



Osteoporosis Canada

Ostéoporose Canada



COPING

'A newsletter from COPN'

June 10, 2011

Remember: You can live well with osteoporosis!

Are you shrinking?

It is normal to lose a *little* height as we get older... but *too much* height loss can mean that osteoporosis is causing bones to break in your spine which is making you become shorter. This type of height loss is **NOT** normal. So how can you tell the difference between normal height loss and height loss due to osteoporosis?

Measure Your Height

Everyone over 50 years of age should have a height measurement annually.

For those age 50 and over, measuring how tall you are once every year can allow you to keep track of height change. It is best to **ask** a health care provider (usually a nurse, physiotherapist, bone density technologist or doctor) to **measure** and **record** your height for you professionally, rather than you doing it yourself. This provides the most accurate measurements.

Keep Track of Your Height

- (1) When I was a **young adult**, I was _____ tall
- (2) I had a more **recent** professionally measured height at the age of ____ and I was _____ tall
- (3) **Today**, I am ____ years old and my professionally measured height is _____ tall
- (4) Height loss since a **recent** measurement = (2) - (3) = _____
See below if you have lost 2 cm (3/4 of an inch) or more.
- (5) Height loss since **young adult** = (1) - (3) = _____
See below if you have lost 6 cm (2 ½ inches) or more.

Warning Signs of a Possible Spine Fracture

If you have lost 2 cm or more ($\frac{3}{4}$ of an inch) in height, as measured by your healthcare provider, you may have a spine fracture.

If you have lost 6 cm or more (2½ inches) in height since you were a young adult, again, you may have a spine fracture.

Spine fractures are not the only reason people may lose height. Other causes of height loss include poor posture or arthritis. However, if you have lost height then you do need to be checked for the possibility of a broken bone in your back. Bone density tests are not designed to show bone fractures. To diagnose a bone fracture, what is needed is a regular X-ray of the thoracic and lumbar spine (the upper back and the lower back). Two thirds of spine fractures are painless so you may have had a spine fracture and not even know it. The only warning sign may be your loss of height. Talk to your doctor if you think you have lost some height.

Acknowledgement: This article – Are you shrinking? - comes to us courtesy of the Dartmouth Osteoporosis Multidisciplinary Education (DOME) Program. DOME offers information on osteoporosis for anyone living in Nova Scotia via the Nova Scotia Telehealth system (available at all Nova Scotia Hospitals). If you live in the Nova Scotia and would like to find out more about this excellent Program, please contact Natalie Morris at (902) 465-8303.

Virtual Education Forum: Osteoporosis Medications and You

Wednesday, June 29, 2011

1:00 p.m. to 2:30 p.m. ET

(Time zones listing below)

Have you registered? Register for this event and have your questions about osteoporosis medications answered by Dr. Ridout in real-time. View in the comfort of your own home or office. For more information, please visit www.osteoporosis.ca

Do you have the system requirements? Test your system by clicking on <http://www.rocket9broadcasting.com/systemtest/resolve/>

Register online TODAY! Space is limited.

How to register:

1. <http://www.meetview.com/oc20110629>

2. Click on “Enter Webcast Lobby” at the top of the page
3. Enter your First Name, Last Name, Email Address and Postal Code
4. Click on “Register”

Time Zones

PT: 10:00 a.m. to 11:30 a.m.

MT: 11:00 a.m. to 12:30 p.m.

CT: 12:00 p.m. to 1:30 p.m.

ET: 1:00 p.m. to 2:30 p.m.

AT: 2:00 p.m. to 3:30 p.m.

Funny Bone – Remember: You don’t stop laughing because you grow old. You grow old because you stop laughing.

Notices/references

i. Remember: It is important for you to eat a calcium rich diet (take calcium supplements, if necessary), get some appropriate exercise, take your vitamin D and if your doctor has prescribed a medication don’t forget to take it as directed.

ii. COPING Weekly will come to you every second Friday. We hope you enjoy it and find the information useful. Remember to log on to www.osteoporosis.ca for up-to-date information.

iii. The material contained in this newsletter is provided for general information only. It should not be relied on to suggest a course of treatment for a particular individual or as a substitute for consultation with qualified health professionals who are familiar with your individual medical needs. Should you have any healthcare-related questions or concerns, you should contact your physician. You should never disregard medical advice or delay in seeking it because of something you have read in this or any newsletter.

iv. To have your name removed from the COPN mailing list please contact us at the email below.

You must provide the first and last name for which you registered in order to be removed from this list.

[<cPatientNetwork@osteoporosis.ca>](mailto:cPatientNetwork@osteoporosis.ca)

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