



Osteoporosis Canada

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**COPING**

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

## **My Osteoporosis Isn't Just About Me**

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#### **Fracture Fact**

**At least one in five men will suffer a broken bone from osteoporosis during their lifetime.**

I have talked many times about osteoporosis and my broken bones but I have come to realize that I have been telling an incomplete story. I say that because I have been so focused on describing how it has affected me that I have not adequately acknowledged how significant an impact my disease has had on those around me. First and most importantly is my wife. She has taken the brunt of it, supporting me through fracture after fracture after fracture, making sure that I was able to recover successfully each time by looking after my every conceivable personal need. As monumental a task as that has been (I admit I closely resemble the whiny husband on that commercial for a cold medication), taking care of me is only part of the extra burden she carries because of my osteoporosis. Each and every activity I am no longer able to do - for instance, carrying heavy groceries or a bag of soil or shovelling wet snow - means one more chore added to her already long list. When you own a home and have a large yard as we do, there are many such chores. Climbing a ladder is another. She is terrified of heights, but she is even more terrified of the thought of me falling off a ladder. So that is her instead of me cleaning the eaves or high up in the cherry tree pruning branches. The diagnosis of my osteoporosis was a life-changing moment - for both of us.

My children and grandchildren have also been affected by my osteoporosis, not only because of the extra things they do to help me, but also because I have been limited in what I have been able to do to help them. A dad should be able to help his son lay his new brick patio or his granddaughter move into her first apartment, right? I've been able to provide moral support and advice when what they really needed was someone to help with the heavy lifting. What do I get in return? Their unwavering support and encouragement that have been instrumental to my recovery and to staying fracture-free for 16 years and counting.

The impact of my osteoporosis extends beyond my family to my friends and colleagues. All of my broken bones occurred before I retired, so that meant fracture-induced absences from work, some for weeks at a time. Time and again my colleagues had my work piled on top of theirs. I can only imagine that beneath the surface of bouquets of flowers and "get well soon" cards, there were reluctant sighs about all the extra work Larry's broken bones caused them, yet again.

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

I am not sure it is possible to adequately thank all who have helped me recover from the many broken bones and manage my osteoporosis. Their devotion to my well-being has truly motivated me and strengthened my resolve to stay bone-healthy and fracture-free. With all my family, friends and colleagues at my side, I am indeed living well with osteoporosis.

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

## [New FLS Registry recognizes 25 Canadian hospitals going the extra mile to prevent fractures from osteoporosis](#)

Fracture Liaison Service (FLS) is internationally recognized as the most effective program to prevent repeat fractures due to osteoporosis. In an FLS, a coordinator assesses those individuals who have come to the hospital because of a broken bone to determine if they have osteoporosis; then works with them to ensure they are properly treated to prevent the next fracture.

On May 19, Osteoporosis Canada launched a new FLS Registry to profile those hospitals across Canada that have implemented an effective FLS. Please join us in congratulating both those progressive institutions now on the Registry and the many others who are sure to follow suit in the coming months.

For more information on the new FLS Registry [click here](#).

To view a map showing the location of the 25 FLS on the Registry in British Columbia, Alberta, Ontario, Quebec and Nova Scotia [click here](#).

## **FUNNY BONE:**

**A bean supper will be held Saturday evening in the church basement. Music will follow.**

**– Church Bulletin**

# A Recipe from our Sponsor

## Mango Strawberry Smoothie

Course: *Beverages & Snacks*

Preparation Time: *5 mins*

Yields: *2 servings*

*3/4 milk product serving(s) per person*

**Calcium:** 27% DV/ 294 mg

This smoothie with flavourful fruit, milk and Greek yogurt makes a good addition to a balanced breakfast or a refreshing post-exercise snack.



## Ingredients

1 cup (250 mL) frozen chopped mango  
1/2 cup (125 ) frozen sliced strawberries  
2 tbsp (30 mL) chia seeds, hemp seeds or ground flax seeds  
1 cup (250 mL) **milk**  
1/2 cup (125 mL) **plain Greek yogurt**  
1 1/2 tsp (7 mL) liquid honey or 2 tsp (10 mL) maple syrup  
1 tsp (5 mL) vanilla extract

## Preparation

In a blender, combine mango, strawberries, chia, hemp or flax seeds, milk, yogurt, honey and vanilla. Purée until smooth. Pour into chilled glasses and serve immediately.

## Tips

Using frozen mango and strawberries creates a thick smoothie. For a thinner smoothie, use fresh mango and frozen strawberries.

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/mango-strawberry-smoothie>

**This issue of COPING is sponsored by Dairy Farmers of Canada**

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[getenough.ca](http://getenough.ca)