



Osteoporosis Canada

Ostéoporose Canada

**COPING**

June 4, 2014

***COPN: Proudly Celebrating our 10<sup>th</sup> Anniversary***  
**My 30-year Journey with the Silent Thief**  
**- By Lawrie McCaffrey**

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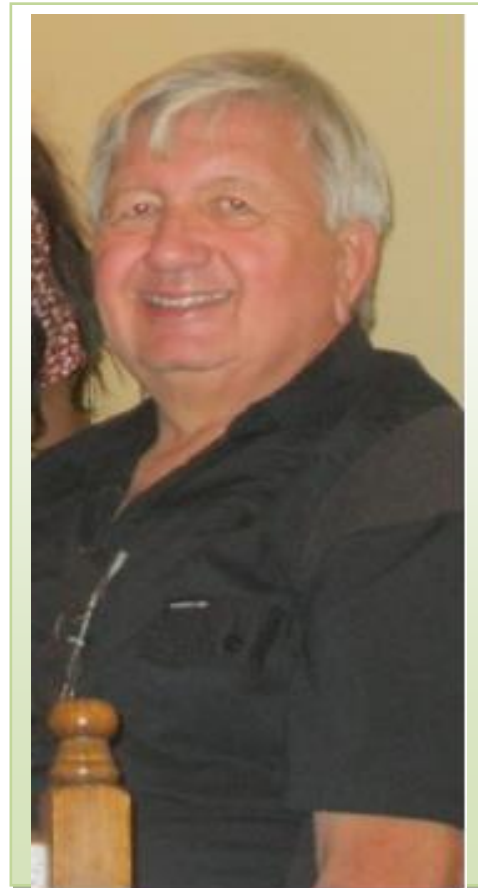
My name is Lawrie McCaffrey and I am a man with osteoporosis. Let me tell you about my 30-year journey with this disease.

Looking at me you cannot tell that I have osteoporosis, which we sometimes refer to as the "Silent Thief." When I look at you I cannot tell if you have osteoporosis either. You can even look at yourself and you may not know that you have osteoporosis.

I was born in the country and raised on a farm in southern Manitoba. I was a healthy farm boy and was pretty active performing the typical farm chores in the 1950s. When I was 13, we moved to the city and in school I participated in volleyball, basketball and cross-country races. During this time I worked part time delivering groceries and then delivered newspapers. Again I was moderately active. I walked to and from school every day. I was also a good milk drinker throughout my youth. I do not recall having any falls, but I am sure that I must have had one or two. The important thing to note is that during these early years, I did not have any broken bones.

My first fractures occurred in 1984 while I was skating with my family at our local arena. I was only 32 at the time. I slipped on the ice and broke my right hip and wrist. The orthopedic surgeon could not understand how a young and large-boned man like me could have fractured so easily. He said my wrist shattered like a teacup would if it were dropped on a hard floor. This is what he would expect to see in an elderly lady. Nevertheless neither he nor I connected the fractures to my bone health and the word "osteoporosis" was certainly not part of our conversation. The broken bones healed soon enough and if it were not for the pin and plate in my hip setting off the airport security alarms, I might have all but forgotten these fractures.

I was finally diagnosed with osteoporosis in 1990 at the age of 38, after convincing



**Fracture Fact:**

**At least 1 in 5 men will suffer a broken bone from osteoporosis in their lifetime but only 1 in 20 COPN members are men.**

my doctor to send me for a bone mineral density test. Although I half-expected to hear the news I was still shocked to learn that the BMD results confirmed that I did, indeed, have osteoporosis. The diagnosis put an immediate stop to many activities I had enjoyed all my life. I do not curl anymore, I do not play hockey, I do not play football, I do not play basketball or any other contact sport for fear of falling and breaking another bone.

Then it happened again in 2000 - I slipped on ice in a parking lot and fractured my right ankle. The multiple screws needed to put my ankle back together again not only made the airport security alarms a little more insistent, they were also the signal that I needed to up my game. Since I retired at that point, I had more time to devote to my health.

Because I am a man, it was difficult to get other people to believe that my diagnosis was accurate. I was not embarrassed, but I was angry because I felt I had been singled out at a very young age. After getting more education on osteoporosis in men, I went on a mission to educate everyone I could – young, old, man or woman - about this health condition.

To help prevent further broken bones I have changed my lifestyle.

First, I try to exercise daily. Walking outdoors in Manitoba can be a scary adventure for many months of the year. So having a membership at a Wellness Institute is my solution. There I can walk on an indoor track and lift some weights – no slippery surfaces there.

Second, I now use the Canada Food Guide to help plan my diet. I eat more foods that contain calcium because I have learned from Osteoporosis Canada that food sources are better than supplements. Fortunately, I like many of the bone-friendly foods such as milk, cheese, yogurt, canned salmon and sardines with the bones; so it is easy for me to get from my diet the 1,200 milligrams of calcium I need each day. I also know that here in Manitoba I do not get enough vitamin D from the sun, so I take a daily supplement to get the amount that I need. Because I am at high risk for more fractures, my doctor checked my blood to see how much vitamin D I should take so that my blood levels are in the proper range.

Third, I properly and diligently take my prescribed medication to help prevent my bones from becoming more osteoporotic and likely to fracture.

I also quit smoking when I learned it could be bad for my bones. While I do have an occasional social drink I know that excessive alcohol is a risk factor for osteoporosis and fractures.

Is all this working for me? I know I have had some success. My bone mineral density test results show that my bone loss has slowed significantly. Perhaps more importantly, since 2000, I have had more falls without breaking any bones.

I consider myself very lucky. I know that osteoporosis can result in disfigurement, lower self-esteem, reduction or loss of mobility and decreased independence. As a result of good fortune and my three-part action plan, I do not suffer from any of these consequences. I am a living example that people can live a productive life with osteoporosis. I have 30 years' experience to prove it, and on top of it all, I' m a man.

*Lawrie McCaffrey has been a volunteer with Osteoporosis Canada's Manitoba Chapter since 2002. He leads support groups and gives many talks and media interviews, all in his quest to raise men's awareness that they too need to pay attention to their bone health. His passion, dedication and generous contribution of time and skills – no job is too big or too small for Lawrie – were recognized when he was awarded the Hilda Tottle Memorial Education Award in 2013.*

# VIRTUAL FORUMS

**June 17, 2014**

## **Bone Matters with Dr. Marla Shapiro - Learn how to keep your bones strong and healthy for life**

Join us for a special, live presentation by Health and Medical expert, Dr. Marla Shapiro, with remarks from President and CEO of Osteoporosis Canada, Dr. Famida Jiwa. Dr. Shapiro is a prominent medical contributor, consultant and specialist and is renowned for her expertise in Toronto, Canada and across North America. This presentation is FREE to watch live with an "Ask a Question" feature from your computer!

Registration is NOW OPEN! -

<http://www.osteoporosis.ca/bone-matters-with-marla-shapiro/>

**June 25, 2014**

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

Learn what the experts think you should include in your exercise program to prevent bone loss and falls, and increase muscle strength. Get some tips on how to put the latest research into action. Understand how to practice "spine sparing", and avoid or modify the movements that might not be safe for someone with osteoporosis.

Registration is NOW OPEN! -

<http://www.osteoporosis.ca/osteoporosis-and-you/copn/virtual-forum/>

FREE EVENT

Osteoporosis Canada  
Osteoporosis Canada

**LEARN** how to keep your **BONES STRONG** and healthy for **LIFE**

**BONE MATTERS WITH DR. MARLA SHAPIRO**

DATE: **Tuesday, June 17, 2014**  
TIME: **7:00 p.m. - 8:00 p.m. (EDT)**  
**4:00 p.m. - 5:00 p.m. (PDT)**

PRESENTER  
Dr. Marla Shapiro - Associate Professor, Department of Family and Community Medicine, University of Toronto; Health and Medical Expert

With remarks from Dr. Famida Jiwa - President & CEO, Osteoporosis Canada

Watch live with an Ask a Question feature from your computer!  
(With an archived version to follow)

HOW TO REGISTER?  
Click [here](#) or call 1-800-463-6842

For more information on Osteoporosis Canada and the Canadian Osteoporosis Patient Network (COPN), call 1-800-463-6842 or visit our website at [www.osteoporosis.ca](http://www.osteoporosis.ca)

FREE EVENT

Osteoporosis Canada  
Osteoporosis Canada

**What YOU need to know about Osteoporosis**

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

DATE: Wednesday, June 25, 2014  
TIME: 1:30 - 2:30 pm ET

PRESENTER  
Dr. Lora Giangregorio PhD, University of Waterloo

HOW TO REGISTER?  
Click [here](#) or call 1-800-463-6842 ext. 2224

Watch live and archive with  
Ask a Question feature from your computer!

For more information on Osteoporosis Canada and the Canadian Osteoporosis Patient Network (COPN) call 1-800-463-6842 or visit our website at [www.osteoporosis.ca](http://www.osteoporosis.ca)

## **Increasing Men's Awareness of Osteoporosis**

The stereotypical image of a frail, elderly lady continues to dominate Canadians' perceptions of osteoporosis. While most are not surprised to learn that 1 in 3 women will suffer an osteoporotic fracture in their lifetimes, they are stunned to learn that 1 in 5 men will also experience fractures because of their own osteoporosis. The wide-spread belief that osteoporosis is a woman's disease contributes to the shocking statistic that 95% of the Canadian men who have osteoporosis do not know it.

In other words, the vast majority of men with the disease are completely unaware that the next slip or fall could result in a debilitating, potentially life-threatening broken bone.

Traditional efforts to raise awareness of osteoporosis have typically had little success in reaching men. Osteoporosis public education forums easily draw a full house - *of women*. The fact is that most awareness and education efforts by the private sector, governments and not-for-profit organizations tend to target women. It's little wonder that men who already pay far too little attention to most health issues ignore osteoporosis altogether.

In 2011, a small group of men got together in a downtown Vancouver pub to discuss the issue: How can we get men to better understand that they too can be affected by osteoporosis? Given the venue for that first meeting it's perhaps not surprising that the idea for Bones n' Beer – a men's event with a light-hearted title but a seriously sober objective – began to take shape. Their approach to Bones n' Beer was to counter the osteoporosis stereotype with other stereotypes - that men like pubs and the beer and the food they serve, and they like to get together to talk about sports. Their objective was for participants to go home with a full belly and memories of a great time, but most importantly take with them an understanding of the consequences of not paying better attention to their bone health. It's been a successful formula: This coming November 18 the group will be hosting its 4<sup>th</sup> annual Bones n' Beer at the Pumphouse Pub in Richmond BC.

Bones n' Beer is catching on with Osteoporosis Canada Chapters in other communities. By the end of 2014 a total of nine Bones n' Beer will have been held across Canada since the first in 2011. Here are reports from the successful events held in London and Peterborough.

### **Bones n' Beer, London, September 26, 2013**

The London and Thames Valley Chapter held its inaugural Beer 'n Bones event on September 26, 2013, modeled on the March 2013 Bones & Beer event in Toronto.

Our host and primary sponsor, owner of the venue appropriately called Smoke 'n Bones, worked closely with our planning committee to make this event a success. He chose to leave the restaurant open to his regular patrons, which was a bonus as some joined in, listened to the speakers and participated in the live auction. Our second important sponsor was a small local micro-brewery who, eager to market their new product, generously paired a different beer with each of the four courses. Everyone enjoyed the mouth-watering ribs and beer tasting, in a perfect location.

Our MC was a local television personality, known for his love of reporting on any event that includes food. He was the perfect choice. He kept the mood light, while our keynote and our patient speaker got the important message across that men too are impacted by osteoporosis. The MC also kept us in stitches during the Live Auction! I am now convinced laughter makes people happy and happy people spend more money! The night finished with the great toe-tapping music of a local band called No Bones. *Honest truth!* Our small executive/event committee worked very hard to pull this event together. We all had so much fun, along with our guests. We are very proud and happy to offer this again in London in 2014.

**Upcoming**  
**September 18, 2014**

Bones n' Beer  
London, ON

**November, 2014**  
**(date TBC)**

Bones n' Beer  
Winnipeg, MB

**November 18, 2014**

Bones n' Beer  
Pumphouse Pub  
Richmond, BC



## Bones n' Beer, Peterborough, February 26, 2014

Peterborough's first Bones n' Beer event took place on February 26, 2014 at St Veronus Cafe & Tap Bar. Our keynote speaker was Dr Donald Doell - he knows his BONES and loves his beer. The goal for our Chapter was to keep the event about osteoporosis awareness for men in our community. We were pleased with the very interested group of gentlemen who attended, ranging in age from early 30s to their 70s.

The men enjoyed a delicious three-course Belgian beer pairing meal. Dr Doell had a captive audience of all men to speak to, on the importance of men standing up to osteoporosis. Throughout the evening the men also learned about each beer that was paired with each course. Overall the Peterborough Chapter is pleased with our first event and the men are looking forward to our event next year.

**FUNNY BONE:** How can you increase the heart rate of your over 50 year old husband? Tell him you're pregnant.

### A Recipe from our Sponsor

#### Fattoush revisited with Crab and Feta

Course: *Salads*

Preparation Time: *20 mins*

*servings*

*product serving(s)*

*on*



For more information  
on this recipe:

[www.dairygoodnews.com/recipes/fattoush-revisited-with-crab-and-feta/](http://www.dairygoodnews.com/recipes/fattoush-revisited-with-crab-and-feta/)

#### Ingredients

- |   |   |
|---|---|
| 2 tbsp (30 mL) lemon juice                  | 4 cups (1 L) romaine lettuce, thinly sliced |
| 2 tbsp (30 mL) olive oil                    | 2 cups (500 mL) cucumbers, diced            |
| 1/4 tsp (2 mL) ground sumac or cumin        | 2 tomatoes, quartered                       |
| 1 cup (250 mL) mango, peeled and diced      | 4 oz (120 g) <b>Canadian Feta</b> , diced   |
| 2 tbsp (30 mL) fresh mint, chopped          | 6 oz (180 g) crabmeat                       |
| 1/2 cup (125 mL) fresh parsley, chopped     | Pita bread, torn or cut into pieces         |
| 4 cups (1 L) romaine lettuce, thinly sliced |   |

## Preparation

In a large bowl, blend lemon juice, olive oil and sumac or cumin.

Add remaining ingredients. Gently toss and serve with pita bread.

**Tips:** To add crunchiness, grill the pita bread before adding it to the salad. The mango can be replaced with ripe pear, melon or fresh grapes.

**This issue of COPING is sponsored by Dairy Farmers of Canada**

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**NUTRITION**  
DAIRY FARMERS OF CANADA



[getenough.ca](http://getenough.ca)