

**COPING**  
**'A newsletter from COPN'**  
**April 16, 2010**

***Remember: You can live well with osteoporosis!***

If you have received this member from the Canadian Osteoporosis Patient Network (COPN)  
You are a COPN member

- 1. Thought for Today**
- 2. National Volunteer Week/OC Volunteers**
- 3. \*\*COPN Patient Bill of Rights – FEATURE ARTICLE\*\***
- 4. Funny Bone**
- 5. Notices/references**

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**1. Thought for today:**

I always wondered why somebody didn't do something about that. Then I realized I was somebody.

--Lily Tomlin

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**2. National Volunteer Week/OC Volunteers**

National Volunteer Week is a special time set aside each spring to honor the people who donate their time and energy to their fellow citizens. It is also meant to raise awareness of the vital contribution volunteers make to our communities(1).

Osteoporosis Canada is pleased to celebrate National Volunteer Week 2010 in honor of our volunteers. Without the commitment and contributions of these passionate individuals throughout the country, our organization would have no hope of fulfilling our shared mission and vision. For all the wonderful work that you do – Volunteers we thank you!

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**Volunteer with Osteoporosis Canada!**

Is your life in any way affected by osteoporosis?

Are you interested in representing people with osteoporosis?

If so, you have the makings of an Osteoporosis Canada volunteer!

We are a dynamic, growing network and we have many opportunities for you to join us:

- Steering committee members to provide leadership
- Writers/editors to help put out the e-newsletter *COPING*
- Web-savvy people to work on our web site and many more volunteer opportunities available.

To join our team please e-mail us at [cPatientNetwork@osteoporosis.ca](mailto:cPatientNetwork@osteoporosis.ca)

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### **3. Introduction to Canadian Osteoporosis Patient Network Osteoporosis Patient Bill of Rights**

This special issue of *Coping* is dedicated to the draft **Osteoporosis Patient Bill of Rights** – an important initiative brought to you by your COPN Executive Committee. In 2008, a landmark Osteoporosis Canada report called *Breaking Barriers, Not Bones* provided evidence that our publicly-funded health care system is failing large numbers of Canadians who suffer painful wrist, spine, and hip fractures as a result of osteoporosis. As individuals affected by osteoporosis, the COPN Executive Committee knew this to be a true statement – our personal experiences with the health care system corroborated each and every segment of the report.

In the months that followed the release of the report, as OC efforts to advocate for improvements in the health care system gathered momentum, the COPN Executive Committee discussed and agreed upon the merit of developing an osteoporosis patient Bill of Rights to support our involvement in those initiatives and for the work to follow in the years ahead. There were many precedents - Patients' Bill of Rights from Canada and abroad were studied. Drafts were developed and evolved as experts and others weighed in to provide the draft you see here – a Bill of Rights that we suggest is inspirational, yet realistic and grounded in science.

We hope that you too will see merit in this Bill of Rights and we want to hear your views. Please read the Canadian Osteoporosis Patient Network Bill of Rights document below. We would appreciate receiving all comments by May 30, 2010. All feedback will be considered in the development of the final Bill of Rights to be published in the summer of 2010.

#### **Submitting Your Comments**

We ask that you review the draft and submit any comments (they will remain anonymous) on form or content to Tasha Williams at [twilliams@osteoporosis.ca](mailto:twilliams@osteoporosis.ca) or:

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Thank you for taking the time to contribute to this important document.

Larry Funnell

Chair, Canadian Osteoporosis Patient Network

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## **Canadian Osteoporosis Patient Network Osteoporosis Patient Bill of Rights:**

**We believe** that all Canadians have the right to live without osteoporotic fractures.

**We believe** that all Canadians, wherever they live, have the right to a health care system that incorporates fracture prevention and post-fracture care programs.

**We believe** that all Canadians should have access to appropriate bone care and this should include:

- Periodic, comprehensive assessments of fracture risk;
- Timely access to quality bone mineral density testing; and
- Access to options for medications that are proven to reduce the risk of fractures.

**We believe** that every Canadian who has sustained an osteoporotic fracture has a right to:

- Timely care and treatment including adequate pain control;
- Be assessed for future fracture risk and where appropriate offered effective treatment to prevent more fractures;
- Be assessed for falls risk and where appropriate provided access to falls prevention tools and resources; and
- Education about osteoporosis and strategies to help reduce their risk of future fractures.

**We believe** that self-management strategies are the key to an individual's ability to live well with osteoporosis.

**We believe** that all people living with osteoporosis have a right to live well and safely.

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## **Funny Bone:**

Creative marketing. A company that owns 16 donut shops and 3 weight loss clinics.

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## Notices/References

i. 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.

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ii. COPING Weekly will come to you every second Friday. We hope you enjoy it and find the information useful. Don't forget to log on to [www.osteoporosis.ca](http://www.osteoporosis.ca) for up-to-date information.

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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 health care 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.

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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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V. (1)<http://www.volunteerkw.ca/index.php?MenuItemID=180>