

# BEYOND THE BREAK

EDUCATION SERIES  
WINTER/SPRING 2013

Osteoporosis Canada and Women's College Hospital are offering a collaborative inter professional education series via telemedicine.

This modular series is targeted towards health professionals working with people living with osteoporosis.

If you're interested in registering for one or more of the upcoming modules, please contact:

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1-800-463-6842 ext. 224

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**For more information:**

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Osteoporosis Canada  
Ostéoporose Canada



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## MODULE 1 Overview of Osteoporosis

### PART 1: OSTEOPOROSIS BASICS

**DATE: FRI. JAN. 11, 2013**

**TIME: 12:00 - 1:00pm ET**

**SPEAKER:**

Barbara Beauchamp, BAsc, DC  
Regional Integration Lead  
Ontario Osteoporosis Strategy  
York Region

### PART 2: ESSENTIALS OF OSTEOPOROSIS CARE

**DATE: FRI. JAN. 25, 2013**

**TIME: 12:00 - 1:00pm ET**

**SPEAKER:**

Ina Radziunas, BScN, RN, MEd  
Clinical Nurse Specialist  
Women's College Hospital,  
Multidisciplinary Osteoporosis  
Program



## MODULE 2 Fracture Risk Assessment

### PART 1: OSTEOPOROSIS - WHAT IT MEANS AND WHEN TO TREAT

**DATE: FRI. FEB. 8, 2013**

**TIME: 12:00 - 1:00pm ET**

**SPEAKER:**

Dr. Sophie Jamal, MD, PhD, FRCPC  
Research Director  
Women's College Hospital,  
Multidisciplinary Osteoporosis  
Program

### PART 2 : PRACTICAL ISSUES IN BONE MINERAL DENSITY TESTING

**DATE: FRI. FEB. 15, 2013**

**TIME: 12:00 - 1:00pm ET**

**SPEAKER:**

Anita Colquhoun, MRT(N), CDT  
Women's College Hospital,  
Multidisciplinary Osteoporosis  
Program



## MODULE 3 Osteoporosis & Nutrition

### PART 1 : ESSENTIAL NUTRIENTS FOR BONE HEALTH

**DATE: FRI. MAR. 8, 2013**

**TIME: 2:00 - 3:00pm ET**

**SPEAKER:**

Stephanie Atkinson, PhD, FCAHS  
Nutrition Scientist  
Professor & Associate Chair  
Pediatrics, McMaster University

### PART 2 : NUTRITION COUNSELING FOR THE OSTEOPOROSIS PATIENT

**DATE: FRI. MAR. 22, 2013**

**TIME: 12:00 - 1:00pm ET**

**SPEAKER:**

Helen Emanoilidis, MSc, RD  
Clinical Dietitian  
Women's College Hospital,  
Multidisciplinary Osteoporosis  
Program



## MODULE 4 Medications & Treatment

### PART 1 : CURRENT PRACTICES IN OSTEOPOROSIS MEDICATION

**DATE: FRI. APR. 12, 2013**

**TIME: 12:00 - 1:00pm ET**

**SPEAKER:**

Dr. Sandra Kim, MD, MSc, FRCPC  
Medical Director  
Women's College Hospital,  
Multidisciplinary Osteoporosis  
Program

### PART 2 : MEDICATION COUNSELING OF THE OSTEOPOROSIS PATIENT

**DATE: FRI. APR. 19, 2013**

**TIME: 12:00 - 1:00pm ET**

**SPEAKER:**

Elaine Beltjar, BScPhm  
Pharmacist  
Women's College Hospital,  
Multidisciplinary Osteoporosis  
Program



## MODULE 5 Osteoporosis & Physical Activity

### PART 1 : AN EVIDENCE-BASED INTRODUCTION TO SAFE EXERCISE FOUNDATIONS FOR OSTEOPOROSIS

**DATE: FRI. MAY. 3, 2013**

**TIME: 12:00 - 1:00pm ET**

**SPEAKER:**

Judi Laprade, BA, BScPT, MSc, PhD  
University of Toronto

### PART 2 : BEYOND EXERCISE IN OSTEOPOROSIS: TACKLING THE OTHER 23 HOURS A DAY WE MOVE

**DATE: FRI. MAY. 10, 2013**

**TIME: 12:00 - 1:00pm ET**

**SPEAKER:**

Judi Laprade, BA, BScPT, MSc, PhD  
University of Toronto

For more information  
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