



Osteoporosis Canada

Ostéoporose Canada

COPING

May 18, 2016

Remember: You can live well with osteoporosis!

Calcium and Vitamin D Important, But Don't Ignore Protein

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With thanks to Gilda Salomone, Communications Officer, McGill University Health Centre

Women and men over 50 years old who already take calcium and vitamin D supplements to prevent osteoporosis may have to consider adjusting their protein intake as well. According to recent research by the Canadian Multicentre Osteoporosis Study (CaMos), older adults lacking an adequate amount of protein in their diets run a higher risk of increased bone fragility and fractures.



MUHC endocrinologist Dr. David Goltzman is the principal investigator of the Canadian Multicentre Osteoporosis Study (CaMos), an exceptional resource for advancing the knowledge about health and aging in Canada.

“We found that dairy protein, possibly because it also has calcium, was especially important for bone mineral density (BMD), which is an indicator of osteoporosis,” says Endocrinologist Dr. David Goltzman, principal investigator of CaMos and director of the Calcium Research lab at the Research Institute of the McGill University Health Centre. “We also found out that low protein intake, independent of the source (animal, dairy or vegetable), increased the risk of fractures.”

Dr. Goltzman decided to undertake this study because of the conflicting scientific data about the effects of protein intake on osteoporosis.

“The prevailing theory was that you shouldn't eat too much protein, because the acid associated with it could lead to bone loss,” says Dr. Goltzman, who is also a professor of Medicine at McGill University. “But our study shows that for older adults, too little protein can be harmful to bone health.” Dr. Goltzman recommends that adults over 50 get at least 15 percent of their daily calories from protein.

“Health Canada's lower end of the acceptable range for protein intake is 10 per cent,

Fracture Fact

Protein gives bone its strength and flexibility. Protein is also the big component of muscles, which are crucial for mobility and preventing falls.

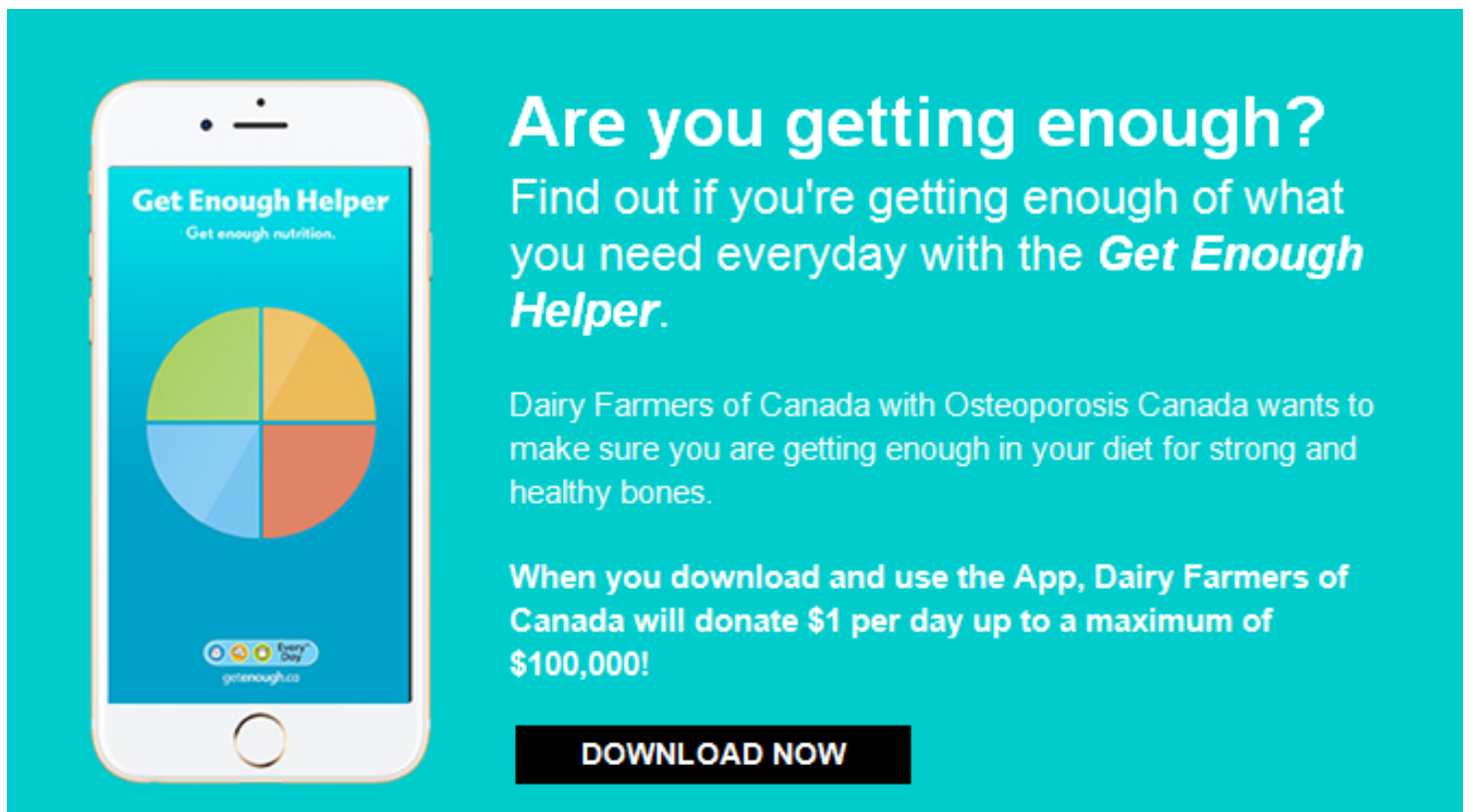
but that's not enough to prevent fractures in people over 50, especially for those at high risk of fracture," he says. "Protein, like calcium, is a major component in bone and is essential for its renewal. Furthermore, protein intake is also important for maintenance of muscle function that may help preserve bone mineral density."

A fruitful long-term study

This is just one of the more than 120 publications based on the CaMos database. The initiative started 20 years ago and recruited 10,000 participants with an average age of 60 years old in nine university centres across Canada. Although no participants were recruited in Montreal, the city has been the centre of the operation, compiling and analysing all data. The internationally recognized study has contributed on an important level to the knowledge about osteoporosis, with topics ranging from causes and treatments to genetics to quality of life. Dr. Goltzman hopes CaMos will continue to receive funding from the Canadian Institutes of Health Research (CIHR).

"Of the 10,000 participants, there are now only 3,500 left, he says. "We would like to expand the study to include family members and friends of participants, and an ethnic minority. We would also like to examine the interplay between osteoporosis and diseases such as arteriosclerosis, diabetes and sarcopenia (muscle loss due to aging). We need twenty more years to continue to study osteoporosis."

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.



Are you getting enough?
Find out if you're getting enough of what you need everyday with the **Get Enough Helper**.

Dairy Farmers of Canada with Osteoporosis Canada wants to make sure you are getting enough in your diet for strong and healthy bones.

When you download and use the App, Dairy Farmers of Canada will donate \$1 per day up to a maximum of \$100,000!

DOWNLOAD NOW

Coping Goes Paperless

Do you know someone who receives Coping every three months in hard copy by Canada Post? If so, we ask that you share this important message with them.

Effective May 31, 2016, the Coping newsletter will only be distributed by email. Because of the spiralling costs of printing and postage we regret that it is necessary to discontinue the distribution of paper copies by regular mail.

We do understand that some of you will be inconvenienced by this change, and for that we apologize.

We encourage you to sign up to receive the email version of the newsletter. Not only will you receive the same great information you trust and enjoy, you will benefit from many other features that are only available with the electronic version of the newsletter. These include:

- A newsletter every two weeks rather than every three months;
- Special editions of the newsletter to report on important breaking news as it happens;
- Timely announcements of osteoporosis-related events across Canada and in your local area;
- The ability to easily share a newsletter with your friends and family by clicking just a few keys;
- The ability to change the font size on your desktop, laptop or tablet to read the newsletter in a font that is best for you;
- The option to print out a copy of Coping and save it, share it and discuss it with others; and
- The opportunity to share Coping with your social media friends on Facebook, Twitter, Instagram, etc.

Last but not least, our environment also benefits from this shift to a greener delivery of the newsletter as we save the energy and materials used to produce and deliver the thousands of pages of paper used each year.

Switching to email takes just a few simple steps either by phoning the toll-free hotline (1-800-463-6842) or online at www.osteoporosis.ca/copn. For those of you new to the Internet and email, perhaps a family member, friend or neighbour can guide you through the process, step by step, to provide the required information so that you can receive Coping by email and continue to access online the wealth of knowledge Coping has to offer!

If you find that you are not able to take advantage of one of the options for electronic delivery of the newsletter described above but would still like to hear the latest news from Coping, you can call one of our counsellors toll free at 1-800-463-6842. They would be pleased to share with you the highlights of the latest newsletter and any other osteoporosis information you may need.

Thank you for understanding this necessary change.

FUNNY BONE:

A farmer in the field with his cows counted 196 of them, but when he rounded them up he had 200.

Bone Matters: Upcoming presentation

BONE MATTERS
Take charge of your bone health

Presenter
Fabio Feldman PhD,
Manager Seniors Fall
and Injury Prevention,
Fraser Health
Authority, BC

**“The Serious Side of Gravity:
Prevention of
Falls and Fractures”**
Date: Wed., June 8, 2016
Time: 1:00-2:00pm EDT

Why are some
people at greater
risk of falls and
fracture?
How can you
reduce your risk?

Watch it live!
Have your
questions
answered!
Register at
osteoporosis.ca

Osteoporosis Canada
Osteoporosis Canada

For more information Call 1-800-463-6842 or
Visit osteoporosis.ca/copn

Shoppers Drug Mart

Join us for the next installment of Bone Matters!

The goal of this presentation is to raise awareness about falls and fracture prevention. Join us to learn about practical tips and strategies to reduce your risks of falls and fractures. You will also learn about why some people are at greater risk of falls and fractures than others. This presentation will also identify non pharmaceutical technologies aimed at reducing falls and fractures. These tips will ensure that you take away all the knowledge needed to do what you can to reduce your risk in your daily life.

For more information or to sign up for the next Bone Matters, [click here](#).

Osteoporosis Canada and Shoppers Drug Mart Video Launch

Please take a few minutes, 2.41 to be exact, to check out this short YouTube video for important information about osteoporosis. Share its easy to understand message with your family and friends by clicking on the images below.

As part of the Shoppers Love. You. partnership, the Osteoporosis Canada and Shoppers Drug Mart illustrated video in both English and French was launched in early May.

The videos are hosted on osteoporosis.ca and osteoporosecanada.ca respectively and will be promoted via the OC Facebook.

Posts will also appear on the OC Twitter feed, LinkedIn page, with both short and full length versions hosted on the OC YouTube Channel.

You can view the full length videos below by clicking on the image.



A Recipe from our Sponsor

Lentil, kale and Feta salad
Recipe from Bal Arneson

Course: *Main Dishes*
Preparation Time: *20 mins*
Cooking Time: *1 hr*
Yields: *6 servings*

1/2 milk product serving(s) per person

Calcium: 20% DV/ 224 mg

Perfect for entertaining, this hearty winter salad stars lentils brightened with the tang of feta.



Ingredients

1 cup (250 mL) dried brown lentils
2 tbsp (30 mL) olive oil
1/4 tsp (1 mL) mustard seeds
1/4 tsp (1 mL) cumin seeds
1 tsp (5 mL) garam masala
Salt and freshly ground pepper

1 medium lemon, zest and juice (optional)
2 large kale leaves, chopped
1 cup (250 mL) cherry tomatoes, halved
1/4 cup (60 mL) roasted cashews
1 small red onion, finely chopped
1 cup (250 mL) crumbled **Canadian Feta**

Preparation

In a saucepan, bring lentils and 8 cups (2 L) water to a boil. Reduce heat to low and cook for 45–60 minutes or until tender. Drain and let cool.

To make salad dressing, heat oil on medium heat in a skillet. Cook mustard and cumin seeds, garam masala, salt and pepper for 15 seconds. Let cool and add lemon zest and juice, if desired.

In a large bowl, toss to combine lentils, kale, cherry tomatoes, cashews, onion, Feta and salad dressing. Serve.

Tips

You can use canned lentils; drain and rinse before adding to the rest of ingredients.

Cheese alternatives: Diced Canadian Bocconcini, Cheddar or Havarti

For more information about this recipe:
<http://www.dairygoodness.ca/getenough/recipes/lentil-kale-and-feta-salad>

This issue of COPING is sponsored by Dairy Farmers of Canada

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



getenough.ca