



Osteoporosis Canada

Ostéoporose Canada

May 2012

SAC Link

Osteoporosis Canada's Scientific Advisory Council

Spring Edition 2012

Executive Committee: Dr. Bill Leslie (Chair), Dr. Angela Cheung (Vice Chair), Dr. Alexandra Papaioannou, Dr. Earl Bogoch, Dr. Sid Feldman, Dr. Stephanie Kaiser, Dr. Sumit Majumdar, Dr. Heather McDonald-Blumer, Dr. Suzanne Morin, Dr. Irene Polidoulis

Guidelines Committee: Dr. Suzanne Morin (Chair), Dr. Angela Cheung, Dr. Heather Frame, Dr. Sumit Majumdar, Dr. Lynn Nash, Dr. Lianne Tile, Dr. Robert Josse, Dr. Maureen Ashe,

Research Committee: Dr. Angela Cheung (Chair), Dr. Jane Aubin, Dr. Debra Butt, Dr. Lora Giangregorio, Gezina Ilse (COPN), Dr. Susan Jaglal, Dr. Mohit Bhandari, Dr. Alexandra Papaioannou

Nominating Committee: Dr. Stephanie Kaiser (Chair), Dr. Earl Bogoch, Dr. Anthony Hodsman, Dr. Bob Josse, Dr. Suzanne Morin, Dr. Alex Papaioannou

STAFF SUPPORT TO SAC

Kerry Grady MHS, RD Senior Manager,
Clinical & Scientific Programs

Results of SAC Link Satisfaction Survey

Thank-you for your participation in the SAC Link Satisfaction survey. Your input is invaluable and has been taken into account, starting with this issue. You will see some of the things you requested—links to tools being one of them. Overall, those responding were very satisfied with the SAC Link and always read it upon receipt. All felt it was relevant. Most were happy with receiving it 4x a year. Suggestions for improvement included featuring more on-going OC activities, an addition of an “upcoming event” section, links to OC materials, and updates from SAC committees. If you would still like to comment, [Click here to take the survey](#)

SAVE THE DATE

ASBMR EVENT

Please reserve Saturday Oct. 13th from 7 – 8AM. OC SAC will be hosting a breakfast at the Hilton Minneapolis for its members and guests. Watch your mailbox for further details.

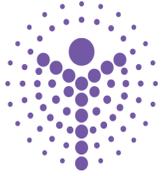
Speaking of Bones: Osteoporosis for Health Professionals

Osteoporosis Canada is launching an outreach program aimed at health professionals titled ***Speaking of Bones: Osteoporosis for Health Professionals***. We are planning on five modules – Overview of osteoporosis, physical activity, nutrition, medications and treatment, and fracture risk assessment. The presentations will be available via video conference and webcast through the Ontario Telemedicine Network (OTN). The modules are being presented by our very own osteoporosis experts, the SAC members.

Module 1: Overview will be available only in Ontario via videoconference. **Modules 2-5** are available for via webcast and video conference across the country.

We encourage you to forward the information to health professionals that may be interested in participating in one or more of the upcoming sessions.

Go to http://www.osteoporosis.ca/index.php/ci_id/10459/la_id/1.htm for more information.



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SAC Biographies

OC would like to feature a short biography about each SAC consultant on our OC SAC webpage - <http://www.osteoporosis.ca/multimedia/council.html> . Therefore, we will be asking each SAC consultant to provide relevant background information. We also plan to highlight the activities of consultants on a rotating basis in a special feature section.

Tim Murray Short-Term Training Award

The award aims 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 is administered by Osteoporosis Canada's research committee. The committee was pleased with the caliber of applicants received this year.

The recipient for 2012 is Dr. Munier Nour. He is a pediatric endocrinology fellow at the Alberta Children's Hospital, a Master's graduate student in the Medical Sciences, and as well enrolled in the Clinical Investigator Program through the University of Calgary. Congratulations to Munier.

Donations

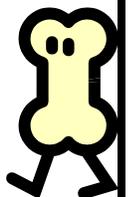
As you know, Osteoporosis Canada depends to a large extent on individual donations to fund all its programs, We need your help to ensure continued success. As identified in the SAC Terms of Reference, one of the responsibilities as a SAC consultant is to donate annually to Osteoporosis Canada. This can be done in several ways – please refer to http://www.osteoporosis.ca/index.php/ci_id/5565/la_id/1.htm for more information.

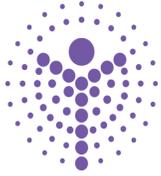
Notes from our SAC Committees

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 updates 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 and remember to always ask your physician regarding what is best for you and your bone health.

COPN Celebrates 5000th Member

The Canadian Osteoporosis Patient Network (COPN) is the patient arm of Osteoporosis Canada, created by people 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. The next issue of COPING to be published on May 25th celebrates COPN's 5000th member, Judy Reeves of Ottawa. Judy graciously agreed to share her personal story with COPN . It is included in the attached newsletter. To learn more about COPN, visit www.osteoporosis.ca/copn.





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Fact Sheets

The Satisfaction Survey told us readers wanted a link to OC resources . The following are Osteoporosis Canada resources for your patient use. Please refer to http://www.osteoporosis.ca/index.php/ci_id/5337/la_id/1.htm for more information.

Osteoporosis And Osteoarthritis



This two-page fact sheet focuses on the differences between osteoporosis and osteoarthritis. Includes information on the symptoms, diagnosis, risk factors and treatment for both diseases.

Physical Activity



This two-page fact sheet focuses on the benefits and necessity of physical activity for those living with or without osteoporosis. Includes detailed information on how bone is formed and how physical activity affects the bone. Also discusses the importance of physical activity to improve balance, coordination and posture.

Secondary Osteoporosis

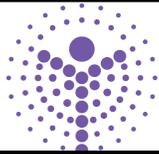


This four-page fact sheet focuses on secondary osteoporosis, which occurs as a result of the treatment of another disease or condition, or the condition itself. Includes information on glucocorticoids, other medications and medical conditions that contribute to secondary osteoporosis and how to minimize the effects.

Your Guide To Strong Bones **Newly Updated**



This two-page guide focuses on ways to keep your bones strong, touching on nutrition, exercise, vitamin supplements, medication, and more. Also includes a great guide to calcium content in common foods.



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[Activity For Healthy Bones](#)



This two-page fact sheet discusses the types of activity needed for healthy bones throughout the life cycle: for building bone mass, for muscle strength, for balance and coordination and for posture. Also provides guidelines for frequency and duration.

[Nutrition](#) **Newly Updated**



This six-page fact sheet focuses on the importance of nutrition in maintaining and building healthy and strong bones. Contains detailed information on the recommended daily calcium intake for various age groups, information on vitamin D requirements and much more.

[Diagnosis](#) **Newly Updated**



This four-page fact sheet focuses on the diagnosis of osteoporosis. Contains detailed information on assessing your risk.

[Drug Treatments](#) **Newly Updated**



This four-page fact sheet focuses on medications used to treat osteoporosis. Contains detailed information on available medications, including effectiveness, who can take the drug, how it is taken and possible side effects.

[Men & Osteoporosis](#) **Newly Updated**



This two-page fact sheet focuses on men and osteoporosis. Includes information on risk factors for fracture, secondary causes of bone loss and treatment. Also presents a story of a man living with osteoporosis.

Questions? Comments?

Contact;

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