



Newsletter of the Australian
Institute for Musculoskeletal
Science (AIMSS)

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Western Health 

 **VICTORIA
UNIVERSITY**
MELBOURNE AUSTRALIA

 **THE UNIVERSITY OF
MELBOURNE**

A Note from the Head of the Melbourne Medical School



I am delighted to have the opportunity to pen some brief words for this, the second, newsletter of the Australian Institute for Musculoskeletal Science (AIMSS). I join with Alex Cockram, the CEO of Western Health, in welcoming Professor Gustavo Duque to his new role as Director of AIMSS and Chair of Medicine at Western Health. In the short period Gustavo has been with us he has had substantial success in building on the strong foundation developed by Professor Peter Ebeling.

The importance of a shared vision in any pursuit is critical. I am therefore pleased that 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*” aligns so well to the Mission of the Melbourne Medical School – “*We are committed to working with the communities we serve to improve health and advance health care. We will do this through our teaching, learning, research, clinical care and advocacy*”.

Health care delivery in Australia is complex and expensive. In 2013-2014 \$105 billion was spent on health in Australia with a substantial portion of this spent on those in the last decades of life. To improve the health related quality of life of the communities we serve we need purposeful partnerships between those that deliver health care and the university sector who generate new knowledge and prepare new health practitioners. AIMSS sits well in this framework. It is a partnership between a large and growing health care provider, Western Health, and two universities with substantial investment in health care research and teaching, Victoria University and the University of Melbourne. The focus on musculoskeletal disease, including the important and complex area of frailty, aligns well with national and local health priorities and is highly likely to have a tangible benefit for our community. The location of this work in the west of Melbourne, an area in which the health needs of the community in prevention and treatment of illness are substantial, is another strong foundation and opportunity for AIMSS. In this context I wish Gustavo and his team well in their important work which I am sure will result in lasting and meaningful impact.

Prof. Geoff McColl – Head, Melbourne Medical School

From our Director



AIMSS is International

The world is inter-connected. Internet has facilitated academic collaborations and regular communication between universities around the world. While I write this note, AIMSS is building up a network of international collaborators and is also joining several major international consortia and initiatives.

Our goal is to enhance our local projects while also promoting AIMSS as an international centre of excellence in musculoskeletal research. As an example, this month we have signed two exchange programs: one with the University of Sao Paulo (Brazil), which will start sending us visiting fellows and graduate students this August, and a second one being formalised with the Catholic University of Chile, which, like the University of Melbourne, belongs to the prestigious Universitas 21 global network of leading Universities. I am also proud to inform you that AIMSS joined Biomathics (<http://www.biomathics.net/>) allowing us to access data from more than one million research participants in ageing trials around the world. In summary, AIMSS is now in the world map and the sky is the limit.

Prof. Gustavo Duque – Director AIMSS

Our Team Member of the Month

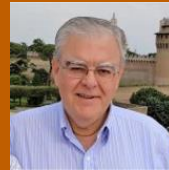


Kleo Hondros, Research Coordinator for the University of Melbourne, is responsible for the overall management and coordination of pharmaceutical clinical trials undertaken through Western Health, AIMSS and the University of Melbourne.

Her role involves preparing and obtaining ethical approval, recruiting study participants, conducting study related activities, monitoring participants and closely collaborating with doctors and pharmaceutical companies to assist in achieving results that add to scientific knowledge and improving medical care.

When Kleo is not working, she enjoys spending time with family and friends, going to the movies and exploring parks and playgrounds with her 2 year old.

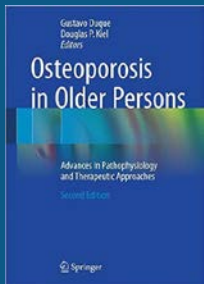
Our Collaborator of the Month



A/Prof. Luiz Garcez-Leme MD, PhD, AGSF has been a consultant to the Brazil Ministry of Health since 1995.

He is also Professor and Researcher within the Departments of Internal Medicine (Geriatrics) and Orthopaedics at the University of Sao Paulo since 2006. He has extensive experience in the fields of geriatrics and gerontology focusing on orthogeriatrics, an area in which he edited an important textbook. He is the leader of the research group "Aging and Locomotor System". A/Prof. Garcez-Leme is in charge of the international exchange program between AIMSS and the University of Sao Paulo. As part of our collaboration, his Advanced Trainees in Geriatric Medicine will commence rotating as Visiting Fellows at Western Health this August.

AIMSS Publication of the Month



Osteoporosis in Older Persons, textbook edited by Prof. Gustavo Duque (AIMSS) and Prof. Douglas Kiel (Harvard University). This new edition includes the most up-to-date information about the pathophysiology and new therapeutic alternatives for osteoporosis of advanced age.

It is written by investigators (clinicians and basic scientists) in the field of aging bone research. More information here:

<http://www.springer.com/services+for+this+book?SGWID=0-1772415-3260-0-9783319259741>

Sarcopenia – Good News!

The Center for Disease Control and Prevention (CDC) has established an ICD-10-CM code for sarcopenia, giving it recognition for separate reporting and data collection. The code, M62.84, will be available for use by the medical community effective as of Oct. 1, 2016. Sarcopenia is defined as a combination of low muscle mass and weakness in older adults that causes functional problems. The new code designation for the disease has the potential to affect sarcopenia research and treatment in a number of ways, including:

- allowing for clearer establishment of clinical guidelines for diagnosis and treatment
- opening new avenues for development of novel therapeutics by researchers
- making condition data available on electronic medical records and death certificates.

AIMSS Seminar Series

Our AIMSS Seminars for April and May 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 June 14th where we will learn about "Sarcopenia and Cancer" from our guest speaker Prof. Andrea Maier.



Mrs. Gwen McMaster-Fay former Chair of the Nepean Medical Research Foundation (Sydney) and Prof. Michael McKenna from ISEAL (Victoria University) receiving their "AIMSS Souvenir" following their excellent presentations at our Seminars.

Short News:

- Welcome to our AIMSS Scientific Advisory Committee: Mr. Phong Tran – Director Orthopaedics Department – Western Health
- We are now recruiting for our clinical trial on a new treatment for older people with sarcopenia. For more information contact our Research Coordinator Kleo via e-mail: kleopatra.hondros@unimelb.edu.au

Registration and abstract submission are open:

