

Dr. Ward is a Professor in the Faculty of Applied Health Sciences and a Canada Research Chair in Bone and Muscle Development at Brock University. Within the Nutrition, Bone and Oral Health Research Group, her team's overall research goal is to develop dietary strategies that help protect against osteoporosis and related fractures, and to also understand how diet can be used to promote periodontal health. To answer their research questions, both preclinical and clinical studies are conducted. Using advanced imaging, biomechanical strength testing and biochemical analyses the team investigates how novel foods and food components such as flaxseed and its omega-3 fatty acid; fish oil; flavonoids in tea and citrus; and soy and its isoflavones impact bone health. Sex-specific responses are studied within these studies. These projects are funded by major government granting agencies (NSERC, CIHR, CFI). Clinical studies have investigated how diet is associated with better healing outcomes after periodontal procedures and also how certain conditions such as dry mouth can modify outcomes of periodontal health. Dr. Ward's team has published many peer-reviewed articles, invited reviews and book chapters on the topic of nutrition and health, with particular emphasis on nutritional programming of bone health as well as use of herbal and nutritional supplements. She is a Co-Editor in Chief for the journal *Applied Physiology, Nutrition and Metabolism*, Chair of the Research Committee for the Scientific Advisory Council of Osteoporosis Canada, and a Member of the Education Committee of the Canadian Nutrition Society. She is actively involved in continuing education for health professionals and community education activities on topics about nutrition and health.