



Canadian Institutes
of Health Research

Instituts de recherche
en santé du Canada

Canada

CIHR CAFÉ SCIENTIFIQUE
PRESENTS

Science on tap

Quench your interest

January 16th 2014, 6:00 – 8:00pm

The Wicklow Pub

610 Stamps Landing

Vancouver, BC

RSVP: <http://tinyurl.com/ksgmh2>

Join us on:

facebook

Understanding the Nuts and BONES of Osteoporosis

*“Fractures from osteoporosis are **more common** than heart attack, stroke and breast cancer **combined**. At least 1 in 3 women and 1 in 5 men will suffer from osteoporotic fracture during their lifetime”* - Osteoporosis Canada

Dr. Prior will discuss how bones change throughout a woman’s life. She will also discuss risk factors and strategies to prevent osteoporosis.

Dr. Barr will share her findings showing that women with unhealthy eating attitudes tend to experience hormonal disturbances, putting them at risks of osteoporosis. She will also talk about how nutrition and exercise together affects bone health.

CIHR Funded Experts

Jerilynn Prior

Professor of Endocrinology, UBC, VCH Research Institute
Director, Centre for Menstrual Cycle and Ovulation Research
BC Centre Director, Canadian Multicentre Osteoporosis Study

Susan Barr (PhD, RD)

Professor, Food Nutrition and Health, UBC



CIHR IRSC
Canadian Institutes of Health Research
Instituts de recherche en santé du Canada
www.cihr-irsc.gc.ca



SCWIST



IWIS

Moderator

Ruannie Lai

M.Sc. in Kinesiology
PhD Candidate (UBC)