

‘A newsletter from COPN’

April 30, 2010

Remember: You can live well with osteoporosis!

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

1. Thought for Today

2. Enjoying Spring Activity Safely – FEATURE ARTICLE**

3. Funny Bone

4. Notices/references

Thought for today: Patience is the ability to let your light shine after your fuse has blown. -- Washington Post

The spring is a great time to be outdoors. The warm weather and sunlight can foster not only a positive attitude but the desire to be more physically active as well. If you or a loved one has been diagnosed with osteoporosis, you should become aware of how to decrease the likelihood of falls while outdoors. Here are a few tips to help you stay safe:

♣ Spring clean your home to clear it of anything that might cause a fall – scatter rugs, protruding furniture, cords that could trip you up. Keep stairs in good repair, with handrails on both sides, free of clutter and well lit.

- ♣ Wear low-heeled shoes that give good support when taking walks. Avoid open back shoes from which your foot might slide off. Take care of your feet. Painful feet may affect your ability to remain stable.
 - ♣ Slippers are called that for a good reason. Be sure the slippers you wear during walks and even around the house have some kind of grip on the soles. Avoid knitted slippers and ones with floppy heels.
 - ♣ Watch for cracks in outdoor steps, sidewalks and driveways or changes in elevation.
 - ♣ When you see a tree ahead in your path, watch for any low-hanging branches, tree roots or fallen branches on the ground.
 - ♣ Put garden tools away when you are not using them.
 - ♣ Be aware of curbs and ramps, especially when getting in or out of a car.
 - ♣ Travel light. Don't carry too much with you during your walks.
 - ♣ Take care when walking on slippery, wet surfaces. Wet grass and a sidewalk covered with wet leaves can be dangerous.♣ Watch for uneven ground, sidewalks and floors.
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Funny Bone:

Golfers are happiest when they are feeling below par.

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.

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 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 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.

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

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