



FRACTURE LINK

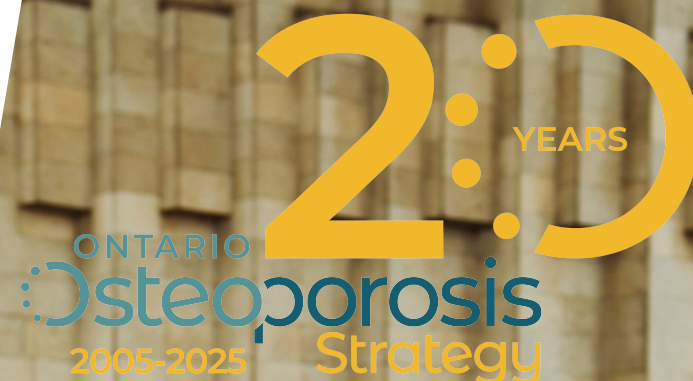
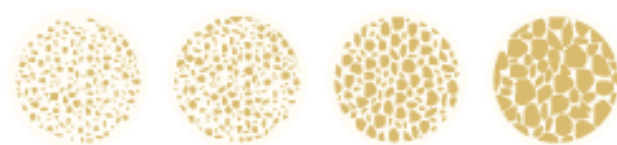
Spring 2025 EDITION

PREVENTING HIP FRACTURES, SAVING LIVES.



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Spring Edition

We are the Ontario Osteoporosis Strategy.

For 20 years, we've led a province-wide commitment to preventing fractures and improving bone health across Ontario.

What began as a bold, prevention-first initiative has evolved into a comprehensive strategy, transforming how we screen, treat, and support people at risk of osteoporosis and fragility fractures.

We've seen meaningful change:

- Hip fracture rates have declined.
- More Ontarians are being screened and supported.

But behind the data is something even more amazing — a culture of collaboration, innovation, and compassion that continues to drive our work forward. As we gather this June to commemorate the Strategy's 20th anniversary, we're not just looking back. We're charting the path ahead: one that embraces digital tools, updated guidelines, cross-sector partnerships, and meaningful support for patients, caregivers and providers.

We are the Ontario Osteoporosis Strategy — and we're just getting started.





20 Years of Impact: Celebrating a Provincial Milestone

In June, we gather in Toronto to mark a major milestone: **20 years of the Ontario Osteoporosis Strategy** — a landmark celebration of prevention, research, and care.

This event will bring together the **visionaries, clinical leaders, frontline staff, and health system partners** who have shaped the Strategy from its bold beginnings in 2005 to the evidence-based, province-wide initiative it is today.

With the **support of the Ontario Ministry of Health**, and in collaboration with organizations like **Osteoporosis Canada, Ontario Health, academic institutions, diagnostic providers**, and countless primary and specialty care teams, the Strategy has transformed how we approach fracture prevention in Ontario.

What began as a \$5 million annual commitment has contributed to:

- **A 14.6% reduction in hip fractures***
- **128,000+ Ontarians screened** after a fragility fracture
- **2,600+ BoneFit™ professionals trained** across the province
- The development of **digital tools, national guidelines**, and a **lasting culture of prevention**

In our **next issue** and across **@OsteoStrategyON**, we'll share highlights from the celebration and look ahead, with new resources, stories from the field, and how we're continuing to evolve to meet the needs of Ontario's growing senior population to reduce the risk of future fractures.

Stay tuned — and thank you for being part of this journey in preventing hip fractures.

*Provincial Data Report: <https://ostestrategy.on.ca/provincial-data/>

Expanding Access to Bone Health Services in Durham Region



A new clinic in Ajax is helping to address longstanding gaps in osteoporosis care across Durham Region. The site offers coordinated access to bone mineral density (BMD) testing, vertebral fracture screening, and timely clinical consultation — all critical steps in managing osteoporosis and preventing future fractures.

The clinical team is led by **Dr. Julietta Lee, MD, FRCPC**, a rheumatologist with a special interest in osteoporosis care. The program is supported by **Rossland Diagnostic Clinic**, a trusted radiology provider serving the region for over a decade. On the front lines of care delivery are technologists **Heba** and **Jan**, with program coordination by **Dr. Suleiman Furmli** and **Tula Karkmaz**.

This launch is timely: recent data from the Ontario Osteoporosis Strategy shows that Durham continues to experience elevated rates of hip fractures, and there is significant opportunity to improve both screening coverage and post-fracture assessment.

Expanding specialized services in the region represents an important step toward improving patient outcomes and reducing the future burden of osteoporotic fractures across Ontario.



Dr. Suleiman Furmli



EMR Tools for Osteoporosis Care — Now in Use Across Ontario

The tools are here — and they're already making an impact.

The **Osteoporosis Toolkit for PS Suite EMR** is now available and in active use at hundreds of healthcare facilities and primary care centres across Ontario. This integrated resource streamlines how clinicians identify, assess, and manage patients at risk of osteoporosis.

An **OSCAR Pro version** is also in development and expected to launch later this summer, expanding access to this time-saving, prevention-focused tool across even more clinical settings.

Key Features:

- Seamless **BMD test ordering** and **follow-up tracking**
- Built-in **Fracture Risk Scale** and other decision tools from the Ontario Osteoporosis Strategy
- Guidance for **long-term management** of high-risk patients
- **Printable PDF version** for clinics without EMR integration

PS Suite version available now at: osteostategy.on.ca

OSCAR Pro release coming soon





BoneFit™ continues to expand its reach with upcoming in-person and virtual training sessions designed for health and fitness professionals working with individuals at risk for or living with osteoporosis.

The sessions cover:

- Spine-safe exercise modifications
- Postural alignment and balance
- Exercise progressions and fall prevention

Visit **bonefit.ca** to view upcoming training dates and register.



New Patients & Caregivers Page

Launching soon will be the new Patients & Caregivers Page at ostestrategy.on.ca, designed to support individuals screened through the Fracture Screening and Prevention Program in participating fracture clinics across Ontario, as they navigate life after a fragility fracture. The page will complement clinical conversations and help patients stay informed and engaged in their care..

This resource brings together trusted, easy-to-understand information to support patients as they recover and take steps to prevent future fractures.

Highlights include:

- **“Your Fracture Journey”** – a step-by-step guide from diagnosis to recovery
- Guidance on **reducing fall and fracture risk**
- Tools for **managing pain**, building strength, and improving bone health
- Links to **Osteoporosis Canada’s materials** and key resources

visit: ostestrategy.on.ca for important upcoming information.

CONNECT



Regional Integration Leads (RILs) work within the Ontario Osteoporosis Strategy at Osteoporosis Canada as regional contacts for fracture prevention initiatives, including the Fracture Screening and Prevention Program Sites.

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The next edition of Fracture Link will be Summer 2025.

Connect with us if you have an article you would like to include at: info@osteostategy.on.ca