



Newsletter - Ontario Osteoporosis Strategy

## All The Moving Parts ... A tale of Celebration

150 years ago mighty dragons existed only in our imagination put to paper. However in 2017 with the efforts, talent, passion and will of hundreds of people the mighty metal dragon-horse Long Ma, walked the streets of Ottawa, for Canada's 150 Celebration. A powerful and beautiful example of the unique opportunity given to us by cooperation and understanding.

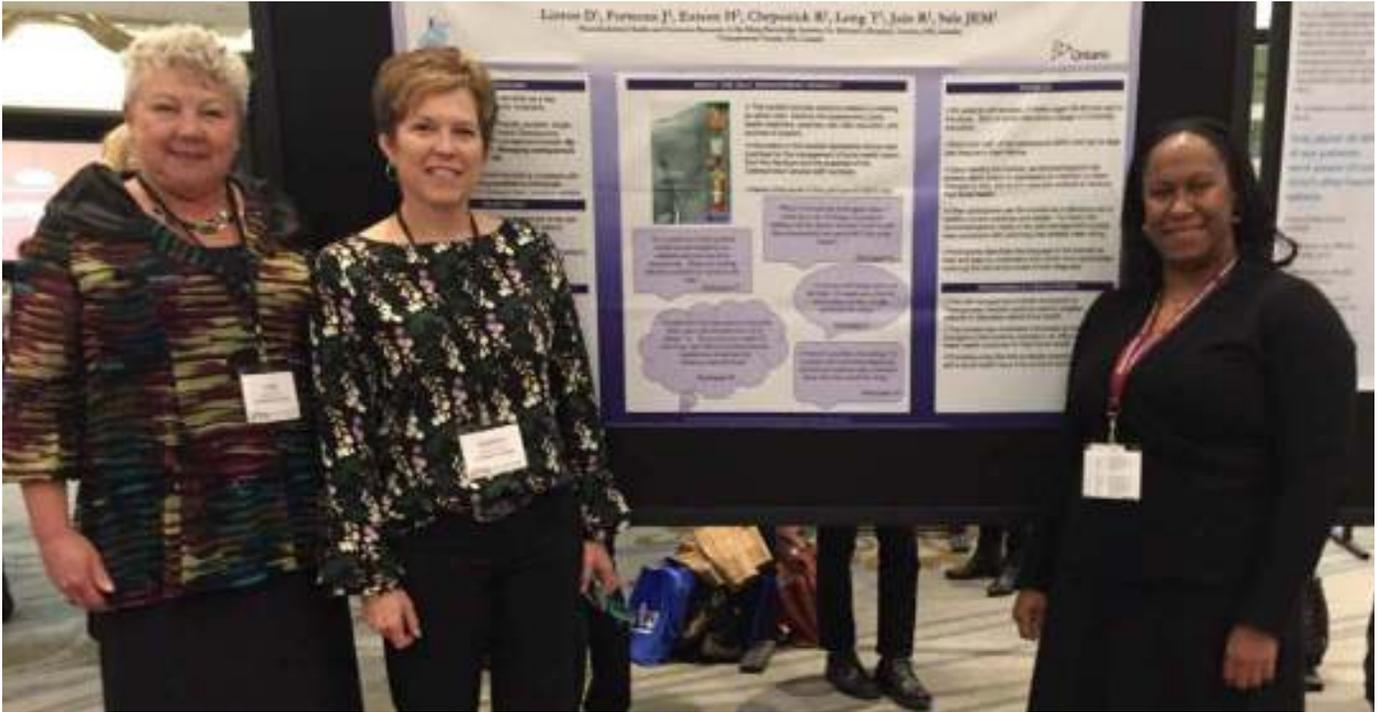
Given the opportunity to truly understand our demographics and future needs, Ontario continues to build a bright future for our senior population. Along with the Ontario Osteoporosis Strategy, organizations and individuals continue to address the issues of hip fractures facing our expanding senior population. New reports, and initiatives address the critical importance of ensuring health cost, pain management and quality of life is improved for fracture patients. We continue to work to bring all the moving parts together to see our tale of fracture prevention and management unfold for a fracture free Ontario.



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# Ontario Osteoporosis Strategy

## My Bone Health Journal



### *MY Bone Health Journal*

Staff from Osteoporosis Canada and St. Michael's Hospital attended this year's Association of Family Health Teams of Ontario (AFHTO) conference that was held October 25-26, 2017. The theme of the conference was *"Improving Primary Care Together"*. The conference was well attended.

This forum allowed us to present a poster featuring our collaborative work on the development and feasibility of a self-management booklet titled: My Bone Health Journal: Managing osteoporosis for a full and active life. This project illustrated feedback on the self-management booklet from individuals who had been prescribed osteoporosis medication.

"My Bone Health Journal" is in the final stages of design and update from the research feedback and will be published & disseminated early in the New Year. For more information or to obtain copies when available please contact your local Regional Integration Lead as listed at the end of this newsletter.

## Pain and fracture-related limitations Six months after a fragility fracture

Fragility fractures typically heal within 6-8 weeks although completion of a single cycle of bone remodeling is predicted to take 4-6 months. It is often assumed that once a fracture heals, the pain associated with the fracture would go away. Little is known about the experience of fracture-related pain beyond six months after a fragility fracture. A study led by Joanna Sale set out to examine this topic. This research was funded by the Canadian Institutes of Health Research (CIHR).

Study researchers conducted in-depth interviews with 21 patients who were deemed high risk for future fracture and recruited through our fracture clinic in Toronto. During the interviews, we asked questions about patients' experience of pain, the status of recovery from the fracture, ways in which the fracture affected one's daily activities, and interactions with health care providers. Patients had sustained fractures of the wrist (n=4), hip (n=6), vertebrae (n=2), and multiple or other locations (n=9). All patients were ambulatory, had a range of socioeconomic status, and lived in the community. Eleven of the 21 participants reported pain at the site of the fracture. For example, they told us that they experienced pain when waking up and that their post-fracture strength was not the same as their pre-fracture strength. Of the 10 participants who reported no pain, four indicated they had difficulties with range of motion and specific activities and two others described persistent pain from a previous fracture or reliance on a scooter for mobility. Over two-thirds (15 of 21) of patients reported fracture-related pain and/or limitations at, or beyond, six months post-fracture.



The study authors suggest that health care providers ask questions about post-fracture pain and/or limitations when assessing fracture status beyond 6 months. This study was published in *Rheumatology International* 2017;37:1317-1322.

# Impacting the World: Sharing knowledge



**Joanna Sale, PhD,**  
Scientist, Musculoskeletal Health and  
Outcomes Research  
St. Michael's Hospital,

promotes  
four accepted abstracts at the 6th Fragility  
Fracture Network Congress, 2017

1. Pain and fracture-related limitations persist six months after a fragility fracture
2. What fragility fracture patients have told us about osteoporosis medications
3. Synthesis of international guidelines on fracture risk
4. Re-fracture events: results of a provincial fracture-reduction screening program



**Rebeka Sujic,**  
Musculoskeletal Health & Outcomes Research,  
St. Michael's Hospital,

presents  
Re-fracture events: results of a provincial  
fracture-reduction screening program  
August 26, 2017

Fragility Fracture Network Global Congress

Selected as a Top 6 Oral Presentation

Authors:  
Beaton, Luo, Sujic, Cadarette, Jaglal, Bogoch,  
Sale, Jain and  
the Fracture Clinic Screening Program  
Evaluation Team

# Balancing the treatment Gender Gap

## Equal Treatment

The Fracture Screening and Prevention Program (FSPP) is highly effective in balancing the gender gap in osteoporosis treatment of fragility fracture patients in post-fracture osteoporosis care, men are historically under treated, even when they are at high risk for refracture. A study led by Hina Ansari evaluated the Fracture Screening and Prevention Program (FSPP) for its ability to address the gender gap in osteoporosis treatment rates among patients at comparable re-fracture risk. The analysis was based on longitudinal cohort of 1,702 adults 50 years of age and over who were screened for a fragility fracture at one of 35 FSPP sites between 2011 and 2016. Those previously undiagnosed and untreated for osteoporosis were followed up within six months of screening.

Of the 372 men, 142 (38%) were identified as high risk patients according to their radiology report, while among women, 624 (47%) were high risk. The percentage of women at high risk (47%) was notably greater than the percentage of men at high risk (38%), however, the study participants did not show a statistically significant gender difference in pharmacotherapy initiation at follow-up ( $p > 0.05$ ): 68.4% of women and 66.2% of men at high risk were treated within six months of screening.

The results show no gender difference in treatment of high risk fragility fracture patients. The FSPP appears to be highly effective in balancing the gender gap in osteoporosis treatment of fragility fracture patients. This study was published in the journal *Osteoporosis International* in September 2017.



# Hip Fracture Standards: Front and Centre

## New HQO Hip Fracture Quality Standard

### Ontario hospitals urged to link with The Ontario Osteoporosis Strategy Fracture Screening and Prevention Program

Health Quality Ontario (HQO) recently released the Hip Fracture Quality Standard: Care for People with Fragility Fractures, marking an important milestone in improving quality of care for hip fracture patients and reducing the morbidity and mortality associated with hip fractures.

The Hip Fracture Quality Standard outlines, for patients and clinicians, what quality care looks like for hip fractures. This Quality Standard focuses on adults over the age of 50 who are undergoing surgery for hip fractures caused by a low trauma event, such as a fall from standing height – from the time they arrive in the emergency department until three months following surgery.

About 28% of women and 37% of men who suffer a hip fracture die within a year following the fracture. 95% of hip fractures are caused by falls with 1 in 3 hip fracture patients re-fracturing at one year and over 1 in 2 suffering another fracture within 5 years.

Approximately half of all patients who suffer a hip fracture had previously broken another bone, ‘a signal fracture’, before breaking their hip.

The Ontario Osteoporosis Strategy has been focused on improving post-fracture care and reducing the incidence of hip fractures in Ontario through its Fracture Screening and Prevention Program (FSPP), operating in 36 hospital sites across Ontario. The FSPP has key resources, tools, and staff that can support hospitals and healthcare professionals in implementing HQO’s hip fracture quality standard.

“The HQO Hip Fracture Quality Standard is going to be integral, not only in improving post fracture care, but also in helping to reduce the risk of refractures for the 13,000 people who experience a hip fracture every year in Ontario” says Ravi Jain, Director, Ontario Osteoporosis Strategy and active member of HQO’s Hip Fracture Quality Standard Advisory Committee. “We look forward to working with the hospitals in implementing this Quality Standard.”



# HQO Hip Fracture Quality Standards

## FSPF linkage...

With the new quality standard in place, Ontario Hospitals will now be required to have patients suspected of having a hip fracture be seen by a doctor within one hour of arrival, so that diagnosis and treatment can be as quick as possible. Hospitals will also need to ensure that hip fracture patients undergo surgery within 48 hours of arrival time.

“Because when patients receive standardized quality care based on the best evidence – it can make all the difference,” adds Jain.

About The Fracture Screening and Prevention Program (FSPP):

The FSPP is a key priority area for the Ontario Osteoporosis Strategy (OOS), whose mandate is to reduce morbidity, mortality and costs from osteoporotic fractures using a patient-centred, multidisciplinary

*“We look forward to working with the hospitals in implementing this Quality Standard.” - Ravi Jain, OOS Director*

approach that is integrated across health care sectors. The Ontario Osteoporosis Strategy was launched in February 2005 by the Ontario Ministry of Health and Long-Term Care and has been funded annually by the Ministry since then.

The Fracture Screening and Prevention Program (FSPP), a secondary fracture prevention initiative launched in 2007, is a coordinator-based program which screens patients aged 50 and older, usually in an orthopaedic fracture clinic setting, by identifying and assessing patients who have had a fragility fracture – a broken bone from an activity that would not normally cause a bone to break, such as a simple slip, trip or fall. The coordinator then facilitates access to appropriate diagnosis and follow-up care for patients identified as being at-risk for a subsequent fracture.

The FSPP operates in 36 key sites across Ontario. For a complete list of FSPP sites, information and to link with a site close to you, please visit: <http://www.osteostategy.on.ca/services/screening-program/>

For more information on how the FSPP can assist with the implementation of HQO’s Hip Fracture Quality Standard at your site, please contact the Regional Integration Lead, Ontario Osteoporosis Strategy, supporting your area. For contact details, please visit: <http://www.osteostategy.on.ca/contact-us/>

*For more information on the new quality standards of care, click here: <http://www.hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/Hip-Fracture>*



# 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)**

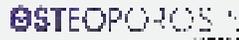
**December 2-3, 2017**  
**Burlington Seniors' Centre, Burlington, ON**

**January 27-28, 2018**  
**Chatham-Kent YMCA, Chatham, ON**

**May 5-6, 2018**  
**Doubletree Hilton, Toronto, ON**



Kevin Ng, Education Coordinator  
416 696 2663 x2290  
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

### + Bone Fit™ Clinical (2-day)

Developed for rehabilitation professionals working in a clinical environment with simple or complex osteoporosis clients

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

## BEYOND THE BREAK

A Virtual Education Series for Health Professionals

### about

Osteoporosis Canada and Women's College Hospital have partnered to bring you an inter-professional and continuing education series to health professionals across Ontario including Francophone Ontarians.

Improve your knowledge on: emerging best practices, screening, diagnosis, treatment and management of osteoporosis.

Watch on [webcast.otn.ca](http://webcast.otn.ca)

Please ensure you have Silverlight installed.  
Webcasts can be watched on Safari, Firefox or Internet Explorer

#77113277



## WEBINAR DATE

### FEATURED PRESENTER

### HOW TO VIEW THIS WEBINAR ON OTN

### QUESTIONS? INTERESTED IN PRESENTING?

## How Long To Treat and Which Is The Best?

**December 5, 2017**  
**12:00PM to 1:00PM ET**

### Dr. Aliya Khan, MD, FRCPC, FACP, FACE

Clinical Professor, Department of Medicine, Divisions of Endocrinology and Metabolism and Geriatric Medicine  
Director, Calcium Disorders Clinic, St. Joseph's Healthcare, McMaster University

- On the day of the event, go to: <http://webcast.otn.ca>
- Look for "Live Events", then click "Public Event".
- Search using TSM #77113277
- This session will be live and archived.

Kevin Ng  
Osteoporosis Canada  
kng@osteoporosis.ca

Arlene Silverstein  
Women's College Hospital  
arlene.silverstein@wchospital.ca



[osteoporosis.ca](http://osteoporosis.ca)  
[ostestrategy.on.ca](http://ostestrategy.on.ca)  
[womenscollegehospital.ca](http://womenscollegehospital.ca)

## Fracture Prevention - Orangeville Dufferin Area Family Health Team

The Dufferin Area Family Health Team (DAFHT) has been offering a workshop, called Treasure Your Bones for many years. This workshop is for patients with osteoporosis, low bone density or at risk for fractures. Treasure Your Bones is offered over two weeks throughout the year. Weekly workshops, which are 2.5 hours long, include informative segments presented by a Registered Dietitian, Clinical Pharmacist, Nurse Educator, and Occupational Therapist and Physiotherapist. Topics range from adequate calcium and vitamin D, treatment options, risk and physical assessment, and performing activities of daily living to safe strengthening exercises to prevent falls and fracture.



As part of an initiative called ‘Exercise is Medicine’, which we also host walking groups in town, a follow-up session, called OsteoFitness, has recently been added to the workshop Treasure Your Bones. Occupational Therapist, Katelyn Hunter, has partnered with Katie Pistor, a BoneFit™ trained physiotherapist to teach patients how to exercise safely. The three one-hour sessions are offered to a small group to allow more interactive instruction. The session allows patients with osteoporosis to practice “hands-on” exercises in the gym under the supervision of therapists.

Patients are getting what they asked for and are enjoying the sessions. Some comments from patients after participating in the group sessions include, “I feel less likely to injure myself exercising after participating in these classes”, “I am more likely to exercise since attending this class”, and “I am planning to make changes to my exercise routine as a result of this program”.

Since program inception in 2011, approximately 400 individuals have participated in the 33 workshops offered to date.

*“Patients have told us they want more!”*

# Fracture Prevention - Orangeville

## Dufferin Area Family Health Team



New Osteoporosis Canada logo!

# Osteoporosis Community Education

## Southlake Regional Health Centre

### Keep moving, Enjoying Life!

This was the key take-away message at a recently-held community osteoporosis education event held at Richmond Hill's Bayview Hill Community Centre on Thursday, November 16. Close to 50 participants braved cold and flurries to attend the informative session put together by Osteoporosis Canada, Ontario Osteoporosis Strategy and Southlake Regional Health Centre's The Arthritis Program (TAP).

The event provided for an overview on osteoporosis prevention, care and management and included an impressive line-up of speakers from TAP, an award winning inter-professional program committed to delivering the highest standards in osteoporosis and arthritis care.

Ruth, a patient advisor with TAP spoke about living with osteoporosis, saying how having a fracture one year ago was the best thing that ever happened to her. "This led to my diagnosis for osteoporosis, opening for me an opportunity to learn more about the disease and eventually connecting to Southlake's wonderful TAP team."

While Ruth spoke about how her family history put her at risk for osteoporosis, she learnt all about diet, exercise, medication options even "learning how to tie my shoes without breaking my back," after connecting with the clinical team at TAP.



Osteoporosis, which impacts 2 million Canadians, has no signs or symptoms and usually a fracture maybe the first sign of the disease. "And, one fracture is a fracture too many. Knowing your risk for a fracture could prevent another one. Having a hip or vertebral fragility fracture maybe a warning sign for osteoporosis and you need to work with your doctor to evaluate your risk or simply take the online risk assessment tool available at Osteoporosis Canada's website," said Dr. Edward Ng,

Rheumatologist at Southlake'.

"While medications have shown to reduce the risk for osteoporosis by 50%, it is important to discuss the different medication options with your doctor, to know which one is most suitable for you," pointed out pharmacist Diane Tin, one of the speakers for the evening.

Other speakers touched on topics including: fall prevention; the emotional impact of living with osteoporosis; optimal calcium and Vitamin D intake; differences between osteoporosis and osteoarthritis and the importance of good posture along with cardio, strengthening and balance exercises for people living with osteoporosis.

# Osteoporosis Community Education Southlake Regional Health Centre

Participants also got a preview of the Ontario Osteoporosis Strategy-led Fracture Screening and Prevention Program (FSPP) at the event. Launched in 2007 and operating from 36 key sites across Ontario, Fracture Prevention Coordinators identify and assess men and women aged 50 and older who have had a fragility fracture in order to reduce the risk of a future fracture.

For more info about the Ontario Osteoporosis Strategy and the FSPP, please visit:

<http://www.ostestrategy.on.ca>



Dr. Edward Ng (Rheumatologist), Jordana Schonberger (Dietitian), Sue Charette (Occupational Therapist), Sherry Hartnett (Kinesiologist), Lorna Bain (TAP Coordinator), Diane Tin (Pharmacist) & Eduardo Meneses (Fracture Prevention Coordinator)

# Ontario Osteoporosis Strategy Website

## Helping reduce hip fractures

Get relevant up to date information on what is happening to help prevent fractures across Ontario by visiting our website today!

<http://www.osteostategy.on.ca>

Follow us on Twitter at @fracturelink

**\$2.3 BILLION** IN THE BUDGET TO BE COMING HEALTH CARE SYSTEMS OF TREATING OSTEOPOROSIS AND HIP FRACTURES IT SUCCESS

**\$21,285** THE AVERAGE ANNUAL COST OF TREATING A HIP FRACTURE WITHIN 90 DAYS OF HOSPITALIZATION

**\$3.9 BILLION** THE AVERAGE ANNUAL COST OF THE TREATMENT OF HIP FRACTURES WITHIN 90 DAYS OF HOSPITALIZATION

**\$44,156** THE COST OF A HIP FRACTURE FOR THE FRACTURE PATIENTS WHO ARE INSTITUTIONALIZED

**\$20,000** THE AVERAGE ANNUAL COST OF TREATING A HIP FRACTURE WITHIN 90 DAYS OF HOSPITALIZATION

**#BetterBoneHealth**

**FRACTURES, WITH OSTEOPOROSIS ARE MORE COMMON THAN**

**COMBINED**

**30,000** HIP FRACTURES ARE MAJOR PUBLIC HEALTH CONCERNS AFFECTING OSTEOPOROTIC FRACTURES AFFECTING THE SPINE, WRIST, SHOULDER & PELVIS

**1 IN TWO** HIP FRACTURE PATIENTS WILL SUFFER ANOTHER FRACTURE WITHIN 5 YEARS

**54%** OF PATIENTS DISCHARGED FROM HOSPITAL

**17%** OF PATIENTS RETURN TO NURSING HOME

**27%** OF PATIENTS GO TO LONG TERM CARE

**10%** OF PATIENTS DIE IN HOSPITAL

**20%** OF PATIENTS DIE WITHIN 90 DAYS

**23 DAYS** THE AVERAGE LENGTH OF HOSPITAL STAY FOR HIP FRACTURE PATIENTS

**30,000** hip fractures occur in **Canada** each year

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

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

Each year in Canada there are about **30,000** hip fractures, and many more Canadians suffer **OSTEOPOROTIC FRACTURES** affecting the spine, wrist, shoulder and pelvis.

**1 in 3** hip fracture patients **RE-FRACTURE** at 1 YEAR

**1 in 2** will suffer another fracture **WITHIN 5 YEARS**

**37%** men

**28%** women

who suffer a hip fracture will die within the following year

# Ontario College of Family Physicians Professional Development

## Osteoporosis: Assessment, Treatment and Follow-up

### Program Description:

This program on Assessment, Treatment and Follow-up of Osteoporosis and Falls provides an up to date approach to osteoporosis and falls with the latest information on the current care gap in treatment of osteoporosis in Ontario. The recently published Long-Term Care Guidelines for Osteoporosis is also included in the program as well as an emphasis on the moderate risk patient which is our most challenging patient to treat in primary care. The assessment of individuals who should and can have a drug holiday will also be covered. In addition, participants will also be introduced to an Osteoporosis assessment tool that can be used to facilitate screening and monitoring of patients at risk for or diagnosed with Osteoporosis. The tool is available for download for PS Suite EMRs (OSCAR in development) and as a standalone PDF.



| Osteoporosis - Brampton  | Osteoporosis - Ottawa   | Osteoporosis - Toronto  |
|--|---|---|
| <p>The session December 8, 2017 has 6 spaces remaining.</p> <p><b>Time:</b> 1:00 p.m. – 4:15 p.m.<br/>(Registration 12:30 p.m. – 1:00 p.m.)</p> <p><b>Location:</b> Brampton Civic Hospital</p> <p><b>Address:</b> 2100 Bovaird Dr E, Brampton, ON L6R 3J7</p> <p><b>Facilitators:</b> Dr. Steve Hirsch (<a href="#">read bio</a>); Dr. Alexandra Papaioannou (<a href="#">read bio</a>)</p> <p>Cost: CAD 50.00<br/><a href="#">Log in to register</a></p> | <p>The session January 9, 2018 has 16 spaces remaining.</p> <p><b>Time:</b> 1:00 p.m. – 4:15 p.m.<br/>(Registration 12:30 p.m. – 1:00 p.m.)</p> <p><b>Location:</b> Ottawa, ON<br/>Address: TBD</p> <p><b>Facilitators:</b> Dr. Sid Feldman (<a href="#">read bio</a>); Dr. Algis Jovaisas (<a href="#">read bio</a>)</p> <p>Cost: CAD 50.00<br/><a href="#">Log in to register</a></p> | <p>The session January 12, 2018 has 7 spaces remaining.</p> <p><b>Time:</b> 1:00 p.m. – 4:15 p.m.<br/>(Registration 12:30 p.m. – 1:00 p.m.)</p> <p><b>Location:</b> Ontario College of Family Physicians Office</p> <p><b>Address:</b> 2100 - 400 University Avenue, Toronto, ON M5G 1S5</p> <p><b>Facilitators:</b> Dr. Richard Crilly (<a href="#">read bio</a>); Dr. Joseph Kozak (<a href="#">read bio</a>)</p> <p>Cost: CAD 50.00<br/><a href="#">Log in to register</a></p> |

# 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 Orillia Soldiers' Memorial Hospital



FLS certificate presentation to Markham Stouffville Hospital

## Presentations in the Community



FLS certificate presentation to Guelph General Hospital



FLS certificate presentation to Collingwood General and Marine Hospital

Beyond The Break is an inter-professional education series presented via OTN, for health professionals.

**Interested in presenting on Beyond The Break?**

Contact Kevin at [kng@osteoporosis.ca](mailto:kng@osteoporosis.ca) or 416-696-2663 x2290

# Purple Proud People Posing Pleasingly



Celebrating Osteoporosis Day



# 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.osteostategy.on.ca](http://www.osteostategy.on.ca)

## Look for the next issue of Fracture Link in June 2018.

If you would like to be featured in the upcoming issue of Fracture Link please contact Marq Nelson [mnelson@osteoporosis.ca](mailto:mnelson@osteoporosis.ca) or 1 800 463-6842 ext 2318

|                   |  |  |
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