

Remember: You can live well with osteoporosis!

The Importance of Good Posture

With thanks to Ina Ilse, one of the four founding members of COPN

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Fracture

Fact:

Falls can cause broken bones. Good posture may help prevent a fall.

Why is it important to have good posture?

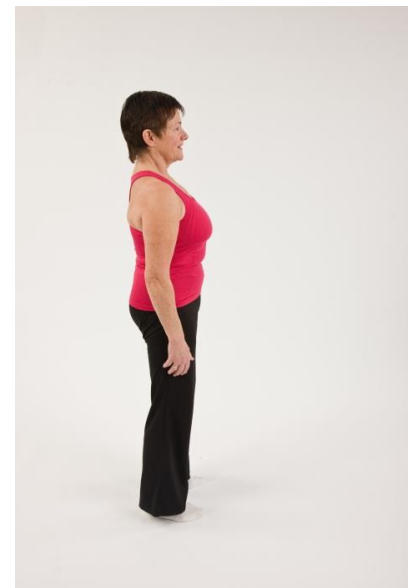
At some point in our lives we have all heard that it is important to not slouch because it is not good for us. My mother often scolded us for slouching but was it ever explained to us why it is important to sit or walk straight? In grade school we had a class most days where the teacher told us to put a book on our head and walk to the music. When the music stopped, we had to stop without the book falling down. I never gave it a thought but in time I did come to understand why it is healthy to have good posture.

What is good posture?

When you are standing, your ear, shoulder, elbow, hip bone, knee and ankle should line up. When sitting, you should sit up straight with your feet flat on the floor. You may need a support, such as a cushion, for your lower back.

Here are a number of reasons why good posture is important:

- It eliminates stress on the spine and muscles, which in turn will help relieve fatigue and improve our ability to perform well.
- Good posture eliminates stress on the intestines. When our intestines are scrunched up, our food will not digest properly and so we are deprived of important nutrients. In turn it may also reduce reflux problems. When the body is scrunched up, it is much easier for our digestive juices to move up and cause acid burn.



*Good posture while standing.
Courtesy Bone Fit™*

- It gives our heart and lungs more space to function. When our body is well aligned, our organs are properly spaced and so there is room to breathe well and our heart has room to beat properly.
- It may improve memory. The brain uses about 25% of the oxygen in our body. Since good posture enhances breathing, it allows you to take in more oxygen, and when you take in more oxygen, your brain function improves.
- Good posture keeps your feet firmly on the ground. When the body is well aligned, the centre of gravity flows straight from the top of our head down to our feet and so anchors us to the ground. This is particularly important in preventing falls; if our posture is good, a slight trip is unlikely to throw us off balance and cause a fall.
- You look better with good posture and if you look good, your mood will improve. When we slouch, we really don't look good and slouching also saps the energy out of our bodies. Slouching shows bulges and it will appear as though we carry more weight. Straighten up and it looks as though you have lost weight because the bulges no longer show.

Perhaps these reasons will encourage you to straighten up and look the world full in the eye!

Chances are that you are seated while reading this newsletter. How is your posture right now? Are you sitting straight? Here are some tips to help improve your posture.

- When you sit, especially when you spend a great deal of time at a desk, keep your feet firmly on the ground in front of you. If the chair is too high and not adjustable, put a small footstool or something similar under your feet.
- The chair should be of a height such that when you work, your arms are level with the desk. Otherwise, there will be strain on your body and you will slouch and have neck pain.
- When you sit, the chair should be sized so that you are able to sit with your back all the way into the seat of the chair. If that is not possible, use a cushion to make it comfortable. Sometimes a rolled-up towel can be used if you have no cushion.
- If you are in front of a computer, try to have your eyes about two inches below the top of your monitor so that you will not strain your neck. If you wear bifocals the monitor should be a bit lower.
- Your keyboard is also important; keep your arms straight forward so you can work comfortably.
- Try to do posture exercises for 5 – 10 minutes every day. Go to <https://osteoporosis.ca/health-care-professionals/clinical-practice-guidelines/exercise-recommendations/> for the Too Fit to Fracture booklet and its suggestions for posture exercises.
- Pay attention to your posture as you go about your daily activities.

Try to be constantly aware of your posture. If you think you are slouching, straighten up and feel the difference. You will suddenly feel much more relaxed.

We hope that these tips will be helpful while you try to develop good posture!

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.

BONE MATTERS
Take charge of your bone health

WEBINAR PROTEIN FOR HEALTHY BONES

Date & Time

Thursday, June 28, 2018
12:00 PM - 1:00 PM ET

Featured Speaker

Dr. Wendy Ward, PhD (Kinesiology)

Professor and Canada Research Chair,
Faculty of Applied Health Sciences, Brock University
Member, Osteoporosis Canada's Scientific Advisory Council



Dr. Ward will answer questions such as

- Is higher protein intake bad for bones?
- How do protein and calcium work together?
- Is plant protein better than animal protein?

To Register <https://osteoporosis.ca/bonematters>

OSTEOPOROSIS



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BONE MATTERS
Take charge of your bone health

Upcoming Presentation: **Protein for Healthy Bones**

Join us for a virtual presentation with Dr. Wendy Ward on all things protein and how it relates to your bone health. Dr. Ward will answer questions such as:

- Is higher protein intake bad for bones?
- How do protein and calcium work together?
- Is plant protein better than animal protein?

This presentation will air live on **Thursday, June 28**
from **12:00-1:00PM ET**.

For more information and to register, [click here](#).

Engaging Patients at the Canadian Musculoskeletal Conference

Six members of the Canadian Osteoporosis Patient Network Executive Committee joined more than 220 clinicians, researchers and trainees at the Canadian Musculoskeletal Conference (#CMC2018) on May 3-5 in Toronto. The jam-packed agenda covered the latest advancements in osteoporosis-related science, including fracture risk assessment, strategies for recovering from hip fractures, drug holidays, new treatments for osteoporosis, nutrition and musculoskeletal health and much more. Several of these topics will be featured in upcoming issues of COPING.

For us, a highlight of the Conference was to have the opportunity to meet the group of 20 enthusiastic Young Investigators and have a conversation with them about the importance of engaging patients in their research.

No doubt we will be seeing, and benefiting from, their discoveries and innovations for years to come. Thank you to the organizers and to Osteoporosis Canada for welcoming patients at #CMC2018. We look forward to engaging again at #CMC2020!

FUNNY BONE:

I went to Pavarotti once. He doesn't like it when you join in.

– Mitch Miller

GRILLED HALLOUMI AND PEPPERS

Preparation Time: 15 mins

Cook Time: 10 mins

Serves: 4

Calcium: 300mg



This is a light dinner for two that showcases tons of flavour and colour. You can find halloumi cheese in the cheese aisle at your grocery store. Be sure to have some baguette slices nearby to sop up all the yummy juices.

Ingredients

- 1 each red and yellow bell pepper, quartered
- 1 pkg (250 g) halloumi cheese
- 1/4 cup (60 mL) extra virgin olive oil, divided
- 2 tbsp (30 mL) aged balsamic vinegar
- 2 tbsp (30 mL) chopped sundried tomatoes
- 1 tbsp (15 mL) chopped fresh parsley or basil
- 1 tbsp (15 mL) lemon juice
- 1 tsp (5 mL) minced capers
- 1 small clove garlic, minced (optional)
- Pinch each hot pepper flakes and salt

Preparation

Slice halloumi in 4 lengthwise pieces and place on plate with peppers. Drizzle both with 1 tbsp (15 ml) of the oil.

In a bowl, stir together remaining oil, vinegar, sundried tomatoes, parsley, lemon juice, capers, garlic, if using, hot pepper flakes and salt. Set aside.

Grill halloumi and peppers over medium high heat on well-greased grill for about 8 minutes or until grill marks appear and cheese is softening. Return to plate decoratively.

Spoon oil mixture over top of cheese and peppers and let stand for 5 minutes before serving.

For more information, [click here](#) to view the recipe online.