

Remember: You can live well with osteoporosis!

Mobility and Assistive Devices to Reduce the Risk of Falls and Fractures, Pt. 1

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Fracture

Fact:

Falls are the leading cause of injury-related hospital stays among older adults in Canada

Living well with osteoporosis means living each day to the fullest while managing the health risks and challenges that come with it. With the proper education, consultation and planning, it is possible to continue to engage in meaningful activities while managing the possible risks - one of these risks is falls.

Falls are the leading cause of injury-related hospital stays among older adults in Canada. Approximately 30% of those aged 65 years and older fall at least once each year, and those who fall are two to three times more likely to fall again. The good news is that there is strong evidence to show that falls, and the injuries they cause, can be prevented. There are many ways to reduce the risk of a fall, including:

- Changing the environment (e.g., removing slip and trip hazards)
- Doing exercises that improve muscle strength and balance. For more information:
 - [Osteoporosis Canada's Exercise for Healthy Bones section](#) and
 - [Too Fit to Fracture: Managing Osteoporosis through Exercise](#)
- Avoiding medications that increase the risk of falls (e.g., some antidepressants and sleep aids)
- Getting regular medical checkups and vision tests to detect and treat conditions that increase the risk of falls (e.g., diabetes or cataracts)
- Properly using appropriate mobility aids and assistive devices if these become necessary.



Indoor stairlift, Source: Stannah

Assessment of your mobility and falls risk is an important first step, both to help determine whether or not you need a mobility aid and to help you choose the most

suitable mobility aid, or assistive device, for your needs. There are three types of assessments, including:

- Screening tools or questionnaires to determine why you may be at risk for a fall (including whether or not you have had a prior fall or have any medical conditions that put you at greater fall risk)
- Assessments of physical function, to examine your balance, strength and mobility such as the Sit to Stand Test, Tandem Stance Test or Timed Up and Go Test (these are conducted by trained physiotherapists, occupational therapists or other healthcare providers)
- A home safety checklist to determine if there are any hazards in your home that increase your risk of falling



Non-slip bath mat, Source: AMG Medical

In addition to getting advice from doctors and pharmacists, people living with osteoporosis can benefit from speaking with allied health professionals such as occupational therapists and physiotherapists. These regulated clinicians will assess you, your home and/or workplace and your activities in order to recommend effective solutions to everyday problems - including ways to prevent falls and injury. Home health equipment retailers are another resource who can provide information about assistive devices that promote independence and reduce the risk of falls. They also provide repair services and work with individuals, caregivers and clinicians to change or upgrade equipment if your needs change.

When mobility aids and assistive devices are matched to your individual need(s) and used correctly, they can reduce the risk of falls and broken bones. In addition, they can increase your mobility, enhance your independence and improve your quality of life. This is especially important if you have osteoporosis because you are more likely to break a bone after a minor fall.

There are many assistive devices that can reduce the risk of falls and fractures for people living with osteoporosis. They are based on several principles that include improving balance and reducing the “pain and strain” forces of:

- 1) bending, reaching and twisting
- 2) transitioning between lying, sitting or standing positions
- 3) walking on level ground
- 4) walking up (ascending) or down (descending) steps



Rollator walker, Source: Human Care

These will be discussed in [Part 2](#) of Mobility and Assistive Devices to Reduce the Risk of Falls and Fractures, which can be found in our [COPING Archives](#).

We Welcome Your Feedback

- Have a question?
- Is there an osteoporosis-related topic that you would like to see featured in the newsletter?
- Looking for a great volunteer opportunity?

Please contact us by calling Osteoporosis Canada's toll-free number **1-800-463-6842** or emailing copn@osteoporosis.ca.

BONE MATTERS
Take charge of your bone health

WEBINAR OSTEOPOROSIS AND YOGA: Suggestions for Safe & Appropriate Practice

Date & Time
Thursday, September 13, 2018
1:00 PM - 2:00 PM ET



Featured Speaker
Dr. Caitlin McArthur, PhD (Kinesiology)

- Registered Physiotherapist and post-doctoral fellow, GERAS Centre for Aging Research, McMaster University
- Specialist in aging, health and well-being, expertise in bone health, exercise and physical activity

Dr. McArthur will provide

- An overview of what movements should be modified, and why, for people with osteoporosis
- Suggestions for yoga postures that should be encouraged, modified or avoided
- A discussion of the principles of a safe yoga culture

To Register <https://osteoporosis.ca/bonematters>

OSTEOPOROSIS



osteoporosis.ca/copn

BONE MATTERS

Take charge of your bone health

Upcoming Presentation

Osteoporosis and Yoga: Suggestions for Safe and Appropriate Practice

Join us for a virtual presentation with Dr. Caitlin McArthur sharing how to you can continue – or start – to practice yoga safely by following recommendations geared towards individuals with osteoporosis. Learn which movements you can continue, which to modify and which ones to avoid, along with a discussion of what makes up a safe yoga culture.

This presentation will air live on **Thursday, September 13** from **1:00-2:00PM ET**.

For more information and to register, [click here](#).
Registration is required to participate in the live event.

Art in the Vines - Raising Awareness of Osteoporosis

Twice each summer Osteoporosis Canada is honoured to be the charity of choice for Township 7 Vineyard and Winery's Art in the Vines. Showcasing the unique creations of more than 20 artisans, Art in the Vines draws hundreds of men and women to the winery in rural Langley, British Columbia.

A dedicated group of Osteoporosis Canada volunteers also participate in each Art in the Vines. Their objective? To raise awareness of osteoporosis with as many of the guests as possible and provide them with tips on how to keep their bones healthy and reduce their risk of future fractures.



One of our favourite forms of exercise, Nordic pole walking, is coming to Art in the Vines on August 26. To read our archived COPING article *Nordic Walking Your Way to Better Bones* [click here](#).



Will you be in BC's lower mainland on August 26? Come to Art in the Vines! Visit OC's booth to test your knowledge of osteoporosis with a free spin of the Bone Quiz wheel. Have your height measured at the Stand Tall clinic. Pole walk through the vines. Visit each artisan's booth to discover that special hand-crafted treasure. And hunt for the osteoporosis keywords to complete your Passport to Bone Health for a chance to win a grand prize!

Art in the Vines

When?

11:00 to 5:00, Sunday, August 26

Where?

Township 7 Vineyard and Winery
21152 16th Ave
South Langley, BC

See you in the vineyard!

In 2016, Township 7 was given Osteoporosis Canada's Community Partners Award in recognition of their ongoing support.

FUNNY BONE:

I went to the bank the other day and asked the banker to check my balance, so she pushed me!

BLUEBERRY STRAWBERRY FROZEN RICOTTA

Preparation Time: 10 mins

Cook Time: 4 hrs

Serves: 8

Calcium: 143mg



Ricotta cheese is light in flavour and full of protein and calcium. By adding a few other ingredients, it makes a tasty treat for a hot night or after dinner snack.

Ingredients

1 tub (500 g) **ricotta cheese**
1/4 cup (60 mL) granulated sugar
1 tbsp (15 mL) vanilla
1 1/2 cups (375 mL) fresh or frozen wild blueberries, raspberries or blackberries
1 cup (250 mL) chopped fresh strawberries
1 cup (250 mL) **0% Greek strawberry yogurt**
1 tbsp (15 mL) chopped fresh mint

For more information, [click here](#) to view the recipe online.

Preparation

In food processor puree ricotta cheese, sugar and vanilla until smooth. Scrape into a large bowl and stir in blueberries and strawberries; set aside.

Line an 8 x 4-inch (1.5 L) loaf pan with plastic wrap and scrape ricotta mixture into pan, smoothing top. Cover top with plastic wrap and freeze for about 4 hours or until firm.

Cut into 1-inch (2.5 cm) slices and dollop each slice with yogurt and sprinkle with mint before serving.