

Remember: You can live well with osteoporosis!

Who is on *Your* Bone Health Care Team?

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Fracture Fact:

Research shows that if you are living with a chronic condition, like osteoporosis, you probably spend fewer than 12 hours a year with your healthcare professionals; the rest of the year you manage your own health.

In the article [Self-Management of Chronic Conditions published in the September 28, 2012 issue of COPING](#), we talked about how you can take charge of your own bone health by practising the principles of self-management. Of course, self-management does not mean that you do it all yourself. Instead, it acknowledges the key role that you should play on the team that helps you take care of your bone health. So what about this team? Who are the other players? Does your team have all the players it needs to effectively manage your bone health?

For some of us, a team of just a few healthcare professionals may be all that we need to maintain healthy bones. For instance, the perfect team could be you, your family physician, your pharmacist and a certified fitness instructor. However, your bone health management may be complicated by the fact that you have one or more other chronic conditions that need to be addressed at the same time (these are called co-morbidities). In this situation your team could easily be two or more times larger, bolstered by specialists from a number of different disciplines. By knowing who in the healthcare system is part of your bone health team and understanding the roles they play, you will be better able to manage your bone health.

So let's play a simple game to see how well you know the key players. Below you will see two columns. On the left is a list of 12 healthcare professionals. On the right are brief descriptions of the roles they play in bone health care. The trick of course is that they don't line up. For instance, we all know that "J - Family Physician" matches up with the description "6 - Your primary medical resource. Together you can develop a strategy to maximize your bone health." Try your hand at matching all the others, then check your answers at the end of the newsletter.

COLUMN 1

- A Bone Mineral Density Technologist
- B Clinical Nurse Specialist

COLUMN 2

- 1 Manages patients who suffer fractures (broken bones) and who may require surgery.
- 2 Can discuss your medications, including how to best take them, and possible side effects.

| | | | |
|---|-------------------------------|----|---|
| C | Dietitian | 3 | Will assess you and assist you in finding ways to handle activities of daily living that work best for you. Can also assess your home to help you adapt to necessary changes in your lifestyle. |
| D | Endocrinologist | 4 | Treats arthritis, certain autoimmune diseases and musculoskeletal pain disorders. May treat osteoporosis. |
| E | Gerontologist Geriatrician | 5 | Responsible for doing your bone density test, one of the factors that help determine your fracture risk. |
| F | Nurse Practitioner | 6 | Your primary medical resource. Together you can develop a strategy to maximize your bone health. |
| G | Occupational Therapist | 7 | Often provides screening, health education and registered nursing care in clinics, public health units and at home visits. Often acts as the first level of contact in the healthcare system. |
| H | Orthopedic Surgeon | 8 | Treats physical, mental and social problems in older people. |
| I | Pharmacist | 9 | Works in the hospital, acting as advocate for the patient and liaison between the patient and physicians. |
| J | Family Physician | 10 | Will work with you to plan a diet that will benefit both your bone health and your other medical conditions. |
| K | Physiotherapist | 11 | Advises and supports Osteoporosis Canada on all medical and scientific matters related to osteoporosis. Ensures that all COPN materials, including this quiz, are medically sound. |
| L | Rheumatologist | 12 | Specializes in diseases of the endocrine glands (which are responsible for producing hormones). Osteoporosis may be related to hormone production in the body. |
| M | Scientific Advisory Council | 13 | Will help you develop an exercise program focusing on posture, muscle strength, endurance and stamina, flexibility, balance and fall prevention. |

While the quiz includes some of the more familiar players there are many others who can also play an important role. Does your team have any of these individuals?

- | | | |
|---|---|--|
| <input type="checkbox"/> Acupuncturist | <input type="checkbox"/> Massage therapist | <input type="checkbox"/> Physiatrist |
| <input type="checkbox"/> Anesthesiologist | <input type="checkbox"/> Meditation teacher | <input type="checkbox"/> Radiologist |
| <input type="checkbox"/> Cast technician | <input type="checkbox"/> Neurologist | <input type="checkbox"/> Social worker/counsellor |
| <input type="checkbox"/> Fitness trainer | <input type="checkbox"/> Obstetrician/gynecologist | <input type="checkbox"/> Specialist in internal medicine |
| <input type="checkbox"/> Gastroenterologist | <input type="checkbox"/> Pain management specialist | <input type="checkbox"/> Stress management counsellor |
| <input type="checkbox"/> Kinesiologist | <input type="checkbox"/> Psychiatrist | |

HOW ARE THE PLAYERS ON MY BONE HEALTH TEAM RECRUITED?

To use a sports analogy, your family physician may be like the general manager on a hockey team. He or she sees where there is a particular need then recruits the right player to fill the gap. You might be referred to a physiotherapist to help you design an exercise program that suits your unique needs. Perhaps an acupuncturist can be used to assist you in managing pain, or a stress management counsellor can help you address the stress of needing to change careers because of your heightened fracture risk. Whoever is on your team, they all have the same goal – to work with you to manage your bone health so that *you too can live well with osteoporosis*.

ANSWER KEY: A - 5, B - 9, C - 10, D - 12, E - 8, F - 7, G - 3, H - 1, I - 2, J - 6, K - 13, L - 4, M - 11

FUNNY BONE:

Be careful of your thoughts, they may become words at any moment.

A Recipe from our Sponsor

Easy Cauliflower Cheddar Soup

Recipe from Jody Spriel, dairy farmer from St. Marys, ON

"This soup is a family favourite, and a quick and easy option for when you're short on time. Make it into a delicious meal by serving it with tea biscuits, crusty bread and a fresh salad!"

Course: *Soups & Creams*

Preparation Time: *20 mins*

Cooking Time: *40 mins*

Yields: *6 to 8 servings*

2/3 milk product serving(s) per person

Ingredients

9 cups (2.25 L) chopped cauliflower, (about 2 lbs/1 kg)
2 stalks celery, diced
1 onion, chopped
3 potatoes, peeled and diced
2 tsp (10 mL) minced garlic
Pepper



2 cups (500 mL) reduced-sodium chicken broth
1 cup (250 mL) water
2 tbsp (30 mL) all-purpose flour
2 1/2 cups (625 mL) **milk**
Ground nutmeg
1 1/2 cups (375) shredded **Canadian Cheddar cheese**, divided
1/4 tsp (1 mL) salt, (approx.)

Preparation

In a large pot, combine cauliflower, celery, onion, potatoes, garlic, pepper to taste, chicken broth and water; cover and bring to a boil over high heat. Reduce heat to medium-low, cover and boil gently for 15 to 20 min or until vegetables are soft.

Whisk flour into milk; pour into pot with nutmeg to taste. Cook, stirring, for about 3 min or until slightly thickened. Remove from heat.

Using an immersion blender or transferring in batches to an upright blender, purée until smooth.

Return to pot, if necessary. Heat over medium heat, stirring often, for about 5 min or until bubbling. Remove from heat and stir in 1 cup (250 mL) of the cheese until melted. Season with pepper and up to 1/4 tsp (1 mL) salt. Ladle into warm bowls and sprinkle with remaining cheese.

Tips

To save time, you can often buy pre-cut cauliflower in bags in the produce department of the supermarket.

Add 1 to 2 large carrots, chopped, with the cauliflower in step 1. Use a Canadian old or extra-old Cheddar cheese or use Canadian Gouda or Swiss cheese in place of the Cheddar.

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/easy-cauliflower-cheddar-soup>

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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.

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