

Osteoporosis Canada

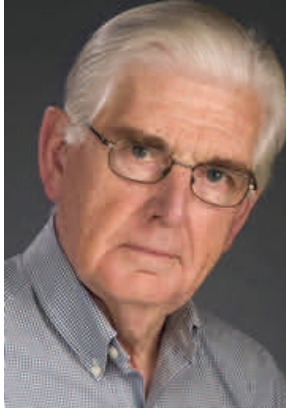
Ostéoporose Canada

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Osteoporosis Canada's Scientific Advisory Council

Autumn 2014

Roger Sutton : An Extraordinary Life of Accomplishment, Adventure and Family



With great sadness we announce that Professor Emeritus Roger A.L. Sutton DM, FRCPC, died on September 10, 2014, after a courageous two-year battle with bladder cancer. Roger led an extraordinary life of accomplishment, adventure and family. He will be deeply missed by his loving and devoted wife Wendy to

whom he was happily married for 52 years, and his two proud daughters, Fiona and Nicola.

Roger was born in Lancashire, England. He received his medical training at Oxford University and his post-graduate training at University College Hospital, London, England.

Roger, Wendy and their two young daughters emigrated to Canada in the early 1970s, where Roger worked initially at the Royal Victoria Hospital and McGill University in Montreal. In the mid 1970s the family moved to Vancouver, where Roger became the Head of the Division of Nephrology and subsequently Head of the Department of Medicine, Vancouver General Hospital and President of the Canadian Society of Nephrology. In 1978, he was awarded the prestigious Medal in Medicine of the Royal College of Physicians of Canada. Possessing an unusually exacting and curious mind, he became internationally recognized and acclaimed in his specialty of nephrology, with particular expertise in osteoporosis and renal stones, and was widely admired for his clinical, research and administrative abilities. In 1993 Roger and Wendy travelled to Pakistan where Roger took up a seven-year position as the Head of the Department of Medicine at the Aga Khan University in Karachi and then Dean of Health

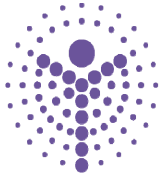
Sciences, Aga Khan University where he was the central figure in the development of the curriculum for the new medical school, before returning to Vancouver in 2000. Here he was to serve as Director of the Osteoporosis Clinic at BC Women's Hospital, and a member of the Scientific Advisory Council of Osteoporosis Canada.

Roger had a life-long passion for ornithology, and it is quite likely that he ultimately came to know as much about birds as he did about medicine. His love of birds and bird watching started in childhood. Later in life his bird watching expertise was accompanied by an equal accomplishment in the photography of birds (and the many travels he made to find and photograph particular birds). His fearless love for travel and adventure has been an inspiration to his daughters.

Roger's life-long achievements in medicine and birding were associated with quiet calm, a great sense of humour and enviable modesty. He was passionate about life and took great joy in the company of his family and friends. He was a loving husband and father and caring physician and will be much missed by his family, numerous patients, colleagues, and friends, and his many beloved students and fellows who now hold senior positions in medicine throughout the world. He is survived by his wife Wendy and two daughters Fiona and Nicola, and in England, his brother Nigel, in-laws Gill, Liz, Michael, and Marshall, nieces and nephews Alison, Julia, Andrew, Julia, Ann and John, all of whom loved him dearly.

A celebration of Roger's life was held in the Auditorium at the Chan Centre for Family Health Education at 938 West 28th Avenue, Vancouver, on Wednesday, October 1, 2014.

If desired, in lieu of flowers, donations may be made to Osteoporosis Canada, at www.osteoporosis.ca/inmemory, or BC Women's Hospital + Health Centre Foundation at www.bcwomensfoundation.org.



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LINDY FRASER AWARD WINNER 2014

Dr. Diane Theriault

On Saturday Sept. 13, the 2014 Lindy Fraser Memorial Award was presented to Dr. Diane Theriault at the annual OC SAC ASBMR Breakfast meeting in Houston. Osteoporosis Canada would like to congratulate Dr. Theriault.

Osteoporosis Canada established this award in 1993. This prestigious award recognizes individuals who have done exemplary research and have helped to increase the knowledge about osteoporosis. The recipient is nominated by members of our Scientific Advisory Council. Diane has been a member of the Scientific Advisory Council since 2005 and has served on the COPN Review Committee.

A Rheumatologist by trade, Diane was very supportive of early efforts to establish an Osteoporosis Canada Chapter in Nova Scotia. She could always be called upon to address a group, spearhead a committee, or approach government, and has been the Chapter's medical advisor over the years. Largely due to Diane's hard work and well-honed skills in advocacy and persuasion, the number of bone density machines in Nova Scotia has steadily increased from 3 to 8 allowing greater access to BMD testing within the province.

In 2010, Diane was recognized with the Volunteer of Distinction Award that honours an exceptional volunteer – of long-standing service - who has made a superior and sustained contribution to Osteoporosis Canada in addition to demonstrating outstanding leadership in numerous capacities.

When Diane joined Osteoporosis Canada's National Board in 2002, she did so determined to improve the relationship between the National organization and the Chapters. Her enthusiasm and resolve helped to shape a shift in the culture of the organization -- with the end result being that Chapters now feel more valued for the contributions they make to all levels of OC.

Diane's recent focus has been on the development of provincial Fracture Liaison Services (FLS) spearheading a multidisciplinary, nation-wide FLS working group. She acts as its Chair and Chief Scientific Officer. OC has embarked on a broad campaign to promote the implementation of FLS across Canada involving

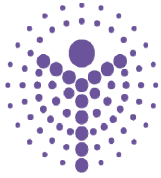
- advocacy work to obtain government support/funding for FLS
- education to help ensure that FLS that will be implemented have the necessary processes in place to make them both effective and cost-effective

Diane organized the original FOCUS forum in Toronto in November 2011, the launch of OC's FLS toolkit on World Osteoporosis Day in 2013 and the spring 2014 FLS Summit meeting held in Toronto. Diane was also the driving force behind OC's expert report, *Make the FIRST break the LAST with Fracture Liaison Services*, which examines the personal and financial burden of fractures and recommends a cost-effective model of care that has been proven to reduce the impact of osteoporosis and repeat fractures.

Nominations for Diane came from a number of different sources and all were effusive in their praise, unanimously describing her as dedicated, enthusiastic, passionate (especially regarding advocacy for people with osteoporosis), extremely hard-working, an exceptional teacher, and possessing of a lively sense of humour. About this volunteer it has been said: "...with Diane the wheels never stop turning."

Congratulations Diane!





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Autumn 2014

OSTEOPOROSIS CANADA'S BACKBONE AWARD

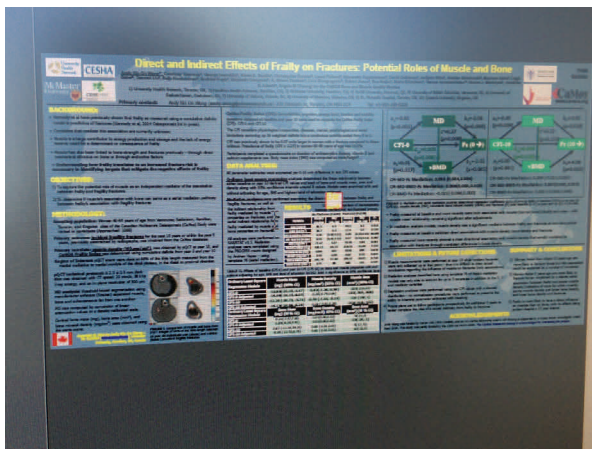
Dr. Heather Frame

The *Backbone Award* is presented annually by Osteoporosis Canada to active volunteers who have served for at least two years and who are considered integral to the Organization. These individuals have provided leadership and inspiration to other volunteers and have proven their dedication to OC and its activities. Finally, nominees must demonstrate the spirit of volunteerism through their on-going actions.

Dr. Heather Frame received this award at the OC Annual Meeting held in Regina, SK this year. Since joining in 2010, she has made significant contributions to Osteoporosis Canada at multiple levels within the organization. In addition to sitting on the National Board of Directors, she is also a well-respected member of the Scientific Advisory Council and has worked with them on a number of publications and committees. She freely gives of her time to do presentations at education forums for the Manitoba Chapter and is very involved in advocacy related activities at both the Manitoba and National level. Dr. Frame was the key presenter this year at the OC Public Forum.

Through these activities and more Dr. Frame has shown her leadership and dedication to making a difference for those of us that are living with Osteoporosis. Congratulations Dr. Frame!

OSTEOPOROSIS CANADA'S RESEARCH PROGRAM TRAINING AWARDS POSTER PRESENTATIONS FROM ASBMR

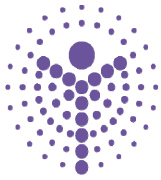


Osteoporosis Canada-CaMos Fellowship Award

Dr. Andy Wong—University Health Network, Toronto

Direct and Indirect Effects of Frailty on Fractures: Potential Roles of Muscle and Bone. J Bone Miner Res 29 (Suppl 1): #P334. (Abstract)

Wong, A.K.O., Kennedy, C., Ioannidis, G., Beattie, K.A., Gordon, C.L., Pickard, L., Papaioannou, A., Goltzman, D., Prior, J., Macdonald, H., Ashe, M., Gabel, L., Liu, D., Kontulainen, S., Frank-Wilson, A., Olszynski, W., Davison, K.S., Giangregorio, L., Josse, R., Szabo, E., Erlandson, M., Anastassiades, T., MacIntyre, N., Cheung, A.M.W., Adachi, J.D. for the CaMos Bone Quality Study (2014)



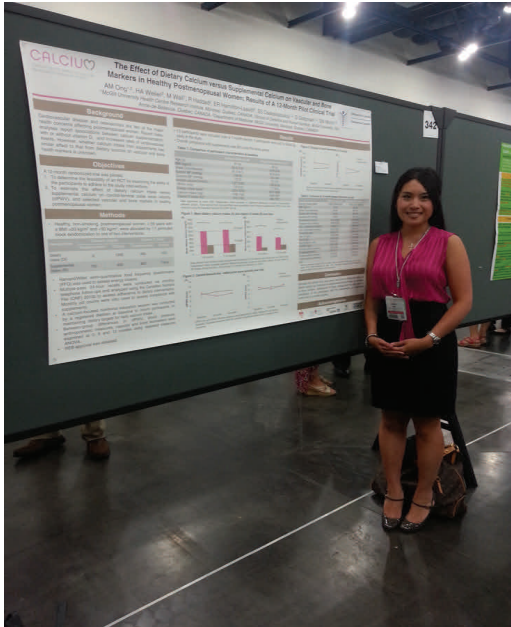
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TIM MURRAY TRAVEL AWARD RECIPIENTS AT ASBMR



Angel Ong — McGill University

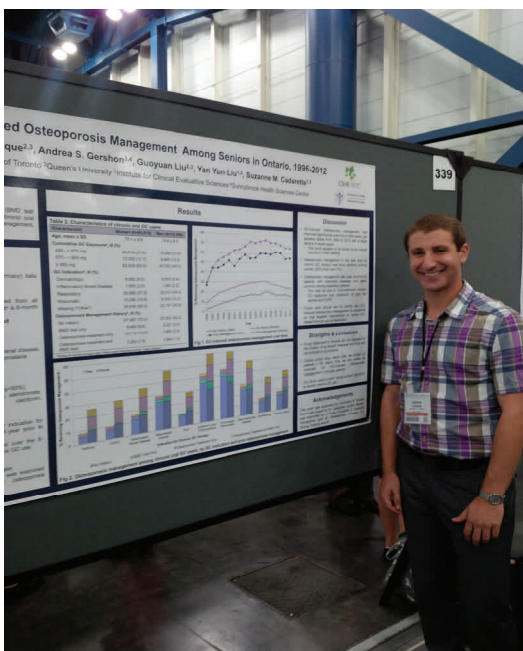
The Effect of Dietary Calcium versus Supplemental Calcium on Vascular and Bone Markers in Healthy Postmenopausal Women: Results of A 12-Month Pilot Clinical Trial

Angel M. Ong^{1,2}, Hope A. Weiler², Michelle Wall¹, Rouba Haddad², Emily Rose Hamilton-Leavitt², Stella S. Daskalopoulou^{1,3}, David Goltzman^{1,3}, Suzanne N. Morin^{1,3}

¹McGill University Health Centre Research Institute, Montreal, Quebec, CANADA,

²School of Dietetics and Human Nutrition, McGill University, Ste-Anne-de-Bellevue, Quebec, CANADA,

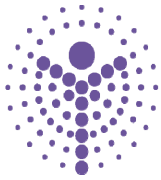
³Department of Medicine, McGill University, Montreal, Quebec, CANADA



Jordan Albaum — University of Toronto

Trends in Glucocorticoid-Induced Osteoporosis Management Among Seniors in Ontario, 1996-2012

Jordan M Albaum, Linda E Levesque, Andrea S Gershon, Guoyuan Liu, Yan Yun Liu, Suzanne M Cadarette



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Autumn 2014

OSTEOPOROSIS CANADA NEW RESEARCH POLICIES AND PROCEDURES

OC SAC Research Committee has developed policies and procedures to assist the researcher either being funded by Osteoporosis Canada preparing an annual or final progress report, wanting a Letter of Support to back their project or for those wanting help in recruiting study participants .

Annual and Final Progress Reports

Annual Progress Reports are required for research conducted during each year of funding from Osteoporosis Canada such as through the CaMos Study or the Tim Murray Travel Awards. Final Reports cover the entire period of the grant and are required at the end of the research funding period.

All reports consist of a lay summary that will appear on the OC websites, a technical report, identification of knowledge translation activities related to the research completed and any future research plans resulting from the findings.

A Policy and Procedure for Recruitment of Study Participants Checklist for Research Recruitment

Osteoporosis Canada receives numerous requests from Canadian researchers seeking participants for their studies. A Policy and Procedure has been developed for providing support for the recruitment of participants for ethical and reputable research relevant to our vision and mission with timelines indicated. A checklist outlining the requirements needed by Osteoporosis Canada is detailed for the researcher to ensure all information is included with the request.

If the request is accepted, members of our Research committee will be sent a copy electronically for posting or circulating. A link on our website will be posted and the link will also be forwarded to our COPN group.

Study findings will be shared with Osteoporosis Canada.

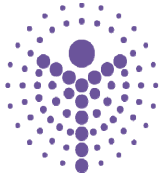
Osteoporosis Canada's staff/volunteers will not actively recruit potential research subjects directly, nor will they answer questions regarding the project.

A Letter of Support Process Checklist for a Letter of Support

A Letter of Support will be provided to osteoporosis researchers to support applications for external funding, where the researcher has an established track record in quality research. Requests from both our Scientific Advisory Council members and non- members will be considered if the research is relevant to OC's mission. A checklist has been developed for the researcher to ensure all information is included with the request. The researchers should be affiliated with an established organization with credibility in research related to osteoporosis, such as accredited academic institutions. The researchers must also agree to share the study findings with Osteoporosis Canada, by webinar or other appropriate means

For more information:

<http://www.osteoporosis.ca/health-care-professionals/osteoporosis-research/oc-forms-and-policies/>



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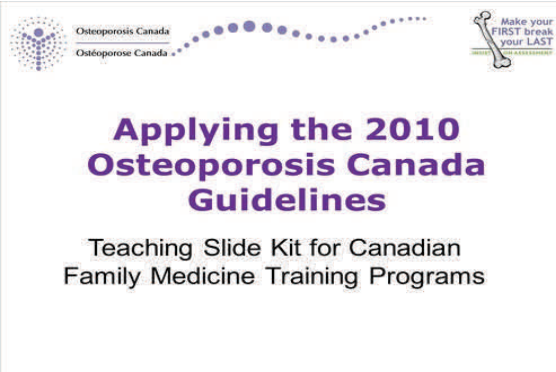
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Autumn 2014

NEW TEACHING TOOL



The SAC Knowledge Translation Committee has developed a slide kit based 2010 Osteoporosis Canada Guidelines. It is easy to use and flexible:

The first part includes background slides on the assessment and management of osteoporosis that may be delivered in a didactic teaching format.

The second part is a case study that is designed to be interactive in a question & answer format to stimulate active participation and learning.

Feel free to use the entire slide kit or only parts of the teaching tool according to your specific needs. For example, you may choose to incorporate certain content from the slide kit into an existing curriculum on osteoporosis.

To download the slide kit in either English or French, go to:

www.osteoporosis.ca/op-slidekit or www.osteoporosecanada.ca/op-slidekit

SAC DONATIONS

Thank-you to the SAC Members who have graciously given to OC of your time, expertise and financial support. Your support shows that you believe our cause is worthy of your own donations and is thus worthy of donations from others.

SAC members are requested to become members of OC. The yearly membership fee is \$25 and can be obtained online, by phone or through the mail. For those giving more than \$25, the first \$25 will be applied to (tax receivable) membership and the rest as a donation.

Here are some additional ways you can support Osteoporosis Canada today:

Donate online

You can make an online donation to Osteoporosis Canada. Your donation will immediately help to educate, empower, and support individuals and communities in the risk-reduction and treatment of osteoporosis. Your charitable tax receipt will be emailed to you shortly after you make your online donation.

Donate in memory of someone special

You can make a donation in memory of someone special. Osteoporosis Canada will send a letter to the next of kin notifying them of your donation, and you will receive a charitable tax receipt.

Become a monthly donor

This is an easy way to support the organization through automatic monthly donations.

Consider a planned gift

Find out more about how you can remember us in your will or designate the organization as a beneficiary of a life insurance policy.

For more information, please visit www.osteoporosis.ca/donate