



Osteoporosis Canada

Ostéoporose Canada

**COPING**

October 23, 2014

## **COPN: Proudly Celebrating our 10<sup>th</sup> Anniversary** **“Real Men Build their Strength from Within”**

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World Osteoporosis Day takes place every year on October 20, launching a year-long campaign dedicated to raising global awareness of the prevention, diagnosis and treatment of osteoporosis. Organized by the [International Osteoporosis Foundation \(IOF\)](#) every year, World Osteoporosis Day features a different theme each year. The theme for 2014 is “[Real Men Build their Strength from Within.](#)” Male osteoporosis is substantially under-reported, under-diagnosed and under-treated. Men who look strong on the outside may actually be weak on the inside and don’t realize it, or even understand that osteoporosis may affect them. Here in Canada we have a very entertaining and effective way of helping to increase men’s awareness of this debilitating disease.

### **Bones ‘n’ Beer – Men Taking Charge of their Bone Health**

If we think of an image of osteoporosis we might very well picture a stooped, elderly lady guiding her walker through the mall; but men get osteoporosis too. Men are more likely to suffer a broken bone from osteoporosis than to develop prostate cancer. In fact one in five men will suffer an osteoporotic fracture in their lifetime. Over one quarter of hip fractures occur in men. A man who breaks a hip has a 37% chance of dying in the first year from complications related to the fracture. More than 3,000 Canadian men die from osteoporosis each year. It’s a serious problem for men, yet they don’t know it - more than 95% of the men who have the disease go undiagnosed and

#### **Men’s Risk Factors**

- Chronic diseases that affect the kidneys, lungs, stomach and intestines or alter hormone levels
- Use of medications such as prednisone or hormonal treatment for prostate cancer
- Low testosterone
- Smoking, low calcium intake and inadequate physical exercise
- Risk increases with age

### **Fracture Fact:**

**At least 1/5 men will have a fracture from osteoporosis.**

In 2011 six men from the lower mainland of BC launched Bones n' Beer, a project to raise men's awareness of osteoporosis. Their theory was that if they attract men to a familiar, comfortable venue, entertain them with sports talk, feed them well and quench their thirst with quality craft beer, then it would be possible to capture their attention with important messages about osteoporosis. A sold out crowd of more than 100 men (and a few women) confirmed that the theory was sound. A highlight of that first Bones 'n' Beer was Jim Taylor, the well-known keynote speaker, opening his sports talk by revealing that he, too, had osteoporosis. See the entertaining but sobering story Jim told in the [December 9, 2011](#) issue of COPING.

This unique approach for drawing men's attention to their bone health continues to grow. By the end of this calendar year there will have been eight Bones n' Beer events across the country since the inaugural event. Toronto, London, Peterborough and Winnipeg are all selling out their own versions of the event proving that it is possible to reach men with the message that they, too, are susceptible to osteoporosis and the debilitating fractures that follow.

The Pumphouse Taproom in Richmond will host its 4<sup>th</sup> Annual Bones 'n' Beer on Tuesday, November 18. For more information. [click here](#).



For more information on men and osteoporosis read Osteoporosis Canada's fact sheet [Men and Osteoporosis](#).

If you have questions about this article or any other aspect of osteoporosis, please call toll-free 1-800-463-6842 (416-696-2663 in the Greater Toronto Area) to speak to an information counsellor.

## Bones n' Beer photos



From the Toronto Bones n' Beer event – 21 March 2014



Plenty of beer was ready for the Winnipeg Bones n' Beer event -9 October 2014

## National Building Code Public Review open until October 31st

Having osteoporosis means you are more likely to break a bone if you fall. Falls and the injuries they cause are a major health concern for older Canadians. Because they have more fragile bones, individuals with osteoporosis have a higher risk of breaking a bone when they fall than those without osteoporosis. Thus, the development of improved strategies to prevent falls and fall-related injuries among seniors and those with osteoporosis has become a public health priority in Canada. It is very important that you take steps to prevent falls – here is one way to do that.

The Public Review process for proposed changes to the National Building Code is now open. Included in the proposed changes is a potential change to in-home stair dimensions – increasing the minimum run length to 10 inches. Evidence shows a change to stair dimensions can significantly reduce falls in Canada.

For anyone interested in participating in the review process, a step-by-step guide is available by clicking [here](#) on how to do so. This resource also explains the issue and lists relevant research sources. **Comments must be submitted by 4:00 pm EDT on October 31, 2014.**

## Save the date: Thursday, November 13, 2014, 3-4 pm ET

Introducing the first in our new rebranded Public Education Virtual Forums: **Bone Matters** with Dr. Marla Shapiro: Fracture risk assessment, falls prevention, 5 questions you to ask yourself, and a Q & A about osteoporosis. For more information and registration, [click here](#).

### Didn't catch our last virtual forum?

Keep up to date on the latest osteoporosis information by visiting our [archives](#) to watch our previous virtual forums, such as *Treatments of Osteoporosis: Expected Benefits, Potential Harms and Drug Holidays*.

**FUNNY BONE:** Three elderly men are out walking.  
First one says, 'Windy, isn't it?'  
Second one says, 'No, it's Thursday!'  
Third one says, 'So am I. Let's go get a beer.'

## A Recipe from our Sponsor

### Carrot Lentil Soup

Course: *Soups & Creams*  
Preparation Time: *10 mins*  
Cooking Time: *25 mins*  
Yields: *4 servings*

*1/2 milk product serving(s) per person*

**Calcium:** 18% DV/196 mg



For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/carrot-lentil-soup>

## Ingredients

2 tsp (10 mL) butter	3 cups (750 mL) water
2 large carrots, diced	1 tbsp (15 mL) all-purpose flour
1 onion, finely chopped	2 cups (500 mL) milk
1 clove garlic, minced	2 tbsp (30 mL) freshly squeezed lemon juice or wine vinegar
3/4 tsp (3 mL) salt	Pepper
1/4 tsp (1 mL) dried rosemary or thyme, crushed	2 tbsp (30 mL) thinly sliced fresh basil and green onions
1 cup (250 mL) dried red lentils, rinsed and drained	

## Preparation

In a pot, melt butter over medium heat. Sauté carrots, onion, garlic, salt and rosemary for about 5 min or until onion is softened. Stir in lentils and water; cover and bring to a boil. Reduce heat to medium-low and boil gently, covered, for 15 min or until lentils and carrots are soft.

Whisk flour into milk and gradually stir into pot; increase heat to medium. Simmer, stirring, for about 3 min, until slightly thickened (do not let boil). Stir in lemon juice and season to taste with pepper. Ladle into bowls and serve sprinkled with basil and green onions.

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

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