



Osteoporosis Canada

Ostéoporose Canada

COPING

October 19, 2016

Remember: You can live well with osteoporosis!

World Osteoporosis Day

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Fracture Fact

According to the International Osteoporosis Foundation, more than 8.9 million fractures from osteoporosis occur annually, or one every three seconds.

World Osteoporosis Day - October 20

Mark your calendar for World Osteoporosis Day - October 20. Each year on this day, people from around the world focus attention on the serious impact that the devastating disease osteoporosis has upon individuals, and ultimately society. World-wide, osteoporosis is a debilitating disease affecting the well-being of both men and women, predominantly those over the age of 50.

Osteoporosis is a disease characterized by low bone mass and the deterioration of bone tissue. In Canada about 2 million men and women over the age of 50 suffer from osteoporosis. Of this population, one in three women and one in five men will experience an osteoporotic fracture during their lifetime. In fact, osteoporotic fractures are more common than heart attack, stroke and breast cancer combined. Yet in spite of what we know about osteoporosis, this disease remains seriously underdiagnosed and under treated.

On World Osteoporosis Day join the worldwide community in this call to action:

- All people live bone healthy proactive lives.
- Health authorities provide accessible timely diagnosis and treatment to all men and women at high risk.

For this prevention campaign, wear white on October 20 and visit <http://worldosteoporosisday.org/> for ways to engage and share in the worldwide movement to prevent osteoporosis.

Annual General Meeting

Osteoporosis Canada held its annual general meeting (AGM) on Saturday, September 24, 2016 in Toronto, Ontario. The Chair of Osteoporosis Canada's National Board of Directors, Brigadier General (Retired) Hilary Jaeger, hosted the meeting. Both Hilary Jaeger and Dr. Famida Jiwa, President and CEO of Osteoporosis Canada, reflected on the accomplishments and challenges of the 2015-2016 fiscal year and presented their vision of future priorities and directions for the organization. The audited

financial statements for 2015-2016 were presented, voted on and approved.

Osteoporosis Canada's incoming Board of Directors was introduced. Chaired by Brigadier General (Retired) Hilary Jaeger of Victoria, British Columbia, the Board includes the following slate of Directors:

Linda Annis	Vancouver, British Columbia
Jeanne Archibald Q.C.	Truro, Nova Scotia
Jeannette Briggs	Oakville, Ontario
Karen Demassi	Calgary, Alberta
Dr. Heather Frame	Winnipeg, Manitoba
Dr. Richard Hovey	Montreal, Quebec
Kais Lakhdar	Toronto, Ontario
Jeffrey Narod	Vancouver, British Columbia
Ian MacNair	Oakville, Ontario
Dr. Suzanne Morin	Montreal, Quebec
Sharron Steeves	Moncton, New Brunswick
Christine Thomas	Ottawa, Ontario
Ada Tien	Toronto, Ontario

Osteoporosis Canada's 2015-2016 Annual Report - #Better BONE Health - can be viewed on the website at www.osteoporosis.ca. Please take some time to peruse the Annual Report, which includes: financial highlights, some startling statistics and considerable information on the work of Osteoporosis Canada.

The attendees at the AGM weekend were members of OC's National Board of Directors, the Operations Advisory Council (OAC) (representatives of the various chapters across the country), the Canadian Osteoporosis Patient Network (COPN) Executive Committee and members of OC's senior management team. This was a wonderful opportunity for sharing of information and ideas both formally and informally.

Each of the operational groups met separately for much of the weekend to do their in-depth planning for the upcoming years. OC's Annual Volunteer Awards Dinner was held on Saturday, September 24, 2016. Be sure to read upcoming issues of *Coping* to learn more about these award recipients.

Osteoporosis Canada is Proud to Announce *Larry Funnell* appointed as a Canadian Institute of Health Research-Institute of Musculoskeletal Health and Arthritis (CIHR-IMHA) Research Ambassador

Larry Funnell has been invited to be one of CIHR – IMHA new Research Ambassadors to share his perspectives, advice and experience with the Institute to help shape their health research agenda and represent the voice of Canadians living with conditions like osteoporosis that fall under the IMHA research mandate.

Larry is a tireless supporter of COPN (Canadian Osteoporosis Patient Network) and its mandate to represent Canadians living with osteoporosis. From 2009 to 2014 he was Chair of the COPN Executive Committee and a member of Osteoporosis Canada's Board of Directors. He continues to sit on the Executive Committee and fulfill other roles for COPN including:

- Chair, Communications/Social Media Committee
- Chair, Fracture Liaison Services Task Group
- Member, Newsletter Committee
- Member, Bone Matters/Virtual Forum Committee

Larry also represents COPN on the Scientific Advisory Council Guidelines Committee.

As a man living with osteoporosis, Larry is acutely aware of the difficulties men face after a diagnosis of osteoporosis. He is the driving force behind Bones 'n' Beer, an awareness and fundraising series of events designed to reach men with messages about bone health and fracture prevention.

Congratulations Larry!



Osteoporosis Canada is Proud to Announce *Richard Hovey* appointed as a Canadian Institute of Health Research-Institute of Musculoskeletal Health and Arthritis (CIHR-IMHA) Research Ambassador

Dr. Richard Hovey has been invited to be one of CIHR – IMHA new Research Ambassadors to share his perspectives, advice and experience with the Institute to help shape their health research agenda and represent the voice of Canadians living with conditions like osteoporosis that fall under the IMHA research mandate.

Richard is an Osteoporosis Canada Board Member, who currently is an Associate Professor in the Division of Oral Health and Society, Faculty of Dentistry, at McGill University in Montreal QC. He has experience as both a quantitative MA (McGill University) in exercise physiology and qualitative research PhD (University of Calgary) as an educational / philosophical researcher. Dr. Hovey's research expertise is focused on understanding the experiences of persons living with chronic pain, osteoporosis, diabetes and cancer, as well as, patient safety, person-centred healthcare, health professional education, communication, leadership and interdisciplinary practice.



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.

FUNNY BONE:

No matter what stage your child is in, the parents who have older children always tell you the next stage is worse. – Dave Barry

A Recipe from our Sponsor

Apple Cinnamon Quinoa Porridge

Course: *Main Dishes*

Preparation Time: *10 mins*

Cooking Time: *30 mins*

Yields: *4 servings*

1/2 milk product serving(s) per person

Calcium: 16% DV/ 175 mg

A hot cereal for breakfast is a great way to start the day. This version is a twist on traditional porridge, using quinoa simmered in milk with apple pieces giving you new flavours but with all of the traditional, creamy comfort you expect.



For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/apple-cinnamon-quinoa-porridge2>

Ingredients

3/4 cup (175 mL) white or 3-colour blend quinoa
1 tbsp (15 mL) whole wheat flour
1 tbsp (15 mL) packed brown sugar
1/2 tsp (2 mL) ground cinnamon
1/8 tsp (0.5 mL) salt
1 cup (250 mL) water
2 cups (500 mL) **milk**
1 large red apple, diced
2 tbsp (30 mL) chopped toasted nuts or sunflower seeds
Additional ground cinnamon, to taste
Maple syrup or additional brown sugar (optional)

Preparation

In a deep, medium-size saucepan, whisk flour, sugar, cinnamon and salt into milk. Stir in quinoa and water. Bring to a boil over medium-high heat, stirring occasionally.

Reduce heat to low, cover and simmer, stirring often, for 20 minutes. Stir in diced apple, cover and simmer, stirring often, for about 5 minutes or until quinoa and apple pieces are tender. Remove from heat and let stand, covered, for 3 minutes.

Spoon into bowls and sprinkle with nuts or sunflower seeds and cinnamon. Add a hint of maple syrup or brown sugar, if desired.

Tips

Quinoa can have a bitter coating, called saponin, on the surface of the grain. Most quinoa sold is pre-rinsed but it's best to rinse it just in case. Place quinoa in a fine-mesh sieve and rinse well under cold, running water and drain well.

Use a deep pan when simmering recipes using milk, as it tends to bubble up. Keep a close eye on the pan and lift the lid and stir frequently to make sure the milk doesn't boil over.

Use an apple variety that holds its flavour when cooked, such as Empire, McIntosh, Northern Spy, Idared or Spartan.

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.



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