



Osteoporosis Canada

Ostéoporose Canada

# COPING

October 8, 2014

## COPN: Proudly Celebrating our 10<sup>th</sup> Anniversary COPING Classics, and the Lindy Fraser Award goes to . . .

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How do we celebrate 10 years in the growth of the Canadian Osteoporosis Patient Network? Since the newsletter *COPING* is our flagship venture, we decided to mark this important milestone by showcasing 10 of our best articles from the past decade. This was a difficult task, poring through 10 years of newsletters to pick just 10 favourites from the 181 that COPN published since the first edition was emailed to a few hundred readers in 2004. [Click here to read more](#)



### COPING CLASSICS

2004-2014



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COPN

The Canadian Osteoporosis Patient Network

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### Lindy Fraser Award 2014: Dr. Diane Thériault

Osteoporosis Canada (OC) is pleased to announce that the recipient of this year's Lindy Fraser Memorial Award is Dr. Diane Thériault, a rheumatologist from Dartmouth, Nova Scotia. The award was presented September 13, 2014 at the annual Scientific Advisory Council (SAC) American Society of Bone and Mineral Research breakfast meeting in Houston.

In 1993 OC established this prestigious award to recognize individuals who have done exemplary research and/or have helped to increase the knowledge about osteoporosis. The recipient is nominated by members of our Scientific Advisory Council.

## Fracture Fact:

If all Canadian fracture patients received FLS beginning in 2015, 20,000 hip fractures and 10,000 non-hip fractures would be averted by 2023 and the Canadian healthcare system would save over \$413 million in averted hip fracture costs alone.

Diane has been a volunteer of OC since 1998 and was a member of the National Board of Directors from 2002 to 2010 (Chair from 2007 to 2009). She joined the SAC in 2005 and served on the COPN (Canadian Osteoporosis Patient Network) Scientific Review Committee for several years.

Diane has a very strong commitment to closing the post fracture care gap. Globally less than 20% of patients who suffer an osteoporotic fracture receive the osteoporosis care they need after the fracture. Diane has worked tirelessly to help to close this gap in Canada. In 2011 she co-chaired the committee that authored the OC position paper *“Osteoporosis: Towards a Fracture-Free Future.”* Also in 2011, Diane and co-chair Marg MacDonell hosted the FOCUS (Fractures = Osteoporosis Care for Us) Forum in Toronto, which assembled healthcare professionals and persons living with osteoporosis from each province to work together to find solutions to this care gap. A note from the SAC at that time stated: *“The enormity and significance of what was achieved in Toronto cannot be overstated. We may well look back one day and see that the transformation of post fracture care in Canada began with the FOCUS Forum.”*



From left to right: Dr. Diane Thériault and Dr. Angela Chung, Chair, Scientific Advisory Council

Dr. Diane Theriault is a passionate supporter of COPN. As COPN’s first medical advisor and chair of the SAC Review Committee she played an instrumental role in the evolution of the COPING newsletter and the Patient Bill of Rights. Equally important, she has single-handedly “recruited” the vast majority of the 1375 COPN members in Nova Scotia -as well as others in New Brunswick, Newfoundland, Prince Edward Island and Quebec - ensuring that they have the information they need to live well with osteoporosis. All of us at COPN congratulate Diane on receiving this prestigious award.

Recent research has shown that Fracture Liaison Services (FLS), a model of care that ensures that fracture patients receive the osteoporosis care they need, are consistently proven to decrease subsequent fractures, mortality and healthcare costs. Diane chaired an FLS Working Group that launched an FLS Toolkit and an experts report entitled *“Make the FIRST break the LAST with Fracture Liaison Services”* in October 2013.

Under the direction of Diane and Nashater Sanghera in May 2014 an FLS Summit in Toronto introduced the FLS model of care to healthcare administrators from across Canada. She continues her work as OC’s Chief Scientific Officer, Fracture Liaison Services.

In 2010, Diane was recognized with the Volunteer of Distinction Award, which honors an exceptional volunteer – of long-standing service – who has made a superior and sustained contribution to Osteoporosis Canada, for her outstanding leadership in numerous capacities. In 2012, she received the Queen Elizabeth II Diamond Jubilee Medal for her volunteer work with Osteoporosis Canada.

Diane has been described as dedicated, enthusiastic, passionate (especially regarding advocacy for people with osteoporosis), extremely hard-working, an exceptional teacher and possessing of a lively sense of humor. About this volunteer it has been said: "...with Diane the wheels never stop turning." OC would like to congratulate Dr. Thériault.

## Upcoming Presentation

### Treatments of Osteoporosis: Expected Benefits, Potential Harms and Drug Holidays

**FREE EVENT!**

**What YOU need to know about Osteoporosis**

**Treatments of Osteoporosis: Expected Benefits, Potential Harms and Drug Holidays**

**DATE** Friday, October 17, 2014  
**TIME** 2:00-3:00 pm EDT

**PRESENTER**  
Dr. Suzanne Morin, MD, MSc, FRCPC

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



  


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)

Date – Friday, October 17, 2014

- Speaker – Dr. Suzanne Morin, MD, MSc, FRCPC
- Participate in the comfort of your own home!
- [REGISTER NOW](#)
- This presentation is also available in [French \(Friday, October 24, 2014\)](#). For more information click [here](#).

# FUNNY BONE: My bucket list is not to have one.

## A Recipe from our Sponsor

**Chicken Grilled Cheese** – By Stefano Faita

Course: *Main Dishes*

Preparation Time: *15 mins*

Cooking Time: *10 mins*

Yields: *4 servings*

*3/4 milk product serving(s) per person*

**For more information about this recipe:**

<http://www.dairygoodness.ca/getenough/recipes/chicken-grilled-cheese>



### Ingredients

2 cups (500 mL) cooked, shredded chicken  
4 tsp (20 mL) mayonnaise  
1 or 2 sprigs tarragon, finely chopped  
1 green onion, finely chopped  
1 tsp (5 mL) Dijon mustard  
1 garlic clove, minced

Zest of 1 lemon  
8 slices crusty whole wheat bread  
8 slices **Cheddar, Swiss or Havarti** cheese  
Salt and pepper to taste  
2 tbsp (30 mL) unsalted butter (room temperature)

### Preparation

Mix chicken, mayonnaise, tarragon, green onion, mustard, garlic and lemon zest in a bowl.

Evenly distribute the chicken spread and cheese slices among the four sandwiches. Season to taste and top with remaining slices of bread.

Butter the outside of the bread and grill sandwiches until golden-brown and cheese has melted inside.

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

COPING is brought to you by the Canadian Osteoporosis Patient Network (COPN)  
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