



Osteoporosis Canada

Ostéoporose Canada

COPING

February 10, 2016

Remember: You can live well with osteoporosis!

Self Management of Chronic Conditions: Are you the Driver or the Passenger?

This article first appeared in our September 28, 2012 COPING Newsletter

Meet Norma

Some COPING readers may have been introduced to Norma Pett through Osteoporosis Canada's website personal [stories page](#). Norma's regular regimen includes yoga classes, a weekly visit to the gym, spending time with her seven grandchildren and attending a course in *Living & Learning in Retirement*. Thus, it's a wonder that she has a spare moment at all to think about her osteoporosis. But the Toronto resident doesn't just think about it, she devotes much of her spare time to supporting others with the disease.

Diagnosed with "thinning bones" in 1989, when osteoporosis was not yet a widely recognized disease, Norma pressed her doctor to arrange a bone mineral density (BMD) test for her at one of only two machines available in Canada at the time. Since then, she has continued to expand her awareness of osteoporosis: keeping up to date with the latest research and therapies, and sharing this with others. Norma is a long-time volunteer at Osteoporosis Canada's national office, where she helps with accounting tasks. With her variety of interests and activities, she proves that a full, active life is possible in spite of being diagnosed with osteoporosis.

Being an active self-manager

What you may or may not have noticed by now is that Norma is also a self-manager. Even though Norma lives with osteoporosis (a chronic condition) she effectively manages her health and daily activities. By communicating with her health care professionals, making personal treatment decisions, staying active and exercising, Norma has taken responsibility in achieving her own best health. She is not being driven by osteoporosis on an unknown road, but rather she is the driver on a familiar path to achieve her best health.

In this issue

- Fracture Fact
- Self-Management of Chronic Conditions
- COPN Quiz
- COPN Award
- Funny Bone
- Bone Matters: Upcoming Presentation
- A Recipe from our sponsor

Fracture Fact:

In the two hours it takes you to finish your Monday laundry, 48 Canadians will have broken a bone because of their osteoporosis. Some of them might have broken that bone while doing *their* laundry.

By definition, self-management is the active participation of individuals in achieving their own best health and wellness. This involves gaining confidence, knowledge and skills to manage *physical, social and emotional* aspects of life, in partnership with health care teams and community supports (*Ontario Diabetes Strategy, Ministry of Health Self-Management working group, 2010*).

You may be asking yourself right now why the individual's role in managing osteoporosis is so central. Our health care professionals have had all those years of formal training and many of us are only just learning about our chronic conditions. Well, for one, our health care providers are present for only a small fraction of our lives, meaning that visits with your family doctor, specialist appointments and contact with other health care professionals only add up to a few hours of your time each month or each year. What that translates to is: much of the time, you are on your own, my friend! On a day to day basis you are the one handling your osteoporosis whether actively or passively – whether effectively or ineffectively. Current evidence suggests that people with chronic diseases who are able to self-manage their conditions are likely to have fewer disease-related complications, experience greater quality of life and better overall health and use health care services more appropriately than those who do not self-manage.

Like Norma, both Larry and Colm faced a variety of emotions and lifestyle changes upon being diagnosed with osteoporosis. Their stories are also featured on the Osteoporosis Canada (www.osteoporosis.ca) website. Click [here](#) to view. Larry, past Chair of COPN, was diagnosed with osteoporosis when he was just 48 years old, shortly after moving to Vancouver from Ottawa. He recounts his experiences with the disease: “I was shocked when my doctor told me I had osteoporosis. Like many others, I didn't think that the disease affected men. As a man, I felt isolated by osteoporosis.”

Similarly Colm, an active Triathlon athlete, expresses his thoughts about the disease: “There are many myths surrounding this disease such as ‘Osteoporosis is a woman's disease.’ Another myth is that it's an old person's disease and there's nothing one can do. NOT TRUE. After my diagnosis, I changed my diet to include more calcium-rich foods and added Vitamin D supplements to my routine.”

Finding out you have a chronic disease can be very overwhelming and can cause many difficult emotions such as fear, anxiety, and, as Larry mentioned, isolation. Often times, these emotions, if not dealt with, can lead to depression and physical symptoms like tense muscles, shortness of breath and pain. These symptoms can feed off one another and cause the disease to worsen over time. This is why it is so important to care for yourself and your chronic condition and make appropriate lifestyle changes so that it does not lead you on a downward spiral. In Colm's case, after being diagnosed with osteoporosis, he did not let the feelings of hopelessness set in but rather altered his diet and began taking vitamin D supplements. Small ripples do make big waves!

For all those readers who have read this far, congratulations on your existing self-management skills! By taking the time to register as a COPN member and read the COPING newsletter you demonstrate that you are seeking information that will help you handle your osteoporosis and that's a great accomplishment. I'm sure this is just one of the things you are doing to cope with your conditions. There are many tools and strategies involved in caring for yourself and your conditions. Breaking down the tasks and topics involved helps to simplify the puzzle. These include managing your medications, managing pain, eating right, physical activity, understanding your emotions and communicating with family, friends and health care professionals, to name a few.

Learning about chronic condition self-management can be easy to do. Taking a self-management workshop, for example, is a great way to help you learn the skills and tools necessary to actively participate in your own health

and wellness and conquer your osteoporosis. The “Living a Healthy Life with Chronic Conditions” workshop helps people to develop new skills to manage the symptoms and problems that result from chronic conditions. These skills – called “self-management skills” - help people to better manage pain and fatigue, to reduce stress, to communicate better with their doctors and their families and to eat and be active in ways that improve their health and overall well-being. Workshops are taught over a series of 6 weeks for 2.5 hours per week by two Peer Leaders who often have chronic conditions themselves. The “Living a Healthy Life with Chronic Conditions” workshop, developed over many years at Stanford University in the United States, is considered best practice in chronic disease self-management and has been adopted in many parts of Canada and around the world. Self-management workshops are currently being offered in many communities across Canada.

We would encourage anyone living with osteoporosis to check out the self-management workshop! To get more information on self-management workshops in your area ask your health care provider or [click here](#) for those in the Central East LHIN area. Like Norma, Larry and Colm, you too can feel better, take charge of your health and live life to the fullest, enjoying the activities you choose and spending quality time with family and friends. So ask yourself, are you going to be the passenger or the driver? Make the call and get involved in the “Living a Healthy Life with Chronic Conditions” workshops in your area.

Amanda Vasquez
Coordinator, CE LHIN Self-Management Program – Ontario

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.

[Click here](#) for this week's
COPN Quiz

You Make My Life Better

COPN Award

If you want to tell someone “You make my life better”,
[click here.](#)

FUNNY BONE:

Respect your parents. They made it through school without Google.



Osteoporosis Canada
Ostéoporose Canada



BONE ***MATTERS***

Take charge of your bone health

“Getting the Most from Your Healthcare Appointment”

Date: Tuesday, February 16, 2016

Time: 1:30-2:30 pm EST

Presenters: Andrea Martin and Darren Robbins, Self-Management Program (South West Community Care Access Centre, Ontario)

Healthcare appointments can be stressful for any patient. This webinar will help you communicate more effectively with your healthcare provider and learn strategies to prepare for medical visits.



Watch the live webcast with the interactive Ask a Question feature by registering [here](#) or go to www.osteoporosis.ca.

For more information on Osteoporosis Canada and the
Canadian Osteoporosis Patient Network (COPN)
Call 1-800-463-6842 or visit our website at www.osteoporosis.ca

A Recipe from our Sponsor

Roasted Tomato and Cauliflower Pasta Bake

Course: *Main Dishes*

Preparation Time: *20 mins*

Cooking Time: *35 mins*

Yields: *4 servings*

1/2 milk product serving(s) per person

Calcium: 29% DV/ 318 mg

Pop the vegetables in the oven to roast while you cook the pasta, then stir it all together with zippy Asiago cheese and you've got a pasta dish that's sure to become a new favourite. Serve a leafy green salad on the side.



For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/roasted-tomato-and-cauliflower-pasta-bake>

Ingredients

1 tbsp (15 mL) **butter**
1 tbsp (15 mL) olive oil
4 cups (1 L) cauliflower florets (about 2/3 medium head)
3 cups (750 mL) grape tomatoes
2 cloves garlic, minced
1/2 tsp (2 mL) dried rosemary or basil
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) pepper
1/4 tsp (1 mL) smoked paprika (optional)
2 tbsp (30 mL) red or white wine vinegar
8 oz (250 g) whole wheat rotini or fusilli pasta
1 cup (250 mL) shredded **Asiago or Provolone cheese**

Tips

For more protein, serve with seared shrimp or scallops, broiled fish or chicken.

When cutting up the cauliflower florets, cut the remaining head, too, and store with a small amount of water in an airtight container in the refrigerator to have on hand for nibbling.

Preparation

Preheat oven to 425°F (220°C).

Place butter and oil in a 13- by 9-inch (33 by 23 cm) glass baking dish. Heat in oven for 3 minutes or until butter is melted.

Add cauliflower, tomatoes, garlic, rosemary, salt, pepper, smoked paprika (if using) and vinegar to baking dish and toss to evenly coat. Roast in oven for about 25 minutes or until cauliflower is tender and browned and tomatoes have split, stirring once.

Meanwhile, cook pasta according to package directions, until a dente (tender but firm). Drain well, reserving 1/4 cup (60 mL) of the cooking water.

Stir pasta into vegetables in baking dish, mashing tomatoes slightly to release juice. Add reserved cooking water, a little at a time, to moisten pasta as desired. Stir in half of the cheese. Sprinkle remaining cheese on top and bake for about 5 minutes or until cheese is melted.

This issue of COPING is sponsored by Dairy Farmers of Canada

NOTICE: Every issue of COPING is vetted by members of Osteoporosis Canada's Scientific Advisory Council to ensure accuracy and timeliness of content. These newsletters are not intended to promote or endorse any particular product. Product references, if they appear, are for illustration only.

These newsletters are not intended to replace individualized medical advice. Readers are advised to discuss their specific circumstances with their healthcare provider.



NUTRITION
DAIRY FARMERS OF CANADA



getenough.ca