



Osteoporosis Canada

Ostéoporose Canada

# COPING

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*Remember: You can live well with osteoporosis!*

## Four Simple Truths I Didn't Know About Breaking Bones

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### Fracture Fact

Over 80% of all fractures in people 50+ are caused by osteoporosis.

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

I wasn't the only one surprised by my diagnosis of osteoporosis in 1998. My family physician was surprised. So was my family. The few friends I confided in were shocked. They had all puzzled about the same things – “Doesn't osteoporosis affect only post-menopausal women?” followed quickly by “There's more to Larry's breaking bones than the fact that he is an accident-prone klutz?”

But that was almost two decades ago and with the advancements in science, the availability of new medications and aggressive education campaigns, surely more men are being identified, assessed, diagnosed and treated for osteoporosis, right? The statistics would suggest otherwise. Today, fully 95% of men with osteoporosis don't know they have the disease. Adding women (who are better informed and more aware) to the mix and the number is 80%. In other words, only one in five Canadians who have osteoporosis are aware that they have the disease.

There are four simple truths that I didn't know back then, and apparently most Canadian men and women still do not know:

1. It is **not normal** to break a bone from a minor fall.
2. If you do, you may be at high risk of **breaking another bone**.
3. A broken bone may be the first sign that you have **osteoporosis**.
4. There are **effective treatments** to reduce the risk of broken bones.

Do you know someone who has recently broken a bone from something as simple as a fall from standing height, doing everyday household chores or even a cough or sneeze? You can “**pay it forward**” by doing these three easy things to help:

### *Paying It Forward*

*Performing acts of kindness for others in need without expecting anything in return*

1. Recite to them the four simple truths above.
2. Persuade them to talk to their doctor about their bone health and risk of more fractures.
3. Encourage them to join the COPN family so that they too can enjoy the benefits of being a member.

## Why should someone join the Canadian Osteoporosis Patient Network (COPN)?

COPN members receive numerous benefits to help them live well with osteoporosis:

- Practical information on nutrition, exercise, safe movements, fall prevention and much, much more.
- The latest evidence-based information on medical research and osteoporosis care with rapid responses to media headlines.
- Inspiring personal stories from others who are affected by and living well with osteoporosis.
- Notifications of osteoporosis education forums and events in your community.
- The assurance that all information provided by COPN is vetted by Canada's foremost osteoporosis experts, the Scientific Advisory Council of Osteoporosis Canada

Join COPN now at [www.osteoporosis.ca/copn](http://www.osteoporosis.ca/copn) or call toll free at 1-800-463-6842 so you too will receive our **free** COPING e-newsletter direct to your inbox.

Larry Funnell  
Volunteer  
COPN Executive Committee  
Osteoporosis Canada

*"I've had my last fracture and I'm living well with osteoporosis!"*

### We Welcome Your Feedback

- Have a question?
- Is there an osteoporosis-related topic that you would like to see featured in the newsletter?
- Looking for a great volunteer opportunity?

Please contact us by calling Osteoporosis Canada's toll-free number **1-800-463-6842** or emailing [copn@osteoporosis.ca](mailto:copn@osteoporosis.ca).

## The Osteoporosis Canada FLS Team Announces the Launch of its Re-designed Webpage

The Osteoporosis Canada FLS Team is excited to announce the launch of our re-designed webpage – [the FLS Hub](#) in English and [Carrefour FLS](#) in French!

The FLS Hub is the go-to source for information on FLS in Canada, and has a number of tools and resources, including the [FLS Registry](#). The Registry now features 39 FLSs from 5 provinces who have met OC's [8 Essential Elements](#).

Check out our new page at the link below, and be sure to sign up for the FLS Network for upcoming events and news related to FLS: <http://www.osteoporosis.ca/fls/>

# FUNNY BONE:

One of life's greatest mysteries is how the boy who wasn't good enough to marry your daughter can be the father of the smartest grandchild in the world.

## A Recipe from our Sponsor

### Spiced Yogurt Chicken Tikka

Course: *Main Dishes*

Preparation Time: *20 mins*

Cooking Time: *25 mins*

Yields: *4 servings*

*1/2 milk product serving(s) per person*

**Calcium:** 24% DV/ 268 mg

Marinating the chicken in yogurt gives it a moist, tender texture and tempers the curry spices making this a mild, yet aromatic and flavourful dish. The cumin and cilantro yogurt for the topping adds just the right zest and tang.



For more information about this recipe:

<https://www.dairygoodness.ca/getenough/recipes/spiced-yogurt-chicken-tikka>

## Ingredients

1 1/2 cups (375 mL) **plain yogurt**, divided  
3 tbsp (45 mL) tikka, tandoori or other mild curry paste  
1 tsp (5 mL) grated lime zest  
1 lb (500 g) boneless skinless chicken breast, cut into thin strips  
1 tbsp (15 mL) **butter**  
1 onion, thinly sliced  
3 cloves garlic, minced  
1/4 tsp (1 mL) salt

1 sweet red pepper, chopped  
2 cups (500 mL) no-salt-added canned diced tomatoes  
2 tbsp (30 mL) cornstarch  
1 cup (250 mL) frozen green peas, thawed, or chopped green beans  
1/2 tsp (2 mL) ground cumin  
2 tsp (10 mL) freshly squeezed lime juice  
2 tbsp (30 mL) chopped fresh cilantro  
2 cups (500 mL) hot cooked brown rice

## Tips

If canned tomatoes without added salt are not available, omit the salt in step 2, then taste the sauce just before serving and add up to 1/4 tsp (1 mL) salt to taste.

Basmati rice is traditional to serve with curries and whole grain brown basmati rice is becoming more available and adds a nice flavour to complement the curry; regular long-grain brown rice is a good alternative.

## Preparation

In a bowl, combine 3/4 cup (175 mL) of the yogurt, the tikka paste and lime zest; add chicken and stir to coat well. Let marinate at room temperature for 10 minutes or cover and refrigerate for up to 4 hours.

In a large skillet, melt butter over medium heat; sauté onion, garlic and salt for 3 minutes or until starting to soften. Add sweet red pepper and sauté for 3 minutes or until softened.

Stir in tomatoes and bring to a boil, stirring occasionally. Reduce heat and boil gently, stirring often, for about 3 minutes or until slightly thickened.

Sprinkle cornstarch over chicken mixture and stir to combine. Add to skillet with peas, stirring well. Simmer, stirring often, for about 10 minutes or until chicken is no longer pink inside and sauce is thickened.

Meanwhile, in a small bowl, whisk ground cumin, lime juice and cilantro into remaining 3/4 cup (175 mL) yogurt. Serve chicken in sauce on rice, topped with yogurt.



### Nutrition Tip

You can add yogurt to soups and stews to give them a creamier taste

**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.

