

Remember: You can live well with osteoporosis!

COPN - Fifteen years helping each other, helping others

In this issue

- Fracture Fact
- COPN – Fifteen years helping each other, helping others
- Bone Matters: Upcoming Presentation
- Funny Bone
- OC Recipe of the Issue

Fracture Fact:

Over 1,100 members completed the COPN survey, which is making an important contribution to the review of the Clinical Practice Guidelines for the Diagnosis and Management of Osteoporosis in Canada.

COPN reaches a significant milestone this year as we celebrate our 15th anniversary with a thriving community of 10,000 Canadians from coast to coast to coast who share a singular vision - living well in a future that is free from osteoporotic fractures.

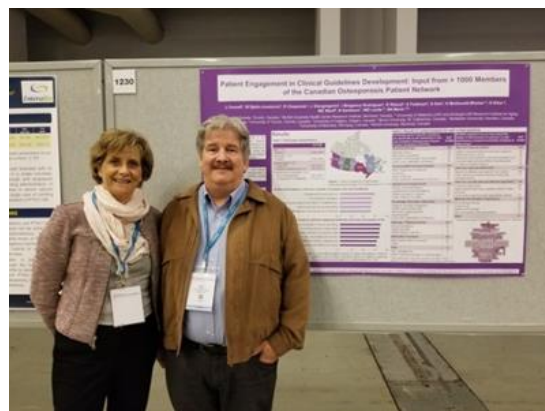
We listen. We learn. We share. We get involved.

All of us have joined COPN because we are affected one way or another by osteoporosis. We might have been looking for answers to our own challenges, or perhaps we are caring for a loved one who has osteoporosis. While uncovering those answers we soon learned the value of sharing - whether it is telling our stories to each other, or sharing with friends, families and others the benefits of belonging to COPN. Indeed, word of mouth - COPN members encouraging others to join - is one of the key reasons we continue to grow.

We have also learned the importance of making our voices heard, and more and more of us are increasingly involved in the development of the healthcare policies and initiatives that serve those affected by osteoporosis. Whether it's advocating for Fracture Liaison Services, engaging as partners (not just subjects) in clinical research or participating in the renewal of guidelines for osteoporosis care, COPN members are there ensuring that our wants and needs are shaping the outcomes.

We are shaping outcomes.

Already two years in the making, the review of the Clinical Practice Guidelines for the Diagnosis and Management of Osteoporosis is now past its midpoint. Working groups, made up of scientists and clinicians from OC's Scientific Advisory Council and each with a member of the COPN Executive Committee bringing their



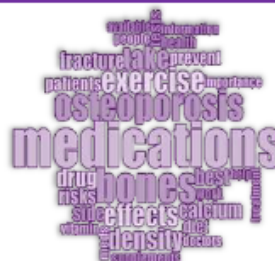
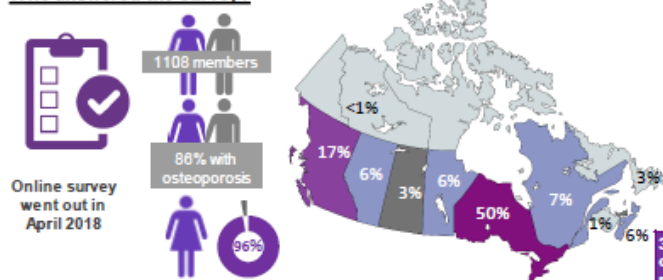
The poster of the COPN patient survey was presented by Larry Funnell (shown here with Dr. Suzanne Morin) at the annual conference of the American Society of Bone and Mineral Research in Montreal in October 2018.

lived experience to the team, are assessing the latest evidence and developing recommendations for each of four areas: pharmacotherapy, risk assessment, nutrition and exercise. The COPN Survey, completed last year by more than 1,100 COPN members, is making an important contribution to the Guidelines update as working groups analyze the thousands of responses and suggestions raised by survey respondents.

[The poster](#) highlights the key findings from the survey.

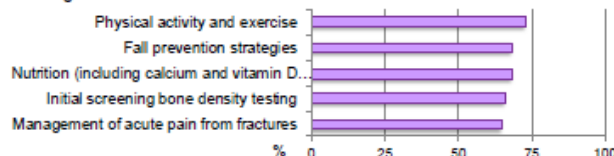
Canadian Osteoporosis Patient Network Engagement in the Clinical Guidelines Update

Who answered the survey?

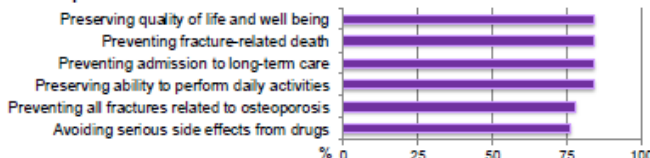


Some of the questions we asked:

1) Percentage (%) of people who answered that it is important to have each of the following recommendations in the next version of the Guidelines



2) Percentage (%) of people who answered that each of the following statements is important to them to be considered:



3) What questions do you have about the safety or effectiveness of exercise, or safe performance of physical activities of leisure or daily living?

Question	Answers (N=661)
How can I exercise safely?	222
Safety of specific/preferred exercises (yoga etc.)	
What exercises to avoid	
What exercises/classes/movements are safe to do	
Concerns about adverse effects (including pain)	
If I have a vertebral fracture	
How can I exercise effectively?	145
Best/most effective exercises for my condition	
Right frequency/duration/intensity of exercise/strength training	
How can I access safe and effective exercises?	116
Trained professionals	
Make adapted exercises available online/on video/at home	
Community/support groups/ age specific classes	
What are the benefits of exercise on	72
Bone Mineral Density	
Fracture risk	
Balance and strength	
Pain and quality of life improvement	

4) Provide up to 3 specific questions you would like to see addressed in the next Canadian Osteoporosis Clinical Practice Guidelines (COCPG)

Topic	Answers (N=964)
Pharmacotherapy	327
Benefits/ Harms of medications	
New/ Best medications	
Duration of the therapy/ Drug holiday	
Other (cost, medication choice etc.)	
Screening-Monitoring-Evaluation	193
BMD/ Response to treatment	
Prevention	
Early screening	
Other (access to specialists, clinics etc.)	
Nutrition and Supplements	140
Dietary recommendations	
Supplements recommendations	
Dietary sources of Calcium	
Other (Vitamin K, protein)	
Knowledge- Education- Advocacy	135
Patients/ Families/ Caregivers	
Health care professionals	
Advocacy/ Support groups	
General public	
Other (list of specialists, funding etc.)	
Exercise - Physical activity	121
Recommendations	
Safety/ Benefits	
Other (trainers, cost etc.)	
Alternative Therapies	30
Naturopathy/ Natural products	
Other	
Pain	18
Pain management	
Other (Osteoporosis pain vs. Arthritis pain)	

Thank you COPN!

This survey has identified issues important to people living with osteoporosis that will inform the search strategy for knowledge syntheses and the development of OC clinical guidelines recommendations

COMING SOON! Invitation to Participate in Research Survey

A McGill University research team being led by Scientific Advisory Council member Dr. Suzanne Morin is developing a health application for mobile devices (smart phones and tablets) to help people manage pain after breaking a bone. As many of you highlighted pain management in our recent COPN survey as a priority to be addressed, we encourage you to take advantage of the opportunity to participate in this upcoming short survey about the features you feel are most important to be included in the app.

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 D-lemmas of D!



DATE & TIME

WEDNESDAY, MARCH 20, 2019
1:30 - 2:30 PM ET

FEATURED SPEAKER:

STEPHANIE A. ATKINSON, PHD, DSC(HON), FCAHS

- Professor, Department of Pediatrics, McMaster University, McMaster Children's Hospital

DR. ATKINSON WILL ANSWER QUESTIONS SUCH AS

- Vitamin D – why do we need it?
- Does the new Canada's Food Guide provide good nutrition for bone health?
- Is it necessary to have Vitamin D status measured?
- Can I prevent bone fractures by taking extra vitamin D?
- How do we make sure to get enough?

TO REGISTER

osteoporosis.ca/bonematters

OSTEOPOROSIS



Upcoming Presentation D-lemmas of D!

Vitamin D is a crucial nutrient for bone health. Join us for a virtual presentation with Dr. Stephanie Atkinson where she'll discuss:

- Vitamin D – why do we need it?
- Does the new Canada's Food Guide provide good nutrition for bone health?
- Is it necessary to have Vitamin D status measured?
- Can I prevent bone fractures by taking extra Vitamin D?
- How do we make sure to get enough?

This presentation will air live on **Wednesday, March 20**
from **1:30-2:30PM ET**.

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

We're excited to host this Bone Matters presentation on a **new** platform to improve the viewer experience.

FUNNY BONE:

The secret of staying young is to live honestly, eat slowly, and lie about your age. – Lucille Ball

OC Recipe of the Issue

HEARTY VEAL AND PORCINI STEW

Preparation Time: 20 mins

Cook Time: 1 hour 45 mins

Serves: 6

Calcium: 15% DV*



Veal is a lean meat that melts in your mouth after long cooking. You can use beef or pork in this recipe instead. Serve over rice or couscous with a tossed salad.

Ingredients

1 1/2 lbs(750 g) lean boneless veal shoulder
2 tbsp (30 mL) all-purpose flour
2 tsp (10 mL) Italian herb seasoning
1/2 tsp (2 mL) each salt and pepper
2 tbsp (30 mL) canola oil
2 onions, sliced
4 cloves garlic, minced
1 each stalk celery and carrot, chopped
2 cups (500 mL) beef stock
1 cup (250 mL) whole milk
1/4 cup (60 mL) dried porcini mushrooms
1/4 cup (60 mL) tomato paste
1 tbsp (15 mL) Worcestershire sauce
1 can (19 oz/540 mL) white kidney beans, drained and rinsed
1 cup (250 mL) snow peas, halved

Preparation

Trim veal of any visible fat. Cut into 1-inch cubes; set aside.

In shallow dish or pie plate combine flour, Italian herb seasoning, salt and pepper. Toss veal with flour mixture.

Heat oil in large shallow pot over medium-high heat. Brown veal in batches and remove to plate. Reduce heat to medium and cook onion, garlic, celery, carrot and any remaining flour mixture for 5 minutes or until starting to get golden and softened. Add stock, milk, mushrooms, tomato paste and Worcestershire sauce. Bring to boil; return veal to pot.

Reduce heat to simmer, cover and cook for about 1 hour or until veal is tender. Uncover and add beans and peas. Cook for another 15 minutes or until snow peas are tender crisp.

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

*The percentage of calcium is based on the Osteoporosis Canada's daily calcium requirement for people under 50 years of age of 1000 mg.