

**In this issue**

- Breaking News on Broken Bones
- Fracture Fact
- Funny Bone
- Recipe from our sponsor
- Upcoming Virtual Education Forum

**Fracture Fact:**

At least one in three women and one in five men will suffer a fracture from osteoporosis in their lifetime.

**Remember: You can live well with osteoporosis!**  
**Breaking News on Broken Bones**  
**Sometimes a broken bone is more than it seems**

# Breaking News on Broken Bones

All across Canada during the Breaking News on Broken Bones blitz week (September 23 - September 27), Osteoporosis Canada is hosting community events to raise awareness among Canadians about the seriousness of a broken bone. Not all broken bones are what they seem; sometimes, there are underlying causes that could lead to more broken bones. In fact, 80% of broken bones in men and women over 50 are caused by osteoporosis, a bone disease that can lead to more broken bones if the individual is not properly assessed and treated.

“It is not normal when a broken bone is caused by something as simple as a slip or fall from standing height, or making a bed or even a cough or sneeze. This type of broken bone is called a fragility fracture and can be a warning sign of osteoporosis,” states Dr Famida Jiwa, CEO and President of Osteoporosis Canada.

Osteoporosis weakens bones, causing them to break more easily than normal bones. The challenge is that even after a bone breaks, the underlying osteoporosis that caused it often goes undetected and therefore untreated, leaving the individual at risk of more broken bones.

Broken bones from osteoporosis usually occur in the wrist, spine, hip and shoulder and are very common, more common than heart attack, stroke and breast cancer combined. At least one in three women and one in five men will suffer a fracture from osteoporosis in their lifetime. Fractures have devastating effects. They can lead to hospitalization, surgery, long-term care or nursing home placement, depression, chronic pain, difficulty with activities of daily living, fear of falling or of another broken bone, isolation and loss of mobility and independence. Fractures can even lead to death. Twenty-eight per cent of women and 37% of men who fracture their hip will die of complications within the following year.

In highlighting the importance of broken bones, Osteoporosis Canada wants all Canadians to know that:

1. It is not normal to break a bone from a minor fall.
2. If you do, you may be at high risk of breaking another bone.
3. A broken bone may be the first sign that you have osteoporosis.
4. There are effective treatments to reduce the risk of broken bones.

The Breaking News on Broken Bones blitz week grows out of two previous campaigns focussing on broken bones due to underlying osteoporosis.

(1) The first of these, [Make your FIRST break your LAST](#), was launched in September 2011. It encourages patients to make the connection between a broken bone and osteoporosis and to take steps to help prevent another broken bone.



The facts:

- 80% of all fractures in men and women over age 50 are the result of osteoporosis
- Fewer than 20% of fracture patients are offered assessment and treatment for their underlying osteoporosis

The challenge:

- Getting everyone to realize that osteoporosis may be the underlying cause of their broken bone.

(2) The second of these campaigns, Stand Tall Canada, was launched in September 2012 to raise awareness of the fact that height loss may be a sign of undetected spine fractures due to osteoporosis.

The facts:

- As we get older, it is normal to lose a little height
- Too much height loss is not normal and may mean that there is osteoporosis causing bones to break in the spine
- Two thirds of all broken bones in the spine are painless
- Broken bones do not show up on a bone mineral density test
- To find broken bones of the spine, a regular X-ray of the upper and lower back is needed
- Height loss of 2 cm ( $\frac{3}{4}$  of an inch) or more, as measured by your healthcare provider, may mean you have a spine fracture
- Height loss of 6 cm ( $2\frac{1}{2}$  inches) or more since you were a young adult may also mean you have a spine fracture.

The challenge:

- Getting everyone over 50 years of age to have their height measured and recorded by their healthcare provider each year
- Getting everyone to talk to their doctor if they think they have lost height.



Armed with this knowledge, let us all be part of the **Breaking News on Broken Bones** blitz week so that together we **can make the first break the last!**

With thanks to the Dartmouth Osteoporosis Multidisciplinary Education (DOME) Program. Some of this information is taken from their article *Are You Shrinking?*, published in COPING June 10, 2011 and August 17, 2012.

To find out if there is a Breaking News on Broken Bones event being held in your community, such as a public forum or a height loss clinic, check with your local Chapter or consult the Events Calendar at [www.osteoporosis.ca](http://www.osteoporosis.ca).

**FUNNY BONE:** A bargain is something you don't need at a price you can't resist.

## A Recipe from our Sponsor

### Classic Custard with Maple Syrup

A great comfort food-especially good with fresh or frozen blueberries. And it helps you eat more of our 2 under-consumed food groups.



Course: *Desserts & Sweets*

Preparation Time: *15 mins*

Cooking Time: *1 hr, 10 mins-1hr, 15 mins*

Yields: *9 servings*

#### Preparation

4 cups (1 l) whole or 2 % milk  
6 large eggs  
3/4 cup (180 ml) sugar  
1 tbsp (15 ml) vanilla  
Maple syrup  
Favourite fruit  
Salt & pepper, to taste  
1/4 cup (60 ml) chopped toasted walnuts or almonds

#### Instructions

In heavy saucepan, heat milk to just before boiling point.

In large bowl, beat together eggs, sugar and vanilla. Slowly add hot milk, stirring. Pour into 8 x 8-inch glass (20 x 20 cm) or ceramic oven-proof dish. Set in larger pan half-filled with hot water.

Bake at 350 °F (180 °C) until center is set (inserted knife comes out clean)-about 60 to 75 minutes.

Serve thoroughly chilled, cut into squares, with the fresh fruit and maple syrup on top.

#### For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/classic-custard-with-maple-syrup>

# Upcoming Virtual Education Forum

## **Optimizing Nutrition for Bone Health**

**Wednesday, September 25, 2013**

**1:30pm to 3:00pm ET**  
**Speaker: [Andrea Miller, MHSc, RD](#)**

**Registration is now OPEN!**  
**[Click here](#)** for registration information.



Osteoporosis Canada  
Ostéoporose Canada



*Wednesday, September 25, 2013*

### **VIRTUAL EDUCATION FORUM** **Optimizing Nutrition for Bone Health**

**Presenter:** Andrea Miller, MHSc, RD

**Presentation Times by Time Zone**



PT: 10:30 a.m. to 12:00 p.m.  
MT: 11:30 a.m. to 1:00 p.m.  
CT: 12:30 p.m. to 2:00 p.m.  
ET: 1:30 p.m. to 3:00 p.m.  
AT: 2:30 p.m. to 4:00 p.m.



**Registration Opens**  
**Friday, August 16<sup>th</sup>, 2013**

**What is a Virtual Education Forum?** Our virtual forums allow people from all over the country to view presentations in the comfort of their own home or office. Register for this event and have your questions answered by registered dietitian, Andrea Miller in real-time.

**How do I register?**

Visit <http://www.osteoporosis.ca/osteoporosis-and-you/copn/virtual-forum/>

**For more information please contact:**

[copn@osteoporosis.ca](mailto:copn@osteoporosis.ca) or 1-800-463-6842 ext. 224

**Free Event**

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)

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**NUTRITION**  
DAIRY FARMERS OF CANADA



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

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