



Osteoporosis Canada

Ostéoporose Canada

COPING

December 7, 2012

Remember: You can live well with osteoporosis!

The Complete COPING – 2012 Edition

In this issue

- **The Complete COPING – 2012 Edition**
- **Fracture Fact**
- **Public Education Forums – Virtually There**
- **Funny Bone**
- **Recipe from our Sponsor**

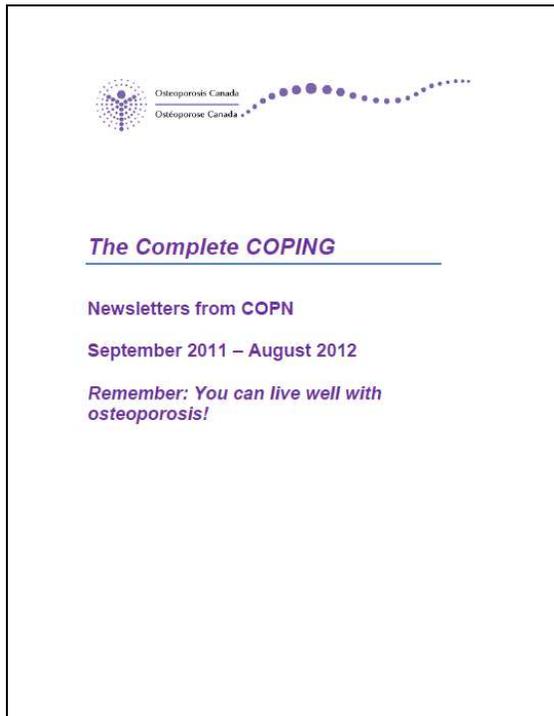
COPING Archives

[Click here to view the COPING archives](#)

ARCHIVED VIRTUAL EDUCATION FORUMS

Did you miss any of our Virtual Education Forums? Click [here](#) to check out the list of forums and instructions to view the archived versions of the presentations.

Do you wish you had all your COPING newsletters in one tidy package? It's now possible with a simple click of the mouse on your computer to download the Complete COPING – 2012 Edition. This compilation of all newsletters from September 2011 to August 2012 also features an introduction to COPN and a summary of our accomplishments over the past year. At more than 90 pages it is a big document so for those of you who are tempted to make a hard copy be sure there is plenty of paper and ink in your printer. Better still, download a copy to your computer's desktop by clicking on the [link](#).



FRACTURE FACT:

The cost to the Canadian healthcare system of treating osteoporosis and the fractures it causes is estimated to be \$2.3 billion as of 2010.

Public Education Forums – Virtually There

Are you one of the more than 500 COPN members who participated in this past year's virtual forums on osteoporosis? If so, you might have submitted one of these great comments on the presentations on nutrition, falls prevention and a patient story.

Our virtual forums are becoming increasingly popular, with topics like nutrition, exercise and the ever-popular medications and treatment, drawing as many as 150 participants to each interactive session. The collection of virtual forums has been viewed more than 3000 times since the first forum titled *Osteoporosis Medications: Benefits and Risks* by Dr. Angela Cheung, debuted on March, 2009. Why are they becoming so popular? Because they are informative presentations from Canada's foremost experts in osteoporosis care.

It's That Easy!

Are you still hesitant about participating in one of these popular events? Here are three easy ways to try one out.

From home or office – All you need is a computer with a high-speed internet connection to participate with others from across Canada in an interactive forum with expert presenters. You see and hear the presenters but they can't see or hear you. They can also see *and answer* the questions you submit by typing them in on your computer. Simple, step-by-step instructions on how to participate are included with each notification of an upcoming forum.

Join others at a community virtual forum

At a number of locations across Canada we work with our partners to host a community viewing of a virtual forum. Some attend because they do not have access to the internet; or, they might join because instead of watching at home alone they enjoy the company of others as they watch and discuss the topic of the day. For example, more than 20 people gathered to watch Dr. Metge's presentation at a community virtual forum co-hosted by Cloverdale BC's Recreation Centre and Osteoporosis Canada. Many stayed long after the virtual forum ended to mingle and continue their discussions. Our email notifications from COPN inform you of community virtual forums in your area.

"It was interesting to hear of the newest medications available. Thank-you" – September 26, 2012 What you need to know about osteoporosis medications and treatment

"Today's presentation was one of the most informative to date, very practical" – June 14, 2012 Are You Unbreakable? A Transformative Journey to Building Better Bones

"The information was extremely helpful to me... there was a lot of detail and time to answer the questions being asked" – May 17, 2012 Cracking the code: Using Food Labels to improve your bone health

"These sessions are a good learning experience and motivation as well as a good way to keep up to date with stuff!" – March 22, 2012 Prevent the Fall, Prevent the Fracture

At your leisure – If you are unable to participate because the forums are scheduled during regular business hours or you are a bit nervous about signing onto a live virtual forum, you can always test it first with one of our archived versions. Each of our live virtual forums is recorded and posted on our website and is available for a limited period of time for viewing at your leisure. Ready to give it a try? Start by clicking on a topic that interests you, follow the on-screen instructions, sit back with your favourite cup of tea and enjoy the show.

FUNNY BONE:

I went to a bookstore and asked the saleswoman, "Where's the self-help section?" She said if she told me, it would defeat the purpose.

Archived Virtual Forums

Topic	Date	Presenter(s)
Le diagnostic et le traitement de l'ostéoporose	November 20, 2012	Dr. Suzanne Morin
What you need to know about osteoporosis medications and treatment	September 26, 2012	Dr. Colleen Metge
Are You Unbreakable? A Personal and Transformative Journey to Building Better Bones	June 14, 2012	Christine Thomas Catherine Morisset
Cracking the code: Using food labels to improve your bone health	May 17, 2012	Michelle Ellis
Prevent the Fall, Prevent the Fracture	March 22, 2012	Sarah Nixon-Jackle Janet Barnes
New Developments on Fracture Risk Assessment	December 1, 2011	Dr. William Leslie
Bone Up with Physical Activity	October 11, 2011	Lora Giangregorio

A Recipe from Our Sponsor – Classic Potato Leek Soup

Everyone needs a fabulous potato and leek soup in their repertoire – well, this is it! The classic flavour is simple yet, wonderful. Make a terrific dinner by pairing a steaming bowl with a grilled cheese sandwich on multigrain bread.

Course: *Soups & Creams*

Prep. Time: *10 mins*

Cooking Time: *25 mins*

Yields: *4 to 6 servings*

1/2 milk product serving(s) per person

Preparation

1 tbsp (15 ml) **butter**

3 leeks, white and light green parts only, thinly sliced

2 stalks celery, thinly sliced

Salt

Pepper

3 large baking or yellow-fleshed potatoes, peeled and diced (4 cups/1 L)

2 cups (500 ml) reduced-sodium vegetable or chicken broth

2 cups (500 ml) **Milk**

2 tbsp (30 ml) freshly squeezed lemon juice



Instructions

In a pot, melt butter over medium heat. Add leeks, celery and 1/2 tsp (2 mL) salt and 1/4 tsp (1 mL) pepper and cook, stirring often, for 5 min or until leeks are tender. Add potatoes, broth and 1 cup (250 mL) water; cover and bring to a boil over high heat. Reduce heat to medium-low and boil gently, covered, for 15 min or until potatoes are soft. Remove from heat.

In a blender, in batches, or with an immersion blender, purée about half of soup until smooth, leaving half chunky. Return to pot, if necessary. Stir in Milk; heat over medium heat, stirring often, just until steaming (do not let boil). Stir in lemon juice and season to taste with salt and pepper.

Tips

Use oblong baking potatoes or yellow-fleshed potatoes for the best texture. Round, waxy potatoes make the soup gluey.

Be sure to wash leeks well - they often have sand hidden between the layers. Cut the leek in half lengthwise and rinse well, separately layers and rubbing out any grit, shake dry then slice.

For the Adventurous: Add 2 cups (500 mL) cooked fiddleheads or chopped asparagus before puréeing and add some pieces to soup when serving.

Healthy Eating Tip: Health Canada recommends that Canadians both young and old drink two glass of milk each day. If this doesn't describe your daily routine, then this soup could be just what you need. Each bowl delivers ½ a serving of milk. Consider having a glass of chocolate milk with lunch and enjoy cereal with ½ cup of milk at breakfast, and you're there!

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/classic-potato-leek-soup>

This issue of COPING is sponsored by Dairy Farmers of Canada



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