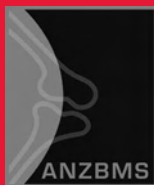




osteoporosis australia

Research Fund



Healthy bones for all Australians for life



Professor Peter Ebeling

Osteoporosis Australia Medical Director

Department of Medicine, University of Melbourne, VIC

- Each day around Australia, over 262 people are admitted to hospital with an osteoporotic fracture. We need more research into early identification, treatment and management of fractures. With greater quality research we can reduce fracture rates in the future! ●



Judy Stenmark

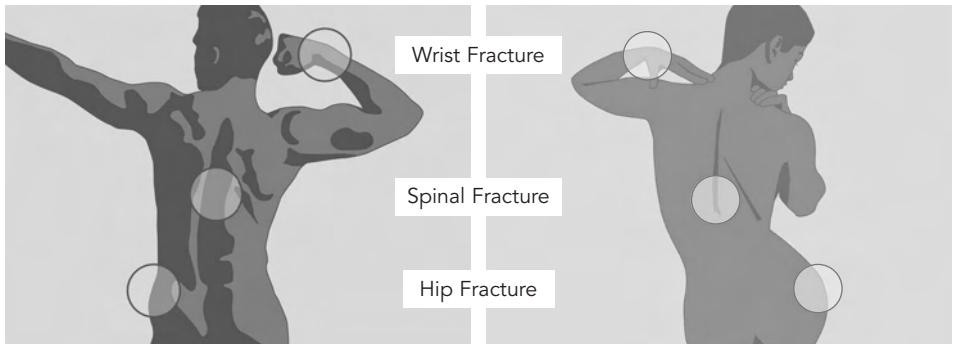
CEO Osteoporosis Australia

- Osteoporosis and fractures are a major public health issue and research is the key to combating this problem. Australia has some of the world's leading bone researchers, but they need help and greater support to continue their work. Traditionally, in Australia, bone research has been poorly supported – we need your help to elevate bone research in Australia to a higher level. ●

Osteoporosis – what is it?

Osteoporosis is a disease in which the bones become fragile and brittle, leading to a higher risk of fractures (breaks or cracks) than in normal bone.

- In Australia, 1 in 2 women and 1 in 3 men over the age of 60 will sustain at least one osteoporotic fracture.
- Every 5.5 minutes, someone is admitted to an Australian hospital with an osteoporotic fracture. This is expected to rise to every 3-4 minutes by the year 2021, as the population ages and the number of osteoporotic fractures increase.
- The direct cost of osteoporosis to the Australian community is estimated at 1.9 billion dollars annually (ie. hospitalisation, surgery, rehabilitation, homecare, medications).



An exciting time in bone research

Ten years ago... we didn't understand the importance of vitamin D for fracture prevention, that particular exercises can impact on bone density, that micro-architecture of bone is vitally important for understanding bone decay, that old ladies bent over actually had severe osteoporosis in the spine which could be captured early. We have seen amazing developments in the last decade in the understanding of bone structure, treatment of osteoporosis and surgical procedures for repairing fractures. These advancements have been possible due to research and the future holds more important finds.

Australia is fortunate to have some of the world's leading researchers in the bone field and it is an exciting time in bone research as we move closer to understanding the mechanisms of bone, eventually tackling bone weakness to prevent fractures.

Supporting bone research is our priority. Awarding project grants, fellowships and scholarships is how we make this happen. This work is not possible without *supporting research supporting bones!*



Why bone research?



Mark Holden

Producer and songwriter

- Before I was diagnosed, I don't think I'd ever heard of a man having Osteoporosis – it came as a complete shock to me that men even have it. Public awareness and research are vital. ●



Barbara Holborow

Former magistrate

- When I tripped, fell and fractured my leg in 10 places, only then did I find out I had osteoporosis! I was an active person and this disease has severely affected my life. Please help us fight this disease. ●



Kirk Pengilly

INXS band member

- When I found out that I had Osteoporosis, I was pretty shocked. I thought it was, you know, for old ladies basically... but I got diagnosed when I was 37. Osteoporosis has affected my life. ●



Belinda Green

Former Miss World

- My mother has osteoporosis and fractures so I know the impact this disease can have. Healthy bones are the foundation to a healthy body. ●

Current Awardees



The Royal Australasian College of Physicians / OA Fellowship

Dr Kathy Wu

ANZAC Institute

Concord Hospital, Sydney, NSW

The aim of this study is to look at the role of male hormones (androgens) in the microarchitecture of bone in men.



Macquarie Group Foundation Fellowship

Charles Chen

Institute of Bone & Joint Research

Royal North Shore Hospital, Sydney, NSW

**Common pathways influencing osteoporosis and
atherosclerosis risk**

There is strong evidence for a major genetic contribution to variation in bone density and bone metabolism from twin studies. There is evidence of an inverse relationship between certain cardiovascular and bone risk factors. The project is likely to lead to a better understanding of the relationship between osteoporosis and cardiovascular disease.

Myer Foundation, National Scholarship

Dr Belal Khan

*University of Melbourne
Western Hospital, VIC*

- The Myer Foundation Scholarship provides me with financial support for my PhD, addressing an area of bone research in which there is a significant gap in knowledge.

This project addresses the balance between the benefits of dietary calcium on bone and potential adverse cardiovascular outcomes. It also investigates the influence of vitamin D deficiency on these outcomes. ●



TrustCo Scholarship

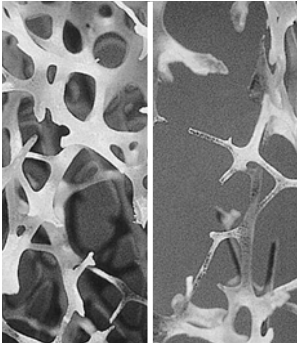
Dr Rosie Meng

*Curtin University
Perth, WA*

The aim of this study is to examine the effects of protein supplementation on muscle mass and strength in elderly women.



Current Awardees



Healthy bone

Osteoporotic bone

Sanofi Aventis /P&G Pharmaceuticals Scholarship
– Final Year

Jonathan Gooi

St Vincent's Institute, University of Melbourne, VIC

Osteoclast mediated regulation of bone formation

- As I enter the final year of my PhD, I have shown that communication between the bone cells (osteoclasts and osteoblasts) is necessary for the full effect of Teriparatide (parathyroid hormone).

I will focus on examining candidate genes and their ability to stimulate bone cells to build new, stronger bones. Without support this research would not have been possible. 🍷



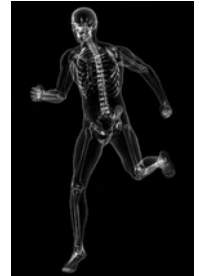
The J.O & J.R Wicking Trust, ANZ Trustees
3 Year Research Grant

A/Prof Robin Daly

University of Melbourne, Western Hospital, VIC

‘Osteo-cise: Better Bones for Life’

This project is an evidence-based, exercise, falls prevention and education program. A collaborative project involving 3 centres (University of Melbourne, Western Hospital/Deakin University/Geelong Hospital) and Osteoporosis Victoria. The outcomes of this study could have exciting implications for the way we prescribe exercise to prevent fractures.



Research Fund Steering Committee

Prof Peter Ebeling – Chair OA Medical Director, Western Hospital, University of Melbourne, VIC; **Prof Philip Sambrook** President, ANZBMS, Royal North Shore Hospital, University of Sydney, NSW; **A/Prof Matt Gillespie** Director, Prince Henry's Institute, Clayton, VIC; **A/Prof Peter Nash** Rheumatologist, Sunshine Coast, QLD; **Prof David Findlay** Orthopaedic Research, Royal Adelaide Hospital, University of Adelaide, SA; **Prof Caryl Nowson** Centre for Physical Nutrition Research, Deakin University, VIC.

About the Research Fund

About Osteoporosis Australia

OA is a national charity, supporting people with osteoporosis and our mission is *fracture prevention in the Australian community*.

About the Australian & New Zealand Bone & Mineral Society

The mission of the ANZBMS is to be the premier professional Australasian society in the field of bone and mineral metabolism, by promoting excellence in bone and mineral research, and facilitating the translation of our science to health care and clinical practice.

Objectives of the Research Fund

- Support research that will help to reduce the burden of osteoporotic fractures.
- Support research that will lead to improved quality of life and excellence in clinical care of people with osteoporosis and fractures.
- Support research grants in broad areas of basic science, clinical studies, public health, allied health, epidemiology and education.
- Foster bone research from young investigators that crosses several disciplines, eg. Science, Clinical Medicine, Non-Medical, Allied Health.
- Support a variety of research grants from grants-in-aid, fellowships, scholarships and partnership grants on a peer-reviewed basis.

Support the bones that support you...

Donations to OA will contribute to vital Australian bone research. Your support is essential in helping to prevent fractures in the community.

Individual Donations

Private donations to the Research Fund can be publicly acknowledged or remain anonymous. All donations are tax deductible.

Corporate Support

There are a number of ways that your company can support Osteoporosis Australia:

- Partnerships that can enhance your reputation within the community and engage your workforce to help build teamwork and morale;
- Dollar-matching donations, participation in fundraising events and workplace giving;
- Naming of research grants after the benefactor.

Our bones are our foundation – please help us to build stronger bones.

To donate or get involved with Osteoporosis Australia:

Email: admin@osteoporosis.org.au **Tel:** 02 9518 8140 **Fax:** 02 9518 6306

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www.osteoporosis.org.au



Every 5.5 minutes, someone in Australia is admitted to hospital with an osteoporotic fracture.