



Osteoporosis Canada

Ostéoporose Canada

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

October, 2006

October 13, 2006

October 20 is World Osteoporosis Day. The International Osteoporosis Foundation (IOF) launches a new theme each year on this date and it helps the public focus on the issues important to those living well with osteoporosis.

For the 2006-07 theme, the message is "BONE APPETIT" and is all about nutrition. Very soon, Canadians will see posters about this through Osteoporosis Canada Chapters and Divisions.

As well, Osteoporosis Canada is sending out public service announcements and advertisements on television and in magazines (such as Reader's Digest and Chatelaine) to help promote awareness of November as Osteoporosis Month.

As you already know, the role of food and nutrition in building and maintaining strong bones is absolutely critical. And, while osteoporosis is serious, individuals can take responsibility for their bone health by building strong bones through healthy lifestyle. Following the 'Exercise' theme in 2005, the nutrition theme is the second in a three-year WOD "life style" campaign to get people to reduce their risk of having an osteoporosis fracture, and to reach a young, more energetic and "empowered" target audience.

Below are key components of a "Bone Appetit" lifestyle:

An adequate calcium-intake should be ensured at all stages of life.

Dairy foods, calcium-set tofu, some green vegetables, nuts and small canned fish with soft bones provide the most readily-available sources of dietary calcium.

An adequate supply of vitamin D is required, through sufficient exposure to the sun, through diet or through supplements.

Adequate protein intake is also necessary. Protein malnutrition is an important risk factor for hip fracture and can also contribute to poor recovery in those who have had a fracture.

Excessive alcohol intake is to be avoided.

Being underweight is also a risk factor for osteoporosis.

Avoid 'fad' diets that promise rapid weight loss (too often they result in poor nutrition).

Always include a variety of fresh fruit and vegetables in your diet as these are beneficial for overall health as well as bone health.

Avoid smoking.

Include complementary lifestyle choices such as exercise and plenty of sleep for a healthy life and body.

Funny Bone: During the course of a fundraising super, a lady who was having a toothache, saw her dentist, who was also invited to that super. She approached him complaining about the

severe pain she experienced the night before. After a short discussion, the dentist instructed her what to do. Minutes later, the dentist, who was sitting with his lawyer on the same table, told the latter the story of the lady.

The lawyer replied: "If I were you I would send her a bill for consultation".

The following day, the dentist, who followed his lawyer 's instructions, sent the lady a bill in the amount of \$50.00 dollars. A week later, the dentist was shocked when he received from his lawyer, a \$500.00 dollars bill for consultation fees...

October 20, 2006

ADVOCACY & THE "LUCKY BREAK"

The Board of Directors of OC, Ottawa-based volunteers, some SAC members and National Patron Maureen McTeer will be travelling to Parliament Hill in Ottawa on Monday, October 23rd to visit with MPs and senior bureaucrats. In each of these meetings during the day, Osteoporosis Canada will be advocating for a National Osteoporosis Strategy.

Called "Lucky Break", this national strategy is a post-fracture care initiative that helps individuals after a fragility fracture of the wrist – the "lucky break", by making them aware of the risks of osteoporosis and the steps they can take to reduce the risk. It is known that a fragility fracture such as a fracture of the wrist is an indicator of underlying osteoporosis. By focusing more on the osteoporosis and going beyond only treating the fracture itself, the *Lucky Break Strategy* will reduce the risk of further fractures, especially of the hip which can be painful, debilitating and even fatal.

Osteoporosis Canada is presenting this national strategy to the federal government because it can in turn reduce wait times for orthopaedic surgeries such as hip and joint replacement by reducing the number of hip fractures caused by osteoporosis. Wait Times is one of this federal government's top five priorities.

The timing is right for exactly this type of national strategy. Increasingly, as Canada's population ages, the need for health care services, especially joint replacement surgeries, will increase. The incidence of osteoporosis-related fractures is also going to increase dramatically. Now is the moment to create a response to this growing concern. Osteoporosis Canada has the *Lucky Break strategy* to address it.

The great appeal of the Lucky Break national osteoporosis strategy is that it is not a very costly proposal. Funding the strategy would cost between \$3 to \$5 million annually, which is a tiny fraction of a percent of what hip fracture care costs the health care system each year already.

As you can see, we will soon have to spell advocacy with a Capital A, as it becomes an important and regular part of COPN Activity.

Funny bone: Seen while shopping for a bathrobe, "One Size Fits Most".

October 27, 2006

Ottawa's hills are alive with the message of Osteoporosis Canada's proposed *Lucky Break* strategy.

Maureen McTeer (National Patron & Spokesperson), Dr. Earl Bogoch (past President of the Canadian Orthopaedic Research Society) and Dr. Brendan Lewis (President of the Canadian Orthopaedic Association) joined Karen Ormerod (President & CEO of Osteoporosis Canada) and Dr. Famida Jiwa (Vice-President of Osteoporosis Canada) along with board members and volunteers during the early hours of October 22nd to discuss the details of the proposed *Lucky Break* strategy, as described in the October 20 COPN newsletter.

Located in downtown Ottawa and only steps away from Parliament, the Lord Elgin Hotel was the host to this team of 30+ members (with some from as far away as Dartmouth, NS on the East Coast and Salt Spring Island, BC on the West Coast).

The team's focus was on sharing information about the proposed strategy with Members of Parliament and other government officials on October 23rd.

However, before calling on Members of Parliament, Charles Hain (OC's Director of Government Relations) with Ryan Clarke (Advocacy Solutions) led a spirited afternoon discussion and information session with the group to fully illustrate the components of the strategy.

By Monday, October 23rd, every member of the team had become fully versed in the components of the strategy. With Charles and Ryan transforming the hotel lobby into a command centre, each group assembled and finalized their agendas before heading off to meetings with MPs such as Steven Fletcher (Cons), Rob Merrifield (Cons), the Honourable Carolyn Bennett (Lib), and Penny Priddy (NDP).

Participants were pleased that the proposal for a national osteoporosis strategy was well received throughout the day.

Now the organization has a great deal of work to do beginning with establishment of deadlines for action in this important area.

Osteoporosis Canada is 100% behind the *Lucky Break* strategy and will keep pushing forward until it reaches the National level.

FUNNY BONE: The difference between a neurotic and a psychotic is that, while a psychotic thinks that $2 + 2 = 5$, a neurotic knows the answer is 4, but it worries him.

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.