



Osteoporosis Canada

Ostéoporose Canada

COPING

July 2, 2014

COPN: Proudly Celebrating our 10th Anniversary

Travel: Part 1

Planes, Trains, Automobiles...And Osteoporosis

In this issue

- Travelling with Osteoporosis: Part 1
- National Fall Prevention Conference summary
- Virtual Forum presentations: Bone Matters with Dr. Marla Shapiro & "Are You Too Fit to Fracture" with Dr. Lora Giangregorio
- Funny Bone
- A recipe from our sponsor

COPING Archives

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This is a revised and updated version of an article published in the February 3, 2012 issue of COPING.

Whether for business or pleasure, travelling can be a wonderful experience. But if you have osteoporosis is it still possible to enjoy your trip safely? We at COPN say yes, with careful planning and attention to the details at every stage of your journey, it is possible. In this article, and in three upcoming issues, we share with you advice collected from the experts and other experienced travelers so that you can take all the necessary precautions to ensure an **enjoyable and bone-safe trip**.

Before You Start!

As a first step, it is important that you have a **clear understanding** of your physical needs, limitations and abilities. You can talk to your doctor to determine your fitness to travel and your medical needs both while traveling and at your destination. With your doctor's clearance you can then choose a suitable destination and means of travel. Consider using a travel agent who can assist both in planning and booking a trip that meets all of your medical and fitness requirements. This includes any accessibility needs you may have as a result of your osteoporosis. You or your travel agent should contact the airline, train line, tour companies, hotels or cruise ship to be sure that they understand and can accommodate your needs.

Your doctor can also advise you about any necessary **vaccinations** for your trip or if you need to update any previous vaccinations. Some vaccinations can take up to six months to administer, so be sure to start this process early rather than waiting until shortly before your departure.

Keep records so you know what to expect on each leg of your journey. Accessibility standards vary from country to country, so be prepared to describe in detail the support or features you may need. For example, you may need wheelchair assistance at the airport, extra leg room on the airplane, a seat near the aisle, a special diet, etc.

You will need to consider **travel and medical insurance** because medical care in a foreign country can be very expensive. When purchasing insurance, be sure to ask about age restrictions and coverage for pre-existing conditions. Many

medical insurance policies do not cover expenses for illnesses that are related to a pre-existing condition, so it is important to clarify whether or not you will be covered if you have a recurrence of a previous illness. In addition, medical insurance policies often require a stability period that can range anywhere from 7 days to several months prior to departure. A stability period is a period of time during which you have not had any new treatment or changes to your medications. Make sure that you understand the requirements of the stability period for the travel insurance that you choose, and see your doctor for a check-up well before that period to minimize the chance of any changes to your medications and treatment shortly before your departure.

You will also need **cancellation insurance** because there is always the possibility that something may happen at the last minute (health related or otherwise) that requires you to change your travel plans.

Next time, **Part 2 – The All-Important List**

Watch Your Step: 2014 National Fall Prevention Conference

Watch Your Step, held at the Eaton Chelsea Hotel in downtown Toronto May 27 – 28, was a follow up to the first fall prevention conference held in Vancouver in 2010. Watch Your Step brought together experts from across Canada and around the world to share research, clinical advances and policy innovations in fall and injury prevention among older adults. The conference was sold out, with 400 or more participants and over 100 presenters, some from as far away as Australia and North Carolina, USA.

Osteoporosis Canada had a very strong presence at this conference; all parts of our organization were represented. Dr. Vicky Scott, BC Injury Research and Prevention Unit and a member of OC's Board of Directors, was co-chair of the program planning and steering committees and took part in many presentations. Two of the Regional Integration Leads from the Ontario Osteoporosis Strategy were also on the planning committee. OC volunteers and staff helped with registration and staffed a display, handing out materials and answering questions from conference participants. Members of our Scientific Advisory Council and Ontario Osteoporosis Strategy staff took part in symposia and concurrent sessions and presented posters.

Falls are the leading cause of injury-related hospitalization among Canadian seniors. Twenty to 30% of seniors fall each year. Falls and their consequences harm the injured person, family, friends, care providers and the healthcare system. For individuals with osteoporosis, falls very often result in fractures; for example, 95% of hip fractures result from falls. Falls are preventable but because they can result from many different factors, preventing fractures must be a shared responsibility involving patients, healthcare providers, government agencies and researchers.

A number of themes were addressed at the Watch your Step conference: how exercise and safe movement can help prevent falls in older adults; why people fall – risk factors and assessment; fall prevention in a community setting, hospital and residential care; new developments in technology that can help us understand the mechanics of falls and fall prevention; and the importance of education, knowledge translation and the implementation of research findings in bringing about fall prevention. One very important document was handed out to participants: *Seniors' Falls in Canada Second Report*, published by the Public Health Agency of Canada. This report provides policy makers, researchers, community programmers and practitioners with current national information to prevent falls among seniors. You can access the report at www.phac-aspc.gc.ca/seniors-aines/publications/public/injury-blessure/seniors_falls-chutes_aines/index-eng.php, or google Seniors' Falls in Canada Second Report.

The closing panel addressed the question, “Where do we go from here?” One panel member summarized by saying that he hoped to see greater integration in the future among fall prevention and osteoporosis management groups. Conferences such as this one are certainly a big step in that direction.

Visit the archives for our latest Virtual Forum presentations!

Bone Matters with Dr. Marla Shapiro

**LEARN How To Keep Your
BONES STRONG and healthy
for LIFE**

To view the presentation simply go to:

www.osteoporosis.ca/bonematters



Dr. Shapiro is a prominent medical contributor, consultant and specialist and is renowned for her expertise in Toronto, Canada and across North America.

Are You Too Fit To Fracture?

**New exercise and physical activity
recommendations for individuals with
osteoporosis**



*Are you Too Fit To Fracture?
New exercise and physical activity
recommendations for individuals with osteoporosis.*

Dr. Giangregorio covered a lot of great information on **exercise to prevent bone loss and falls, and increase muscle strength!**

If you were unable to participate, **a replay of the presentation and the presentation slides are now available** on the Osteoporosis Canada's website:

[**Click Here To Watch The Replay and Download The Presentation Slides**](#)

FUNNY BONE:

Children are quick!

TEACHER: Donald, what is the chemical formula for water?

DONALD: H I J K L M N O.

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O.

A Recipe from our Sponsor

Pasta and Edamame Salad

Course: *Salads*

Preparation Time: *10 mins*

Yields: *6 servings*

1/2 milk product serving(s) per person

Ingredients

3 cups (750 mL) frozen edamame or green peas, defrosted

3 cups (750 mL) cooked pasta, (e.g., orecchiette or mini-shell)

3 tbsp (45 mL) olive oil

1 tbsp (15 mL) white balsamic or white wine vinegar

zest of 1 lemon, finely grated

2 stalks of celery, diced finely

7 oz (200 g) cherry tomatoes, quartered

5 oz (150 g) **Havarti cheese** or **medium Cheddar cheese**, diced finely

1/3 cup (80 mL) fresh basil, sliced finely on the diagonal
chili powder, to taste (optional)

Preparation

In a large bowl, mix all ingredients together gently and season to taste.



For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/pasta-and-edamame-salad/>

This issue of COPING is sponsored by Dairy Farmers of Canada

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