and to learn about

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new evidence regarding osteoporosis and fracture risk management.

Matteo Ponzano (Finalist)



Matteo's current research interests include investigating the effects of different kinds of exercise and nutritional interventions on both muscle and bone

metabolism in people with rheumatic diseases or spinal cord injury. He is also interested in studying how these interventions can improve quality of life in these populations. Matteo found the trainee day to be really useful because it went over many practical aspects that we encounter every day. The other wonderful thing of this conference was the holistic approach to the clinical problems, with many different presentations from high-level professionals who study osteoporosis and osteoarthritis from different points of view.

Dr. Ahmed Negm (Finalist)

Ahmed is an orthopedic who received his training in Egypt. He has completed his MSc, worked in clinical research and is currently finalizing his PhD studies in Rehabilitation Science at McMaster University. Ahmed's greatest passion has always been helping the elderly and maximizing their resilience in or-

der to remain independent. His current program of research is focused on a strong collaboration between orthopedics and geriatrics to better optimize frail patients for surgery. His PhD study - the *Fit Hips* (<https://clinicaltrials.gov/ct2/show/NCT02885337>) - is at the forefront of a paradigm shift in how we care for frailer surgical patients. He is also in the process of validating an innovative fracture prediction tool (Fracture Rating Scale, FRS) tailored for long-term care residents in three Canadian provinces. Ahmed has been granted PhD funding from Osteoporosis Canada, Canadian Frailty Network and Ontario Graduate Scholarship, GERAS Centre and School of Rehabilitation Science, McMaster University in support of his research program.



Community Engagement Coordinators

Beginning April 1, 2018, chapter staff moved into their new roles as Community Engagement Coordinators (CECs). They are responsible for the recruitment, training and coordination of fracture prevention volunteers, including fracture prevention educators and community ambassadors in their regions.

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CECs include Chloe Kilkenny who supports activities in B.C. and Alberta. Chloe has served as an educator for the Alberta chapter since 2013.

Sandy Owczar supports activities in Manitoba and Saskatchewan. Sandy has been an educator for the Manitoba chapter for over two years.

Cathy Pearcy continues to coordinate fracture prevention work in Ontario. Cathy has been an educator for the Peterborough chapter since 2010.

Kori Osther, National Fracture Prevention Manager, supports regions without a CEC, including Quebec, Atlantic Canada, and their the territories. We plan to hire more CECs for Region 4—Quebec and Region 5—Atlantic Canada as the program grows.

If you require support for events/local activities or have any questions, please contact the CEC or National Fracture Prevention Manager in your region. Their contact information is below.

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Region 4 - Quebec, Region 5 - Atlantic Canada, Region 6 - Territories

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