



## Growing Beautifully...To Bridge the Care Gap

Our bones are our foundation. The same manner in which a sturdy home provides shelter from the elements, strong bones frame us, protect us, and form the basis of a healthy, active lifestyle.

Unfortunately, this healthy foundation isn't standard and the Canadian healthcare system still has a care gap where only 20% of people with a broken bone receive appropriate osteoporotic care\*. By the year 2038, 1 in 4 Canadians will be 65 or older\*. With Ontario being home to 38% of the Canadian population, seniors will be a priority for the healthcare system, especially in the care of falls and fractures. Fractures can have a tremendous impact on quality of life for patients and their caregivers. Approximately 13,000 hip fractures occur in Ontario each year with a cost of about \$40,000/per hip fracture\*. Which makes providing proper osteoporosis care a critical priority in reducing the numbers of future fractures.

The task may seem daunting, but there is good news. Partners, collaborators, trailblazers, and champions continue to fuel the Ontario Osteoporosis Strategy. Together, they continue to lay the groundwork to reduce the care gap and improve the quality of life for those living with osteoporosis. This is a foundation we can build on.

\*see <http://www.ostestrategy.on.ca/toolbox/>



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## Dr. Sadhana Prasad TrailBlazer Doc!

Three children, two grandchildren, a demanding old cat called Saucepan, several screws and a few rods in her spine following a vertebral fracture – and none of these stopped Dr. Sadhana Prasad from continuing to pursue her passions: caring and advocating for her patients, climbing mountains, hiking, skiing, gardening, and championing environmental issues.



Dr. Prasad is an internist-geriatrician from Waterloo whose love for hiking has taken her on many amazing journeys. Last year she hiked all of the Bruce Trail from end to end to commemorate her 50th year of being in Canada, the 150th birthday of Canada and her 40th wedding anniversary.

“It was a very special time for me and I wanted to celebrate this by doing something memorable,” says Dr. Prasad. This translated into her 900 km Bruce Trail hike, which she completed over seven months. “Besides getting lost with a hiking buddy off the shores of Georgian Bay, I got a chance to see some amazing rock formations, spend treasured moments with my husband and give back to the cause I am most passionate about – bone health,” says Dr. Prasad, who raised funds from her hiking venture for Osteoporosis Canada.

Dr. Prasad’s is an impressive story. She was born in India and immigrated to Canada in 1967 when her father came to teach Math at the University of Waterloo. She soon learned to skate and ski and her curious mind allowed her to explore and ask questions. Yet, she never wanted to be a doctor. “A friend who was already in med school while I was pursuing a masters pushed me and I applied to study medicine at McMaster University and was accepted. And the rest, as they say, is history,” she adds, reminiscing of her early years.

Obtaining her medical degree at McMaster University and specialty training at the University of Toronto, she developed her interest in Geriatrics while working at the Baycrest Center for Geriatric Care. Dr. Prasad was the first and only internist-geriatrician in Waterloo from 1987 to 2004 and is currently one of a mere 200 internist-geriatricians in Canada.

Her work at Baycrest made her realize how challenging and rewarding geriatrics can be. “It allows you to treat the whole organism instead of just the organ. One has to be a strong internist in order to be a strong geriatrician. So, if someone fractures or has repeat fractures – a geriatrician needs to figure out why they are falling or what else may be causing the fracture. It’s a holistic way of treating patients who are ageing and this really has an impact on their quality of life,” she adds.

## Dr. Sadhana Prasad Trailblazer

*“While most geriatricians focus on the mind, I focus also on mobility. Fractures can be devastating and life-changing injuries. More needs to be done to educate seniors and at-risk fracture patients and their families about bone health and the link between osteoporosis and the risk for fractures. Patients living with osteoporosis definitely need more education on the benefits of vitamin D and nutrition, teaching them strength, balance and posture exercises is key to preventing fractures,” adds Dr. Prasad, who also serves on Osteoporosis Canada’s Scientific Advisory Committee.*

Dr. Prasad leads the Centre for Bone Health, which she founded while at St. Mary’s General Hospital, and also sees patients at stroke prevention clinic at Grand River Hospital and at geriatric clinics at Listowel Memorial Hospital and St. Mary’s. She also worked intermittently at Stanton Territorial Hospital in Yellowknife till 2015. The Centre for Bone Health, in partnership with various local organizations, empowers patients living with osteoporosis or at risk of fracture with self-management tools, giving them, their families and caregivers a better understanding and knowledge on bone health, falls prevention, and fracture prevention.

Dr. Prasad also founded the South Asian Seniors Association of Waterloo Region, affectionately known as Club 55, after seeing her mother get socially isolated and depressed after the death of her father. “Studies have shown us that socially engaged seniors have a reduced risk for dementia and other chronic diseases. Club 55 has enriched many lives and has been a lifeline for many seniors in Waterloo. It currently has 200 members,” says Dr. Prasad, who was awarded the Queen’s Diamond Jubilee Medal in 2012 for her community service.

She was also a recipient of the Council of Physicians and Surgeons of Ontario Council Award in 2015 for her work in improving the lives of older, frail patients, ensuring they receive the highest level of care.

As for the future, she wants to grow soy beans, potatoes, pumpkins, peas and beets on her 95-acre farm sitting on the Saugeen River in Paisley. This, while continuing to advocate and be an active voice for optimum care for seniors and frail, older adults.

“I want to help people feel better, because there’s absolutely no feeling in the world, that can quite match this,” ends Dr. Prasad.

We couldn’t agree more!

# Video Series on Preventing Falls & Fractures in Long Term Care

Osteoporosis Canada, Ontario Osteoporosis Strategy, University of Waterloo and GERAS Centre for Aging Research launched a four-video series earlier this year, aimed at educating health care professionals to prevent falls and fractures for long term care (LTC) residents.

The video series promote exercise and safe movements to prevent falls and fractures in LTC and focuses on personal support workers, physiotherapists & physiotherapist assistants, group exercise trainers (e.g., fitness instructors, kinesiologists) and restorative care staff.

Osteoporosis and falls are the leading cause of fractures in LTC homes and 44% of LTC residents are at high risk for fractures. The 4-part series help health care professionals keep LTC residents safe from falls and fractures.

The information and key messages in the videos were developed in accordance with evidence-based recommendations for fall and fracture prevention in LTC, and through consultations with LTC team members and experts.

Some of the topics in the video series include: Transferring in and out of bed safely (personal support workers' series); involving LTC residents and their family members in completing exercises (physiotherapists and physiotherapy assistants' series); working with residents with dementia (group trainers and exercise professionals' series) & simple balance and spine sparing strategies (restorative care series).

For more info or to view the LTC video series, log onto: [www.osteostategy.on.ca](http://www.osteostategy.on.ca)



**Hip fractures are one of the leading causes for hospitalization in Long Term Care.**

**Help prevent falls & fractures in your long term care home by promoting strength and balance exercises and safe movements**

This NEW video series will feature information for:

- Personal Support Workers (PSWs)
- Physiotherapists and Physiotherapist Assistants
- Group Exercise Trainers and Exercise Professionals
- Restorative Care Staff

**VISIT [osteoporosis.ca/LTC](http://osteoporosis.ca/LTC) OR [osteostategy.on.ca](http://osteostategy.on.ca)**

DEVELOPED IN PARTNERSHIP

**OSTEOPOROSIS**  UNIVERSITY OF WATERLOO  
FACULTY OF APPLIED HEALTH SCIENCES  
Department of Kinesiology

**GERAS** 

 STRONGER BONES. SAFER LIVES.  
ONTARIO  
OSTEOPOROSIS  
STRATEGY

# Bone Health Education Program

## Stratford, Ontario

Far too often we hear of a loved one falling and breaking a hip, only to be later diagnosed with osteoporosis. With no visible signs or symptoms, osteoporosis is often called the ‘*silent thief*,’ which over the years, robs you of your quality of life, self-esteem and independence.

A ‘thief’ that silently causes your bones to deteriorate, until a bone breaks. And, by the time this happens, the disease may be fairly advanced.

Fractures caused by osteoporosis are more common than heart attack, stroke and breast cancer combined. According to the Hip Attack Pilot Study, hip fractures are devastating injuries. 1 in 10 patients will die within a month of suffering from a hip fracture and 1 in 3 within a year of this injury.

Concerned about these statistics and determined to reduce the incidence of hip and other osteoporotic fractures in our province, the Ontario Osteoporosis Strategy along with Perth District Health Unit, the STAR Family Health Team, Wellness for Seniors-VON Perth Huron, SW-self-management program and OneCare Home and Community Support Services, have come together to offer an informative bone health community education program.

In its second year, the program, offered at the *Local Community Food Centre* in Stratford, Ontario, is open to the larger community and aims at increasing self-awareness around bone health.

The program highlights key osteoporosis facts, letting participants know that osteoporosis risk can be reduced and is treatable. Participants are also made aware that osteoporosis is a pediatric disease with geriatric consequences. Peak bone mass is built during the first thirty years of one’s lifespan and failure to build strong bones during childhood and adolescent years may manifest in fractures later in life.

The team of presenters in the Community Bone Health Program assess participant knowledge of the disease, while exploring the many myths surrounding bone health. Presenters share knowledge and expertise with participants in the areas of nutrition, medication, falls prevention, exercise, and self-management strategies. For a small fee, participants enjoy a range of exercise sessions, bone-friendly resources and healthy snacks during each session.

While the program is open to all ages – it has attracted interest primarily from participants aged 40 plus who want to improve their knowledge and understanding of bone health. Program evaluations reveal a 75% increase in participant bone health knowledge and understanding.

For more information about the *Community Bone Health Program* or to launch the program in your region, please connect with Teresa Barresi, Primary Clinical Team Coordinator, STAR Family Health Team via phone: 519-273-1060 ext. 258 or via email: [bteresa@starfht.ca](mailto:bteresa@starfht.ca)



# Knowledge Transfer

## Orthopaedic Surgeon Sub-Committee

### Osteoporosis Canada's Scientific Advisory Council's Knowledge Transfer Committee

This collaborative sub-committee plays a vital role in connecting Osteoporosis Canada to the orthopaedic community. Dr. Ted Tufescu, Orthopaedic Surgeon from Manitoba and Monica Menecola, Ontario Osteoporosis Strategy, co-chair the committee which includes the following members:

Dr. Prism Schneider, Orthopaedic Surgeon, Alberta; Dr. Greg Berry, Orthopaedic Surgeon, Quebec; Dr. Mohit Bhandari, Orthopaedic Surgeon, Ontario; Dr. Heather Frame, Family Physician from Manitoba and Chair, Board of Directors, Osteoporosis Canada; Dr. Sandra Kim, Osteoporosis Specialist from Ontario and Vice Chair of the Scientific Advisory Council, Osteoporosis Canada & Kerry Grady, Scientific and Clinical Programs, Osteoporosis Canada

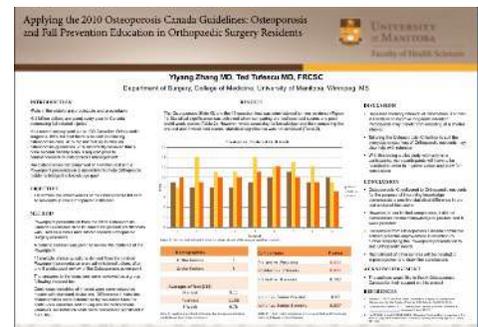
The sub-committee's initiatives have included a survey to orthopaedic surgeons across Canada regarding osteoporosis management, submitting articles to Canadian Orthopaedic Association (COA) bulletins and presenting at COA events. Dr. Schneider is also involved on Osteoporosis Canada's Atypical Femoral Fracture working group.

An identified need from the survey resulted in an initiative to improve the knowledge of applying the 2010 Osteoporosis Canada Guidelines. Dr. Ted Tufescu and his resident, Yiyang Zhang, from University of Manitoba, reviewed Osteoporosis Canada's health professional slide deck. Dr. Zhang piloted a modified deck with orthopaedic residents in Manitoba and administered a pre and post-test to measure the retention of information. This was also tested with Dr. Prism Schneider's residents in Calgary. Dr. Zhang and Dr. Tufescu presented the poster "Applying the 2010 Osteoporosis Canada Guidelines: Osteoporosis and Fall Prevention Education in Orthopaedic Surgery Residents" at the June 2017 COA Annual Conference and recently Dr. Zhang presented the outcomes from the work in Manitoba and Alberta at a research day.

Using the results of Dr. Zhang's work, the orthopaedic committee will be improving the slide kit to be more tailored to orthopaedics which will include case studies highlighting medical management of atypical femoral fractures, hip fractures and preventing the subsequent hip fractures through post fracture prevention. With the improvements, this tool will be re-administered to orthopaedic residents and will involve other centres.

When completed, the sub-committee plans on making this tool available for grand rounds, education days and on the Osteoporosis Canada website: [www.osteoporosis.ca](http://www.osteoporosis.ca)

Applying the 2010 Osteoporosis Canada Guidelines: Osteoporosis and Fall Prevention Education in Orthopaedic Surgery Residents ... visit [osteostategy.on.ca](http://osteostategy.on.ca) for full poster.



# St. Michael's Evaluation Team

## Fracture Screening and Prevention Program

### Significant system-wide improvements in osteoporosis testing and care are found following the implementation of the Fracture Screening and Prevention Program (FSPP)

A study led by Dr. Beaton evaluated the system-wide impact of the Phase I of the FSPP on osteoporosis testing and treatment rates in patients with fragility fractures. In this first phase of the program implemented between 2007 and 2010, the fracture prevention coordinators were in teaching and liaison roles. A more intensive version of this program (Phase II) was designed and implemented in 2011.

The study compared 37 hospitals in the province of Ontario with a screening coordinator (intervention sites) to 23 similar hospitals with no screening coordinators (control sites). The intervention hospitals contained both the patients that were seen in the FSPP and those that were not seen, with the results demonstrating the system-wide impact of the FSPP. Fragility fracture patients ( $\geq 50$  years; hip, humerus, radius, spine, or pelvis fracture) were identified from administrative health records. Data were assembled for 20 quarters before and 10 quarters after the implementation (from January 2002 to March 2010). To test for a shift in trends, we employed an interrupted time series analysis—a study design used to evaluate the longitudinal effects of interventions, through regression modelling.

A total of 147,071 patients were used in the analysis. BMD testing rates increased from 17.0% pre-intervention to 20.9% post intervention at intervention sites ( $p < .01$ ) compared with no change at control sites (14.9% and 14.9%,  $p = .33$ ). Medication initiation improved significantly at intervention sites (21.6–23.97%;  $P = .02$ ) but not at control sites (17.5–18.5%;  $p = .27$ ). Persistence with bisphosphonates decreased at all sites, from 59.9% to 56.4% at intervention sites ( $p = .02$ ) and more so from 62.3% to 54.2% at control sites ( $p < .01$ ) using 50% proportion of days covered (PDC 50).

Significant improvements in BMD testing and treatment initiation were observed system-wide after the initiation of the FSPP.

This study was published in the journal *Medicine* (2017) 96:48(e9012).

The evaluation team at St. Michael's hospital engages in knowledge translation and the promotion of findings from the Fracture Screening and Prevention Program (FSPP) through publications in peer-reviewed scientific journals and presentations at international conferences.

# Presentations in the Community



Education Innovation Award

Dr. Sandra Kim, Director of Women's College Hospital (WCH) Centre for Osteoporosis and Bone Health and Arlene Silverstein, Project Manager, WCH Centre for Osteoporosis and Bone Health receiving the WCH Education Innovation Award for 'Beyond the Break' an inter-professional education series developed in partnership with Osteoporosis Canada.

Dr. Sandra Kim was recognized for her role as presenter and for providing leadership in curriculum development, while Arlene Silverstein was recognized for working closely with the team at Osteoporosis Canada to make the series both relevant and accessible.

The WCH Education Innovation Award recognizes an individual or group who has had a broader impact on the WCH and Women's education/inter-professional education activities. Issues that relate to student and faculty support, such as mentoring, administrative activities, organizational activities, innovation and curriculum development, faculty development, presentations, publications and research in education, are criteria taken into account by the awards committee

The 'Beyond the Break' series delivers education outreach to health professionals across Ontario who work with people living with osteoporosis. Through the use of technology, the educational series provides access to quality education sessions across the province. Since 2012, over 55 live videoconference and webcast sessions have been presented reaching over 6,000 viewers at more than 120 sites across Ontario.

# Presentations in the Community

The Fracture Liaison Services Certificate of Achievement was presented to a number of Ontario hospitals this past year for meeting the eight Essential Elements of Fracture Liaison Services. The Certificate demonstrates each site's commitment to the principles of identification, investigation and initiation of treatment which will ensure fracture patients will receive the care they need to help prevent future fractures.



FLS certificate presentation to The Ottawa Hospital



FLS certificate presentation to Humber River Hospital

# Ontario College of Family Physicians Professional Development Programs

## Osteoporosis: High-Quality Learning Accessible Online and On-Demand



Learn more about preventive management and diagnostic techniques for osteoporosis in this high-quality resource, developed through a collaboration of the OCFP, McMaster University, Osteoporosis Canada and others.

The program is offered through McMaster University and certified by the CFPC and the Royal College of Physicians and Surgeons of Canada. Find out more and [register here](#).

### Osteoporosis and Fracture Prevention Courses - Now certified!

Do you want to improve your confidence in screening, diagnosing, and optimizing care for patients with osteoporosis, including those with moderate risk? Through small-group discussions and case analysis, Osteoporosis and Fracture Prevention addresses key issues – including osteoporosis-related fractures, secondary causes and current care gaps – and examines pharmacological treatment options, opportunities for non-pharmacological treatment, and drug holidays.

Osteoporosis - Collingwood	Osteoporosis - Kitchener	Osteoporosis - Toronto
September 14, 2018 - Collingwood	October 12, 2018 - Kitchener	October 26, 2018 - London
<b>Time:</b> 9:00 a.m. – 12:45 p.m. (Registration 8:30 a.m. – 9:00 a.m.)	<b>Time:</b> 9:00 a.m. – 12:45 p.m. (Registration 8:30 a.m. – 9:00 a.m.)	Time: 9:00 a.m. – 12:45 p.m. (Registration 8:30 a.m. – 9:00 a.m.)
<b>Location:</b> Collingwood, ON	<b>Location:</b> Kitchener, ON	Location: London, ON
Address: TBD	Address: TBD	Address: TBD
<b>Facilitators:</b> Dr. Rick Adachi ( <a href="#">read bio</a> ); Dr. Joseph Kozak ( <a href="#">read bio</a> )	Facilitators: Dr. Rick Adachi ( <a href="#">read bio</a> ); Dr. Upender Mehan ( <a href="#">read bio</a> )	Facilitators: Dr. Rick Adachi ( <a href="#">read bio</a> ) ; Dr. Lynn Nash ( <a href="#">read bio</a> )
Cost: CAD 50.00 <a href="#">Program Info</a>	Cost: CAD 50.00 <a href="#">Program Info.</a>	Cost: CAD 50.00 <a href="#">Program Info.</a>

# BEYOND THE BREAK



**SCHEDULE 2018**  
12:00PM to 1:00PM EST

**i** Watch the webcast by clicking on the event # link below prior to the event or find it on [webcast.otn.ca](http://webcast.otn.ca). All sessions are live on OTN (occasionally GoToWebinar) and will be archived within 5 business days. View our archived sessions by scrolling to the bottom of the Beyond the Break page at [osteoporosis.ca](http://osteoporosis.ca)

**20** SEP

Drug-Induced Osteoporosis  
Register at <http://bit.ly/2tr2tLl>



Nese Yuksel

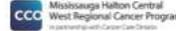


**27** SEP

After Breast Cancer -  
Osteoporosis in Survivorship  
Event #: 83389317



Dr. Alexandra Ginty



**8** NOV

Reducing the risk for falls in  
later life: It takes a village  
Event #: 83387747



Dr. Maureen Ashe & Dolores Langford



Updated June 26, 2018



## Do you work with clients with osteoporosis?

### bonefit™ WORKSHOPS

**7:30 AM to 5:00 PM (Saturday)**  
**8:00 AM to 4:00 PM (Sunday)**

September 15-16 Guelph      October 13-14 Sudbury

September 22-23 Ottawa      October 20-21 St. Catharines

September 29-30 Ajax



Kevin Ng, Education Coordinator  
416 696 2663 x2290  
[kng@osteoporosis.ca](mailto:kng@osteoporosis.ca)



Bone Fit™ is an evidence-informed exercise training workshop, designed for healthcare professionals and exercise practitioners to provide training on the most appropriate, safe and effective methods to prescribe and progress exercise for people with osteoporosis.

**Interactive Practical Learning**

**Learn the most recent recommendations on reduction of fracture risk and bone loss**

**Emphasize Safety in Your Exercise Program**

Continuing Education Credits are available with CSEP, Canfitpro, OFC, CPTN, CFES, CATA and YMCA upon completion of Bonefit training.

**+ Bone Fit™ Basics (1-day)**  
Aimed at exercise and fitness professionals working in the community with uncomplicated osteoporosis clients

\$200

**+ Bone Fit™ Clinical (2-day)**  
Developed for rehabilitation professionals working in a clinical environment with simple or complex osteoporosis clients

\$400

Registration includes breakfast & lunch, online modules, materials, t-shirt (basics only) and foam roller (clinical only).

**Register now at [www.bonefit.ca](http://www.bonefit.ca)**

# Health Screening at Mackenzie Health Fracture Prevention Coordinators (FPC) Join Forces



FPC's Maria Bringas, Mackenzie Health and Eduardo Meneses, Southlake Regional Health Centre at Mackenzie Health's Health Screening Event for staff - May 29.

Maria and Eduardo encouraged staff to understand, and engage in better bone health activities for fracture risk reduction.

## Ontario Osteoporosis Strategy Website Tools, Media, all in one place!

**FRACTURE CAUSE**

Osteoporosis and falls are the **leading cause of fractures in LTC**, including hip, pelvis, wrist, arm and spine fractures

**49% of LTC residents** with osteoporosis experience hip fractures, the most common osteoporotic fracture in LTC

**1 in 3 women, and 1 in 5 men** will suffer a fracture due to osteoporosis

30,000

hip fractures occur in **Canada** each year

**13,000** people in **Ontario** experience a hip fracture every year

# Community Connections



CONNECT WITH US ON TWITTER @FRACTURELINK

## Contact your Regional Integration Lead (RIL)

RILs cultivate partnerships in communities across Ontario to foster and integrate fracture reduction pathways and establish bone health educational collaborations. They develop and disseminate tools and resources for healthcare professionals, patients and caregivers.

[www.ostestrategy.on.ca](http://www.ostestrategy.on.ca)

Look for the next issue of Fracture Link in NOV 2018.

If you would like to be featured in the upcoming issue of Fracture Link please contact Flrdaus Ali [fali@osteoporosis.ca](mailto:fali@osteoporosis.ca)

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Judy Porteous	<a href="mailto:jporteous@osteoporosis.ca">jporteous@osteoporosis.ca</a>	Bruce, Grey, Huron, Perth, Lambton, Dufferin
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