



Osteoporosis Canada

Ostéoporose Canada

COPING

March 30, 2012

Remember: You can live well with osteoporosis!

The Canadian Geese: An update on Dianne Nolin's Story

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The April 29, 2011 issue of COPING published the story [Awareness is Key](#) by Dianne Nolin. In it, Dianne shared the misconceptions she had about osteoporosis, her journey in dealing with spine fractures and how she finally was diagnosed as having osteoporosis. Her message is **knowledge is power** - learn as much as you can about osteoporosis and the risk factors for fracture because proper awareness can help save you from osteoporosis and the pain of osteoporotic fractures. Now, a year later, we thought you might enjoy an update on Dianne's story. Dianne's story emphasizes the importance of finding ways of keeping active. For more on exercise, contact Osteoporosis Canada at 1-800-463-6842.

COPING Archives

[Click here to view the COPING archives](#)

Event calendar

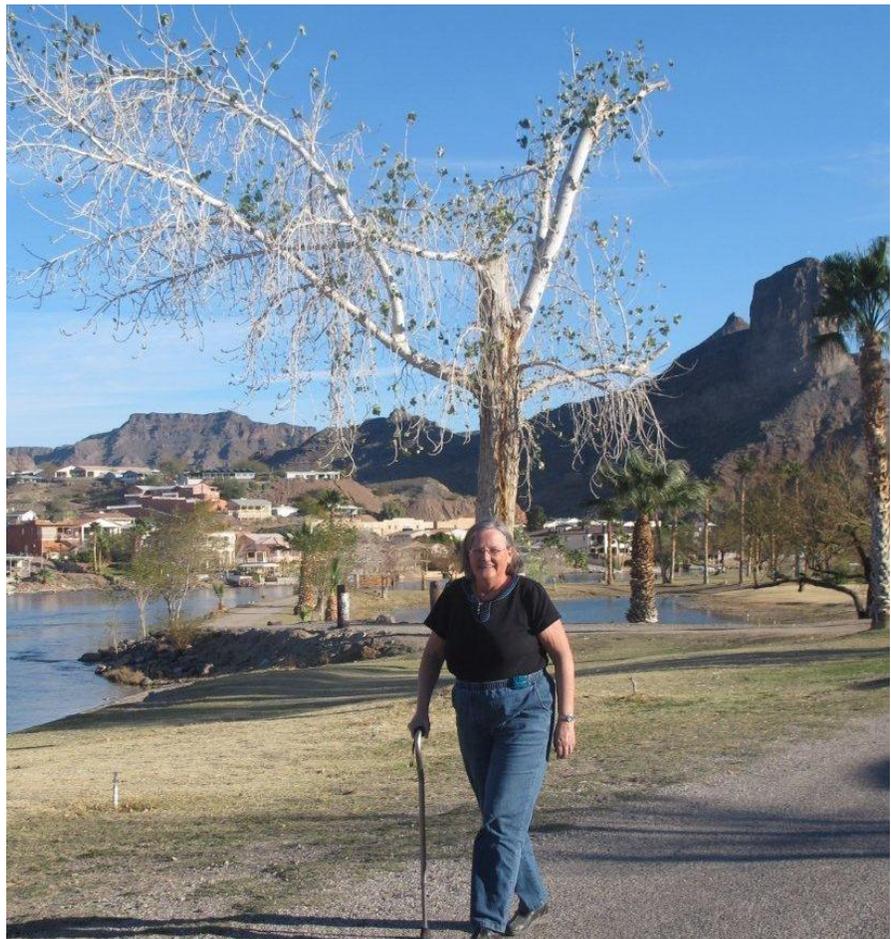
Spring Forum: "Building Strong Bones"
Manitoba
21-Apr-2012

Brains and Bones
Lindsay, Ontario
26-Apr-2012

Niagara Brunch
Niagara, Ontario
29-Apr-2012

2nd Annual National Capital Bone and Joint Health Day
Ottawa, Ontario
01-Jun-2012

[View Calendar](#)



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www.osteoporosis.ca/copn

Dianne writes: Since I last shared my personal story with you, I thought you might like to know how I have been trying to help myself. I had been feeling quite low because physically, I was not able to do much and had been gaining weight, the result of inactivity, quitting smoking and eating more to compensate. The more I did nothing the less I felt like doing anything at all. Then one day I thought, “Enough is enough!”

Because of my three spine fractures and rib fractures, my doctor advised against exercising (which would put me at high risk for more fractures). I CAN walk –but for short distances only since my back starts to get quite painful, but I do what I can.

I have a friend who started using a pedometer to walk “virtually” to a different city to visit her kids and that gave me a great idea! We are six friends, all in different cities, who purchased pedometers and have started counting our steps. Three of us have osteoporosis - myself, a friend who was diagnosed with osteoporosis years ago in her 40s and another friend who had recently been diagnosed (she had a bone mineral density test after hearing my story). The other three include a friend who has to take it easy because of neurological problems, and two others who are in good health but are participating to support us.

For motivation, we call ourselves **The Canadian Geese** and we are using maps to visually trace how far we have walked. Together as a group, we are walking the old Route 66 from Chicago to Los Angeles and we track our route using a map at <http://www.walkwellcanada.com/route66/>. As of this morning we have walked a total of 698,452 steps or 347 miles (559 km). My friends do an average of 10,000 steps a day, whereas I can only contribute an average of 5,000, but I am getting better at it each day.

Some of us are also doing our own maps, such as another friend who is traveling from Montreal to Ottawa. I am walking from home in Parksville, British Columbia, heading east, using a map I found at <http://www.mappedometer.com/?maproute=49245>. Another friend is walking from her home in Ontario, heading west. We are tracking our journeys until we meet somewhere in between. It will be fun to see where we eventually meet. Even my 90-year-old father (who also has osteoporosis) said he will get a pedometer and will join our walks! It sure is exciting when we see how far we have travelled and keeping track on the map motivates us to keep moving.

Perhaps my story will inspire you to follow your own route! Whatever you do, don't let osteoporosis get you down. Keep doing whatever you can do safely, and you, too, will get stronger day by day.

FUNNY BONE:

“Bones are amazing. They're hard but flexible, and their lightweight but tough. Without bones, we'd be just puddles of skin and guts” – Emily Sohn

ARCHIVED VIRTUAL EDUCATION FORUM

On Thursday, March 22, 2012, Janet Barnes and Sarah Nixon-Jackle focused on the topic of falls prevention. The presentation began with a discussion on what a fall is and the reasons why falls occur. The presenters talked about the relationship between osteoporosis, falls and fractures and explored the preventive strategies individuals can use to reduce their risk of falling.

Did you miss the presentation? Click [here](#) to view the archived version of Janet and Sarah's presentation [Prevent the Fall, Prevent the Fracture](#).

