



Osteoporosis Canada

Ostéoporose Canada

COPING

'A newsletter from COPN'

March 20, 2009

Remember: You can live well with osteoporosis!

Thought for today: The secret to happiness is a good sense of humour and a bad memory!

Special Announcement

The COPN Virtual Forum, "Osteoporosis Medications: Benefits and Risks" by Dr. Angela Cheung is now available for viewing until June 2, 2009 by going to www.osteoporosis.ca. Answers to the many questions asked during the forum will be published in upcoming issues of Coping. "Stay tuned" for information on future forums.

March is Nutrition Month: Looking for some good information about healthy eating? Take a few moments to browse the Dietitians of Canada website: www.dietitians.ca/

Be Active!

That is so easy to say but not always so easy to do. But remember, physical activity is a critical component to staying healthy, both mentally and physically.

If you are not already active, don't worry. It's never too late to get started. Just be certain to discuss what you are planning with your physician. But no matter what, whether you are diagnosed with low bone mass (previously called osteopenia) or with severe osteoporosis, physical activity is an important part of therapy and everyday living. What's more, the benefits are far-reaching: decreased risk of stroke, diabetes, improved balance and more.

PEOPLE WHO EXERCISE FALL LESS OFTEN AND EXPERIENCE LESS FRACTURES

If you make active living part of your life by building it into your day, you won't feel like you have to set aside chunks of time. Pick something you enjoy doing: walk or bike to work or the store, dance with your kids or grandkids, walk up stairs and escalators, or get off the bus or subway one stop early and walk the rest of the way. Remember, every little bit helps and doing some activity is always better than doing nothing at all. Ideally, you want to do sustained exercise for at least 20 minutes, three times a week.

These five tips will help keep you focused:

1. Identify your barriers to physical activity and overcome them. Is it long hours taken up by your other commitments? Are winter's slippery streets a concern? Identifying your barriers may help you overcome them.
2. Choose an activity you enjoy, or one you enjoyed as a child. Is it bicycling? Dancing? Swimming? Walking?
3. Walking is probably the most flexible, interesting and relaxing heart-healthy activity around – so think of how you can do more throughout your day.
4. Pay attention to the benefits you are experiencing daily or weekly instead of looking to longer-term goals.
5. If you have daily responsibilities, plan an exchange with a friend or your partner so you can each take turns being physically active.

"If you suffer from osteoporosis, and particularly if you have already had a fracture, check with your doctor or your physiotherapist which exercises are good/safe for you."

Funny Bone:

In honour of St. Patrick's Day, here are a few Irish jokes (with apologies...) to tickle your funny bone:

♣ Murphy told Quinn that his wife was driving him to drink. Quinn thinks he's very lucky because his own wife makes him walk. ♣

♣ Reilly went to trial for armed robbery. The jury foreman came out and announced, "Not guilty." "That's grand!" shouted Reilly. "Does that mean I can keep the money?" ♣

♣ Irish lass customer: "Could I be trying on that dress in the window?" Shopkeeper: "I'd prefer you use the dressing room." ♣

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 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.