

Issue 1, October 2019

# **ANZBMS** **EARLY CAREER INVESTIGATOR** *Newsletter*

**The President's Vision for ECIs**

**ECI Events at the 2019 ANZBMS ASM**

**Global Perspectives of Musculoskeletal Health - Dr Ambrish Mithal from India**

*Cover Image: A confocal microscopy image of human primary osteocytes stained with fluorophores, Calcein Am, NucSpot Live 488 and SiR-Actin. Taken by PhD student Catherine Stapledon from the Biomedical Orthopaedic Research Group at The University of Adelaide. Catherine is studying the role of the osteocyte in aging and osteoporosis.*







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*ECI's please send us your  
scientific images - the best  
will feature on the front  
page.*

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## ECIC Co-Chairs Report

### Welcome to our inaugural issue of the ECI Newsletter

In its first few years, the Early Career Investigator Committee (ECIC) have been busy developing a number of initiatives to achieve these goals. We increased engagement of clinical trainees through the metabolic bone cases seminar, enhanced career development via the career development symposium and fostered networking between our junior and senior members with our popular "bones and brews" event. We also have ECIs co-chairing ASM sessions and this year, for the first time, we will host our first international delegate from the B.O.N.E program (see page 6). Outside of the ASM, we are working hard to develop our own webpages within the ANZBMS website, which will contain material relevant to ECIs, and we are working on future programs to enhance professional development. The ECIC Co-chairs also attend and represent the interests of the ECIs at Council meetings.

We are proud to belong to a dedicated team of talented and skilled changemakers. We would like to sincerely thank the members of the ECIC, past and present, for all your hard work and dedication to the ECIC vision.

We are deeply grateful to the ANZBMS Council for providing us with this platform to grow and integrate into our society in a meaningful way. Your support and encouragement, and that of other senior members, has been overwhelming and is exemplary of the wonderful society we belong to.

As we look forward, we are determined to continue to work towards increasing engagement of ECIs within the ANZBMS, strengthening our ECI network, both nationally and internationally, and provide more opportunities to enhance ECI career development.

It is our hope that the ECI Newsletter will deepen a sense of community among our ECIs and provide an outlet to showcase the work and achievements of ECIs within our society. The success of this newsletter will be determined by its readership and contributions from you, our ECIs. Please email us with any feedback or if you would like to contribute to the newsletter.

We hope you enjoy this first issue!

*Sabashini Ramchand and Ayse Zengin*

*ECIC Co-Chairs*



# Meet the 2019 ECIC

*The Early Career Investigator Committee (ECIC), formed in 2017, aims to help shape future bone and mineral research in Australia and New Zealand by fostering active engagement of early career investigators within ANZBMS, supporting professional development and facilitating interactions between junior and senior members.*

## Career Development



Dr Sabashini  
Ramchand



Dr Alexander  
Rodriguez



Dr Laura  
Laslett

## Events



Dr Ayse  
Zengin



Dr Ashika  
Chhana



Dr Marc  
Sim

## Communications



Dr Melissa  
Cantley



Dr Renee  
Ormsby

## Clinical Training



Dr Jasna  
Aleksova



Dr Eleanor  
Thong

## POC



Dr Joshua  
Lewis

A big thank you to the ANZBMS ECIC volunteers: Alicia Jones, Victoria Leitch, Aaron Fernandez, Christian Girgis, Hanh Nguyen and Ingrid Bretherton.

If you have any ideas for the ECIC or if you would like to find out how you can get involved, please send us an email: [ecic@anzbms.org.au](mailto:ecic@anzbms.org.au).

We would love to hear from you!



# ANZBMS President's Vision for ECI's

## Why was it important to form the ECIC?

Early career investigators (ECIs) are a big part of the ANZBMS membership. Creating the ECIC provides a voice for ECIs, ensures they are heard by the Society and provides a mechanism through which ECIs can contribute to the work of the Society. This is something that ANZBMS simply cannot afford not to do...!

## What is the vision for the committee?

ECIs are the future of our society. It is vital that the ECIC helps shape the future direction of the Society. The ECIC provides a forum for this discussion and ensures the ECI community can contribute their views and ideas to the Society. Our vision is for the ECIC to be the voice of the ECIs and leverage the knowledge and talents, along with the passion and enthusiasm of ECIs, to ensure the long-term success of the Society. This very process provides important experiences and career development opportunities for ECIs.

## How would I see the ECIC develop in the future?

The ECIC already plays a very active role within the Society. This is seen most clearly at the annual meeting of the Society with the sessions and events organised by the ECIC representing some of the highest quality, most innovative and best attended events of the meeting. This is something that the ECIC should be very proud of. Maintaining this momentum is going to be important for the future. Encouraging, and actively seeking, new creative ways of developing the meeting will be important – the ECIC will be key to this. It will also be wonderful to see the passion, enthusiasm and innovation, that has been brought to the meeting, being applied to other areas of the Society. I am sure that our ECIC will be well placed to contribute to many areas and I know that ANZBMS Council will welcome ideas and suggestions from the ECIC.

## What are the greatest challenges for Early Career Investigators?

There is no doubt that there are challenges for ECIs. This is particularly important for the bone field, which arguably does not get the attention it deserves. We are in an era of big data, large collaborative networks and the need to see our work translated for the benefit of society. For ECIs, establishing an identity, gaining funding and working towards independence within this changing environment creates a challenge. However, being part of these networks does provide visibility, mentorship and access to funding and the latest technologies that allow important questions to be addressed. So whilst there are challenges there are also opportunities....!

## Advice for Early Career Investigators

Be BOLD...! Identify important questions and be prepared to develop the best approach to tackling that challenge. Do not be constrained by what you can do but be prepared to go out and find a way to take on the challenge. This may need new thinking, new technologies, new colleagues and a need to travel to find what is needed. Above all do the things that excite you and the things that will have impact.

*Professor Peter Croucher,  
ANZBMS President*

*Head of Division, Bone  
Biology Laboratory, Bone  
Biology Division, Garvan  
Institute of Medical Research  
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## International Federation of Musculoskeletal Research Societies (IFMRS) HubLE

The International Federation of Musculoskeletal Research Societies' platform for early career and new investigators, **IFMRS HubLE**, is now live! HubLE is a unique, international and educational initiative that provides the next generation of musculoskeletal scientists a place to ask questions, share ideas and network with fellow researchers from all over the world.

The ANZBMS has a number of representatives on the HubLE board, including David Scott, Feitong Wu, Natalie Hyde, Joshua Lewis, John Kemp, Sabashini Ramchand and Victoria Leitch. We are keen to make sure the voice of Australian and New Zealand researchers is heard, so look out for us at the ANZBMS ASM in Darwin – we want to talk about your research!

For more information, visit:

 [www.huble.org](http://www.huble.org)

 [twitter.com/IFMRSHubLE](https://twitter.com/IFMRSHubLE)

 [www.instagram.com/ifmrshuble/](https://www.instagram.com/ifmrshuble/)







# ECIC Events at the 2019 ANZBMS ASM



## Early Career Investigator Meeting

Sunday 27th October, 2:30 pm – 3:15 pm

Darwin Convention Centre Meeting Room 3

The ECIC would like to meet with all early career investigators attending the ASM to introduce the committee and discuss ways in which the ECIC can better serve the needs of the ANZBMS ECI community.



## Bones and Brews

Sunday 27th October, 7:30 pm – late

The Precinct Tavern

\$25 for students and ECRs, \$50 for all others

An informal meet and greet for all members of the ANZBMS to interact, share their research and ideas, and join in a fun game of trivia (with prizes)! Organised by the ANZBMS ECIC, we hope that attendees will meet new acquaintances, collaborators, mentors and friends.



## Clinical Cases in Metabolic Bone Disease Seminar

Monday 28th October, 6:30 pm

Darwin Convention Centre Rooms 1 & 2

\$40 for trainees and students, \$50 for all others

(includes dinner and drinks)

The 6 highest ranked abstracts will be presented and a winner selected by an independent judging panel. It is anticipated that each case will spark lively discussion regarding complex areas of metabolic bone disease.



## Career Development Seminar

*Grant writing and manuscript reviews – lessons from the real world*

Tuesday 29th October, 15:40 – 17:00

Darwin Convention Centre Meeting Room 3

**Session 1: Tips and tricks to grant success** with Prof. Louise Maple-Brown (NT) and Dr. Josh Lewis (WA)

**Session 2: How to review a paper** with Prof. Emma Duncan (QLD) and Prof. Tuan Nguyen (NSW)

Plus question and discussion time.





# ANZBMS B.O.N.E Program

The **Bridging Overseas Networking and Exchange (B.O.N.E) Program** is an ECIC initiative, established in 2018, to address the limited opportunity and funds for invited presentations for early career bone and mineral researchers. It is anticipated that this scheme will boost ANZBMS ECIs track records, increase their exposure, provide travel support and facilitate international networking and collaboration. Each year the respective societies nominate five outstanding early career researchers and the ANZBMS POC invites one early career investigator from an international musculoskeletal society as a speaker at our annual scientific meeting. In a reciprocal agreement, that society's POC will invite one ANZBMS early career investigator to their annual scientific meeting.

This year we had the opportunity to team up with the ECTS Academy with the ANZBMS POC selecting Prof Martina Rauner, from Dresden University Medical Center, Germany, and we look forward to welcoming her to our ASM in Darwin. From the ANZBMS, the ECTS POC invited Dr Michelle McDonald, from the Garvan Institute of Medical Research, NSW, to present her work entitled "Two-photon microscopy to discover the mysterious world of bone" at the ECTS Congress in Budapest, Hungary, in May. Read more in the report from Dr Michelle McDonald below.

We look forward to working with other international societies in the future to continue this exciting initiative.

*Sabashini Ramchand (ECIC Co-Chair)*

## Dr Michelle McDonald

I was very fortunate to have recently had the support of the new BONE initiative of the ECTS and ANZBMS Early Career Investigator Committees to speak at the 2019 ECTS meeting in Budapest. As an invited speaker through this program I was provided financial assistance to cover flights and ground transportation to the meeting. This also provided me the opportunity to showcase my work in a plenary format which allowed high level engagement with meeting attendees.

This was the first time I had presented this work in Europe, so having this plenary format at the meeting was a great opportunity. It was very well received and initiated a string of discussion that continued on throughout the meeting. I held follow up meetings after my talk with more than 4 potential collaborators, a number of which I am now continuing to discuss future plans to collaborate and engage in grant applications with.

At this stage in my career, such opportunities to build my profile and international networks and collaborations are invaluable! I am excited by the potential directions I can take this work. It also provided some important feedback and support as we work to publish our novel findings.

Finally, I was also included in the New Investigator (NI) mentoring session during which I spoke to groups of NI's about the pitfalls and challenges but also the exciting potential of the techniques I use for my research. This was another great opportunity to engage researchers, build networks and importantly motivate and support the next generation of leaders in our field.

The BONE initiative is a forward thinking approach to supporting the future leaders in our field. I foresee many peers in the bone field benefiting from this investment for years to come.

*Dr Michelle McDonald*

*Group Leader - Bone Microenvironment, Bone Biology,  
Garvan Institute*



<https://www.garvan.org.au/people/micmc2>



*Dr Michelle McDonald at the  
New Investigator (NI) Mentoring  
session at the ECTS meeting in  
Budapest.*





# The World in Focus: Global Perspectives of Musculoskeletal Health with Dr Ambrish Mithal



## Where are you based?

I am the Chairman and Head of Endocrinology and Diabetes division of Medanta, the Medicity, a super specialty hospital located at Gurugram, Haryana, India.

## What are your research areas within musculoskeletal health?

1. Strategies to overcome vitamin D deficiency in Indians: Over more than last two decades, our work and that of others has established that vitamin D deficiency is widespread among urban Indians, particularly those in office jobs with limited sunlight exposure. In addition to the traditional risk factors, atmospheric pollution also seems to be a contributing factor. Children growing up in cities like Delhi also exhibit significant vitamin D deficiency. We have tried to develop cost effective guidance for management of vitamin D deficiency at a public health level. I have been a strong advocate for the fortification of milk and edible oil with vitamin D and have worked with the Food Safety and Standards Authority of India (FSSAI) for the same. Fortification was initiated in India (from 2017) although, it is still not mandatory. The widespread availability of fortified products in urban India, over the next few years should help to attenuate the problem of vitamin D deficiency.

2. Change in the clinical profile of primary hyperparathyroidism in India: Classic presentations of bone disease (like osteitis fibrosa cystica) continued to dominate disease descriptions from India till recently. However, almost 50% of patients now presenting at Medanta the Medicity are asymptomatic. We are studying the factors that could be responsible for the change in profile of primary hyperparathyroidism

3. Skeletal fluoride toxicity due to fluoride excess in water, which is a public health problem in India, was a major area of interest for me.

## What challenges do you face in your country as an expert within the field?

1. Lack of awareness about bone mineral disorders is a big challenge. Through the Indian Society of Bone Mineral Research (ISBMR), we have been trying to increase awareness amongst doctors and public.

2. Bone mineral density measurements are not accessible to large segments of the population and are often not reimbursable therefore, a DXA based screening program for osteoporosis seems impossible to achieve.

3. Setting up of fracture liaison services and providing long-term care beyond acute fracture care for those presenting with hip fracture is still not given much importance.

4. Adherence of medication which is paid by the patient for a condition like osteoporosis which does not produce any symptoms is yet another major challenge.

## Would there be any opportunities for research visits/trainee clinician exchanges? If so, can you provide details?

As Chief Advisor of ISBMR, I can help facilitate visits to leading departments of the country.



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<https://www.facebook.com/DrAmbrishMithal/>



## Grants and Opportunities

### Upcoming grants and awards due in 2019 and early 2020:

ANZBMS International Travel Award - due November 2019 (date to be advised)

AMGEN OA ANZBMS Clinical Grant Program - due early 2020 (date to be advised)

ASMR Peter Doherty Leading Light ward (mid-career researchers) - due September 27 2019

ASBMR Rising Star Award - due March 2020 (date to be advised)

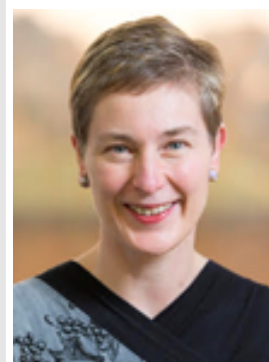
The Ian Potter Foundation - Expressions of interest - due November 2019 (round 1) and March 2020 (round 2)

NHMRC - various schemes due 2019 and 2020

For further information on grants and awards, please visit the ANZBMS ECIC 'Awards, Grants & Scholarships page'

<https://www.anzbms.org.au/eci-grants-and-scholarship.asp>

**Please join us in congratulating Professor Emma Duncan on her newly appointed role on the 2019-2020 ASBMR Council!**





# 29<sup>th</sup> Australian and New Zealand Bone and Mineral Society Annual Scientific Meeting



**27<sup>th</sup> – 30<sup>th</sup> October, 2019** Darwin Convention Centre

**2019 Themes:** Osteoimmunology, Therapeutics, Bone and Energy Metabolism, Molecular and cellular mechanisms in bone, Population Bone Health, Bone repair, Muscle and Bone Interactions, Bone Health in the Disadvantaged, Epigenetics.

[www.anzbmsconference.org](http://www.anzbmsconference.org)



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