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## Fracture Fact:

A broken bone is called a fracture and may be a warning sign of osteoporosis

## **COPN: Proudly Celebrating our 10<sup>th</sup> Anniversary** **The Fracture Liaison Service Summit –** **Setting the Stage for Preventing Recurrent** **Osteoporotic Fractures**

How could I have broken so many bones before I was diagnosed and prescribed an effective osteoporosis medication? I used to think I was unique, singled out by fate and circumstance to fracture time and again from the simplest of accidents. I've since discovered that I am not alone. Indeed hundreds of thousands of Canadians break bone after bone without knowing that each and every one of us has access to effective medications and treatment to prevent the next fracture.

So how do we stop so many from falling through the cracks and going untreated? It's a question that has been studied by experts here in Canada and around the world. Their consensus: The most effective solution is a model of care called Fracture Liaison Service (FLS). Progressive health authorities in the United Kingdom, New Zealand, Australia and California have now put FLS in place and are already reaping the significant benefits of thousands of fractures prevented and millions of dollars saved. They have confirmed one simple truth: it is far cheaper to prevent the next fracture than it is to treat one.

FLS has a foothold in Canada. Osteoporosis Canada endorses FLS as the one proven model of secondary fracture prevention. St. Michael's Hospital in Toronto has had their model of FLS in place for more than a decade and a number of others across the country are poised to be implemented.

In spite of those modest accomplishments, there is a very long way to go before all Canadians who suffer osteoporotic fractures are identified, assessed and treated for their osteoporosis. How to get there in the quickest, most efficient way is the goal of *Osteoporosis Canada's FLS Summit*. On May 21, experts and decision-makers from each province are participating in the intense one-day Summit to outline practical yet aggressive plans for implementing FLS in their provinces. COPN will be well represented at the Summit. Executive Committee members Sheila Brien and Ina Ilse will participate as will I. You can be sure the "patient voice" will be heard loud and clear.

### **Fracture Liaison Service**

A Fracture Liaison Service employs a dedicated FLS coordinator to intervene immediately after a fragility fracture to ensure patients are assessed and receive the appropriate treatment to prevent the next osteoporotic fracture.

COPING will bring you regular updates on FLS developments in Canada.

Larry Funnell  
Chair  
Canadian Osteoporosis Patient Network

***For healthcare professional and healthcare administrators who are interested in implementing an FLS in their jurisdiction, connect with Osteoporosis Canada's new FLS Network at [osteoporosis.ca/fls](http://osteoporosis.ca/fls)***

**Are you getting enough of what  
you need every day?**

Dairy Farmers of Canada has committed to raise funds for Osteoporosis Canada while helping ensure you meet your daily dietary requirements.

When you download the ***GetEnough Helper App*** on your smart phone, every day you track what you eat, Osteoporosis Canada will receive \$1 from Dairy Farmers of Canada.



**It's free. It's easy to use.  
All in support of Osteoporosis Canada.**

**Together with your help,  
we can reach our goal of \$50,000.**

**Start Now**

**SAVE THE DATE: June 25, 2014  
1:30pm ET**

Virtual Education Forum on ***New Exercise Recommendations***

# After the Fracture: A Dynamic New Addition to the OC Website

## Broken Bone?

OSTEOPOROSIS.CA/ATF

- Information about Pain After a Broken Bone
- What to Expect from Some Specific Fractures
- Self-Help Guidelines for Day-to-Day Activities
- Videos on How to Safely do Everyday Activities
- When the Pain Persists



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After  
the Fracture

At the Annual General Meeting in October 2013, Osteoporosis Canada (OC) launched a new section on its website dedicated to those who have fractured. The result of months of work by members of the Scientific Advisory Council, OC staff and volunteers, many of whom have experienced broken bones from osteoporosis, *After the Fracture* is designed to provide practical information for fracture patients.

*After the Fracture* talks about pain and stages of healing after a fracture, with special emphasis on wrist, shoulder, hip and spine fractures. There are self-help guidelines for basic movements like standing, walking, sitting and bending, as well as helpful hints for how to perform common daily activities such as tying your shoes or getting up from a chair. A series of short videos provides live demonstrations of some of these activities. While this information may be helpful to anyone who has broken a bone, it is intended especially for those who have had a fragility fracture from osteoporosis.

OC has produced a bilingual card to promote *After the Fracture*. If you would like to help us spread the word, and know of locations where these cards could be distributed (for example, doctor's office, community centre), please place an order at [orders@osteoporosis.ca](mailto:orders@osteoporosis.ca), telling us how many you want and your address. Thank you for your help.

To access *After the Fracture*, click on the Broken Bone? button on the [Osteoporosis Canada](http://www.osteoporosis.ca) home page or go directly to [www.osteoporosis.ca/after-the-fracture](http://www.osteoporosis.ca/after-the-fracture).

**FUNNY BONE:** Change is inevitable, except from vending machines

## A Recipe from our Sponsor

### Spanish Tortilla with Applewood Smoked Cheddar



#### For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/spanish-tortilla-with-applewood-smoked-cheddar>

*Course: Main Dishes*

*Preparation Time: 20 mins*

*Cooking Time: 25-30 mins*

*Yields: 6 servings*

*2/3 milk product serving(s) per person*

#### Ingredients

4 potatoes, peeled and sliced 1/4" (0.5 cm) thick

2 tbsp (30 mL) butter

1 leek, thinly sliced

1 bag (5 oz - 150 g) baby arugula

6 eggs

2 tbsp (30 mL) fresh chives, chopped

Salt and freshly ground pepper

6 oz (180 g) **COWS CREAMERY Applewood Smoked Cheddar**, grated

#### Cheese alternatives:

Canadian Swiss cheese, Medium Cheddar.

### Preparation

In a saucepan, cook potatoes for 5 minutes in boiling water, then drain.

In a large skillet over medium heat, melt butter and brown potatoes and leek for 5 minutes. Add arugula, stir and cook for 2 minutes.

Meanwhile, beat eggs with chives, salt and pepper. Add cheese and pour into skillet. Stir until cheese is evenly combined with the potatoes.

Lower heat to medium-low, cover and cook for 10 minutes. Remove from heat, cover skillet with a plate, then invert so the tortilla drops onto the plate. Be careful, as the eggs are not yet completely cooked.

Slide tortilla back into skillet to cook the other side for 5–7 minutes more or until potatoes are tender. Serve hot or cold.

**Note:** The tortilla can be made ahead of time, then reheated in the oven at 375°F (190°C) for about 20 minutes.

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

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



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