



Osteoporosis Canada

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***COPING***  
**The E-newsletter of the  
Canadian Osteoporosis Patient Network (COPN)**

**June, 2006**

In last week's newsletter, a summer hiatus was mentioned. The purpose of this break is to refresh and renew the COPN web pages, develop a publication schedule for this newsletter and to reach out to members COPN and readers of COPN Weekly to ensure you are receiving what you need and want from the Network.

Our plan is to make the COPN Weekly newsletter even more informative and readable and to engage you as advocates on behalf of yourselves and others living (well) with osteoporosis. Your comments and feedback are welcome and encouraged. This e-mail box will continue to respond to your comments and questions throughout the summer.

The major themes to be addressed in the future include at least exercise/activity, nutrition, supplements, pharmaceuticals, developments and/or changes in our health care system and information from our Scientific Advisory Council.

On that last point, COPN is pleased to announce a new Scientific Review Panel who will assist in making the newsletter interesting, accurate and up to date. Drs. Heather McDonald-Blumer, Suzanne Morin and Diane Theriault will review and provide input on a wide variety of topics and all of us are looking forward to this collaboration.

Heather McDonald-Blumer, MD, FRCP(C) is in Toronto.  
Suzanne Morin, MD, FRCP(C) is in Montreal.  
Diane Theriault, MD, FRCP(C) is in Dartmouth.

COPN Weekly, your COPN e-newsletter is about to take a summer hiatus and will not publish any new information until early September. But do look for our survey being mailed out in the next month. We need your input to better serve you.

The COPN email address will continue to respond to queries and of course the 1-800 Osteoporosis Information Line is available throughout the summer.

The best thing for COPN to suggest is for you to enjoy the next couple of months of clement weather.

DO take advantage of the fresh air and sunshine. 15 minutes of direct sunshine – that is, without covering or sunscreen – is recommended for access to Vitamin D, an important nutrient that assists in the absorption of calcium. Don't over do it and get sun burned. It is painful and silly considering what we now know about the hazards connected to overexposure to the sun's UV radiation. Be aware of the UV Index – the higher the number the more powerful the sunshine and you will want to limit the time spent unprotected.

DO drink plenty of water throughout the hot days. It does you no good to end up dehydrated. Fruit juices that do not contain too much sweetener are good as well. Use moderation when having iced coffees or teas and try to avoid overindulging beer or those tall drinks so often described in detective novels.

DO try to stay active every day. Walking, jogging, gardening (watch how you bend!) for example are excellent activities that provide you with weight bearing and some impact without much expense. And, who knows, you may see something new on your walk around the neighbourhood.

There are obviously many other activities to explore as well. Do what is right and appropriate for you and your family. If it is too hot or you begin to feel uncomfortable or nauseous stop, get out of the sun and rest.

DO watch your step when out of doors. A flat looking lawn may have small depressions or obstacles that are not easily seen and this could cause a fall. Try not to carry anything when walking out of doors and up or down steps. This is how many painful falls can take place.

DO have fun this summer. And if you have questions or comments for COPN or Osteoporosis Canada, please DO send in your emails or call 1-800 463-6842.

Remember: You can live well with osteoporosis. It is important for you to continue with a program of healthy diet, appropriate exercise/activity, calcium and vitamin supplements and/or prescription drugs as directed by your physician. If you have a prescription, follow the directions.