

ANZBMS

Issue 8 September 2021

EARLY CAREER INVESTIGATOR

Newsletter

New Editorial Board

ECI Spotlight

Making the most of ESA-SRB-ANZBMS 2021

World Osteoporosis Day 2021

Cover Image: Total collagen staining of Wild type mice (C57BL6) (male), 24 weeks old, 50x magnification. Image taken by Dr Ahmed Al Saedi, Research Fellow, Project Director - Australian Institute for Musculoskeletal Science (AIMSS), Melbourne Medical School, The University of Melbourne.



Editorial Board



Dr. Alex Barker



Mei Lin Tay



Jakub Masinovic



Laura Trainor



Dr. Shanal Kumar



Dr. Emma Buckels



Amy Ribet



Behnaz Azimi Manavi



Madhuni Herath

In this issue

ECIC Co-Chairs Report (2)

The newsletter Editorial Board is changing (3, 4)

ECI Spotlight (5)

ANZBMS ECI Sessions (6, 7)

Getting the most out of ESA-SRB-ANZBMS (8, 9)

ECIC Fellowship Coaching Program (10)

HubLE News (11)

World Osteoporosis Day during COVID19 (12)

ANZBMS ECI Awards (13)

ECIs please send us your scientific images - the best will feature on the front page of our next issue.

ECIC Co-Chairs Report

Welcome to Issue 8 of the ECI newsletter. It is fantastic to see some new faces joining the newsletter Editorial Board. We would like to extend a big thank you to the outgoing members of the inaugural newsletter editorial board whose terms are ending this month. The newsletter has been a resounding success and has provided a fantastic resource of information for our ECI members. Moreover, it has allowed our community to learn more about each other and enabled us to celebrate the many achievements of ECIs within the society. We welcome the new Editorial Board members (see page 4) and look forward to implementing the new ideas that they bring with them.

We are eagerly awaiting the upcoming ESA-SRB-ANZBMS meeting in November (21-24). The meeting will be held in hybrid format that will accommodate in person and virtual attendance. We have several ECI events scheduled that will provide ECI members with a chance to meet socially, discuss research, and develop their networking skills. These include: a social event: **"Sex, Bones and Hormones - let's get social!"**, a networking event: **"Science at Speed: a meeting of the minds"** and a career development event: **"Building Collaborations and Networking - the keys to a successful career"**. We hope to see and meet many of you at these events. Don't forget to complete your conference registration as the early bird rate ends on September 17th.

We are extremely excited to launch our most recent initiative - **The Fellowship Coaching Program**. This initiative aims to support ECIs members in developing compelling and competitive applications. The pilot program will be trialed on 3 member ECIs, and more details can be found on page 8. A big thank you to ECIC Career Development subcommittee for all their hard work on launching this program.

This year continues to present many challenges for us all. We hope that all members are keeping well and that the impacts of the pandemic on their research are minimal. Remember to reach out to your peers for support, we are all in this together. Let's share, support, and collaborate as much as possible.

We hope to see many of you either face to face or virtually in November.

Stay safe and well.

Dr. Melissa Cantley & Dr. John Kemp

ANZBMS ECIC Co-Chairs



 ecinewsletter@anzbms.org.au

 @anzbms_ecic

Editor in Chief: Dr Alex Barker

Copy Editors: Dr .Emma Buckels & Behnaz Azimi Manavi



The Newsletter Editorial Board is Changing

Final words from our outgoing members

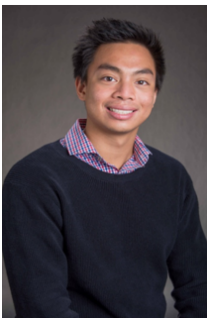


Dr. Sabashini Ramchand

Working together with the editorial team to create content relevant for ECIs and using this as a platform to showcase the various talents, work, and achievements of the Society's ECIs has been a wonderful experience. I feel that this has brought us all closer together which is great!

Dr. Melissa Cantley

Being a part of the Inaugural ANZBMS ECI Editorial Board has enabled me to learn so much about the society and it has been very rewarding to see an initial idea transform into a successful newsletter that informs and celebrates ECIs.



Aaron Fernandez

By being part of the ECI newsletter editorial board, I have come to appreciate my fellow senior researchers more. I had the opportunity to interview one of my research supervisors, Professor Tuan Nguyen, for one of the newsletters. This not only help me get to know my supervisor more, but also better guided me in my own research.

Dr. Victoria Leitch

What I have enjoyed most about participating in the ECI newsletter board is seeing each issue come together as a really polished, professional looking product - not to mention being full of super useful info!



Dr. Renee Ormsby

My experience working on the ECI Newsletter has been very rewarding, it gave me the opportunity to get to know more people within the society and to promote the important research our members are doing, as well as discussing new ways to engage our members through stories and the beautiful cover images we have had in the newsletter

Dr. Ayse Zengin

I really enjoyed acknowledging the success of early career members, especially when interviewing them. Initially, due to the imposter syndrome that most of us suffer from, they are nonchalant, but further into the interview, you see a twinkle in the eye after a few congratulatory words, and see how proud and far they have come!





The Newsletter Editorial Board is Changing

First words from our incoming members



Dr. Alex Barker: I am a second-year Post-Doc, based at UniSA in the Musculoskeletal Lab., Adelaide. Currently developing & using pre-clinical models to assess the antimicrobial potential of a new surface that mimics dragon-fly wing structure, on orthopaedic implants.

I really enjoy the initiatives that arise from the ANZBMS ECIC and so was very keen to be involved in working with the Editorial Board. I am keen in helping ECIs maintain networks and remain engaged during these times of isolation.

Mei Lin Tay: I am currently a second-year PhD student at the University of Auckland, NZ. My thesis is based on clinical studies around partial knee replacements. I am looking into survival rates and patient outcomes with different types of implants, and investigating reasons for implant failure. Part of my work also includes some translational research where I am looking to see if pre-operative levels of certain cytokine biomarkers and tissue inflammation are linked with post-operative outcomes.

I joined this board on recommendation from a post-doc in our lab Emma Buckels, because I was interested in meeting other like-minded researchers working in the bone and joint field. I'm looking forward to developing my editorial skills and getting more involved with the research community during my time on the board.



Jakub Masinovic: I am in the final-year of my PhD and currently writing my thesis. I'm completing my PhD at Monash University and recently commenced a research fellow position at Deakin University, Victoria. My research focuses on further understanding the relationship between metabolic and musculo- skeletal health and investigates how they are affected by different exercise and dietary interventions.

I was motivated to join the editorial board because I wanted to improve my science communication skills. I'm looking forward to meeting other members of this society and continuing to provide relevant and engaging content to this newsletter's readership.

Laura Trainor: I am a second-year PhD Candidate at the University of Adelaide, based in the South Australian Health and Medical Research Institute (SAHMRI), Adelaide. My research focuses on the bone marrow microenvironment in both multiple myeloma, and its precursor, monoclonal gammopathy of undetermined significance (MGUS). We are identifying and characterising microenvironmental changes in progression from MGUS to multiple myeloma.

I was motivated to join the ECI Newsletter Editorial Board, as I wanted to become more involved in the musculoskeletal community and have really enjoyed and engaged with ANZBMS events. I'm looking forward to meeting more of the ANZBMS community.



Dr. Shanal Kumar: I am an Endocrinologist, General physician and PhD candidate at Monash Centre for Health Research, Monash University, Victoria. My PhD is on endocrine and metabolic complications of cystic fibrosis which I hope will provide a platform to pursue future research into optimising models of care for complex chronic diseases such as osteoporosis.

I am excited by the prospect to meet and work with researchers from diverse fields and engage in education, advocacy and support for early career members. I look forward to celebrating the work and achievements of our members and fostering collaborations and mentorships.

Behnaz Azimi Manavi: I am a third-year PhD student at Deakin University. I am working on the relation between schizophrenia disorder, antipsychotic medication use, and bone fragility. I am using data from Geelong Osteoporosis Study (GOS).

Joining to the ECI newsletter editorial board helps me to communicate with researchers working in the bone field, and provides opportunity to enjoy great info.



Madhuni Herath: I am an Endocrinologist in the first-year of my PhD through Monash University/Hudson Institute of Medical Research in Melbourne. My research is focused on the optimisation of the management of osteoporosis in younger adults.

I see the newsletter as an informative and creative method of engaging our peers, encouraging collaboration and promoting career development - I look forward to working together with other early career members on this newsletter, as it evolves and adapts to changes over time. I also look forward to getting to know the other editorial board members from across Australia and New Zealand!



Dr Natalie Wee

Research Officer

EH Flack Fellow

Bone Cell Biology Unit

St Vincent's Institute of Medical Research

ANZBMS Communications Committee

ANZBMS Newsletter Editorial Board



Can you briefly describe what your research is about?

The long-term goal of my work is to devise new approaches to improving cortical bone strength. Specifically, my research focusses on unique cell populations such as periosteal cells that control bone deposition on the outer bone surface and cells located within cortical channels such as transcortical perivascular cells that can proliferate and form bone. Using lineage tracing, I am working towards identifying and examining signaling pathways within these cells to be able to promote new bone formation.

What have you enjoyed about your role on the ANZBMS Communications committee?

I have enjoyed seeing the changes and progress made since the committee was established, particularly the greater engagement and information provided between members through platforms such as the newsletters, website and twitter.

What is your best piece of advice for fellow ECIs?

- 1) Be organized! Your future self will appreciate it, it may only take a few extra minutes to organize or file something in the present, but without a clear system, it can take hours to find it again in the future. Same goes with lab notes, the more detail the better.
- 2) Be realistic with your time and what you want to achieve each week. I plan for 4 days of meetings, seminars, experiments, etc. then Friday is reserved to complete unfinished tasks for the week since things always pop up.

What are your goals for the future?

My goal is to establish myself as an independent researcher within the bone research field and run my own lab group that is focused on both quality science and training researchers for the future. This direction has been inspired by the kindness and guidance shown to me during my research training and career by supervisors, colleagues, and friends



@nataliekywee



2021 ASM ECI Events



ESA CLINICAL WEEKEND 2021

In collaboration with ANZBMS

19-21 RACV Goldfields
November Creswick, Victoria

ONLY 20 MINUTES FROM BALLARAT AND DAYLESFORD!



ANZBMS-ESA Clinical Cases session

Saturday 20th November.

The winner of the best **ANZBMS Case Study Presentation** (Metabolic Bone Disease) receives one year free membership for the ANZBMS and a waived publication fee for JBMR Plus (subject to your article being accepted)

Other weekend highlights:

Saturday afternoon activities - Join in a boutique tour of local wineries, Goldfields Treasure Hunt around Creswick, Play a round of golf at the RACV Goldfields, Explore the nearby towns of Ballarat or Daylesford.



Saturday night dinner Location: Three Founders Restaurant.

Guest Speaker: Dr Bridie O'Donnell - medical doctor turned professional cyclist, author, sports commentator and champion for women's participation in sport.



Sex, Bones and Hormones - lets get social!

MONDAY 22ND NOVEMBER | 7:30PM - 10:30PM | COMMON MAN, SOUTH WHARF

This is a casual drinks and dinner social event which will bring together members at all levels from all three societies. The evening will start with a short, fun ice breaker game and then members are free to mingle and network as they please. Substantial but informal food will be provided.

STUDENT & EARLY CAREER FELLOW PRICE - \$35.00

SCHOLAR/ALL OTHER REGISTERED DELEGATES - \$55.00

Please note this social function is available to those attending in person. Please pre-register via the the online portal (<https://www.esa-srb-anzbms.org/registration>)

Benefits of attending: *This is a perfect opportunity to have a bit of fun and get to know others from the different societies. Social events are a great informal setting to meet people and get to know their work and potentially build some new connections.*



2021 ASM ECI Events

ESA-SRB-ANZBMS 2021

Melbourne Convention & Exhibition Centre

21-24 NOVEMBER

WWW.ESA-SRB-ANZBMS.ORG



Building Collaborations and Networking - the keys to a successful career

MONDAY 22ND NOVEMBER | 3:20PM - 4:20PM | MELBOURNE CONVENTION & EXHIBITION CENTRE

Featured speakers will give insight and advice on how to successfully network and foster collaborations in order to accelerate your career. The talks will be followed by a panel discussion with questions from the audience for the speakers. Pre-dinner nibbles will be provided during the session.

This session will be live streamed for all attendees to participate in.

Afternoon Tea will be provided outside of the session room for those attending the workshop in person.

This session is complimentary for all registrants. However, if you are attending in person you will need to indicate your attendance via the online portal (<https://www.esa-srb-anzbms.org/registration>)

Benefits of attending: *Collaborating is becoming increasingly important in establishing a successful career in research. The first step in achieving collaboration is to Network! It is never too early to start building these skills and they will benefit you throughout your career.*

Science at Speed: a meeting of the minds

WEDNESDAY 24TH NOVEMBER | 8:00AM - 9:45AM | MELBOURNE CONVENTION & EXHIBITION CENTRE

A speed networking event between members at all levels from all three societies. The aim is to foster collaboration and networking across different disciplines and career levels.

This session is complimentary for all registrants attending the conference in-person. Please indicate your attendance via the [online portal](#).

Benefits of attending: *If you plan on attending the "Building Collaboration and Networking" then this is the perfect opportunity to try out some of the tips and tricks! An informal setting is much less confronting when learning how to network and it will help build your confidence to spark up conversation with others at the conference.*



How to get the most out of the ASM

With ESA-SRB-ANZBMS 2021 coming up in November, we asked our members to share their tips for getting the most out of the conference as an early career investigator.

Try not to fixate on connecting with senior researchers at all. Instead, get to know some of the early career researchers in the group. They will usually know the research that's happening and have more time to network. If you find there is the potential to collaborate, you will then have someone to introduce you to the more senior researchers in the group.

Sarah Hosking

Be familiar with their work, give credit where it is due, and don't be afraid to ask questions about their research. If you enjoyed a talk by a senior researcher don't be afraid to approach them and complement them and explain why you enjoyed the talk. Then use the opportunity to ask questions about their talk. Don't be shy to admit that you did not understand a key point of their talk, and use the opportunity to gain a better understanding of the point you were unsure about.

John Kemp

Identify senior researchers in your field who you would like to collaborate with and be familiar with their work, don't be afraid to tell people what you are doing as well as ask what they are doing.

Marc Sim

What are your suggestions for an early career researcher for initiating conversation with senior researchers?

Ask a question after presentations and make the most of networking events. You can always ask your supervisor to introduce you!

Renee Ormsby

I have always encouraged my students to initiate conversations at their posters. When you are attending your poster you can offer to summarise it for people. If you are lucky a senior person you are keen to chat to will come by, don't let them walk by without some level of interaction.

Otherwise, if you get a chance to speak to them, ask them a question about their work. There is no such thing as a silly question. Senior people are always keen to talk about their work and if you show interest they will engage with you. Prepare before the meeting read their papers and their groups abstracts. OR seek out a member from their lab and have a chat with them first. Get some inside information and what makes that senior person you are interested in tick.

This is of course harder with virtual meeting formats, however platform chat functions often facilitate one to one conversations so don't be shy to reach out to them through these virtual channels. It may even be easier for many to do this virtually, rather than face to face.

Michelle McDonald

I usually have a look at the program before I go to an in-person conference and see if there are any speakers I'm particularly interested in talking to, then approach them after their talk or try to find them among the crowd. I don't really distinguish between early/mid/senior researchers – in fact most of the senior researchers are showcasing the work done by people in their lab anyway, so it's probably easier and more valuable to reach out to their lab members instead if I'm interested in their work.

If I have interacted with a senior researcher who is world-renowned in my field through some other avenue, e.g. peer review invitation, conference organisation, but have never personally met them, I would try to seek them out if they're attending the same conference just so they can put a face to my name.

Jiao Jiao Li



How to get the most out of the ASM

Pushing yourself to meet new people and drive discussions about your and their work. These conversations can be difficult to initiate but with practice become more natural. A great place to start is during poster sessions. Asking a question even if only one...this is a great start to people getting to know who you are and how you think.

Michelle McDonald

Effective networking events for first time attendees. I never used to enjoy going to big international conferences because I never knew anyone, and often found myself going solo. It makes a big difference if one gets the opportunity to "buddy up" with others that are in a similar position. I have forged some good friendships that way.

John Kemp

A supportive network of attendees. If the environment is friendly and open then I will usually feel more comfortable participating and get a lot more out of the conference.

Sarah Hosking

What do you think makes a successful conference as an early career investigator?

Put yourself out there and engage with other delegates - both juniors and seniors and tell people about your research.

Ayse Zengin

Having a chance to meet new people and engage with others working in similar fields and getting the opportunity to receive feedback from peers and senior researchers in the field. ECI focused events including the social events are great for promoting engagement and interactions and can help as a good ice breaker early on during the conference.

Melissa Cantley

Active effort by the organising team to involve ECIs, e.g. chairing sessions, dedicated networking events, have workshops organised by ECIs for ECIs, dedicated prizes and/or asking ECIs to be judges.

Jiao Jiao Li

Posters are a great time to interact, everyone at the conference also loves science so get chatting. Bring your best ideas and be proud of them and your work. Try something different, don't just stay in your lane

Alexander Rodriguez

Do some homework before the conference! Look at the abstract book and find people that their work is related to yours and make sure that you meet them and have a chat with them. If you had a question, don't be shy. And enjoy your time! It's cool to be around people who like research!

Niloufar Ansari

If you have a question, just ask it. Otherwise someone else will and you have missed your opportunity. Again virtual formats take away some of the anxiety people have standing up to ask a question in front of people so make the most of these virtual opportunities. But never choose to be anonymous on the Q&A. You need people to see you engaging and asking questions, that's how they learn who you are.

Michelle McDonald

What conference tips do you have for a first time attendee?

Don't be afraid to ask questions!

Ayse Zengin

Don't be shy! If you would like feedback on your work, or career advice, from someone in particular, go ahead and ask them for their opinion. If you want to meet someone, ask your supervisor to introduce you (or introduce yourself). Don't miss the opportunity (even if online).

Natalie Sims

Don't be afraid to attend social events, even if you are attending alone, remember quite a few people are also probably by themselves! And it always helps to have your elevator pitch for your project ready to go as it is common to be asked about your project/field.

Alex Barker

I think the casual conversations are just as important as the content. Don't be afraid to approach the 'big names' for a chat - they're usually really friendly and interested in collaborating! It's not as easy to reach out at online meetings but a short email is a good option.

David Scott



ECIC Fellowship Coaching Program

Celebrating the launch of the inaugural Fellowship Coaching Program

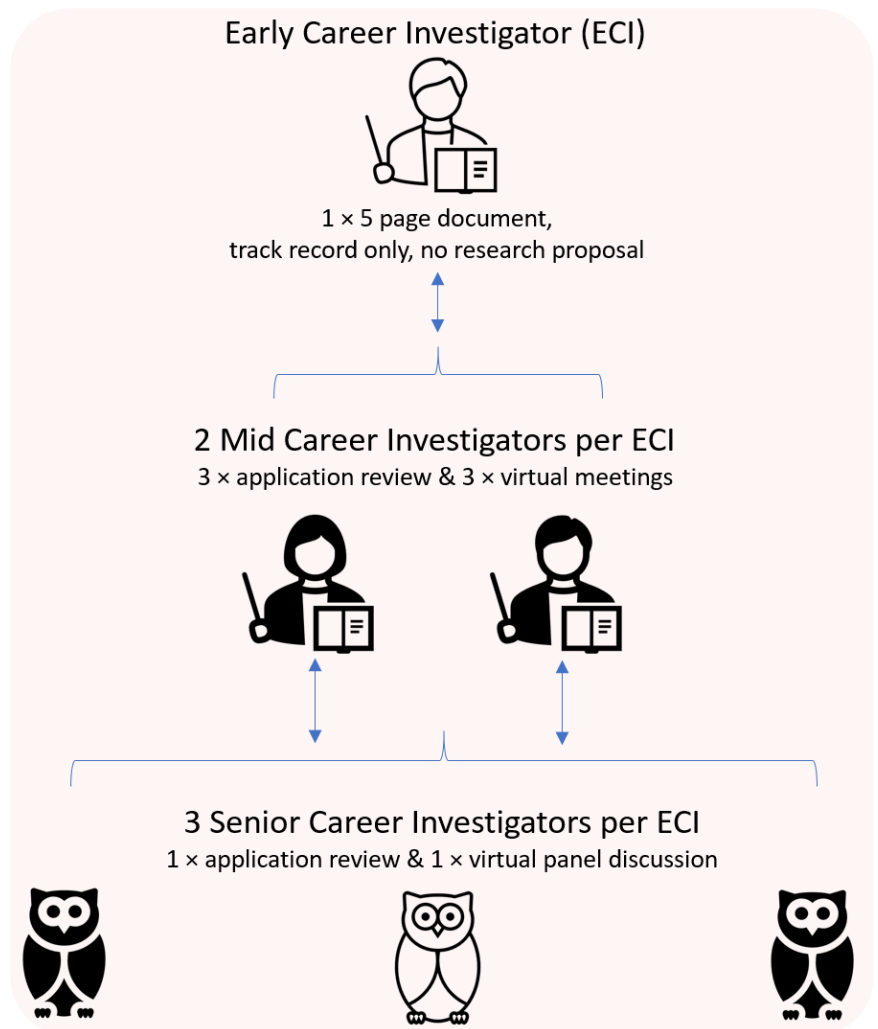
The ANZBMS Early Career Investigator Committee is delighted to have launched the pilot of our Fellowship Coaching Program. This initiative will support three early career investigators (ECIs) with their NHMRC Investigator Grant applications for the upcoming round in 2022.

Each ECI will each be coached by two mid-career investigators to improve the track record, research impact and the leadership sections of their application. A panel of senior researchers from the society will also review each application, and provide a final round of expert feedback.

The program will run from September 2021 – March 2022.

This will include two rounds of revision and feedback from the mid-career investigators before a final review by a panel of senior researchers.

Applications for this pilot have closed, and we will be contacting our shortlisted ECIs shortly.



We wish to thank our mid-career investigators and senior researchers who have volunteered to coach and review the ECIs throughout this program.

Please contact us at ecic@anzbms.org.au if you have any queries or would like any further information.



HubLE News

HubLE is the IFMRS's Online Learning Environment for young investigators in the musculo-skeletal (MSK) field.

HubLE supports the next generation of scientists by providing high-quality, accessible knowledge on MSK research, with an emphasis on innovation. Our mission is to shape the future of MSK research, from basic to clinical, by giving early investigators a platform to share, network, and engage in discussion and dialogue with other professionals from across the world.

Are you presenting your work at ESA-SRB-ANZBMS 2021 Annual Scientific Meeting?

Share your experience at HubLE Exchange!

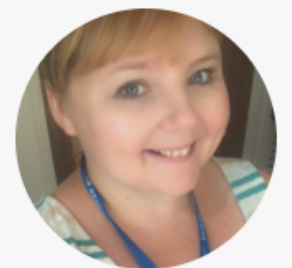
HubLE Exchange provides a platform for scientific exchanges and reports from scientific meetings featuring HubLE international community of early investigators in the MSK field.

To submit your EOI for sharing your ANZBMS 2021 experience with HubLE, visit our website www.huble.org or scan this QR code:



Join the HubLE community today!

To share your ideas and learn from our international community, visit our website www.huble.org and view the latest content from the HubLE community including HubLE Opinions from ANZBMS ECI
Renee Ormsby (Brigham and Women's Hospital, USA).



Renee Ormsby

Brigham and Women's
Hospital, USA



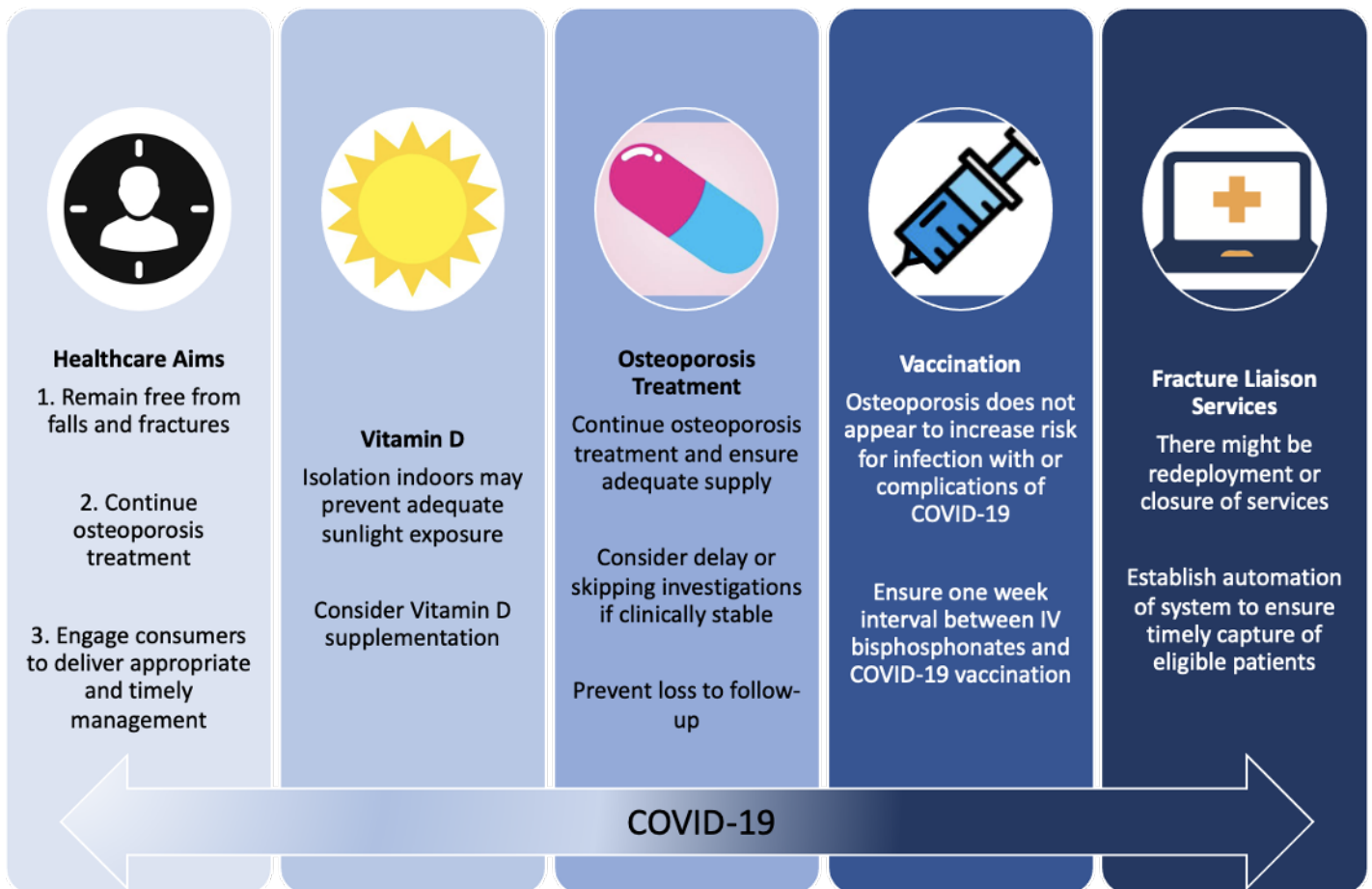
World Osteoporosis Day during COVID-19

World Osteoporosis Day October 20th, 2021

World Osteoporosis Day occurs on the 20th of October every year and was first launched by the International Osteoporosis Foundation (IOF) in 1996 in the UK. The aim is to raise global awareness of prevention, diagnosis and treatment of osteoporosis and metabolic bone disease.

The day is usually themed and last year was marked by a variety of events across 90 countries including commemoration by the Duchess of Cornwall who is the current president of the Royal Osteoporosis Society.

This year due to the COVID-19 pandemic, World Osteoporosis Day is a quieter affair. However, it offers a timely reminder for us on how to navigate this challenging period.



Adopted from Osteoporosis & COVID-19 IOF supplement
<https://www.osteoporosis.foundation/osteoporosis-and-covid19>

Healthy Bones Australia

Healthy Bones Australia (HBA) has a range of strategic and burden of disease reports related to osteoporosis and fractures in Australia.

By increasing community and professional awareness and encourage pro-active solutions their vision is for a 'Life without Fracture'.

Recently HBA received a MRFF grant for a project that will review a national approach to fracture prevention by working together with GPs.



ECI Member Awards

Congratulations to the following ECIs on their amazing achievements:



Australian Rheumatology Association Award

Dr Dzenita Muratovic

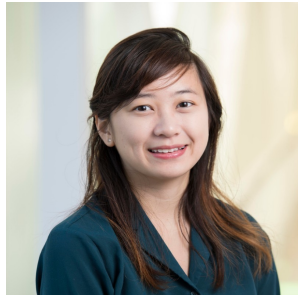
The University of Adelaide



Griffith University Discovery Award

Dr Natalie Hyde

Deakin University



ESCEO-AgNovos Young Investigator Award

Carrie-Anne Ng

Monash University



Griffith University Discovery Award Finalist

Australian Falling Walls Lab Winner

Dr Jiao Jiao Li

University of Sydney



ESCEO-AgNovos Young Investigator Award

Mavil May Cervo

Monash University



ANZSSFR Symposium EMCR Award

Anoohya Gandham

Monash University



ESCEO-IOF Young Investigator Award

Dr Ayse Zengin

Monash University



ASBMR Young Investigator Awards for Virtual PhD Training

Laura Trainor

University of Adelaide & SAHMRI



ESCEO-IOF Young Investigator Award

Jason Talevski

University of Melbourne



ASBMR Young Investigator Awards for Virtual PhD Training

Tian Nie

University of Melbourne

ECIs if you have received any awards, funding etc. please email us at ecinewsletter@anzbms.org.au.

We would love to share and celebrate your success!

The 2021 Annual Scientific Meetings of The Endocrine Society of Australia, The Society for Reproductive Biology & The Australian and New Zealand Bone and Mineral Society

Melbourne Convention & Exhibition Centre

21 – 24 NOVEMBER 2021



2021 THEMES

ESA

- » Diabetes - 100th anniversary of Banting and Best
- » Sport and Endocrine Disorders
- » Adrenal
- » Neuroendocrine control of behaviour
- » COVID Hot Topics
- » Endocrine Disrupting Chemicals - 30th anniversary of “endocrine disruption”
- » Transgender health
- » Award Presentations from selected abstracts

SRB

- » Advances in contraception
- » Reproductive ageing and sustaining a pregnancy
- » Novel technologies in Reproduction
- » Endocrine Disrupting Chemicals - 30th anniversary of “endocrine disruption”
- » Award Presentations from selected abstracts

ANZBMS

- » Cellular mechanisms of bone disease
- » Advanced therapeutics in bone
- » Transgender health
- » Award Presentations from selected abstracts

KEY DATES:

Early bird registration deadline:
FRIDAY 17TH SEPTEMBER

WWW.ESA-SRB-ANZBMS.ORG

