



A Note from the Pro Vice-Chancellor Research and Research Training, Victoria University

I welcome the opportunity to join Assoc. Professor Alex Cockram and Professor Geoff McColl in acknowledging the great work that Professor Gustavo Duque has already done in reinvigorating the Australian Institute for Musculoskeletal Science (AIMSS) in his new role as Director in this the third newsletter for 2016.

Victoria University has a key mission – “*To transform the lives of its students ... and find evidence-based solutions to health and active living and wellbeing of communities, especially our heartland of the West of Melbourne*”. It is clear that this mission resonates with the Vision of AIMSS – “*To improve the health and wellbeing of the communities in which we live and work through innovative and integrative musculoskeletal research and advocacy*”.

Victoria University is currently conducting a University-wide exercise to establish Health and Wellbeing as a key area within its Flagship of Sport, Health and Active Living. The importance of engaging with industry and community to realise the vision of this Flagship cannot be overstated. The AIMSS partnership between Victoria University, Western Health and The University of Melbourne is a great example of our co-investment in health and wellbeing to deliver the required health care and community-based interventions to improve the quality of life of all Australians; particularly in the West of Melbourne where the prevalence of chronic disease is higher than the national average.

The focus on osteoporosis, sarcopenia and their combination, culminating in disability and frailty, investigates prevalent and important conditions in society. Further research into the broader areas of bone, muscle and ageing provide many collaborative opportunities with staff from Victoria University’s Institute of Sport, Exercise and Active Living, Centre for Chronic Disease and Centre for Cultural Diversity and Wellbeing. Victoria University looks forward to working on collaborative projects and making key contributions to the growth and success of **AIMSS**.

Prof. Warren Payne – Pro Vice-Chancellor Research and Research Training, Victoria University



From our Director

AIMSS BITEs

“Translational” is the new magic word in Australian Research. Grant applications are assessed and scored based on their “translational potential”. The question is what does translational mean?

Whereas for basic scientists the word refers to clinical applications of their biomedical discoveries, for clinical investigators it refers to using the results of their clinical trials in “real” patients. At **AIMSS**, translational research has a different meaning. We use a *bench-to-bedside-to-community-and-back* approach. To reach this approach, we have established the **BITE model**. This model, which is explained in detail in page 2 of this Bulletin, requires that each one of our projects at AIMSS should have (or should aim to have) all of the components of **BITE**. Our responsibility as a strong research institute is to enhance collaborations, bring appropriate supporting personnel, and guide our members on how to profit as much as possible from the BITE model. This way they will not only get funded and increase their productivity and local collaborations, but will also increase their international recognition.

With very limited funding available in Australia, our members are expected to take a large BITE of the pie, and AIMSS is here to help.

Prof. Gustavo Duque – Director Australian Institute for Musculoskeletal Science (AIMSS)

Our Team Member of the Month



My name is **Solange Bernardo** the new Fracture Care and Prevention Coordinator at Western Health and AIMSS. My role is to search and identify

patients presenting to the hospital with a minimal trauma fracture, interviewing them and developing recommendations to the assessment, intervention and evaluation of fracture risk. I educate the patients on the importance of testing and receiving treatment for osteoporosis whilst also recommend adequate vitamin D supplementation for patients.

I also encourage patients to discuss osteoporosis with their primary care providers (GP) and liaise with patients' GP providing them with necessary information regarding their patients' hospitalization including all investigation and recommended treatment. I also arrange patient referrals to our new Falls and Fracture Clinic and DXA services.

When I am not at work I love spending time with my family, catching up with friends and leading the women at my community church.

Our Collaborator of the Month



Prof. Alexandra Papaioannou is a Professor of Medicine at McMaster University in the Division of Geriatric Medicine

Dr. Papaioannou is a Canadian Institutes of Health (CIHR) and Eli-Lilly Research Chair. Dr. Papaioannou was awarded an Ontario Career Scientist Award and has served on a number of Ontario Ministry of Health and Long Term Care (MOH LTC) committees; including serving as the Co-Chair of the MOH LTC Osteoporosis Strategy for Ontario, a public health initiative to prevent and reduce the impact of osteoporosis, fractures and falls. Her research focuses on the impact of fractures, falls and frailty. She is the lead investigator for the Long-term Care Ontario Osteoporosis Strategy, Co-Director of the Hamilton Canadian Multi-Centre Osteoporosis Study (CaMos), and leading the Fracture Think Osteoporosis project, a chronic disease management program in Hamilton, Ontario. She is a co-author of our Publication of the Month on treatment of osteoporosis in in Australian long-term care institutions.

AIMSS Publication of the Month

Treatment of Osteoporosis in Australian Residential Aged Care Facilities: Update on Consensus Recommendations for Fracture Prevention.

Duque G, Lord SR, Mak J, Ganda K, Close JJ, Ebeling P, Papaioannou A, Inderjeeth CA. J Am Med Dir Assoc. 2016 Sep 1;17(9):852-9.

Second consensus on fracture prevention in residential aged care facilities (RACF). AIMSS was the leading Institution.

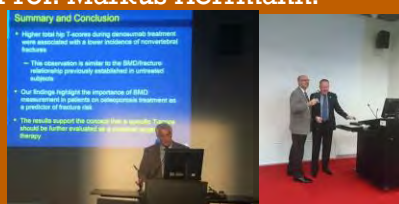


Registrations for the 1st Australia and New Zealand Conference on Sarcopenia and Frailty are open. Our exciting program includes more than 40 presentations. Profit from early bid registration fees:

<http://themeetingpeople.com/anzsf16/anzsf-registration>

AIMSS Seminar Series

Our AIMSS Seminars for June, July and August have been a total success in terms of attendance, quality of the presentations, and outstanding speakers. We hope to see you all at our next Seminar on Sept. 12th where we will learn about "Osteocalcin and Cardiovascular Disease" from our international guest speaker A/Prof. Markus Herrmann.



Prof. Jacques Brown (Canada) and A/Prof. Paul Mitchell (New Zealand) presenting at our AIMSS Seminars.



The BITE Model at AIMSS

Basic Sciences/biomedical research
Investigation/identification (biomarkers, imaging, diagnostic tools)
Translational/therapeutics
Education (to clinicians and to the community)