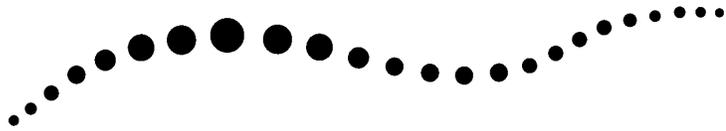


Osteoporosis  
Society  
of Canada

La Société  
de l'Ostéoporose  
du Canada



## COPN - CANADIAN OSTEOPOROSIS PATIENT NETWORK JANUARY 2005 E-NEWSLETTER

Welcome to our second newsletter. For those of you who don't know who or what we are, let me tell you about us.

We are a virtual network of people with osteoporosis, working to help others understand the impact osteoporosis can have on your life. You can find us on the OSC web site [www.osteoporosis.ca](http://www.osteoporosis.ca) (click on COPN Patient Network).

We are dedicated to helping people concerned about osteoporosis. We do this with information on our web site, or by e-mail at [COPN@osteoporosis.ca](mailto:COPN@osteoporosis.ca). We do this from a patient's perspective. We are all people with osteoporosis, fractures, disability, and a will to help many avoid the pain, the fractures and the disability that we have gone through.

We are now ready to reach out to those of you who might wish to help us in this fight to educate, empower and connect with those who need to understand osteoporosis. You can do this from your home, by e-mail. That is how we work!

If you are interested in being an e-mail correspondent for us in your area, to bring us news, suggestions and stories from time to time, we would be happy to hear from you at [COPN@osteoporosis.ca](mailto:COPN@osteoporosis.ca).

### **Changes to our web site:**

- \*We now have a sign-up sheet so you can subscribe to our free e-newsletter.
- \*We have information on research studies looking for participants (click on Clinical Trials).
- \*Read the inspirational story by Ina.

### **What we are working on now:**

- \*Updating our web site. This is ongoing. The site will change every two months – keep checking it out. What would you like to see?
- \*A PSA to spread the word
- \*Volunteer recruitment for COPN
- \*Investigating translating this newsletter into other languages
- \*Presenting at the International Osteoporosis Foundation Conference 2006, in Toronto, Ontario
- \*Presenting an advocacy workshop.
- \*Setting our goals for 2005

### **A name for our newsletter:**

We are still in need of a name for our newsletter. If you have an idea for one, please e-mail us with your suggestion. If we decide to use it, you will win a copy of *The Everyday Calcium Cookbook* by Helen Bishop MacDonald. Deadline Feb. 15, 2005.

Check us out on the Web or e-mail us. We would love to hear from you!

**Did you know?** Women have a one-in-six lifetime risk of hip fracture.

Compare that to a one-in-nine risk of developing breast cancer.

If you knew that something could harm you, wouldn't you do everything you could to avoid it?

Talk to your doctor about your risk factors. Check out the Osteoporosis Society's web site: click on About Osteoporosis, then Diagnosis.

### **Talking with your doctor:**

Speaking with your doctor is the best way for you to better understand your own risk for the disease, as well as prevention and treatment options. Many people find that talking with their doctor about osteoporosis is difficult, sometimes because they aren't sure what they need to discuss.

Here are several questions to get you started; they are common concerns.

*If your concern is about preventing osteoporosis:*

\*How do I prevent osteoporosis?

\*How do I know if my bone density is low?

\*How much calcium and Vitamin D is right for me? What are the best sources of calcium and Vitamin D?

\*Based on my medical history, lifestyle and family history, am I at risk for osteoporosis?

\*How do I know if someone in my family suffered from osteoporosis? What are the signs to look for?

\*Am I currently taking any medication that puts me at a higher risk for developing osteoporosis?

\*Do men get this disease?

\*Am I too old/young to get this disease?

\*What about exercise?

\*Should I have a BMD (bone mineral density) test? What are the risks of a BMD test?

\*How do I know if I have fractured a bone?

\*I have had fractures in the past; could they have been caused by osteoporosis?

*If you have osteoporosis or osteopenia, or are at high risk for the disease:*

\*What osteoporosis medications are available to help me?

\*What are the benefits/side-effects of these medications? Will the medications interact with other medications I am already taking for other conditions?

\*Am I too old/young to start medication?

\*Should I have a BMD test?

\*How can I know if the medications I am taking for other conditions will cause dizziness, light-headedness, disorientation or a loss of balance that could lead to a fall?

\*Are osteoporosis medications covered by my provincial drug benefits plan?

\*What sort of physical activity is best for me now?

\*How much calcium and Vitamin D do I need? What are the best sources?

\*How can I protect my bones from getting worse?

**Newsletter disclaimer:** We invite you to contribute to this newsletter. Selection of material is at the discretion of the editor. Opinions expressed in material published in the COPN newsletter do not necessarily reflect the position of the Osteoporosis Society of Canada. Individuals contributing material are solely responsible for the content, accuracy and originality of the material. To contribute to the next edition of the COPN newsletter, contact us at [COPN@osteoporosis.ca](mailto:COPN@osteoporosis.ca).