



Osteoporosis Canada

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COPING

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Remember: You can live well with osteoporosis!

The Dog Ate My Cookie

– by Jim Taylor

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Okay, full disclosure: Eighteen months ago, I couldn't have spelled "osteoporosis" if you spotted me the "osis". Then I discovered that I had it. Amazing, how quickly a perspective can change.

The way I found out, I sneezed a mighty sneeze and felt something race down my lower spine like someone was unzipping my fly.

Just like that, I had five compression fractures; spent one month in hospital and two more in a hospital bed in front of the TV at home (the soccer World Cup, thank God, was in progress. I watched all 64 games); lost 48 pounds; learned to walk again by shoving a three-wheeled grocery cart on eternal trips down the hall for five or six weeks; and lived with the indignity of having someone else wipe my butt when nature called.

The point is, osteoporosis was something about which I knew nothing and probably wouldn't have cared if I did. One sneeze, and I was having an interesting discussion with a doctor about bone density which I might have shrugged off had the bones involved not been mine.

"You know when you're shooting pool and chalk up your cue?" he asked conversationally. "Your bones are like that."

"The cue?" I said, hopefully.

"Not the cue," he said, "the chalk. Oh, and by the way, you've also got scoliosis. Your back has a new bend in it. Or did you just think everyone else was getting taller?"

Fine. Another "osis". Wayne Gretzky would be proud of me. I had an osis hat trick: osteo, scolio and hemochromatosis, from the Latin meaning "You've got so much iron in your blood, it's a wonder you get through airport security."

But this back thing was a mystery. Clearly, it wasn't the sneeze that did it. More likely, something else had pushed my spine to the edge, and the sneeze tipped me over.

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Probably that wonderful vacation in Spain a couple of years earlier, when my wife got pneumonia, I stumbled and fell down five or six stairs, and we spent our week on the Costa del Sol in matching single hospital beds. (My friends were not surprised. In the old days, fellow Vancouver Sun sports columnist, Jim Kearney and I were known as Butch Casualty and the Sunstroke Kid for our ability to get hurt on road trips.)

There is a point to this meandering, and it is this:

Osteoporosis is not restricted to women, as mythology suggests. It is an equal opportunity bone basher, and unless you get a bone density check you are potentially playing Russian Roulette.

I'm one of the lucky ones. I'm a writer, which means I can work at home in my pajamas if I like. But it's been 18 months since I drove my car. Walking (or, for that matter, sitting) for any length of time is pretty much out of the question. What if I had to commute? What if I had to operate a jackhammer? The other day I dropped a cookie, got down on the floor and had to call my wife to help me up. Worse yet, the dog beat me to the cookie. What if my job required heavy lifting? How long would I keep it?

I've adjusted. But, maybe if I'd had my bone density checked years ago, I wouldn't have to.

One more thing:

Don't sneeze.

About the Author: Now retired, Jim Taylor of West Vancouver, BC is an award winning, nationally syndicated sports columnist, author and broadcaster. Jim has produced some 8,000 sports columns, 3 times as many radio shows and 15 books. His 1987 chronicle of Rick Hansen's wheelchair journey, *Man In Motion*, had a record first printing for a BC book. His most recent book, written with Bob Lenarduzzi, is *Bob Lenarduzzi: A Canadian Soccer Story*.

If you have questions about this article or any other aspect of osteoporosis, please call toll-free 1-800-463-6842 (416-696-2663 in the Greater Toronto Area) to speak to an information counsellor.

FUNNY BONE:

An elderly lady was riding her motor bike and knitting at the same time. An officer drove up beside her and shouted "PULL OVER!" She replied "SOCKS!"

**Moved? Changed phone number or e-mail address?
Let us know by calling 1-800-463-6842 or emailing copn@osteoporosis.ca and
we'll update your information. This will ensure we keep you up to date!**

A Recipe from our Sponsor

Chicken, Cheddar and cucumber remoulade salad

Course: *Main Dishes*

Preparation Time: *20 mins*

Cooking Time: *5 mins*

Yields: *4 servings*

2/3 milk product serving(s) per person

Calcium: 27% DV/ 295 mg



Ingredients

3 tbsp (45 mL) **Canadian Cream Cheese**, softened
1 tbsp (15 mL) lemon juice
1 tsp (5 mL) lemon zest
Salt and freshly ground pepper
1 English cucumber, seeded and julienned (or grated and drained)
1 lb (450 g) chicken breasts, cut into strips
1 tsp (5 mL) paprika
1/2 tsp (2 mL) garlic powder
1/2 tsp (2 mL) cinnamon
2 tsp (10 mL) butter
6 cups (1.5 L) baby spinach
4 oz (120 g) **Canadian Medium Cheddar**, grated

Tips

Cheese alternatives: Canadian Swiss cheese, Gouda.

Preparation

In a bowl, mix Cream Cheese with lemon juice and zest. Season with salt and pepper and add cucumber. Stir and reserve.

Season chicken with spices.

In a saucepan, melt butter on high heat and brown chicken 5 minutes or until thoroughly cooked.

Arrange spinach and cheese on 4 plates. Top with chicken and use the remoulade as the salad dressing.

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/chicken-cheddar-and-cucumber-remoulade-salad>

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