

Osteoporosis Canada

Ostéoporose Canada

SAC Link

Osteoporosis Canada's Scientific Advisory Council

Winter 2014

SAVE THE DATE!

The next SAC Update Webinar will be held on **Tuesday March 25th at 7pm ET. Register now at**

<https://www2.gotomeeting.com/register/442553282>

OSTEOPOROSIS CANADA RESEARCH AWARDS

Osteoporosis Canada's Research Priority is to support clinical, translational and health outcomes research that focuses on the high fracture risk population, especially on preventing fractures and their negative consequences.

The Osteoporosis Canada-CaMos Fellowship Award

A collaborative award, by the [Canadian Multicentre Osteoporosis Study \(CaMos\)](#) and Osteoporosis Canada. This program will fund a graduate student or postdoctoral fellow for one year in the amount of \$20,000 and will provide that individual with an opportunity to engage in research training with investigators at CaMos. Awardees will gain new insight into the field of osteoporosis and will be presented with the basis for a career in clinical/epidemiological research related to osteoporosis. This program strives to improve the lives of individuals with osteoporosis while seeking optimal prevention and treatment of the disease.

The application deadline is May 1, 2014.

The Osteoporosis Canada Tim Murray Short-Term Training Awards

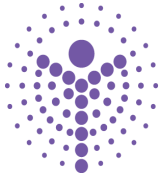
These awards (maximum \$1500) will give three individuals the opportunity to learn more about osteoporosis and/or advance existing research skills in osteoporosis. It is open to undergraduate, graduate, postgraduate trainees and junior faculty members (where junior is defined as less than 5 years in their first academic appointment). The awards aim 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 proposed training or project must occur between May 2014 and April 2015.

The application deadline is **March 30, 2014**

For more information, go to:

<http://www.osteoporosis.ca/health-care-professionals/osteoporosis-research/>



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FLS Needs Your Support!

Access to Fracture Liaison Service (FLS) for all Canadians who suffer fragility fractures is one of Osteoporosis Canada's Strategic Priorities.

Less than 20% of fragility fracture patients currently receive BMD and/or osteoporosis treatment, and so many go on to suffer repeat fractures that could be avoided with effective treatment.

OC's expert report, *Make the FIRST break the LAST with Fracture Liaison Services*, 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.

How does it work? Here are the steps in the process:

Identification: all men and women over 50 years of age who present with a 'signal' fragility fracture will be assessed for risk factors for osteoporosis and future fractures

Investigation: as per the 2010 OC Guidelines, those at risk will undergo BMD testing

Initiation: Where appropriate, osteoporosis treatment will be initiated

Under this "3-i" model, dedicated FLS staff coordinates the patients' care, working within the protocols of the institution, and under the direction of a physician with expertise in osteoporosis.

The benefits of FLS speak for themselves: improved quality of life for patients and families, reduced burden on healthcare systems – freeing up both acute and long term beds, and subsequent cost savings.

FLS is internationally accepted as the model of care to reduce the post fracture care gap, and we want Canada to continue as a leader in this campaign. As an SAC member, please visit the FLS website to review the many resources in the FLS Toolkit and sign up to show your support as a champion of FLS, and to receive newsletter updates and notification of upcoming webinars.

To learn more, go to: <http://www.osteoporosis.ca/fracture-liaison-service/>

Make the FIRST break the LAST
with
FRACTURE LIAISON SERVICES





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Welcoming Our Newest SAC Members

Dr. Marie-Claude Beaulieu, MD, CCFP
Family Physician
Sherbrooke, QC

Dr. Francois Cabana, BSc, MD, CSPQ
Orthopedic Surgeon
Sherbrooke, QC

Dr. Michael Davidson MD
Radiologist
Winnipeg, MB

Dr. Julio Fernandes MD, MSc, PhD, MBA,
FRCSC
Orthopedic Surgeon
Montreal, QC

Dr. Geoffrey Johnston MD, MBA, FRCSC,
FACS
Orthopedic Surgeon
Saskatoon, SK

Dr. Vicky Scott RN, PhD
Fall and Injury Prevention
Vancouver, BC

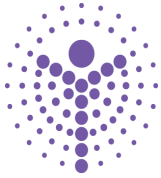
Dr. Sonia Singh MD, MHSc
Family Physician/Osteoporosis Consultant
Vancouver, BC

Dr. Ted Tufescu BSc, MD, FRCSC
Orthopedic Surgeon
Winnipeg, MB

Policy For OC Endorsement Guidelines

The timeline for review of documents by OC for the purpose of endorsement has been reviewed and updated. Please note the change in turn around time.

The manuscript and related-documents will be submitted by the authors to the Chair of the Guidelines committee who will, with the assistance of OC staff, circulate it to selected members of the committee or SAC at large for review. A review time of 4 to 8 weeks will be expected depending on the topic and the size of the manuscript. The Chair of the Guidelines committee will give the authors an estimate of the duration of the review process. The Chair of the Guidelines committee will then relay the recommendations of the Guidelines committee to the Executive committee members for a final decision. This should be expected between 2 to 4 weeks, providing a turnaround time from submission to final decision of 6 to 12 weeks. The final decision along with comments will be provided to the authors.



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TOO FIT TO FRACTURE

The following paper was endorsed by OC. A consensus process was conducted to develop exercise recommendations for individuals with osteoporosis, with or without vertebral fractures. OC is developing material to support and promote the new exercise recommendations

***Too Fit To Fracture:
Exercise recommendations for individuals
with osteoporosis or osteoporotic vertebral fracture***

L. M. Giangregorio & A. Papaioannou & N. J. MacIntyre &
M. C. Ashe & A. Heinonen & K. Shipp & J. Wark & S. McGill &
H. Keller & R. Jain & J. Laprade & A. M. Cheung

Osteoporos Int. 2014 Mar;25(3):821-35. doi: 10.1007/s00198-013-2523-2. Epub 2013 Nov 27.

We propose strong recommendations that individuals with osteoporosis, with or without vertebral fractures should engage in a multicomponent exercise program that includes resistance training in combination with balance training. Importantly, it is emphasized that individuals with osteoporosis do not engage in aerobic training to the exclusion of resistance or balance training. From a practical perspective, it means that best evidence is in support of balance and resistance training; telling a patient to walk for exercise without encouraging balance and resistance training is not consistent with best evidence.

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.

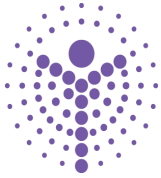
[Become a monthly donor](#)

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 osteoporosis.ca/donate



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WHAT YOU NEED TO KNOW ABOUT OSTEOPOROSIS VIRTUAL FORUM FOR OSTEOPOROSIS PATIENTS

YOU CAN PREVENT FALLS AND THE INJURIES THEY CAUSE

DATE

Wednesday, April 2, 2014

TIME

PDT 10:30 – 11:30 am

MDT 11:30 – 12:00 pm

CDT 12:30 – 1:30 pm

EDT 1:30 - 2:30 pm

ADT 2:30 -3:30 pm

PRESENTER

Dr. Vicky Scott - Senior Advisor on Fall and Injury Prevention, BC Injury Research and Prevention Unit and Ministry of Health

Watch live and archive with Ask a Question feature from your computer! Register now and you'll receive all the information you need to view the webcast. *We encourage you to forward this information to patients and caregivers that may be interested in participating the upcoming session. You can find more information by visiting the web page at <http://www.osteoporosis.ca/osteoporosis-and-you/copn/virtual-forum/>*

BEYOND THE BREAK FOR HEALTH PROFESSIONALS WINTER/SPRING 2014

Osteoporosis Canada and **Women's College Hospital** have collaborated on the development of an interprofessional education series, "**Beyond the Break**" presented via telemedicine. Targeted towards health professionals working with people living with osteoporosis, this modular series is designed to provide updates on the latest advances in recognition, diagnosis, treatment and education on osteoporosis.

We encourage you to forward this information to health professionals that may be interested in participating in one or more of the upcoming sessions. You can find more information by visiting the web page at Visit the BTB web page: <http://www.osteoporosis.ca/health-care-professionals/beyond-the-break/>

Module 2 of 5: Secondary Osteoporosis

A Review of Medications that can cause Bone Loss

Presented by Dr. Heather McDonald-Blumer

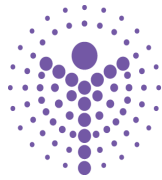
Tuesday, March 2, 2014 (12-1pm ET)

Module 3 : Men and Osteoporosis

Part 1: Osteoporosis Research and Guidelines

Presented by Dr. Jonathan D. Adachi, MD, FRCPC, St. Joseph's Healthcare, McMaster University

Friday, April 11, 2014 (12-1pm ET)



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Module 4 : Drug Holiday

Part 1: Treatment of osteoporosis: expected benefits, potential harms and drug holidays

Presented by Dr. Suzanne Morin, MD, MSc, FRCPC, McGill University

Friday, May 9, 2014 (12:30-1:30pm ET)

Part 2: Drug Holidays – Case Studies

Presented by Sandra Kim, MD, FRCPC

Wednesday, May 28, 2014 (12-1pm ET)

Module 5 : New Exercise Recommendation

Part 1: Overview of Too Fit to Fracture Exercise Recommendations

Presented by Dr. Lora Giangregorio, PhD, University of Waterloo

Friday, June 27, 2014 (12-1pm ET)

Part 2: Clinical Application of the Recommendations

Presented by Dr. Judi Laprade, BA, BScPT, MSc, PhD, University of Toronto

Friday, July 4, 2014 (12-1pm ET)

Archive presentations are listed: <http://www.osteoporosis.ca/health-care-professionals/beyond-the-break/>

Questions? Comments?

Contact; Kerry Grady MHSc, RD 416-696-2663

kgrady@osteoporosis.ca

