



The Path Forward

The Ontario Osteoporosis Strategy 20 years of progress

FRACTURE LINK

December 2025 EDITION

PREVENTING HIP FRACTURES, SAVING LIVES.



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FRACTURE LINK FALL 2025

Year-End Edition - 2025

For 20 years, the Ontario Osteoporosis Strategy has worked to prevent fractures and support better bone health across the province. What began in 2005 as a forward-thinking investment has grown into a coordinated, evidence-based system supporting patients, families, and care teams.

This special edition highlights a milestone year, our 20th Anniversary Celebration, the graduation of Canada's first Orthogeriatric Fellow, new digital tools, and a renewed focus on men and osteoporosis.

As Ontario's population ages, with one in four residents expected to be over 65 by 2041, the need for strong, coordinated fracture prevention initiatives has never been greater. Hip fractures remain among the most costly and life-altering events for older adults, yet they are also preventable. What we've learned over the past two decades is clear: early screening, timely treatment, digital tools, and seamless collaboration across care settings make a measurable difference.

Through these collective efforts, supported by dedicated frontline teams, Ontario continues to improve patient outcomes while reducing long-term healthcare costs. Together, we are building a strong, sustainable, prevention-first future for bone health in Ontario.

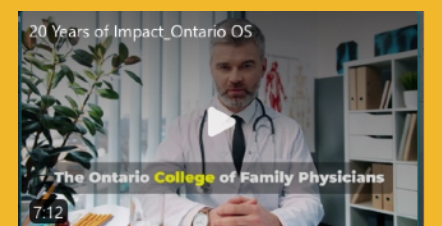
20 Years of Impact: A Story of Progress, Partnership & the Path Forward

This past June, the Ontario Osteoporosis Strategy marked a milestone that few health initiatives reach – 20 years of sustained, province-wide commitment to preventing fractures and improving bone health. The anniversary event brought together the clinicians, leaders, and partners who helped shape the Strategy from its earliest days in 2005 to the coordinated provincial system we know today.



The Strategy was built on a simple but powerful premise: **the first fracture should also be the last.** Two decades later, that vision has translated into measurable, meaningful change. Hip fracture rates have dropped by 14.6%. More than 130,000 Ontarians have been screened through the Fracture Screening and Prevention Program after a fragility fracture. Participating hospital fracture clinics across the province now operate with a mature, consistent fracture screening pathway. BoneFit™ has expanded to over 2,600 trained professionals. And primary care teams now have access to osteoporosis EMR modules designed to support faster, clearer decision-making.

Our 20 Years of Impact video highlights the milestones, partnerships, and impact of the Ontario Osteoporosis Strategy over the past 20 years: [VIEW HERE >](#)





The celebration reflected not just milestones, but momentum. Attendees acknowledged how much has been accomplished and how those accomplishments came from years of collaboration between hospitals, primary care, rehabilitation, long-term care, diagnostic imaging, and community programs.

A central theme emerged throughout the event: Ontario has transformed fracture prevention from a patchwork of efforts into a coordinated system. Much of this progress traces back to early champions like **Dr. Earl Bogoch**, Orthopaedic surgeon, St. Michael's Hospital in Toronto, whose commitment to identifying and treating patients after their first fracture helped lay the groundwork for the Strategy's province-wide expansion.

As the Strategy enters its next chapter, the focus shifts toward strengthening the foundation built over the past 20 years. A major priority is ensuring that every patient receives timely post-fracture care, with fewer people falling through the gaps after leaving the hospital. Efforts are also underway to expand access in rural and remote regions, equip primary care with updated EMR tools and updated pathways, and create more connected pathways so hospitals, family physicians, and community programs can coordinate care more effectively.

Public awareness is another major priority. More Ontarians need to understand that a fragility fracture after age 50 is rarely “**just an accident,**” but often the body's first warning sign. Early recognition and early action are what prevent a first fracture from becoming a second, more serious one.

The 20th anniversary served as both a milestone and a call to action. It highlighted how far Ontario has come – and what must happen next to ensure equitable access, strong transitions, and a prevention-first approach across the province.

Looking forward, the Ontario Osteoporosis Strategy will continue to advance integrated care, expand screening services, improve access to specialist support, and raise awareness that a fracture after the age of 50 should always prompt further investigation.



Western University has graduated Canada's first Orthogeriatric Fellow.

A landmark moment for fracture prevention and geriatric care

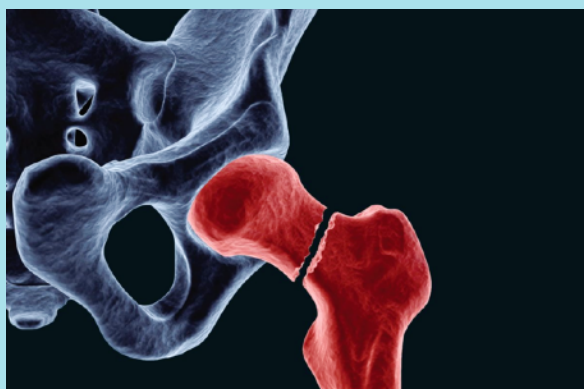
On July 17, 2025, Western announced the graduation of **Dr. Nadeen Al Baz**, marking a significant advance in how Canada prepares physicians to care for older adults with complex musculoskeletal needs.

Dr. Al Baz – trained in Internal Medicine and Geriatric Medicine at Hamad Medical Corporation and a graduate of Weill Cornell Medical College – completed the fully accredited 12-month fellowship under the mentorship of **Dr. Jenny Thain**, Program Director and nationally recognized leader in orthogeriatrics.

What the Fellowship Provides

Launched July 1, 2024, Western's Orthogeriatric Fellowship is the first of its kind in Canada. It delivers advanced, interdisciplinary training in:

- Shared orthopaedic-geriatric co-management of hip fractures
- Inpatient rehabilitation after fragility fractures
- Metabolic bone disease management
- Comprehensive falls assessment and fracture-risk reduction
- Outpatient follow-up pathways that mirror international best practices



The program is supported by the **Fragility Fracture Network (FFN)**, which collaborates globally to develop orthogeriatric training opportunities.

This milestone positions Western University and Canada as leaders in the future of falls, fractures, frailty, and mobility (3FM) care.

For inquiries:

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A Research Trial to Reduce Hip Fractures in Long-Term Care Homes



A groundbreaking research trial is recruiting long-term care (LTC) homes across Ontario to help reduce hip fractures among residents. Hip fractures account for 50% of all fractures in LTC leading to hospitalizations, making fracture prevention a priority in these settings. Following a hip fracture, 4 in 5 previously LTC residents become dependent on LTC staff for activities of daily living, highlighting the substantial decline in autonomy.



The PREVENT Trial is a large-scale knowledge translation program that equips LTC staff with the latest evidence-based recommendations for fracture prevention. The PREVENT Trial seeks to reduce hip fractures and improve residents quality of life, and enhance healthcare providers understanding of fracture prevention and management through staff education and training on fracture prevention recommendations, including diet, supplementation, exercise, hip protectors, and osteoporosis therapies.

Led by the Geras Centre for Aging Research in Hamilton, and affiliated with McMaster University, the trial is among the first of its kind. This trial has the potential to change clinical practice nationally. The research team, made up of clinicians and geriatricians, is committed to providing practical, actionable tools for LTC teams.

What Does Participation Involve?

Participating homes will designate two staff champions who will receive specialized training. These champions will educate a team within the home to deliver education and implement fracture prevention practices.

Homes will receive:



- Financial compensation for participation
- A certificate of achievement for completion of the trial from McMaster University
- Access to training and fracture prevention tools to educate staff

Why It Matters

The PREVENT Trial focuses on reducing hip fractures and resident falls, with the broader goal of improving care practices across Ontario. It empowers staff through practical training and evidence-based tools to better protect the seniors they serve.

visit: gerascentre.ca/prevent



Geras
Centre for Aging Research



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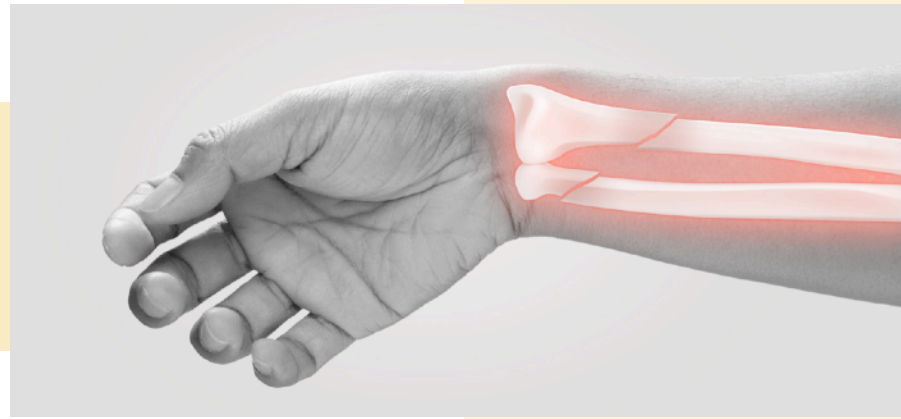


McMaster
University



CIHR
IRSC

Stronger Together: A Video Series Featuring Residents and Families



Resources For Patients and Families

Falls and fractures remain one of the most serious concerns for residents in long-term care. These incidents not only affect physical health but also deeply impact residents' quality of life and independence.

In the Geras Centres' exclusive video series, hear directly from members of our 'Resident and Family Member Advisory Committee for Long-Term Care' as they share personal stories and insights on the challenges and realities of living with the risk of falls and fractures in long-term care. Their experiences highlight the



importance of fracture prevention efforts and remind us why programs like the PREVENT Trial are so critical.

Together, through these candid conversations, we gain a deeper understanding of the real-world effects of fractures and the hope that comes from improved care and prevention strategies.

Visit: gerascentre.ca/prevent for more information.



Whether you've experienced a fracture from a slip, trip, or fall, or are looking for ways to prevent future injuries, the Ontario Osteoporosis Strategy is here to guide you through your fracture journey. Our resources cover a wide range of topics, from understanding your fracture risk to learning how to manage osteoporosis through lifestyle changes, including exercise, nutrition, and medication. **Visit:** <https://osteostategy.on.ca/patients/>

Walter's Story: A Fall That Changed Everything

Walter, 67, has always been active, walking his dog, doing yard work, and fixing things around the house. But one winter morning, he slipped on the ice while shovelling his driveway. The fall seemed minor to Walter, yet his wrist was clearly fractured.

In the emergency department, a bone density test was ordered. It showed osteoporosis. ***"I thought I was just getting older. I didn't know men were at risk."***

Through Ontario's Fracture Screening and Prevention Program, Walter received a full fracture risk assessment, began medication, and was connected to strength and balance exercises. A falls-risk review helped him make simple safety changes at home – and lowered his risk of another fracture.

His story highlights an important truth:

A fracture after 50 is rarely "just a fall." Men can also develop osteoporosis, and early screening can help prevent future breaks.



The Hip Fracture Quality Standard e-Report is Now Live

Ontario Health’s new Hip Fracture Quality Standard (QS) e-report is now available to hospital teams through the [Ontario Health e-report portal](#) (login via OneID).

The report provides hospital-level data on key measures like time to surgery, early mobilization, and osteoporosis follow-up, helping teams track progress toward provincial quality standards.

We encourage hospitals/ fracture and orthopaedic teams to login to review their results and identify areas where collaboration with regional programs (such as FSPP and rehab services) can help close care gaps.

Ontario College of
Family Physicians



[Osteoporosis and Fracture
Prevention Workshop](#)

This workshop addresses the ongoing gap in osteoporosis care for adults over 50. It provides best practices from the 2023 Canadian guideline and practical tools to support screening, diagnosis, and treatment. The next session will be held in 2026, and you can sign up online to be notified when registration opens. Participants learn about the impact of fractures, how to assess and reassess risk, and how to implement nutrition, exercise, and medication strategies for high-risk patients. The workshop offers clear guidance on updated recommendations, practical approaches for family medicine, improved ordering of BMD tests, and increased confidence in managing osteoporosis. It includes interactive discussions and access to an online toolkit for continued learning.



BoneFit™ Ontario’s aging population is growing, increasing the need for safe, effective exercise support for adults at risk for or living with osteoporosis. BoneFit™ is helping meet that demand by expanding both in-person and virtual training for health and fitness professionals.

Since 2010, more than 2,600 professionals have been BoneFit-trained, creating a strong network of clinicians, therapists, and fitness leaders skilled in spine-safe movement, balance training, and exercise progressions that reduce fracture risk.

Patients and caregivers can use the BoneFit™ Locator to find local BoneFit-trained professionals who support safe movement, recovery, and long-term independence. **Visit [BoneFit.ca](#)** for training dates, course details, and to access the Locator to find a trained professional near you. [Next workshop January 17, 2026. Register Now.](#)



Beyond the Break webinar series continues to provide practical, evidence-based education for clinicians across primary care, geriatrics, rehabilitation, and pharmacy. These sessions feature leading experts sharing strategies to improve fracture prevention, bone health management, and patient outcomes.

Upcoming Webinar: A 4-part series with **Dr. Caitlin McArthur on Practical Tips for Assessing Fracture Risk and Preventing Fractures in Long Term Care. Beginning on January 12, 2026**

A full library of past webinars remains available, covering topics such as COPD and bone health, dementia and fracture prevention, EMR-based osteoporosis assessment, and atypical femur fractures.

Visit [ostestrategy.on.ca](#) for more info.

CONNECT



ostestrategy.on.ca



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