

**Remember: You can live well with osteoporosis!**

## Season's Greetings!

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### COPING Archives

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

This issue of COPING comes to you at the height of the holiday season when we are busy celebrating with friends and family, shopping for loved ones, planning big dinners and parties, travelling near and far, attending concerts and midnight Mass and doing so many other things associated with the Christmas holidays. The list alone is exhausting. Indeed we are so preoccupied with all the activities around us that we might – *might* – even forget that we are living with osteoporosis.

So let's make today's COPING serve as a gentle reminder that taking care of our bones and avoiding fractures is a daily task for *every* season. Remember to take your medications and supplements. Watch your step both outside and inside the home. Be careful lifting those parcels and choose bone-friendly treats. Above all, have a safe and Merry Christmas.

### What will you do to improve your bone health in 2013?

I am the first to acknowledge that I don't do very well with New Year's resolutions. The only time I had any success was a few years ago when in frustration at my lack of resolve, I declared "I am not going to make any more New Year's resolutions!" So here I go again, about to break even *that* one by publicly stating here and now, two things that I resolve to do in 2013.

**1. Get fit.** The very next issue of our newsletter kicks off a wonderful series of eight articles on exercise. Not only are they comprehensive and informative but they can also inspire even a sloth like me to back away from my computer. Knowing that they were written and edited by experts who fully understand the challenges and limitations of someone like me - a person with osteoporotic fractures - is very reassuring. Not only am I going to read them, I am also going to follow the advice they give and I *am* going to get more fit.

### FRACTURE FACT:

At least 80% of fractures in people 50+ years of age are related to osteoporosis.

## The COPN Executive Committee

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The first step is to pay another visit to my physiotherapist (who is fully versed in osteoporosis) to get my personal exercise routine updated before I head back to the gym. Next, I plan to get reacquainted with my walking poles. Let me explain. Last fall we all read that great article on Nordic pole walking and its many health benefits. The article was accompanied by a nice picture of a bunch of us from the COPN Executive Committee all trying out pole walking for the first time. I loved the pole walking which inspired me to purchase a pair of poles on the spot. Then, I brought them home where they continue, day after day, to sit undisturbed in the back of my closet.

That, my friends, is all about to change. In November you read the story of Osteoporosis Canada's first Nordic Walk in Niagara Wine Country. It was an amazing success, raising awareness and funds to support osteoporosis programs. "If only we had something like that out here in BC" I said aloud before realizing that, indeed, there will be something just like that at Whistler in June 2013. What choice did I have but to sign up for the Whistler Nordic Walk? You can join me for the walk at Whistler or take advantage of the walks in Mont Tremblant, and Niagara-on-the-Lake in 2013. All the details are posted on the OC website [www.osteoporosis.ca](http://www.osteoporosis.ca) or you can call 1-800-463-6842 ext.286 for information on how you can register.

### 2. Get more calcium from my diet

This should be an easy one for me as I love dairy products. Milk, cheese and yogurt are on my menu most days. Yet I know that when I do the math using OC's nutrition fact sheet, I have needed to take a supplement to get my total daily requirement of 1200 mg. I know I can top up my intake of calcium through my diet and I am going to start immediately by trying out today's recipe from our sponsor, Dairy Farmers of Canada.

For more information on how you can boost your intake of calcium through your diet see the [OC fact sheet on nutrition](#), by [clicking here](#).

There you have it. One resolution that should give me no problem, and another that while attainable, I won't kid myself, will be a real challenge. What's on your list for 2013?

### *Thank you one and all!*

On behalf of the entire COPN Executive Committee, I would like to give a heartfelt thanks to the many individuals who support COPN throughout the year. To the passionate volunteers who guide, write and edit our newsletters, to the experts who share their wisdom and advice, to the managers and staff at Osteoporosis Canada who champion and support our patient voice and to our generous sponsors – thank you! Together we have made a difference. Wishing you a Happy Holiday and a safe and fracture-free New Year,

Larry Funnell  
Chair, COPN Executive Committee

## FUNNY BONE:

What's a good holiday tip?

Answer: Never catch snowflakes with your tongue until all the birds have gone south for the winter.

## Reminder: An invitation to all COPN Members: We need your help!

Are you too fit to fracture?

Exercise is an important strategy in the management of osteoporosis. We are looking to improve our educational tools and programs on exercise and we would like input from you. The researchers at the University of Waterloo want to find out how active you are and to determine what things help or hinder you from being active. Your input will be used to develop future educational tools and inform future research. You may recall from the November 23 COPING issue, where you were invited to fill out an online survey about osteoporosis and exercise that takes 30-40 minutes to complete. Your contribution will make a positive impact on the lives of individuals living with osteoporosis! If you haven't already completed this survey, please click the link below and fill out the survey.

<http://fluidsurveys.com/surveys/uwaterloobonelab/osteoporosis-exercise/>

We really appreciate your help!

## [A Recipe from Our Sponsor – Cinnamon Apple Strata](#)

A family favourite for dessert or special breakfast.

*1/2 milk product serving(s) per person*

### Preparation

2 apples, peeled, cored and diced  
1/2 tsp (2 ml) cinnamon  
1 tbsp (15 ml) **butter**  
8 slices raisin bread, diced small  
3/4 cup (180 ml) grated **Cheddar cheese**  
2-3 heaping tbsp (30-45 mL) brown sugar  
2 cups (500 ml) **milk**  
3 large eggs

### Instructions

Preheat oven to 350 °F (180 °C). In a non-stick skillet pan over medium heat, sauté cinnamon and apples together in **butter** until tender.  
Place three quarters of bread into lightly buttered 8-inch square (20 cm) baking dish. Spread apple mixture, **cheese** and brown sugar evenly over bread. Beat **milk** and eggs together until frothy and stir in remaining bread. Add to baking dish and bake 45 to 60 minutes until set. Serve warm or chilled.

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/cinnamon-apple-strata>



Course: *Desserts & Sweets*  
Prep. Time: *15 mins*  
Cooking Time: *45 mins - 1 hr*  
Yields: *8 servings*

## Health Canada Approves Prolia for Treating Men at High Risk of Fracture

Health Canada issued a Notice of Compliance for Prolia® on Nov. 21, 2012 for the treatment to increase bone mass in men with osteoporosis who are at high risk for fracture. These are men who have a history of osteoporotic fracture, or multiple risk factors for fracture; or those who have failed or are intolerant to other available osteoporosis therapy. We are pleased to see Prolia added to the list of therapies available in Canada to treat osteoporosis in men and we urge provincial governments to add Prolia to the list of medications covered under provincially funded drug programs.

### Alberta Adds Aclasta to its Drug Benefit List for Treating Women at High Risk of Fracture

Effective December 1, Aclasta was added to the Alberta Drug Benefit List for the treatment of postmenopausal women at high risk of fracture. Consideration of a number of criteria, including but not limited to age (75 years or older) history of osteoporotic fracture, low BMD readings and inability to take oral bisphosphonate medication will determine whether an individual will be able to have the cost of their Aclasta reimbursed under the Alberta Drug Benefit plan. We congratulate the Alberta government for taking this important step to improving access to osteoporosis medications.

For the latest information on which osteoporosis medications are covered under your provincial plan, please go to the [Provincial Drug Coverage Chart](#) by clicking [here](#).

For Osteoporosis Canada's latest position statement on osteoporosis medications and [Atypical Fractures](#), please click [here](#).

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**This issue of COPING is sponsored by Dairy Farmers of Canada**



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