

Osteoporosis Canada

Ostéoporose Canada

# SAC Link

Osteoporosis Canada's Scientific Advisory Council

## Fall 2012

### **SINCERE THANKS**

A sincere thank-you to Dr. Bill Leslie for his time, dedication and leadership over the past three years as Chair to the Scientific Advisory Council. Bill has truly advanced the SAC agenda of promoting the dissemination of our 2010 osteoporosis guidelines and the vision of a Canada without osteoporotic fractures.

### **LINDY FRASER MEMORIAL AWARD**

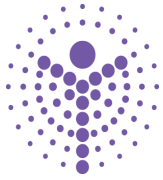


Dr. David Goltzman is the 2012 Lindy Fraser Memorial Award recipient! Osteoporosis Canada established this award in 1993. This prestigious award recognizes individuals who have done exemplary research and have helped to increase the knowledge about osteoporosis. The recipient is nominated by members of our Scientific Advisory Council.

Dr. Goltzman is Professor in the Departments of Medicine and Physiology of McGill University, Director of the McGill Centre for Bone and Periodontal Research, and Senior Physician in the Endocrine Division of the Department of Medicine of the McGill University Health Centre.

His research has focused on the hormonal regulation of calcium and skeletal homeostasis, and he has made many important contributions to our knowledge of parathyroid hormone(PTH), PTH related peptide and vitamin D, which have had major impact on our understanding of a variety of metabolic bone diseases including osteoporosis. He is co-principal investigator of the Canadian Multicentre Osteoporosis Study(CaMos) which has produced new and important information on the demographics, development, risk factors, and outcomes of osteoporosis which is Canadian in origin and international in impact. Dr Goltzman has received various honours and awards, including the Aurbach Award of the US Endocrine Society, the Raisz Award of the American Society for Bone and Mineral Research(ASBMR), fellowship in the Royal Society of Canada and in the Canadian academy of Health Sciences and an honorary degree(doctor honoris causa) from the University of Athens. He is also an Officer of the Order of Canada, and he is a past President of the ASBMR, the Canadian Society of Clinical Investigation and the Canadian Society of Endocrinology and Metabolism.

Sincere congratulations to Dr. Goltzman!



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### 2012 OC SAC Strategic Planning Meeting

On Friday Sept 21, members of the OC SAC Executive Committee and chairs of various SAC committees met in Toronto. Discussions included the presentation of the OC strategic plan for 2013-2016. Additionally, each SAC Committee presented an update of current activities and plans for the next three years. Ideas stemming from the meeting included an enhanced OC website, the creation of a network for Health Professionals and increased knowledge translation.

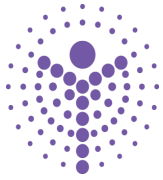


In the afternoon, industry partners joined the SAC members for a workshop on potential knowledge translation activities as well as the need for a related, simplified tool. The family doctor was identified as a key target audience. Watch future SAC Links for more information.

### OC SAC ASBMR Breakfast

On Saturday Oct. 13th, over 60 members of the OC SAC community gathered in Minneapolis for a breakfast to celebrate OC volunteers receiving the Queen Elizabeth II Diamond Jubilee Medal. To celebrate the 60th anniversary of Her Majesty Queen Elizabeth II's accession to the throne as Queen of Canada –60,000 Canadians are being honored for their contributions to their community and country. Partner organizations were invited to nominate outstanding individuals from their organization for this national honour. Osteoporosis Canada is proud to report that 28 individuals, representing various aspects of the organization, are recipients of the Queen Elizabeth II Diamond Jubilee Medal.

Medals have been awarded to the following SAC members: Dr. Jacques Brown, Dr. David Hanley, Dr. Robert Josse, Dr. Diane Therieult, Dr. Stephanie Kaiser and Dr. Stephanie Atkinson. Dr. Jonathon (Rick) Adachi was also honoured with the presentation of a medal.



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### Donations to OC

Thank-you to the SAC Members who have donated to OC - thus far 25% of the SAC has made a donation. The Scientific Advisory Council (SAC) has played a significant role in establishing Osteoporosis Canada's reputation among healthcare professionals, patients and the public.

Here are some 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.

#### [Donate in honour of someone special](#)

You can make a donation in honour of someone special. Osteoporosis Canada will send a card on your behalf, acknowledging your gift, 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.

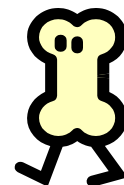
#### [Consider a planned gift](#)

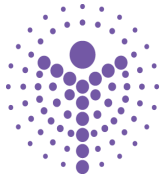
Find out more about how you can remember us in your will or designate the organization as a beneficiary of a life insurance policy.

For more information, please visit [osteoporosis.ca/donate](http://osteoporosis.ca/donate)

### 2012 Dr. David Sackett Senior Investigator

Dr. Angela Cheung was the recipient of the 2012 Dr. David Sackett Senior Investigator Award from the Canadian Society of Internal Medicine. The award recognizes excellence in research by a senior Canadian general internist. Dr. Cheung gave her keynote address on "The Art and Science of Clinical Research" at the recent CSIM annual meeting on October 19th in Quebec City. Sincere congratulations Angela!!





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### Dr. Sophie Jamal Receives the 2012 CSEM Young Investigator Award



The 2012 Canadian Society of Endocrinology and Metabolism Young Investigator Award is awarded each year to an individual who has been a faculty member at a Canadian university between 5 and 10 years and has demonstrated excellence as an independent investigator. The award includes a grant in support of the awardee's research program, and the awardee presents a lecture describing her/his research at the CSEM Annual Meeting. This year's award recipient was Dr. Sophie Jamal.

Sponsored by Merck Canada and the Canadian Institutes of Health Research

[http://www.endo-metab.ca/index.php?option=com\\_content&task=view&id=17&Itemid=34](http://www.endo-metab.ca/index.php?option=com_content&task=view&id=17&Itemid=34)

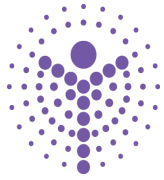
Congratulations Dr. Jamal.

### Congratulations to the 2012 OC-CaMos CaMos Research Award Winner

*Courtney Kennedy is the recipient of the 2012 CaMos Research Award*

Courtney Kennedy is a doctoral student in the Department of Clinical Epidemiology and Biostatistics at McMaster University. She earned a MSc (Community Health & Epidemiology) at Queen's University in 2002 and has been involved with bone research nearly ever since. Her thesis study is focused on evaluating a model for integrating osteoporosis best care practices in long-term care homes. Since receiving the 2011 OC-CaMos Fellowship Award, she has been actively involved in frailty and bone research. Together with CaMos mentors Dr. Alexandra Papaioannou, Dr. Rick Adachi, and Dr. Susan Kirkland, and leading frailty researcher Dr. Kenneth Rockwood, they have created the CaMos Frailty Index. In the next phase of this project, she plans to use ten years of data from the CaMos study to examine how osteoporosis and fractures are inter-related with frailty.

*"I am extremely fortunate to receive this funding from Osteoporosis Canada and the CaMos study, as it allows me to continue with this important work and to collaborate with other researchers and international experts. The longitudinal CaMos data-set provides an excellent opportunity to advance our understanding about how frailty changes over the life-span and what factors contribute to frailty. In particular, it will be interesting to determine the impact that osteoporosis and fractures have on the course of frailty."*



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*From Our Committees*

### **The OC Rapid Response Team**

The Rapid Response Team has been monitoring scientific publications and providing updates for Canadians summarizing the new advances in Bone research. These updates are developed by the Team within 24 hours of a publication and are posted on Osteoporosis Canada's website. Over the past year the committee has posted up-dates on a number of topics including calcium supplements, osteonecrosis of the jaw, atypical hip fractures, side effects of osteoporosis therapies and other timely topics. Please check the website if you have any questions on controversies in the media <http://www.osteoporosis.ca/position-statements>

### **The Potential Cancer Risk with Long-Term Use of Calcitonin-containing Drugs**

Recently, the SAC Rapid Response Team prepared and reviewed the following:

Calcitonin is a hormone found naturally in our bodies. A synthetic form of calcitonin (Miacalcin NS® or generic calcitonin) is used in a nasal spray. It decreases the function of the osteoclast (bone-eroding cells) and can decrease bone loss and the risk of spine fractures. It has also been found to be helpful in decreasing bone pain after a spine fracture. Calcitonin is also approved for the treatment of Paget's bone disease as well as for the treatment of high blood calcium in those with cancer. Recently, the European Medicines Agency (EMA) reviewed the benefits and risks of taking this medication and noted that a small increased risk of cancer has been seen with long term use of calcitonin. The EMA reviewed all available information including safety data following release of the drug on the market as well as information from experimental cancer studies.

A 2.4% increased rate of cancer was seen in those taking nasal calcitonin long term. The concern regarding cancer risk did not appear to be present with short term use ( months). At this time the increased risk of cancer has not been confirmed to be caused by calcitonin and may simply be an association.

Calcitonin does not have a very potent anti-osteoporosis effect, and does not decrease the risk of hip or nonspine fractures. For this reason, Osteoporosis Canada has previously advised that it not be used as a first line treatment for osteoporosis. If you are using calcitonin for your osteoporosis please speak to your physician regarding the most suitable duration of therapy or possible alternative treatment options.

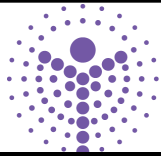
### **Guidelines Committee**

#### *Osteo Update Revamped*

OC is looking at reviving an electronic version of Osteo-Update to keep primary care physicians up to date on issues pertaining to osteoporosis management. If anyone is interested in joining the effort, please contact [kgrady@osteoporosis.ca](mailto:kgrady@osteoporosis.ca)







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### Tell Your Patients About COPN!

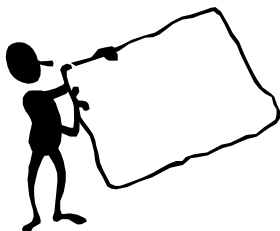
The Canadian Osteoporosis Patient Network (COPN) is the patient arm of Osteoporosis Canada, created by volunteers living with osteoporosis. COPN connects individuals affected by osteoporosis, communicates information about how to live well with the disease and advocates for comprehensive access to diagnosis, treatment and care.

COPN provides a wealth of information for patients on topics such as Drug Treatments, Nutrition, Exercise, Diagnosis as well as a free patient-driven and patient-friendly, SAC reviewed, newsletter that gets sent out to the patient members every two weeks. Patients sign up for this on the OC website and membership is free. For those who don't use a computer, a mailing of printed material goes out every 3 months.

According to Dr. Irene Polidoulis, COPN's Medical Advisor,, "All SAC members should know about COPN and should get their osteoporotic patients to sign up. Then, the information will automatically flow to them".

In addition, COPN takes all the health professional rapid response team's responses, edits them in patient-friendly language, and sends them out to all COPN members electronically either as a piggy-back to the biweekly newsletter or on their own.

For more information about COPN, visit : <http://www.osteoporosis.ca/copn>



### Stand Tall Canada

Osteoporosis Canada has recently launched the Stand Tall Canada campaign to raise awareness of the fact that height loss can be an indicator of a spine fracture and to encourage people who have lost height to see their doctor.

Height screening will take place at health fairs and other Chapter events across the country. Volunteers will set up a booth featuring a stadiometer (a simple device to measure height) placed against a wall or pillar. The volunteer will measure the participant's height three times, take the average, and record this on the Stand Tall Canada card. The participant keeps the card and uses it to record future height measurements by a healthcare provider.

For more information, please visit: <http://www.osteoporosis.ca/are-you-standing-tall-osteoporosis-canada-launches-new-campaign/>



Questions? Comments?  
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