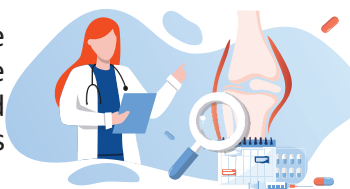




Directions for Future Research

Prevention of bone loss and fracture is the goal of research!

While we have come far in understanding the importance of bone health after spinal cord injury (SCI), many people with SCI still experience fractures. Bone research and changes in health behaviors are the key to reduce fractures and fracture related health issues and death.



Did you know?

You can volunteer to be a research participant or a research patient partner.



1. Why clinical research?

Clinical research can help to find new or better:



Diagnostic tests/screening



Therapy for low bone mass or osteoporosis and high fracture risk



Fracture management

2. Can I contribute to future research?

There are two ways that people with lived experience can contribute to research studies. You can be a research **participant** or a research patient **partner**. If you get involved in research, you may or may not get direct benefit from the study, but you will definitely benefit other people living with SCI.

For participants:

Consider joining a research study. Studies may involve survey, interview, medical procedures (e.g. bone density scan), or interventions (e.g. drug, rehabilitation).



- Research Information that you should know
 - Experimental treatments for spinal cord injuries: what you should know: <http://icord.org/research/iccp-clinical-trials-information/>
- Clinical trial finders
 - SciTrialsFinder: <https://scitrialsfinder.net/>
 - Spinal Cord Injury Trials: <https://scitrials.org/>

For patient partners:

Consider becoming a research patient partner. Contribute to study questions, study design and implement and share information about research results.



- Training program and a list of research projects for you to become a research patient partner .
 - The National Spinal Cord Injury Consortium: <https://nascic.org/>
- Toolkit for research teams and patients describing common roles of patient partners in research.
 - Engaging People with Lived Experience in Research at University Health Network: <https://kite-uhn.com/piper>

To Do List

Research for Bone Health

- Talk with your care team and ask questions about ongoing clinical research.
- Learn about research studies, and consider participating or becoming a patient partner.



Consider Partnering With Researchers To Reduce Fractures.

Learn More

SCI Fragments:
www.scifragments.ca



The information contained in these handouts & podcast are not intended to replace medical advice. Readers are advised to discuss their individual circumstances with their doctor & rehab care team.

Funding



This project is supported in part by the Paralyzed Veterans of America (PVA) Education Foundation(Grant 867), UHN Foundation, KITE Research Institute & CravenLab.



www.cravenlab.ca