

***Remember: You can live well with osteoporosis!***

## What COPN Means to Me

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### ***Fracture Fact:***

**At least one in five men will suffer a fracture from osteoporosis during their lifetime.**

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.

This is the second of the series of articles we will be publishing to help us acknowledge this special milestone. The first article in our March newsletter "COPN - Fifteen years helping each other, helping others" ([Coping March 13, 2019](#)) inspired a number of those touched by COPN to tell us what the network has meant to them. Today we are delighted to share with you their heartfelt testimonials.

**Dr. Suzanne Morin MD, MSc – Past Chair, Scientific Advisory Council**



The Canadian Osteoporosis Patient Network (COPN) is celebrating 15 years of participation and engagement in the fight against osteoporosis. It has done so by providing up-to-date, easy to understand and practical information to people living with osteoporosis and to their family and caregivers.

I have been fortunate to collaborate with COPN over the years in various roles with Osteoporosis Canada (Chair and now past-Chair of the Scientific Advisory Council) and I have been struck by the dedication, the collegiality and the knowledge of its members.

Over a short period of time, COPN has become an active and renowned national network that represents the voices of patients living with osteoporosis. Many of its members now contribute to surveys, to research programs and to advanced knowledge dissemination activities, furthering the engagement of patients as equal partners for optimal development of national osteoporosis prevention and management strategies.

COPN stands as a model for national societies around the world. Congratulations for all you have collectively achieved and for the successes to come!

### **Marg MacDonell - COPN Chair, 2005 – 2009**

COPN was outgrowing its infancy and becoming a toddler with all the wonder and possibility of that stage of development when I joined its Executive Committee in 2005. As our family quickly grew from the founding four sitting around the kitchen table in 2004 to a dozen enthusiasts from across the country engaged in a strategic planning meeting less than two years later, COPN thrived. Membership increased by leaps and bounds as word spread about the new resource for Canadians affected by osteoporosis.

We proudly debuted the first interactive online “virtual forum” in 2009 providing all, regardless of where they lived in Canada, the opportunity to participate in a live webinar with Canadian experts. And of course there were the many wonderful newsletters. Although I retired from volunteering for COPN in 2012, I still look forward to reading my monthly COPING.

What do I like most about the newsletters? The inspiring stories from others who, like me, have found ways to overcome the challenges and live well with osteoporosis.

### **Ina Ilse - COPN Co-Founder**

I am in awe at how COPN has grown and spread in the years since we sat around a kitchen table and brainstormed ideas on how to reach others like us in all corners of Canada and perhaps farther!

Although four of us launched COPN, we quickly learned that we were not alone. Determined volunteers - including patients, caregivers and healthcare professionals from across Canada - joined our team over the years to help spread our vision and enable COPN to be what it is today.

I am proud, and ever grateful, for those who have made possible all that COPN has accomplished. Every new member is bringing our original dream that much closer - a Canada without osteoporotic fractures! I am very happy about that.



*left to right: Margaret Wilson and Ina Ilse*

### **Margaret Willson – Past Chair, Surrey-White Rock Chapter and Former COPN Executive Committee member**

With the persistent encouragement of another volunteer I joined COPN more than 10 years ago. In no time at all I discovered what all the fuss was about, and I am now one of COPN’s biggest champions, urging all those I meet to sign up.

What reasons do I give them?

- It is great to be connected and have the latest osteoporosis news delivered to your inbox.
- The newsletter articles are superb. They are invaluable to our volunteer teams to share with their contacts.
- COPN is like a very large support group.
- COPN connects those in remote areas who don’t have access to traditional services such as support group meetings.
- You can trust COPN, thanks to the team of experts from Osteoporosis Canada’s Scientific Advisory Council who review and approve all of COPN’s material.



**Dr. Rowena Ridout - Vice-Chair, Scientific Advisory Council**

I have been involved with COPN for more than eight years, as a member of the team that reviews articles for the newsletter, as a speaker at several webinars and, since 2015, as the COPN medical advisor.

I have seen firsthand what an incredible resource COPN offers to individuals affected by osteoporosis. The COPN newsletter has helped to improve patients' understanding of osteoporosis with timely information on osteoporosis-related issues in the news and up-to-date information on a broad range of topics of interest, including diet, exercise and medication. The wonderful personal stories featured in the newsletter encourage us all to try to live well with osteoporosis.

The Bone Matters webinars even offer the opportunity to have your questions answered by experts in the field. The interest, knowledge and engagement of COPN members were clearly evident last year in the response to the survey on important issues to be addressed in the next Canadian guidelines on osteoporosis management. I highlight COPN whenever I talk to patient groups and encourage everyone affected by osteoporosis to take advantage of everything that COPN has to offer.



**Larry Funnell - COPN Chair, 2009 – 2015**

Like many, I joined COPN in a quest to find answers to my questions about osteoporosis. As a man with osteoporosis, I felt isolated and depressed. But then a remarkable thing happened – I volunteered to participate in a strategic planning meeting hosted by the four founders of COPN. I was immediately spellbound by their passionate commitment to help people living with osteoporosis – people just like me. I was in awe of the fact that they were all volunteers, and that they had already been doing this for more than a dozen years. They drew me in and within days I too became a volunteer.

That was 13 years ago, and today in large part because of COPN I am pleased to say I am fracture free and living well with osteoporosis. And I couldn't be more honored and proud to be part of such an exceptional organization.

How has COPN helped you live well with osteoporosis? Send your story to [copn@osteoporosis.ca](mailto:copn@osteoporosis.ca). Selected submissions will be shared with all COPN members in a future edition of this newsletter.

## 5 Proud Moments

- 1 First COPN newsletter sent to 150 people ([Coping November 2004](#)) 2004
- 2 First virtual forum (Osteoporosis Medications, Risks and Benefits, Dr. Angela Cheung) 2009
- 3 Patient Bill of Rights launched ([Coping October 1, 2010](#)) 2010
- 4 Five Thousandth member joins COPN ([Coping May 25, 2012](#)) 2012
- 5 Guidelines Survey – 1,100 COPN members shape the future of osteoporosis care by completing a survey on new clinical practice guidelines ([Coping March 13, 2019](#)) 2018

## BONES 'N' BEER, created by men living with osteoporosis, to educate other men about osteoporosis



What did the men of the White Rock Seniors Village do to celebrate Father's Day 2019? They gathered in their Seniors Village bistro for a tasting of local craft beer, ate some pub grub and... wait for it... *they had a conversation about osteoporosis!* Unlike most Canadian men, these guys get it. They know that the osteoporosis stereotype is fake news. After all, this was their 4<sup>th</sup> Annual Fathers and Sons Bones 'n' Beer, so they understand that men may also be at risk of breaking a bone because of osteoporosis.

Some stereotypes are hilariously inaccurate - Canadians say a-boot instead of about or it's winter all year round in Canada. Some hit pretty close to home - Canadian bacon is the best bacon. Canadians are very polite. And other stereotypes are neither funny nor accurate. Case in point - the persistent and troubling perception that osteoporosis only affects frail elderly women. The fact is that more than one in five men will suffer a broken bone because of osteoporosis. More than 90% of the men who do experience one of these fragility fractures do not receive the readily available treatment to reduce the risk of a second fracture. Instead, they remain blissfully unaware that their next slip or fall could result in a debilitating, potentially life-threatening broken bone.

BONES 'N' BEER events, like this recent one at White Rock Seniors Village, counter the osteoporosis stereotype with stereotypes of their own - that men like pubs and the beer and food they serve, and they like to get together to talk about manly stuff, like sports. Once relaxed and settled in with beer and food on the tables in front of them, they listen to the story of one man's turbulent journey with osteoporosis. All then join in a conversation about their own risk of breaking bones because of osteoporosis. The men go home with a full belly and memories of a good time, but most importantly, they take with them an understanding of the consequences of ignoring their bone health.

**For more information on men and osteoporosis see our fact sheet [Men and Osteoporosis](#). For more information on Bones 'n' Beer, contact [COPNvolunteer@osteoporosis.ca](mailto:COPNvolunteer@osteoporosis.ca).**

### Socializing and Learning - BONES 'N' BEER *Lite*

BONES 'N' BEER *Lite* are men-only events held in seniors' residential communities. Run by a handful of volunteers, the program draws men from their rooms to socialize, sample local craft beer, enjoy pub style ribs and engage in a frank conversation about men's fracture risk. Thanks to the support of seniors' residences, neighbouring craft breweries and local merchants, these Bones 'n' Beer *Lites* are free to all.



# Please Help Us Win \$10,000



## Great Canadian GIVING CHALLENGE

Every \$1 you donate to Osteoporosis Canada in June via [GivingChallenge.ca](http://GivingChallenge.ca) counts as a ballot to help us win \$10,000 from the GIV3 Foundation.

### How It Works

- Every \$1 donated\* to Osteoporosis Canada IN JUNE earns our organization a chance to win a \$10,000 donation (minimum \$3 donation required)
- Challenge begins June 1, 2019 at midnight Newfoundland Daylight Time (NDT) and ends on June 30, 2019 at 11:59:59 p.m. Pacific Daylight Time (PDT)
- Grand prize draw is on CANADA DAY, July 1, 2019 – \$10,000 will be donated to the winning charity
- Only donations made on [givingchallenge.ca](http://givingchallenge.ca) will be entered for the prize draw

**DONATE TO HELP US WIN**

## Opportunity to Participate in a Study

We are looking for individuals who live in the Greater Toronto Area to participate in this study. If you or one of your family members resides in a long-term care facility or receives home care, please contact Dr. Caitlyn McArthur, [mcarthurc@hhsc.ca](mailto:mcarthurc@hhsc.ca), for more information on how you can participate.

Study title: **Developing a Fracture Risk Clinical Assessment Protocol for Home and Long-term Care**

Researcher: **Dr. Alexandra Papaioannou**

### WHAT?

- We are doing research to develop a Fracture Risk Clinical Assessment Protocol (CAP) for home and long-term care through a stakeholder consensus process
- The CAP helps prevent fractures by linking the best treatments (e.g., exercise, hip protectors, medication) to a person's risk of fracture and their preferences
- We would like to gather input from people with osteoporosis on this linkage and how to best share the information with the healthcare team
- We are also gathering information about what research needs to be done to improve fracture prevention in home and long-term care

### WHO?

- Long-term care residents and their family members
- Home care recipients and their family members

### WHEN?

#### 1. Initial in-Person Meeting

Location: Convenient location for participant

Timing: 1 hour

Date: June 2019

#### 2. Fracture Prevention Meeting

Location: Toronto Airport ALT Hotel

Timing: 8:00am – 4:00pm

Date: October 16, 2019

**For more information contact Dr. Caitlin McArthur:**

**[mcarthurc@hhsc.ca](mailto:mcarthurc@hhsc.ca) or 905-521-2100 ext. 74161**

**BONE MATTERS**  
Take charge of your bone health



## WEBINAR

Fracture Risk Assessment:  
From Basics to Baffling

### FEATURED SPEAKER:

William D. Leslie MD, MSc, FRCPC  
Professor, University of Manitoba  
Department of Medicine, Department of Radiology

**WEDNESDAY, JUNE 5, 2019**  
**1:00 PM - 2:00 PM ET**

**OSTEOPOROSIS**



## Did you miss it? Fracture Risk Assessment: From Basics to Baffling

Originally aired Wednesday, June 5, 2019.

Dr. William D. Leslie discussed:

- What is fracture risk assessment?
- How has the focus on fracture risk assessment improved patient care?
- What are the consequences of fracture?
- What is the care gap?
- Who requires medication?

Replay now available online: [click here.](#)

## Feeling inspired to make a difference?

Our growing team of volunteers strives to make a real difference in the lives of Canadians at risk for and living with osteoporosis. If you are someone looking to make a difference in your community and are passionate about helping to spread the word on preventing fractures, then we need you! With your help, we teach Canadians how to improve their bone health so osteoporosis can never take hold and we support those already diagnosed, working to improve their quality of life.

Take action. Apply today at [osteoporosis.ca/volunteer](http://osteoporosis.ca/volunteer).  
Together, we will help **make Canadians unbreakable.**

## 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).

## FUNNY BONE:

Ever wonder: You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?!