

COPN: Proudly Celebrating our 10th Anniversary**You *CAN* Prevent Falls and the Injuries they Cause
Part 4 of 4****In this issue**

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Fracture Fact:

Exercise, taking your vitamin D, fall-proofing your home and reading COPING have all been shown to reduce falls.

Exercises that Help Improve Balance and Reduce Fall Risk

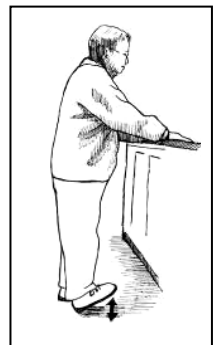
Because they have more fragile bones, individuals with osteoporosis have a higher risk of breaking a bone during a fall than those without osteoporosis. Thus, in Canada, it has become a public health priority to develop improved strategies to prevent falls and fall-related injuries among seniors and those with osteoporosis. In Part 1 of this newsletter series we explained how various factors affect balance and can cause falls. Parts 2 and 3 discussed how you can reduce your personal health risks as well as indoor and outdoor environmental risks for falls. In this issue we will describe some simple **exercises** you can do to reduce your risk of falls by improving your balance.

The following exercises are from the Strategies and Actions for Independent Living (SAIL)[®] Home Activity Program (HAP)[®] developed by Dr. Vicky Scott and colleagues and reproduced here with the permission of Dr. Scott. When beginning any exercise program, start slowly and progress gradually. Begin with a few repetitions of one or two activities at a time. Do a few in the morning, afternoon and evening, rather than trying to do all at once. If any activity causes you increased pain or significant shortness of breath, do fewer or stop that particular activity and talk to your doctor. As you get stronger over time, gradually decrease the amount of support through your hands. Try using one hand plus a few fingers from the other hand, then progress to a few fingers from each hand, then only one hand, then a few fingers from only one hand for support. Eventually, consider trying to do the exercises with your hands just hovering over the sink or counter.

Home Activity Program (HAP)[®] - Exercise

#1 – Slow Toe Taps (may also be done in the sitting position)

1. Stand facing the kitchen sink.
2. Hold onto the edge of the sink with both hands.
3. Keep your heels on the floor while you lift up the toes of one foot.
4. Hold for a few seconds. Relax.
5. Slowly repeat on the other foot.
6. Alternate, repeating 3 to 5 times with each foot.
7. Gradually increase until you can do this for 2 minutes.

**Progression:**

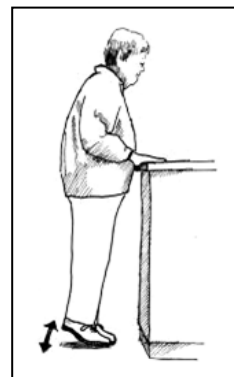
Gradually try to decrease the amount of support through your hands.

#2 – Up on Toes (may also be done in the sitting position)

1. Stand facing the kitchen sink.
2. Hold onto the edge of the sink with both hands.
3. Go up on your toes as high as you can with both feet.
4. Come down slowly.
5. Repeat 3 to 5 times if you can.
6. Gradually add one more repetition every few days until you can do this 15 times.

Progression:

Gradually try to decrease the amount of support through your hands.

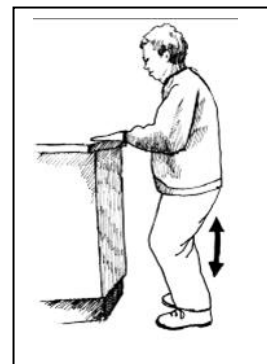


#3 – Mini Squats (do small squats only...do not bend too far)

1. Stand facing the sink with your feet apart.
2. Hold onto the edge of the sink with both hands.
3. Bend knees slightly, keeping your heels on the floor.
4. Remember, DO NOT bend too far...do a small squat only. Your bum should always be above your knees.
5. Hold this position for a few seconds if you can.
6. Straighten up.
7. Repeat 3 to 5 times.
8. Gradually do one more every few days or week until you can do 15.

Progression:

Gradually try to decrease the amount of support through your hands.

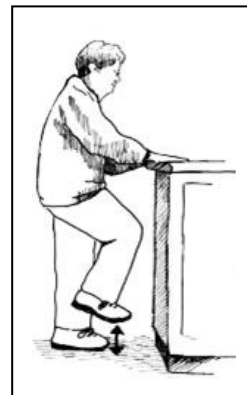


#4 – Walking on the Spot (may also be done in the sitting position)

1. Stand facing the kitchen sink.
2. Hold onto the edge of the sink with both hands.
3. Walk slowly on the spot for 10 seconds.
4. Gradually increase your time up to 2 minutes.

Progression:

- a. Begin walking in your home for 3 to 4 minutes without stopping.
- b. Use a mobility aid that you normally use for walking if applicable.
- c. Every third or fourth day, gradually increase the time you spend walking by one minute.

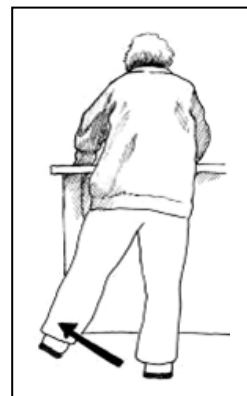


#5 – Alternate Leg Out and In

1. Stand facing the sink.
2. Hold onto the edge of the sink with both hands.
3. Keeping your toes pointing forward, not sideways, lift one leg out to the side.
4. Hold this position for a few seconds if you can, then slowly lower leg.
5. Repeat with the other leg.
6. Continue to alternate each leg, repeating 3 to 5 times each.
7. Gradually do one more every few days or week until you can do 15 on each leg.

Progression:

Gradually try to decrease the amount of support through your hands.



#6 – Alternate Leg Behind

1. Stand facing the sink.
2. Hold onto the edge of the sink with both hands.
3. Lift one leg behind you, keeping the knee straight.
4. Return to the starting position.
5. Repeat with the other leg.
6. Continue to alternate each leg, repeating 3 to 5 times with each.
7. Gradually do one more every few days or week until you can do 15 on each leg.

Progression:

Gradually try to decrease the amount of support through your hands.

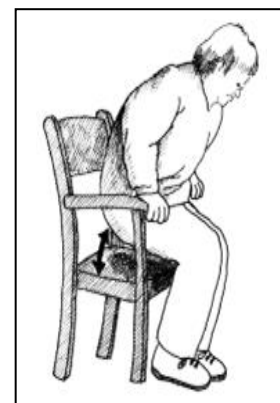


#7 – Sit to Stand

1. Sit in a firm chair with arm rests.
2. If needed, position your walker in front of you and lock the brakes.
3. Bring your bottom a little closer to the front of the chair if needed.
4. Bring your feet in close to the chair. Put hands on the armrests if needed.
5. Lean forward and stand up.
6. Stand tall for a few seconds, holding onto your walker if needed for support.
7. Reach back to hold the armrests of the chair.
8. Lean forward and slowly lower yourself to sit down.
9. Stand up and sit down in this manner 3 to 5 times.
10. Do one more every few days or week until you can do 15 at a time.

Progression:

Gradually try to decrease the amount of support through your hands until you can stand up and sit down without using your arms.



For more in-depth information on exercise and osteoporosis, you may refer to COPN's eight part newsletter series entitled ``Boning up on Exercise`` by clicking [here](#).

This concludes our newsletter series on preventing falls and fall-related injuries. We hope that you enjoyed reading about how you can improve your balance and safety to stay fall free. If you have not yet done so, we also hope to have convinced you to take all the measures discussed in this newsletter series to decrease your risk of falls. The statistics are impressive and encouraging: Strength and balance training have been shown to reduce falls by about 20%, and Tai Chi has been shown to reduce falls by as much as 49%. Sufficient vitamin D supplementation reduces falls by at least 22% and home modification assessments (such as those carried out by occupational therapists) reduce falls by about 34%. Educational strategies (such as reading the information in this series) have been shown to reduce falls by about 31%. In other words, FALLS CAN BE PREVENTED. So, what are you waiting for...go ahead and LIVE WELL WITH OSTEOPOROSIS.

This series on preventing falls and the injuries they cause results from a collaboration of experts. It was initiated by a contribution of material from Dr. Vicky Scott, the Senior Advisor on Fall and Injury Prevention for the province of British Columbia with the BC Injury Research and Prevention Unit and the Ministry of Health. An impressive team of dedicated volunteers from COPN, the Scientific Advisory Council and OC staff further developed the material into a comprehensive series of four articles that are all being published for the first time here in COPING!

FUNNY BONE: The best things in life aren't things.

March 2014

Strontium Ranelate (Protelos) and Osteoporosis

Strontium ranelate (Protelos) is a drug approved for the treatment of osteoporosis in Europe, but not in Canada. It is effective in reducing fractures. Recently the European Medicines Agency has completed their review regarding the safety of this drug and recommend that strontium ranelate not be taken by patients with heart or circulatory problems. Individuals who have had a heart attack, angina, stroke or uncontrolled blood pressure should not take this medicine and should discuss their osteoporosis therapy with their physician. The safety of strontium citrate commonly available at health food stores in Canada has not been evaluated and its effects on fracture risk reduction are not known. Osteoporosis Canada recommends that all patients with osteoporosis or at an increased risk of fracture discuss their treatment options with their physician.

What YOU need to know about Osteoporosis

What YOU need to know about Osteoporosis is a virtual education forum that is essentially an informative presentation broadcast over the Internet: an interactive webcast. It allows people across Canada online access to professionally led educational presentations about how to live well with osteoporosis.

The forums are geared towards the needs and interests of people living with osteoporosis. Each presentation is dedicated to addressing topics that COPN (the Canadian Osteoporosis Patient Network) members have expressed interest in wanting to learn more about.

To learn more, click [here](#).

FREE EVENT!

What YOU need to know about Osteoporosis

Osteoporosis Canada
Ostéoporose Canada


YOU CAN PREVENT FALLS AND THE INJURIES THEY CAUSE

DATE Wednesday, April 2, 2014
TIME 1:30-2:30 pm ET, 10:30-1:30 pm PT

PRESENTER
Dr. Vicky Scott - Senior Advisor on Fall and Injury Prevention, BC Injury Research and Prevention Unit and Ministry of Health

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

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



Stronger bones. Better lives.
ONTARIO OSTEOPOROSIS STRATEGY

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

A Recipe from our Sponsor

Asian baked salmon with Le Noble cheese



Course: *Main Dishes*

Preparation Time: *20 mins*

Cooking Time: *20 mins* Yields: *8 servings*
1/2 milk product serving(s) per person

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/asian-baked-salmon-with-le-noble-cheese>

Ingredients

Citrus marinade:

1/2 cup (125 mL) orange juice
1 tbsp (15 mL) lime zest
1 tbsp (15 mL) lemon zest
1 tbsp (15 mL) fresh ginger, chopped
1 tbsp (15 mL) soy sauce
1 tbsp (15 mL) fresh cilantro, chopped
1 tbsp (15 mL) honey
2 cloves garlic, chopped
2 green onions, chopped
Freshly ground pepper

Salmon:

8 salmon fillets, 5 oz (140 g) each
1 tbsp (15 mL) honey
6 oz (180 g) **Le Noble cheese**, cut into 8 slices
1 cup (250 mL) snow pea or sunflower shoots
1/2 cup (125 mL) fresh cilantro

Preparation

Mix all marinade ingredients and marinate salmon 1 hour.

Preheat oven to 425°F (220°C).

Remove salmon from marinade and pour into a small saucepan. Place salmon on a parchment-lined baking sheet and cook in the oven for 12–15 minutes or until desired doneness.

Meanwhile, bring marinade to a boil, simmer for 5 minutes and remove from heat. Add honey and reserve.

Place a slice of cheese on each plate, lay hot salmon over cheese and garnish with shoots and cilantro.

This issue of COPING is sponsored by Dairy Farmers of Canada

NOTICE: Every issue of COPING is vetted by members of Osteoporosis Canada's Scientific Advisory Council to ensure accuracy and timeliness of content. These newsletters are not intended to promote or endorse any particular product. Product references, if they appear, are for illustration only.

These newsletters are not intended to replace individualized medical advice. Readers are advised to discuss their specific circumstances with their healthcare provider.



NUTRITION
DAIRY FARMERS OF CANADA



getenough.ca

COPING is brought to you by the Canadian Osteoporosis Patient Network (COPN) every second Friday
www.osteoporosis.ca/copn . 1-800-463-6842 . copn@osteoporosis.ca