

## COPING

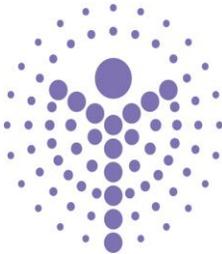
'A newsletter from COPN'

July 24<sup>th</sup>, 2009

*Remember: You can live well with osteoporosis!*

**Thought for today:** Time passes quickly. Milestones come and milestones go. Take every opportunity to mark the moment.

### The story of the OC logo:



**Osteoporosis Canada**

**Ostéoporose Canada**

### Have you ever wondered what the logo used by Osteoporosis Canada represents?

In 1989, Osteoporosis Canada adopted its logo to reflect the optimism and energy of the then-young organization. In 1997, after 15 years, it was revitalized. In 2005, the words were changed to reflect the change in name from **The Osteoporosis Society of Canada** to just **Osteoporosis Canada**.

The logo has a strong message. The dots are arranged in a concentric circle (representing a cross-section of osteoporotic bone) with the dots building from the small/light to larger/denser forms. This progression conveys a sense of building, growth and strength. The erect, upward-reaching figure communicates vitality, independence and joy.

### "Self-diagnose off the web at your peril"

During the month of November, 2006, the Globe and Mail newspaper ran an article by Dr. Marla Shapiro, a Toronto physician as well as Associate Professor at the University of Toronto, a writer/speaker on health issues and an important representative for Osteoporosis Canada. The article, titled "*Self-diagnose off the web at your peril*," shared some thoughts about how individuals use the Internet to find information, particularly medical and health information.

Dr. Shapiro shared the following recommendations from the U.S. Food & Drug Administration in her article:

### Ask yourself:

- Who runs the website and are they reputable? You can find this under the "About Us" section on the site.
- What is the purpose of the website? Is it information or is it selling products and/or raising funds? Remember, anything that seems too good to be true probably is.
- The information provided should be evidence-based and current. This means reliable websites need to be frequently reviewed and updated.
- Examine links to other websites and be sure they are reputable as well. How accurate is the information being shared? Is your privacy being protected?
- Pay attention to the suffixes (endings) of the website names. For instance, websites that are sponsored by the U.S. government end with ".gov", universities use ".edu", not-for-profits use ".org"
- Health Canada's website is [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

While COPN and Osteoporosis Canada recognise that the web can be a valuable tool to gather information, remember to ALWAYS discuss your health issues with your physician. It is important for you to receive knowledgeable information and advice from a professional who is trained to assess your needs and who is also aware of related issues (such as pharmaceutical and/or metabolic interactions) that may not be readily understood from a website or printed material.

Self-diagnosis and self-medication are risky and are NOT recommended.

Now after all this good advice from Dr. Shapiro and from the Food & Drug Administration, COPN wants to reassure you that medical and scientific information on the web pages within the Osteoporosis Canada website is checked for medical accuracy by Osteoporosis Canada staff as well as our Scientific Advisory Council.

We always welcome your comments, ideas or suggestions about how we can make the OC website, [www.osteoporosis.ca](http://www.osteoporosis.ca), more useful for you. How easy is it to find what you are looking for? How useful is the information? Did you find what you needed?

*Funny Bone:* A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort. - Herm Albright

**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.

COPN WEEKLY 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.