

## COPN NEWSLETTER – JUNE 8, 2007

*Remember: You can live well with osteoporosis!*

We received a request for people to complete a survey, which we are passing along to you. It is from *NutritionLink Services Society*.

### Invitation to Participate in a National Online Survey:

#### 'Consumer Needs and Preferences for Nutrition Education'

This research project, funded by the Canadian Foundation of Dietetic Research, is to learn about consumers' nutrition education needs and preferences. The findings of this survey will be used to develop guidelines for dietitians to use in planning, delivering, and evaluating client-centred nutrition education programs and services.

You are invited to complete the online survey (takes about 10 minutes) at [www.nutritionlink.org](http://www.nutritionlink.org).

*Please respond before June 30, 2007.*

#### **News Notes:**

**Actonel® instructions changed** – It used to be that Actonel® could be taken at different times of the day – morning, mid-morning, afternoon or evening. This is no longer the case. Now the dosing instructions state that the Actonel® tablet should be taken on an empty stomach, with a half glass of water first thing in the morning, at least 30 minutes before consuming the first food, drink (other than plain water) and/or any other medication of the day. Patients should not lie down for at least 30 minutes after taking the medication. The tablet should be swallowed whole – do not chew.

**If you would like more information about your osteoporosis look on the osteoporosis web site at [www.osteoporosis.ca](http://www.osteoporosis.ca).**

#### *Funny Bone:*

Housework is something a woman does that nobody notices until she doesn't.

#### **Remember:**

It is important for you to eat a **healthy diet**, get some appropriate **exercise**, take your **calcium and vitamin D** and if your doctor has prescribed a **medication** don't forget to take it as directed.

COPN NEWSLETTER will come to you every second Friday. We hope you enjoy it and find the information useful.

## COPN NEWSLETTER – JUNE 22, 2007

### **How bone is formed:** a Review

Bone is a living tissue. It is constantly renewed through a process in which old bone is removed and replaced by new bone. Bone-eroding cells called osteoclasts erode the bone, creating small cavities; bone-forming cells called osteoblasts then fill in the cavities with new bone. This is Nature's way of restoring bones and keeping them strong.

The key bone-building years are in childhood and adolescence. The skeleton reaches its peak bone mass at about age 16 in girls and age 20 in boys. In our 20s, the cells that erode bones and the cells that build them work together maintaining healthy bones. After our mid-30s, the cells that build bone are not as efficient and we begin to gradually lose bone. In someone with osteoporosis, bone loss occurs more rapidly, causing the bones to become thinner and weaker over time.

Women are especially at risk of osteoporosis because of the important role that the hormone estrogen plays in keeping women's bones healthy. At menopause a woman's estrogen levels fall dramatically and she usually experiences an accelerated rate of bone loss. A woman can lose two to five percent of her bone density each year during the first five to ten years following menopause.

No single cause for osteoporosis has been identified. However, certain factors seem to play a role in the development of the disease. We call these factors "risk factors" because each factor influences our risk of developing osteoporosis.

One of the major risk factors is heredity. If you have osteoporosis you should speak to your siblings, children and grandchildren as they will likely have a higher risk of developing the disease with its increased risk of fractures. Don't neglect the men in your family. At least one in eight men over the age of fifty has osteoporosis.

It is never too early to take steps to minimize the effects. Eat a healthy well-balanced diet that includes protein, calcium and lots of vegetables. Exercise is also extremely important. Encourage your young people to walk, run, play sports, dance and participate in any and all physical activities. You can't change your heredity but you can manage your life style.

For more information about bones check the Osteoporosis Canada web site at [www.osteoporosis.ca](http://www.osteoporosis.ca)

*Funny Bone:*

The good thing about children is they never pull out photographs of their grandparents.

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