

Osteoporosis Canada

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SAC Link

Osteoporosis Canada's Scientific Advisory Council

Summer 2016

Upcoming Events

ASBMR BREAKFAST 2016

OC will be hosting a breakfast at ASBMR in Atlanta, Georgia. It is planned for Saturday September 17th at 6:30 AM . Further details to follow. Please RSVP to Kerry if you plan to attend kgrady@osteoporosis.ca.

OC ANNUAL GENERAL MEETING

The Board of Directors/AGM face-to-face meeting will be held in Toronto, ON at the *Chelsea Hotel, Toronto, 33 Gerrard Street West, Toronto, Ontario* on September 23, 24, 25 2016 . SAC Members are welcome to attend the AGM portion of the meeting on Saturday, September 24th at 10 AM. Joanne Sale from SMH will present a 10 year update on the FLS work in Ontario.

CANADIAN MUSCULOSKELETAL CONFERENCE (CMC) 2016

Dr. Angela Cheung, our past chair of the SAC, will be hosting the inaugural **Canadian Musculoskeletal Conference (CMC) 2016** (www.canadianmskconferences.com) in Toronto, ON this year at the Toronto Marriott Downtown on October 14-15th.

This meeting will be co-hosted in partnership with the University Health Network Osteoporosis Program, University of Toronto Centre of Excellence in Skeletal Health Assessment (CESHA), and Osteoporosis Canada.

The CMC will be the first national meeting focused on advances in osteoporosis and other musculoskeletal disorders. The meeting will host an agenda complete with clinical topics appropriate for specialists, primary care and allied health professionals.

In addition, Drs. Andy Kin On Wong and Marta Erlandson will be co-hosting the **CMC Young Investigators Training Day** on October 13th. Invited speakers will talk about the essential tools for growing as a young investigator. There will be several specialized talks about bone and biomechanics, as well as 3 dedicated talks by select young investigators focused on this year's theme of Musculoskeletal Imaging.

Poster sessions are scheduled throughout the meeting and a special **CMC-Osteoporosis Canada Young Investigator Award** will be granted for the **Best Abstract (\$500)**. Trainees will also have the opportunity to connect with each other in the social events that the CMC team is planning.

The CMC organizers are looking for your help to spread the message to your colleagues and students. All Canadians both local and abroad are invited to join them at this landmark national meeting. Those interested can register on their website at: www.canadianmskconferences.com. Early bird deadline ends August 31, 2016!



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SAC Pharmacist Named 2016 Canadian Pharmacist of the Year

Bernie Poitras, APR

Communications Associate, Faculty of Pharmacy and Pharmaceutical Sciences

University of Alberta



Edmonton pharmacist and researcher Dr. Nesé Yuksel has been named the 2016 Canadian Pharmacist of the Year.

Dr. Yuksel is currently the Division Chair of Pharmacy Practice and a Professor at the University of Alberta's Faculty of Pharmacy and Pharmaceutical Sciences, and practices on an interdisciplinary team at the Menopause Clinic at Lois Hole Hospital for Women (LHHW) in Edmonton. She is also a proud University of Alberta alumna (BScPharm '88).

"CPhA is very proud to recognize the significant contributions Nesé has made to the pharmacy profession," says Carlo Berardi, Chair, Canadian Pharmacists Association. "As a dedicated educator, active researcher and valued clinician in the areas of women's health and osteoporosis, Nesé has made a lasting impact on the lives of her patients, her students and the advancement of our profession."

Practicing in the area of women's health and osteoporosis for more than 17 years, Dr. Yuksel is a recognized expert in her field, combining her clinical interests and practice-based research to develop innovative techniques to enhance the way pharmacists practice. She feels fortunate that her clinical practice stimulates research ideas and has provided opportunities to collaborate with other women's health researchers and clinicians. She has led and collaborated on a wide-range of research projects, and is excited about her research team's current study on decision-making in women who have had early surgical menopause.

In her clinical practice at the menopause clinic at the LHHW, Dr. Yuksel works alongside a physician, nurse, and dietician to develop care plans that best suit the needs of women as they transition through menopause. This includes patient assessment, education, treatment and follow-up.

"I love working with patients in the clinic," says Dr. Yuksel. "We have women who have suffered so much with symptoms that have really impacted their lives. It feels so rewarding to see these women empowered to make the best decisions for themselves. I really feel as a team we make a difference in their care."

One of the first 15 pharmacists in Alberta to receive Additional Prescribing Authority (APA) in 2007, Dr. Yuksel has been a vocal advocate for advanced pharmacy practice, making significant contributions over the past decade through committees, publications and interviews in support of APA. She is now turning her passion for the evolving role of pharmacists into evidence by collaborating on research on pharmacist prescribing, as well as developing tools to support pharmacists in practice.

The Canadian Pharmacist of the Year Award is conferred annually to recognize a pharmacist who demonstrates leadership and exemplifies the evolution of the pharmacy profession toward an expanded role in health care.



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SAC Member awarded honorary Doctor of Science

McMaster professor **Stephanie Atkinson** has received an **honorary Doctorate of Science** from her alma mater Western University.

Atkinson is a professor in the Department of Pediatrics and an associate member in the Department of Biochemistry and Biomedical Sciences. She's also a distinguished **researcher in perinatal and pediatric nutrition and metabolism**, and the long-standing leader of the McMaster Centre for the Canadian Child Health Clinician Scientist Program.

"We are delighted to honor one of Canada's outstanding nutrition scientists, a pioneer international recognized leader who has repeatedly broken new ground in pediatric nutrition," said **Dr. Donna Rogers**, interim principal of Brescia University College, in her introduction of Atkinson.

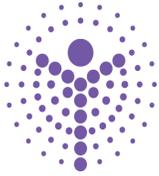
Atkinson began her post-secondary education at Brescia University College, an affiliate of Western University, where she completed her BA in nutrition. Atkinson worked as a pediatric dietitian at the Hospital for Sick Children in Toronto and went on to earn a PhD in nutritional sciences at the University of Toronto. She has been a faculty member at McMaster University since 1982.

"To be acknowledged with an honorary degree by my alma mater is indeed a career highlight," said Atkinson in her convocation address. "Never did I imagine walking across this stage a second time so many years after my first degree."

Western President **Amit Chakma** lauded Atkinson for her numerous career achievements which include appointment to the inaugural Governing Council of the Canadian Institutes for Health Research (CIHR), serving as advisor to Health Canada, Osteoporosis Canada, the U.S. Institute of Medicine and National Institutes of Health, and being elected President of the American Society for Nutrition.

"We are thrilled and honoured to be able to honour one of our who has gone on to do many things," said Chakma. "You have inspired many generations of students in following in your footsteps and have gone on to become leaders in medicine around the world."





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OC-CaMos Award Winner 2016

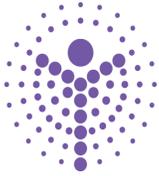
Dr. Olga Gajic-Veljanoski
McMaster University

What is the impact of osteoporotic fractures on trajectories of change in quality of life and healthcare resource use?



Osteoporosis and fractures are common among older adults. Osteoporotic fractures substantially affect a person's well-being or one's quality of life. Hip and spine fractures negatively affect the ability to walk independently or to perform basic self-care such as getting dressed. They are also associated with severe pain leading to frequent use of pain killers, and potentially greater use of health services such as help in the home and hospitalization. Hip fractures are associated with increased risks of dying in the first year following the fracture. Accurate measuring of the long-term impact of different types of osteoporotic fractures on quality of life is particularly important for economic modeling of osteoporosis as over lifetime an adult may sustain fractures multiple times, and consequently, may have a much greater risk of repeat fractures and a higher propensity for healthcare resource use. While most research has focused on the short-term impact of fractures during the first years, we think that hip and spine fractures can result in changes that have

impact on a person's health and costs of health care for many years after the fracture. Our study will examine the patterns of change in quality of life and healthcare costs after new or repeat osteoporotic fractures using data from the Canadian Multicentre Osteoporosis Study (CaMos). We will examine the loss in quality of life over 10 years by the severity of incident osteoporotic fractures in over 7,500 participants aged 50 years and older. We also propose to link data of the eligible Ontario CaMos cohort with health administrative data holdings. These databases provide information on physician services, hospitalizations, prescriptions or use of long-term care so we can analyze at the same time the long-term impact and associations between osteoporotic fractures, quality of life and healthcare costs. We expect that older participants with severe types of fractures such as hip or clinical vertebral fractures will have longer, significantly lower quality of life and will consume more healthcare resources than those with less severe types of osteoporotic fractures or those without fractures. This study will provide a unique opportunity to link the CaMos population-based cohort with all available Ontario's health administrative data, and will establish more accurately the burden of osteoporotic fractures in Ontario. Findings from our study will contribute towards better assessments of current osteoporosis care programs and will guide policies aimed at improving the quality of care in adults with osteoporosis and fractures.



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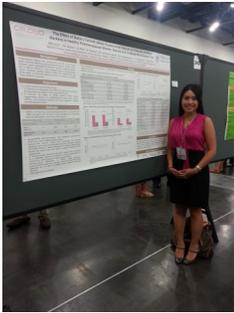
Summer 2016

SAC RESEARCH AWARDS

Tim Murray 2016 Travel Award Winners

Angel Ong

McGill University



"It is with great honour to be receiving the 2016 Osteoporosis Canada Tim Murray Award. This award will facilitate my PhD training by supporting my travel to Georgia, USA, to attend the full ASBMR 2016 Annual Meeting in September.

The aim of my thesis research project is to compare the effect of dietary calcium intake to that of supplemental calcium on vascular and bone health in healthy postmenopausal women in a 1-year randomized controlled trial. To date, we have conducted a cross-sectional analysis of baseline data of our ongoing randomized controlled trial to examine whether the intake of dietary calcium is associated with biomarkers of vascular health in healthy postmenopausal women. I will be presenting these results at the ASBMR 2016 Annual Meeting in light of the recently raised uncertainty associating dietary calcium intake from milk with cardiovascular mortality. In addition to the dissemination of our results, this award will also give me the opportunity to attend and to participate in different educational sessions, including symposia, plenary lectures and poster presentations by peers and researchers at the scientific meeting. These learning opportunities will provide a fundamental skillset for my PhD training as well as future research work. Moreover, I look forward to this great opportunity to continue to build a network of international colleagues for potential collaborations in the future."

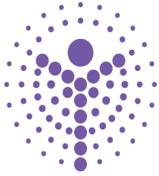
Gillian Mazzetti

McGill University



Gillian Mazzetti is a medical resident in Endocrinology and Metabolism at McGill University. She completed medical school at the University of Calgary, and has undergone further training in Internal Medicine at McMaster University. She works under the supervision of Dr. Suzanne Morin at the Bone Metabolism Centre in the McGill University Health Centre. Gillian's research interests involve the applications of vertebral trabecular bone score and its relationship with body mass index. Her research has involved studying a subset of the CaMos cohort to determine if the relationship between body mass index and trabecular bone score varies between two major manufacturers' densitometers.

The Tim Murray Short Term Training Award will give Gillian the opportunity to attend the ASBMR Annual Meeting in Atlanta, Georgia in September 2016. Attending the ASBMR Annual Meeting will allow Gillian to present her research findings in a poster presentation session and receive feedback, as well as to network with experts in the field of osteoporosis, attend plenary sessions, and gain exposure to cutting edge research in osteoporosis. Gillian is honoured to receive this award and looks forward to using it to enhance her knowledge and experience in the field of osteoporosis and bone metabolism.



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SAC RESEARCH AWARDS

Tim Murray 2016 Travel Award Winners

May Slim

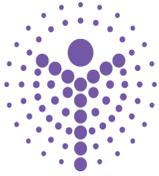
McGill University



The annual meeting of the American Society for Bone and Mineral Research (ASBMR) is the ideal setting to present study results exploring bone health. It is well attended by clinicians and researchers from Canada, USA, Europe and Asia. As bone development and growth is vital to overall health throughout the lifespan, there is a strong emphasis on childhood and youth health at this conference. This annual meeting for the ASBMR attracts leading researchers performing highly influential research that has a large impact on health policy. This year, ASBMR provides also a Symposium on bone genomics titled "Bone-omics: Translating Genomic Discoveries into Clinical Applications" that will be held on one day prior to the ASBMR meeting. This makes it a premier opportunity for myself as a student to continue to develop and refine my knowledge and skill in the field.

Presenting at this conference is very fitting and aligns perfectly with Osteoporosis Canada priorities as my work is focused on the assessment and achievement of optimal bone growth and development during adolescence. The impact of milk and alternatives (MAlt) on bone health in adolescents is understudied and current scientific evidence is not adequate to support its necessity for optimal bone health. Most trials point to benefits in younger women and were underpowered to substantiate the Health Canada's statements regarding reduction in risk of osteoporosis (i.e. Bone mineral density and bone mineral content not necessarily improved). Furthermore, no RCT was specifically designed in Canada or in men. The primary objective is to generate high-level evidence in healthy young men and women (14 to 18 y at baseline) with habitually low intake of MAlt that dietary intervention with MAlt will enhance bone health. Data collected will generate important new information for obtaining calcium intakes at the recommended level through diet alone and includes safety assessments to reassure health care professionals, researchers, policy groups, industry and Canadians that such a diet is healthy. Findings of this research are applicable for both researchers and clinicians at the conference as it addresses gaps in the knowledge base. From these points it can be inferred that there for this work might have an influence on clinical policy and health research across Canada.

As a PhD student, the main focus for myself attending a conference like this is to further enhance my training and knowledge in my research field and to build connections with both students and investigators in related fields. Attending this conference allows me the exposure to novel and cutting edge research from around the world. Through networking and discussion with senior investigators at the conferences I can learn from their vast experiences, knowledge and leadership abilities. Going to a conference involving practicing clinicians as well as researchers gives me a truly valuable perspective of those who would be using the guidelines that researchers and clinicians develop and the factors that play a role in the realistic use and integration of nutritional guidelines.



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Tomas Cervinka

Toronto Rehabilitation Institute



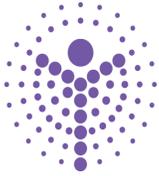
Tomas Cervinka is a postdoctoral fellow in the Research Department at Toronto Rehabilitation Institute (a member of the University Health Network). Tomas obtained his PhD degree at the Tampere University of Technology (Finland) where he acquired expertise in image processing and analysis in relation to clinical bone research with a special focus on peripheral quantitative computer tomography (pQCT). His postdoctoral research aims to evaluate currently available imaging modalities and tools for assessment of bone health of individuals living with spinal cord injury and consequently recognize those at high risk for fragility fracture.

The Osteoporosis Canada-Tim Murray Short Term Award will provide Tomas with the opportunity to attend and present his research at the 55th Annual scientific meeting of International Spinal Cord Society (ISCoS) in Vienna in September 14-16th, 2016. By attending ISCoS, Tomas will strengthen his knowledge and understanding of the field of rehabilitation science, and engage with experts in the field the spinal cord injury (SCI) research. Together with Dr. B. Catharine Craven, he will implement and invited 1.5hr workshop entitled "Moving from DXA to pQCT: feasibility and economic considerations and technical recommendations for the SCI community". Further, Tomas led a secondary data analysis that examined a potential bone health indicator, so-called Capozza index, in 99 individuals with SCI and will present his findings in a poster session at ISCoS. The Capozza index may help clinicians further distinguish individuals according to American Spinal Injury Association Impairment Scale (AIS) subgroups, and the impairment consequences of SCI in

terms of the muscle-bone unit interactions; specifically, the degree of motor preservation and the associated impact on bone quality.

The Tim Murray Short Term Award will not only allow Tomas to attend the ISCoS plenary sessions and presentations, but also provide a unique opportunity to meet with experts in SCI, receive feedback on his research, and discuss related issues among the ISCoS international data set working groups regarding fracture risk assessment and endocrine metabolic disease risk.

"I am very grateful to Osteoporosis Canada for my selection as a recipient of the Tim Murray Short Term Award. As an engineer, just starting my postdoctoral training in field of SCI, I will greatly benefit from a deeper understanding and integration into the SCI research community, while establishing connections to enable future collaborations. I believe my participation at ISCoS, thanks to the Tim Murray Short Term Award, will afford an excellent opportunity to introduce myself to the SCI research society and launch my career in the field of rehabilitation science".



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New Osteoporosis Custom EMR Launched

The 2010 Clinical Practice Guidelines for the Diagnosis and Management of Osteoporosis in Canada and the 2015 Clinical Practice Guidelines for the Frail Elderly offer evidence-based screening and treatment recommendations for adults over 50 years. A new osteoporosis and falls assessment tool based on the guidelines has been developed and is now available for download. The tool can be integrated into the electronic medical record (EMR) with the aim of improving osteoporosis-related care in family practice.

This tool is now available for PS Suite EMR users and is currently being developed for OSCAR EMR users. A PDF version is also available. The tool is multifunctional and offers a number of features to support family physicians in their decision making process during osteoporosis and fracture patients' visits. For more information and to access the tool, go to <http://www.osteoporosis.ca/osteoporosis-custom-form/>

SAC Annual Donation

Our Goal in 2016 is 100% SAC Participation!

Now is a good time to join your fellow members of the Scientific Advisory Council in making your annual donation to Osteoporosis Canada. Your gift will help support research activities at Osteoporosis Canada including the administration of the numerous Research Awards has seen in this Link and for developing Atypical Femoral Fracture and Vertebral Fractures guidelines. Let's aim for 100% participation this year. The first \$25 of your donation goes towards your OC membership. Also, please let us know if you wish to attribute your gift to the research fund.

You can make a gift right now:

- By giving on line: www.osteoporosis.ca/Leadership
- By sending a cheque to the National Office (address below).
- By phone by credit card, to Rose Anne Mallett at (416) 696-2663 x2288

Thank you to everyone who has already made their gift in 2016.