

Osteoporosis Canada

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# SAC Link

Osteoporosis Canada's Scientific Advisory Council

## Summer 2015

### UPCOMING EVENTS

#### OC SAC INTRANET

Watch your mailboxes for upcoming information about an intranet being developed for SAC members. Members will be able to upload and download teaching tools to share amongst each other. Each SAC member will be assigned a private password to access the intranet.

#### ASBMR BREAKFAST 2015

OC will be hosting a breakfast at ASBMR in Seattle. It is planned for Saturday October 10th at 6:30 AM . Further details to follow. Please RSVP to Kerry if you plan to attend [kgrady@osteoporosis.ca](mailto:kgrady@osteoporosis.ca).

#### OC AGM

OC's AGM will be held in Toronto on Sept. 19th 2015 at 9:00 AM at the *Holiday Inn Toronto International Airport, 970 Dixon Road, Toronto* . Everyone is welcome to attend.

### OSTEOPOROSIS CANADA CAMOS FELLOWSHIP AWARD WINNER

#### Lauren Burt, Ph.D



Lauren has a Bachelor of Exercise Science (Honours) and a Doctor of Philosophy from the Australian Catholic University. Currently, Lauren is a postdoctoral fellow within the Bone Imaging Laboratory (<http://bonelab.ucalgary.ca>) at the University of Calgary where she works on the Canadian Multicentre Osteoporosis Study (CaMos) under the supervision of Dr. Steven Boyd and Dr. David Hanley.

Lauren is thrilled to be this year's recipient of the Osteoporosis Canada CaMos Fellowship. Her project is entitled "Transforming HR-pQCT for improved Clinical Diagnostic Applications: A Canadian Multicentre Osteoporosis Study". This work will produce a sex-and site-specific centile driven normative database for HR- pQCT parameters. Specific centile curves will be established at the radius and tibia for males and females. Being able to determine true age- and sex-related bone changes across the lifespan, with this high resolution imaging technology in a normal aging cohort may provide valuable information on bone quality, fracture risk and aging, not yet known. Furthermore, it is possible that the magnitude of true individual change in bone health may be a better indicator of fracture risk than an overall quantity. For example total bone density loss of over 3% per year may be a better predictor of fracture risk than placement of an individual below the 10 centile for total bone mineral density at baseline assessment.

Lauren is looking forward to sharing the results of her study with the Osteoporosis Canada community in the not to distant future.



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### SAC RESEARCH AWARDS

#### Tim Murray 2015 Travel Award Winners

##### John A. Morris



John is a PhD student in the Department of Human Genetics at McGill University. He works under the supervision of Dr. Brent Richards at the Lady Davis Institute of the Jewish General Hospital in Montreal, QC. John's basic area of interest is in the application of bioinformatic tools and statistical techniques to study the genetics of osteoporosis.

Through an active collaboration with researchers at TwinsUK, the largest registry of adult twins in the United Kingdom, John is studying the determinants of bone mineral density, the most clinically relevant predictor of osteoporosis. Even though identical twins share the same genome, their bone mineral density measurements can differ with one possible contributing factor being that their genes are controlled differently. To this end, John is investigating the role of DNA methylation, one of the mechanisms for epigenetic control of genes, in osteoporosis using measurements of bone mineral density in twins.

John will be using the Tim Murray Award to attend the American Society for Bone and Mineral Research in Seattle, WA, where his work entitled "Genome-wide analysis of DNA methylation identifies a novel locus associated with bone mineral density" has been accepted for an oral presentation. He is humbled and excited to accept the award and to use it in order to deepen his understanding of osteoporosis, to present his findings to the global scientific community, and to continue working towards understanding this common yet devastating disease.

##### Kristen Blythe Pitzul



Kristen Blythe Pitzul is a PhD candidate in health services research at the University of Toronto. Kristen holds a Bachelor of Science in Honors Biology and a Master of Science in Physiology from the University of Western Ontario. Her research interests include health system performance, program evaluation, and knowledge synthesis. Kristen is a fellow of the Health System Performance Research Network and President of the Student Chapter of Academy Health at the University of Toronto.

Receiving the Tim Murray Short-term training award will enable Kristen to present the results of her first thesis objective as well as the results of a recent scoping review that she led on quality indicators for hip fracture patients at an international conference. Kristen's PhD thesis is focused on the optimization of post-acute care pathways in hip fracture patients. Using Ontario as a case study, preliminary results from her first objective suggest that similar sub-populations of hip fracture patients are discharged to different levels of care depending on where the patient lives in the province. Results from the scoping review on quality indicators for hip# patients suggest that there are some validated quality indicators for hip# patients in the acute care period, but very few in the post-acute care period.

Disseminating these results at an international conference will be invaluable as Kristen will be able to speak directly with preeminent content experts and garner invaluable feedback from researchers, clinicians, and administrators.



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##### Jenna Gibbs



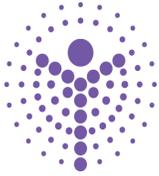
Jenna Gibbs is a postdoctoral fellow in the Department of Kinesiology at the University of Waterloo, working under the supervision of Dr. Lora Giangregorio. Jenna earned her PhD from Penn State University in Kinesiology where she acquired expertise in physiology and metabolism research, in particular interactions among musculoskeletal health, exercise, and nutrition. Her postdoctoral research aims to understand the role of physical activity, nutrition, and behaviour in optimizing musculoskeletal health across the lifespan, particularly in individuals at high risk of osteoporosis and fracture.

The Osteoporosis Canada-Tim Murray Award will provide Jenna with the opportunity to attend and present her research at the ASBMR Annual Meeting in October 2015 in Seattle, WA, USA. By attending ASBMR, Jenna will reinforce skills and knowledge acquired during her postdoctoral training, present two conference abstracts, and engage in applied learning on the latest bone and mineral research.

Jenna led a secondary data analysis that examined the muscle-bone association in adults aged 40-90 years from the Canadian Multicentre Osteoporosis Study (CaMOS) Toronto cohort and will present her findings in plenary and poster presentation sessions at ASBMR. Jenna also co-supervised an undergraduate thesis student to evaluate the precision of marrow fat measures obtained using peripheral quantitative computed tomography. She will present the findings from this work as a poster presentation at ASBMR.

The Tim Murray Award will also allow Jenna to attend the ASBMR plenary sessions, presentations, and clinical discussions, network with experts in osteoporosis research, and meet with collaborators to receive feedback on her research. Overall, this training funded by Osteoporosis Canada will support valuable learning opportunities related to bone health research, an opportunity to present research at an international meeting, and access to high-quality mentoring.

"I would like to extend my sincerest gratitude to Osteoporosis Canada and the Scientific Advisory Council for choosing me as the recipient of the Tim Murray Award. The Osteoporosis Canada-Tim Murray Award will support the achievement of many important learning opportunities needed to establish my independent research program."



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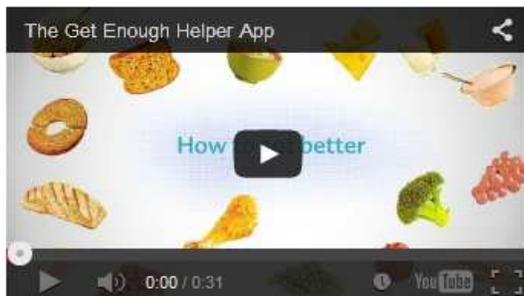
## Summer 2015

### Help Osteoporosis Canada Raise \$50,000!

When you download the *GetEnough Helper App* and track your daily food intake, Dairy Farmers of Canada will donate \$1 for every day you use the app.

It's free. It's easy to use.  
All in support of Osteoporosis Canada.

#### GetEnough Helper App



#### Follow These 3 Easy Steps:



##### STEP 1

Download the mobile app



##### STEP 2

Click on our logo to support Osteoporosis Canada



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##### STEP 3

Track your food intake daily

*Thank You For Supporting Osteoporosis Canada!*