

# COPING

'A newsletter from COPN'

February 20<sup>th</sup>, 2009

*Remember: You can live well with osteoporosis!*

*Thought for today:* Don't cry because it's over; smile because it happened.

## **A Unique Opportunity, and yes it is another survey!**

This is our chance to influence research.

Within the next few weeks you'll receive a very special survey. Your answers to these questions mean a great deal to Osteoporosis Canada.

"We really hope you'll take 15 minutes to complete this survey. We're asking researchers and health care professionals their opinions about the future of osteoporosis research in Canada. And just as importantly, we're asking you to share your opinions, ideas and advice. We'll use your opinions to:

- Shape future research opportunities provided to Canadian researchers
- Improve the COPN newsletter
- Enhance other ways Osteoporosis Canada shares information.

We're counting on you!" Dr. Suzanne Morin\*

"It is great to be part of an organization that cares about the members, what they think and what they experience. We are concerned about sending out too many surveys but this is a unique opportunity to influence the direction of research and the way information is communicated to those of us living with osteoporosis." Marg MacDonell \*\*

COPN is dedicated to giving the best information possible based on scientific research. Although part of the survey is about research it is written in an easy to understand way and will be easy to answer."

## **Questions, Answers, Then What?**

Do you ever wonder what happens to your answers when you fill-out a questionnaire? In this case, we'll publish the results of the Survey in a future newsletter. You will be able to read what COPN members believe are the most important research and communication issues.

Canadian researchers continue to do important work that helps us understand more about osteoporosis and there's lots more work to do. Bring on your ideas! We're all ears!

**Thank you.** This survey will come to you within the next few weeks by mail or email. The survey will have full instructions letting you know the simple steps needed to complete it and return it to us. I do hope you will take the time to fill it out.

\* Dr. Morin is a member of the executive committee of the Scientific Advisory Council of Osteoporosis Canada and past member of the Board of Directors. She is also on the executive committee of the Greater Montreal Chapter in Quebec. Dr. Morin works at the McGill University Health Center where she is an associate professor in the Department of Medicine and Acting Director of the Division of General Internal Medicine.

\*\* Marg MacDonell is the Chair of the COPN Executive Committee and sits on the Osteoporosis Canada Board of Directors. She is also a committed volunteer with the Chapter in her area. Marg is living with osteoporosis.

*Funny Bone:* If swimming is so good for your figure, how do you explain whales?

**Remember:** It is important for you to eat a **healthy diet**, get some appropriate **exercise**, take your **calcium and vitamin D** and if your doctor has prescribed a **medication** don't forget to take it as directed.

**COPING** will come to you every second Friday. We hope you enjoy it and find the information useful. Don't forget to log on to [www.osteoporosis.ca](http://www.osteoporosis.ca) for up to date information.

The material contained in this newsletter is provided for general information only. It should not be relied on to suggest a course of treatment for a particular individual or as a substitute for consultation with qualified health professionals who are familiar with your individual medical needs. Should you have any health care related questions or concerns, you should contact your physician. You should never disregard medical advice or delay in seeking it because of something you have read in this or any newsletter.