

Calcium, Osteoporosis Expert Receives LPI Prize



Connie Weaver, an alumna of Oregon State University and one of the world's leading experts on dietary calcium, its role in bone health and the prevention of osteoporosis, was awarded the 2011 Linus Pauling Institute Prize for Health

Research. The award is one of the most significant in the field of diet and nutrition, recognizing excellence in research and successful efforts to disseminate new knowledge to the public and the health profession.

The award which includes a medal and honorarium of \$25,000 is given by the Linus Pauling Institute at Oregon State University, Corvallis. Weaver was recognized at the biennial conference, *Diet and Optimum Health*, held September 13-16 at OSU.

Weaver, a distinguished professor and

head of the Department of Foods and Nutrition at Purdue University, received both bachelor's and master's degrees in nutrition from OSU in the early 1970s, and has been recognized with multiple honors as she revolutionized the understanding of calcium in bone health, the importance of building bone mass during adolescence, the problem of bone loss in postmenopausal women and ways to help prevent osteoporosis.

"Dr. Weaver's work in the field of calcium metabolism is extraordinary," said Balz Frei, professor and director of the Linus Pauling Institute. "She not only did outstanding original research and developed novel technologies to study the role of calcium in bone health, but also helped take that knowledge to the national stage and inform our current dietary reference intakes for calcium. Her work in turning good science into good public policy has helped prevent osteoporosis for millions of people, reducing suffering from bone fractures and improving health all over the world."

<http://lpi.oregonstate.edu/prize.html>



Delegates at the LPI Diet and Optimum Health Conference



Dr. Rogers Prize™

for excellence in

COMPLEMENTARY & ALTERNATIVE MEDICINE

The 2011 Dr. Rogers Prize was presented to Dr. Marja Verhoef by Gordon Rogers on September 23 at the Dr. Rogers Prize Gala in Vancouver, BC.

Dr. Verhoef holds Canada's only Research Chair in Complementary Medicine at the University of Calgary. She has been a driving force behind the establishment of several Canadian networks promoting and enabling partnerships among those interested in complementary, alternative and integrative medicine. The most well-known of these is the IN-CAM network, a virtual organization sparking collaboration among researchers and practitioners in Canada, North America and internationally.



Gordon Rogers and Dr. Marja Verhoef

She was the first President of the International Society of Complementary Medicine Research. She has been a tireless advocate of appropriate research methods for the often multi-faceted approaches that fall under the

umbrella of complementary and alternative medicine. The purpose of the \$250,000 Dr. Rogers Prize is to highlight the important contributions of Complementary and Alternative Medicine (CAM) to health care by rewarding the pioneers who have made significant contributions in the field. The Dr. Rogers Prize is sponsored by the Lotte and John Hecht

Memorial Foundation, Vancouver, BC.

For more information see:

www.drrogersprize.org/files/2011-winner.php

Dr. Rogers Prize Colloquium

The 2011 Dr. Rogers Prize Colloquium on complementary, alternative and integrative medicine brought together more than 250 people in the field who shared their thoughts and ideas on how integrative medicine is actually practiced in Canada and how to move it forward. The discussion that occurred throughout the day reflected the participants' deep commitment to influenc-

ing positive changes in the Canadian health-care system.

Introduction

Moderator Allen Grossman from the Harvard School of Business kicked off the Colloquium by introducing John Weeks and Steven Carter to 'set the stage' of how CAM is perceived and moving forward around the world. John Weeks spoke about the state of

complementary, alternative and integrative medicine throughout the world, while Steven Carter addressed the situation in Canada. John listed some of the latest trends in CAM throughout the world and concluded by sharing four general trends in healthcare that bode well for those interested in com-



Steven Carter and Allen Grossman

plementary and alternative medicine, notably increased focus on:

- 1) patient-centred care
- 2) research that focuses on real-world outcomes
- 3) interprofessional education
- 4) globalization

Steven Carter focused on five key sectors and how they are currently moving CAM forward in Canada. He highlighted achievements by the research sector, the education sector, medical associations, government and the business world.

The Panel Discussion

Following the introductions by John Weeks and Steven Carter, four integrative clinics took the stage to speak about their experiences in setting up and running their clinics. Unique to this Colloquium, participants were invited from two physician-led clinics: InspireHealth (Vancouver) and the Seekers Centre (Ottawa), and two naturopathic physician-led clinics: Integrative Healing Arts (Vancouver) and the Integrative Health Institute (Toronto).

Each clinic spoke briefly in response to five questions they had been asked to prepare answers on in advance of the day:

- a. What are your greatest successes?
- b. What significant barriers have you had to face to achieve success?
- c. How did you overcome these barriers?
- d. Describe one or two of the most important lessons you've learned.

Participants were then provided opportunities to ask questions of the panelists to further the discussion.



Dr. Jozef Krop among the audience of the Dr. Rogers Prize Colloquium

The Breakout Discussions & Conclusion

Attendees of the Colloquium went into four breakout groups to share their thoughts and ideas about CAM and integrative medicine. Facilitators led lively and well-informed discussion on four key questions:

1) How do we know that we are fulfilling the needs of the patients we serve?

2) What would you consider to be the key elements of success for clinics?

3) Do you agree with the challenges identified by the panel? What did they not include?

4) What are your keys to success?

At the conclusion of the day, attendees gathered to hear outcomes from the breakout sessions, engage in additional discussion, and respond to one new question posed by Allen Grossman "Putting aside an enumeration of the challenges, what is it that you/we can do as individuals to address these chal-

lenges, and what would you like to see happen in the next year or two? What actions can we undertake and connect to an outcome that would make a

difference in advancing this field?" Grossman wrapped up the day by sharing his impressions on the day and the exceptional leadership and advocacy of participants in moving complementary, alternative and integrative medicine forward in Canada.

Later that evening, the 2011 Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine Gala concluded with an inspiring keynote speech by Dr. Wayne Jonas of the Samueli Institute and the awarding of the

2011 Dr. Rogers Prize to the University of Calgary's Dr. Marja Verhoef.

For complete summary report see: www.drrogersprize.org/files/colloquium.php



Wayne Jonas at the Dr. Rogers Prize Gala

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