



Institute of Musculoskeletal Health and Arthritis Newsletter: March 2013

IMHA - *On the Move!*

A Message from the Scientific Director



March is Juvenile Arthritis Awareness Month. CIHR is recognizing the outstanding work and dedication of juvenile arthritis researchers this month by featuring some of their work online. Content will be available throughout the month on the [CIHR website](#) and through the social media channels including Facebook ([Health Research In Canada](#)), and Twitter ([@CIHR_IRSC](#)).

At the end of February, IMHA held its Institute Advisory Board (IAB) meeting in Calgary, AB. The evening before the IAB we hosted a Café Scientifique in partnership with TELUS Spark, the McCaig Bone and Joint Health Institute and the University of Calgary, entitled *Healthy Bones and Joints: New strategies for maintaining your mobility*. Drs. Derrick Rancourt, Carolyn Emery, and Linda Woodhouse discussed their fascinating research about tissue engineering, injury prevention and models of care. Expertly moderated by Karen Owen from CTV News, this Café was highly informative and drew thoughtful questions from the audience. For more information about upcoming Cafés please visit the [Café Scientifique website](#).

To connect with our various research communities and partner organizations, IMHA is on the move across North America to major conferences and meetings within our mandated research areas. Last month, IMHA attended the [Canadian](#)

[Rheumatology Association](#) Annual (CRA) Scientific Meeting and Arthritis Health Professions Association Annual Meeting and [The Power of Movement](#).

The CRA Annual Scientific Meeting was an opportunity for us to meet established researchers and trainees just entering the field. The Power of Movement is the largest yoga fundraiser in Canada and has raised over \$1.3 million towards arthritis research. It is an annual event that is organized by the Arthritis Research Foundation and takes place nationally from Vancouver to St. John's, NL. The Arthritis Research Foundation raises, manages and invests funds for arthritis and related autoimmune disease research taking place in labs and clinics across University Health Network (UHN).



Next month, IMHA will attend the [International Association for Dental Research \(CADR\)](#) meeting in Seattle, Washington, USA.

If you have any questions about our newsletter, or if you would like to submit content, please contact us at imha.iala.cihr.irsc@utoronto.ca.

Sincerely,

Phillip Gardiner PhD,
Interim Scientific Director
Institute of Musculoskeletal Health and Arthritis

Contact Us

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IMHA FUNDING OPPORTUNITIES

For information on current funding opportunities, please visit [IMHA's Funding Opportunities](#).

[China-Canada Joint Health Research Initiative](#)

Application deadline: March 19, 2013.

[Catalyst Grant - Environments, Genes and Chronic Disease](#)

Application deadline: April 2, 2013.

[CIHR Partnership Award](#)

Nomination deadline: May 1, 2013.



[CIHR Barer-Flood Prize for Health Services and Policy Research](#)

This new prize is a career achievement award that honours and recognizes an exceptional researcher in the area of health services and policy research who has created an influential body of work that has had a substantial impact on health services and policy research, policy and/or care delivery. **The prize consists of \$25,000 in research grant funding.**

A nominee must:

- be an independent researcher;
- be registered at an eligible institution;
- have at least 10 years of experience as an independent investigator and currently hold a full-time position within a Canadian academic, hospital, not-for-profit or governmental institution or affiliated research institution.

Application deadline: May 1, 2013.

Learn how to get your research into the media spotlight

Communications Workshop for population and public health researchers

If you are a researcher with an interest in communications and population and public health you are encouraged to [apply to this full-day workshop](#).

Date: Thursday, June 6, 2013

Location: Montreal, QC

This workshop will provide you with:

- Communications skills for pitching your research to editors and journalists
- Expert feedback on how you currently frame your messages and how to do it better
- Networking opportunities with like-minded researchers from across Canada

To be eligible for this workshop, applicants must:

- Be working in the field of population and public health research and have an interest in communications
- Hold a Master's degree or higher
- Be Canadians studying within Canada and abroad or non-Canadians affiliated with a Canadian Institution.

Deadline for application:

Friday, March 15, 2013 at 5:00 pm PST.

Good News Story

Working your muscles to “failure” the key to making gains, not weight



Dr. Stuart Phillips

Conventional wisdom says that you need to lift heavy weights to build bigger, stronger muscles.

But paradigm changing research by Dr. Stuart Phillips and his team at McMaster University is challenging convention. They have shown that lifting lighter weights can produce the same increases in muscle size and very similar strength gains as heavier weights.

The key, they found, is lifting the weights until you reach or come near to the point of muscular failure – where you can't lift the weight anymore.

This research is good news for people who want to increase their muscle size or strength, but who may be uncomfortable lift-



ing heavy weights or unable to because of injury or limited mobility.

Partner Corner

Canadian Pain Coalition (CPC) highlights pain issues in CTV 3 Part Series



The Canadian Pain Coalition is delighted to announce a three part CTV news series on chronic pain that improves awareness of pain issues facing Canadians and highlights the need for multi-

disciplinary management of chronic pain. To view the series visit the [CTV station website](#). Share the links with family, friends, and colleagues to help

improve pain awareness in your region.

Visit the [Canadian Pain Coalition website](#) for more information.

LEAPing into Juvenile Arthritis Awareness Month



In Canada, approximately 61,500 children live with arthritis

Juvenile idiopathic arthritis is the most common rheumatic disease in childhood. It is characterized by inflammation that causes pain, stiffness and swelling in the joints. Effective treatments are available and children with arthritis can lead active lives.

In fact, physical activity is important for children with arthritis. These children can develop weak muscles and low bone strength because of their condition and

active than children who don't have arthritis.

The link between physical activity and childhood arthritis is being studied by a national research team funded by CIHR's Institute of Musculoskeletal Health and Arthritis. The [LEAP study](#) is the first research program to look at how active children with arthritis are at different levels of disease activity. It is also the first program to study bone and muscle development and biomarkers of inflammation in the blood.

The work of the LEAP team will provide information to help us better understand the interaction between inflammation, physical activity, and bone development in children with arthritis. It will help develop safe and effective exercise programs to keep children with arthritis healthy and improve their quality of life.

In the end, it's about helping kids with arthritis be kids!

Photo Gallery

Take a look inside to see these inspirational kids in action!



[Sofia, LEAP participant, Having her leg strength measured](#)

Patient Story

Read about a patient's firsthand experience with her diagnosis of JA



[Allison Brennan - Diagnosed with JIA at age 12.](#)

Resources

- [LEAP – Keeping Kids With Arthritis Active](#)
- [The Arthritis Society of Canada](#)
- [Trusted Answers from The Hospital for Sick Children](#)



[LEAP participant Zachary, aged 11, zooms down the slopes!](#)

Meetings of Interest

[Update on Psoriatic Arthritis, July 11, 2013](#)

This is a CME accredited event hosted by Dr. Dafna Gladman and Dr. Vinod Chandran of the University of Toronto and is open to all rheumatologists and dermatologists across Canada.

[The 10th International Congress on SLE – Lupus 2013](#)

April 18-21, 2013

Buenos Aires, Argentina

[Canadian Pain Society Conference](#)

May 8-10, 2013

Winnipeg, MB

[Canadian Physiotherapy Association Congress](#)

May 23-26, 2013

Montreal QC

[Canadian Association of Occupational Therapists Annual Meeting](#)

May 29-June 1, 2013

Victoria, BC

[Canadian Connective Tissue Conference](#)

May 29-June 1, 2013

Montreal QC