

Osteoporosis Canada's  
Scientific Advisory Council

# SAC Link

## Clinical Guidelines Update

Work continues on the Osteoporosis Canada Clinical Guidelines Update. The steering committee including Bill Leslie, Sandra Kim, Sid Feldman, Suzanne Morin, Heather McDonald-Blumer, Nancy Santesso and Larry Funnell continues to meet on a regular basis. The GRADE approach is being used for their development.

The Working groups are also meeting regularly. Risk Assessment, Pharmacotherapy, Exercise and the Nutrition working groups have identified their primary questions and outcomes relevant to the guidelines. These questions are serving as the basis for searching specific databases in the collection of current and relevant data. Each group is well underway with this. A Knowledge Translation Committee has been formed and will begin meeting in the coming weeks.

There is also a stakeholder committee and a Conflict of Interest monitoring committee. A primary care physician and a member of the Canadian Osteoporosis Patient Network (COPN) are integral members of each committee to ensure all voices are heard.

Check back here for more updates.

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## Members in Action



Professor Angela M. Cheung from University of Toronto University Health Network was presented with one of six 2018 Canadian Chinese Legend Awards on November 17, 2018 in recognition of her contribution to the Chinese community in Canada. This award is given out annually by the Asian Business Network Association to exemplary Chinese Canadians.

## Dr. Jerilynn Prior awarded 2019 Aubrey J. Tingle Prize

Internationally recognized women's health researcher and member of the SAC, Dr. Jerilynn C. Prior becomes the tenth recipient of MSFHR's Aubrey J. Tingle Prize.

Created in honour of MSFHR's founding president & CEO, the [Aubrey J. Tingle Prize](#) is awarded annually to a BC-based clinician scientist whose work in health research is internationally recognized and has had a significant impact on advancing research – and its implementation – to improve health and the health system in BC and globally.

This year's recipient, Dr. Jerilynn C. Prior, has spent her career studying women's menstrual cycles, menopause,



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perimenopause (the transition into menopause) and osteoporosis. Research that has had a direct impact on practice and care internationally.

As the founder and scientific director of the Centre for Menstrual Cycle and Ovulation Research ([CeMCOR](#)), part of UBC's Division of Endocrinology, and a professor of endocrinology and metabolism at UBC, Dr. Prior has successfully funded, led and publicized randomized controlled trials, population-based studies, observational cross-sectional and prospective studies that have helped improved the health of women internationally.

Her research and synthesis has shown the importance of progesterone as well as estrogen for women's bone, heart and breast health. She has successfully trialed progesterone for hot flushes in menopause and perimenopause, and has demonstrated that perimenopause is hormonally distinct from menopause, entailing higher rather than lower or dropping estrogen levels.

In addition to authoring 180 peer reviewed papers and holding six patents, Dr. Prior is a sought-after speaker for both professional and lay audiences. She is also the author of the award-winning fiction book *Estrogen's Storm Season: Stories of Perimenopause*, designed to inform and empower perimenopausal women.

MSFHR is delighted to name Dr. Prior the recipient of

the 2019 Aubrey J. Tingle Prize. The presentation will take place on April 4 at the [21st Annual LifeSciences BC Awards](#).

Congratulations Jerilyn!

## Eating for Bone Health with the New Canada's Food Guide

The new Canada's Food Guide was released on Tuesday Jan 22nd. It is a modern approach to promoting healthy eating, making healthier eating choices easier for all Canadians. This new food guide focuses on what to eat and how to eat. It also includes updated recommendations on saturated fat, sodium, and sugars.

The food guide focuses on vegetables, fruits, proteins and whole grains. Canadians are encouraged to choose plant-based proteins more often. Protein foods include legumes, nuts, seeds, tofu, fortified soy beverage, fish, shellfish, eggs, poultry, lean red meat including wild game, lower fat milk, lower fat yogurts, lower fat kefir, and cheeses lower in fat and sodium.

Canadians need adequate amounts of calcium, vitamin D and protein for optimal bone health. Milk products contain a high proportion of calcium per serving and are a great source of protein. Calcium can also be found in other foods such as calcium-fortified food

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and drink, some vegetables and fruits, nuts and seeds, and legumes. For suggestions regarding calcium containing foods, please refer to <https://osteoporosis.ca/bone-health-osteoporosis/calculate-your-calcium/#page-1>.

Osteoporosis Canada continues to encourage adults who have osteoporosis or have risk factors for osteoporotic fractures, to get adequate vitamin D supplementation as it is difficult to obtain recommended levels through foods alone. See <https://osteoporosis.ca/bone-health-osteoporosis/calcium-and-vitamin-d/> for more information on vitamin D.

## FLS Update

## Key performance indicators (KPIs)

Osteoporosis Canada (OC) is pleased to announce the updated version of "Key performance indicators (KPIs) for Canadian FLSs (v2.0)". Version 2 of the OC FLS KPIs brings in new learnings from OC's first national audit released in September 2018.

The FLS KPIs provide:

- A way to measure the performance of the FLS at the level of the system
- A useful tool to facilitate on-going continuous quality improvement through Plan-Do-Study-

Act (PDSA) methodology to address any identified care gaps

- The ability for FLSs to compare their performance with that of other FLSs from across Canada

Canadian FLSs will be using KPI (Version 2.0) when participating in the next national FLS audit later in 2019.

The OC KPIs are a critical tool for the measurement and monitoring of the FLS's effectiveness and will allow Canadian FLSs the opportunity to reach their full potential. Osteoporosis Canada's goal is to ensure that no fragility fracture patient is "left behind" and that every Canadian has access to appropriate post-fracture care.

**To view the complete English KPI document, [please click here.](#)**

**To view the complete French KPI document, [please click here.](#)**

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A Virtual Education Series for Health Professionals



SCHEDULE 2019  
12:00PM to 1:00PM EST

To learn more about the webinars and register, visit  
[www.osteostategy.on.ca/btb-main](http://www.osteostategy.on.ca/btb-main)

All GoToWebinar webinars require registration.

MAR 29

Getting Enough Vitamin D and  
Calcium with Canada's New Food  
Guide



Dr. Susan Whiting



Presented on  
 GoToWebinar

APR 2

Osteoporosis & Post-Menopausal  
Women



Dr. Jerilynn Prior



Presented on  
 GoToWebinar

APR 18

Exercise for improving outcomes  
in people with low BMD



Isabel Rodrigues



Matteo Ponzano



Presented on  
 otn.  
Care. Connected.  
#101957223

MAY 2

Assessing Fracture Risk in Long-  
Term Care



Dr. Caitlin McArthur



Presented on  
 otn.  
Care. Connected.  
#109155884

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