



Osteoporosis Canada

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COPING

July 13, 2016

Remember: You can live well with osteoporosis!

Have Osteoporosis, Will Travel

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Fracture Fact

Falls are the leading cause of injury-related hospitalizations among Canadian seniors.

One of the questions I grappled with after I learned I had osteoporosis was *what impact will the disease have on my freedom to travel?* Retirement was just around the corner and I had plans – plans to travel and see faraway friends, distant relatives and exotic places. How could I travel if I was at risk of suffering another fragility fracture from even the simplest of activities like picking up a suitcase, stepping off a train or getting a welcoming bear hug from a suddenly full-grown nephew? Freedom 55 was starting to sound like a hollow promise.

Fortunately it didn't take me too long to discover that with proper planning and careful research, there were few hurdles I couldn't overcome to be able to travel safely and comfortably. Now fully 10 years into retirement, I have travelled near – a few hours into the interior by car; far – half way around the globe by airplane; and long – two weeks on a ship cruising the Mediterranean, all without a single mishap and with every bone intact. COPN is right – you can live and travel well with osteoporosis as your constant companion.

Do you have vacation plans this summer? Let COPN take some of the anxiety and guesswork out of your preparations, beginning with today's article, a reprint of the first of our popular four-part series on travel. This series is chock-full of tips to help you plan for and enjoy each and every travel adventure. The complete series can be found in *Coping*, issues July 2, July 16, July 30 and August 13, 2014.

Travel: Part 1

Planes, Trains, Automobiles...And Osteoporosis.

Whether for business or pleasure, travelling can be a wonderful experience. But if you have osteoporosis is it still possible to enjoy your trip safely? We at COPN say yes, with careful planning and attention to the details at every stage of your journey, it is possible. In this article, and in three upcoming issues, we share with you advice collected from the experts and other experienced travelers so that you can take all the necessary precautions to ensure an *enjoyable and bone-safe trip*.

Before You Start!

As a first step, it is important that you have a **clear understanding** of your physical needs, limitations and abilities. You can talk to your doctor to determine your fitness to travel and your medical needs both while traveling and at your destination. With your doctor's clearance you can then choose a suitable destination and means of travel. Consider using a travel agent who can assist both in planning and booking a trip that meets all of your medical and fitness requirements. This includes any accessibility needs you may have as a result of your osteoporosis. You or your travel agent should contact the airline, train line, tour companies, hotels or cruise ship to be sure that they understand and can accommodate your needs.

Your doctor can also advise you about any necessary **vaccinations** for your trip or if you need to update any previous vaccinations. Some vaccinations can take up to six months to administer, so be sure to start this process early rather than waiting until shortly before your departure.

Keep records so you know what to expect on each leg of your journey. Accessibility standards vary from country to country, so be prepared to describe in detail the support or features you may need. For example, you may need wheelchair assistance at the airport, extra leg room on the airplane, a seat near the aisle, a special diet, etc.

You will need to consider **travel and medical insurance** because medical care in a foreign country can be very expensive. When purchasing insurance, be sure to ask about age restrictions and coverage for pre-existing conditions. Many medical insurance policies do not cover expenses for illnesses that are related to a pre-existing condition, so it is important to clarify whether or not you will be covered if you have a recurrence of a previous illness. In addition, medical insurance policies often require a stability period that can range anywhere from 7 days to several months prior to departure. A stability period is a period of time during which you have not had any new treatment or changes to your medications. Make sure that you understand the requirements of the stability period for the travel insurance that you choose, and see your doctor for a check-up well before that period to minimize the chance of any changes to your medications and treatment shortly before your departure.

You will also need **cancellation insurance** because there is always the possibility that something may happen at the last minute (health related or otherwise) that requires you to change your travel plans.

Next time, **Part 2 – The All-Important List**

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:

A bargain is something you can't use at a price you can't resist.
– Franklin Jones

A Recipe from our Sponsor

Pear Raspberry Yogurt Muesli

Course: *Main Dishes*

Preparation Time: *15 mins*

Cooking Time: *8 mins*

Refrigeration Time: *12 hrs*

Yields: *4 servings*

1/2 milk product serving(s) per person

Calcium: 22% DV/ 246 mg

Toasted oats, seeds and nuts, plus sweet pears and tangy raspberries all combine with yogurt for a satisfying and tasty breakfast. Prepare it in the evening and you'll be off to a great start to the next day before you even go to bed.



Ingredients

1 cup (250 mL) large-flake rolled oats
1/4 cup (60 mL) unsalted sunflower seeds
1/4 cup (60 mL) sliced almonds
1 firm-ripe pear
2 Tablespoon (30 mL) ground flax seeds
1/8 tsp (.5 mL) ground nutmeg or cinnamon
1 1/2 cups (375 mL) **plain yogurt**
2 tbsp (30 mL) maple syrup or liquid honey
1 1/2 cups (375 mL) fresh or frozen raspberries (thawed if frozen), divided

Tips

Use a mixture of rolled oats, quinoa flakes and/or barley flakes for a change in texture and flavour – just keep the total amount at 1 cup (250 mL).

Use a pear that's ripe and sweet but still firm enough to shred. Pears ripen from the inside first; to check for ripeness, gently squeeze the neck of the pear closest to the stem and it should give slightly.

Preparation

In a large, dry skillet, toast rolled oats, sunflower seeds and almonds, stirring constantly, for about 5 minutes or until golden and fragrant. Transfer to a medium heatproof bowl and let cool. Set 1/4 cup (60 mL) aside for topping; cover and store at room temperature.

Coarsely shred pear on the coarse side of a box grater. Stir pear, flax seeds, nutmeg or cinnamon, yogurt and maple syrup or honey into bowl with oat mixture. Cover and refrigerate overnight.

To serve, stir 1 cup (250 mL) of the raspberries into yogurt mixture, mashing berries slightly as you stir. Spoon into bowls, sprinkle with reserved oat mixture and top with remaining raspberries.

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/pear-raspberry-yogurt-muesli>

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