

COPING

'A newsletter from COPN'

January 8th, 2010

Remember: You can live well with osteoporosis!

Thought for Today:

Anxiety does not empty tomorrow of its sorrow, but only empties today of its strength.
Charles Hadden Spurgeon

Happy New Year!

Here is a little update on COPN to start the new year.

- We now have over 2500 members, more than double what we had at this time last year, and each and every one of those members receives a copy of our newsletters. Indeed the newsletter reaches many more than the 2500 as it gets forwarded and reprinted for others to read.
- A year ago we began discussing the idea of real-time, interactive virtual education forums for COPN members (after all, we are a virtual network). Three forums and more than 500 participants later we can declare that the idea has become an unqualified success. See below!
- But perhaps best of all, COPN is being sought out as the authoritative voice of individuals affected by osteoporosis.
Successes aside, there remain significant challenges ahead:
- Growing our numbers is a priority. 2400 members is impressive, but that still represents just one-tenth of one percent of the 2 million people with osteoporosis in Canada. Why don't you tell two friends to connect to COPN? They will be glad they did.

Slip, Slither and Slide:

It is winter and the sidewalks and parking lots can be very slippery. As our watchword is 'Don't Fall' it is the time to be extra careful. But we certainly don't want to be stuck indoors all the time either. So what to do? Have you seen those grippers that slip over your boots? They have spikes or coils on the bottom to give better footing on slippery streets, sidewalks and parking lots. They help us remain upright so we don't slip and land on our dignity (our bottoms or hips) – so we don't break any of our fragile bones. These gadgets are not too expensive and can make winter a little more pleasant and a lot safer. I have two pairs – one in the house and one in the glove compartment of the car.

There are always warnings and cautions with anything so do remember two very important things:

- Don't be over confident just because you have these devices. Walk carefully.
- Be very sure to remove them before you go into a store or mall. These grippers are very slippery on indoor floors.

Next Virtual Forum Coming Soon:

The topic of the next virtual forum will be 'Nutrition and Osteoporosis' to be presented by dieticians Anna Pohorecky and Wendy Borody of Winnipeg, Manitoba. As a COPN member you will receive priority registration for this event. On Friday January 15th you will be sent a e-flyer with the event date and time details as well as how to register for this event.

It is still possible to view the last virtual forums (1. Osteoporosis Medications - Benefits and Risks; 2. Exercise with Confidence with Osteoporosis; 3. Fall and Fracture Prevention). Just go to www.osteoporosis.ca Under Quick Links, click on 'COPN Patient Network' (second from the top on the column to the left). Click on 'Virtual Forums', again in the column on the left. At the bottom of the Virtual Forums page there are the three forums held to date. Click on the forum you wish to see. Sit back, learn and enjoy.

Bone Research:

The Canadian Institute of Health Research held a two day conference in November to identify the important issues, challenges and unmet needs in the area of bone health research. The conference sought to identify prioritized research questions and opportunities where bone research has a realistic prospect of bettering the health of Canadians. Approximately two hundred people attended; researchers, decision makers, non-governmental organizations, industry representative and clinicians. COPN was asked to send five people to represent the patient perspective at the breakout groups. Sheila Brien spoke at the beginning of the conference to draw attention to the experiences of a person living with osteoporosis. Her presentation centered the discussions and several subsequent speakers refer to her remarks. She ended her talk by referring to the importance of research to all of us living with osteoporosis. She paraphrased the expression, "God give me patience and give it to me now" to be "God give me research and give it to me now."

Funny Bone: Show me a piano falling down a mine shaft, and I'll show you A Flat Minor.

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 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.

To have your name removed from the COPN mailing list drop us a note at COPN
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