

Remember: You can live well with osteoporosis!

Breaking News on Broken Bones (BNBB)

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Fracture Fact:

A 50-year-old woman has a 40% chance of developing hip, vertebral or wrist fractures during her lifetime.

Spreading the news about broken bones

As a member of COPN, you may already be aware that each year thousands of Canadians break a bone from a minor event such as a slip, a fall, coughing or sneezing, picking up a child, making a bed, etc. This often happens because their bones have been weakened by osteoporosis. These types of breaks are called **fragility fractures** and unless these individuals get treatment, they are at risk of breaking more bones.

The challenge is that most men and women who have a fragility fracture, and their doctors, do not make the connection between their broken bone and osteoporosis. As a result, they do not get the treatment they need and may go on to break more bones.

In order to help reduce this vicious cycle of broken bones, Osteoporosis Canada is launching a new initiative called **Breaking News on Broken Bones** or **BNBB**.

BNBB is an overarching initiative that consists of several OC components that focus on a common goal and have a common purpose – to help reduce the risk of breaking more bones among Canadians who have already had a fragility fracture and may have osteoporosis.

To help spread the word, OC has dedicated the week of September 23rd, 2013 as **Breaking News on Broken Bones** (BNBB) awareness week, also

known as the BNBB blitz week. You, too, can help spread the news about the importance of broken bones, by learning and teaching the 4 key messages developed by OC, which are outlined below.

- the 4 key messages:
 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.
- Spread the word in your community:
 - ✓ Distribute materials developed by Osteoporosis Canada, such as: **the Make Your FIRST Break Your LAST** brochure, bookmark or poster, to places such as your local pharmacy, church group, seniors' group, recreational or community centre, exercise class, rehabilitation group or any other group that may benefit from the 4 key messages above.
 - ✓ Set up a display with a display with Osteoporosis

materials at local community events.

- ✓ Let your healthcare professionals, such as your pharmacist, physiotherapist, family doctor, nurse, nurse practitioner and others, know that there is a special **BNBB educational presentation** available if they would like to run it in a waiting room/area, or present it to a group of patients or other healthcare professionals.
- Call Osteoporosis Canada at 1-800-463-6842 to get more information about the **Breaking News on Broken Bones** blitz week and to find out how to order BNBB materials.
- All BNBB materials are offered free of charge. Together, we can stop the vicious cycle of broken bones and put the brakes on osteoporosis and its consequences.

Osteoporosis Canada's first annual *Nordic Walking in Whistler* a success!

On Saturday, June 8, 2013, after weeks of training and preparation, participants from Vancouver, White Rock, Burnaby, Richmond, Victoria and surrounding areas came out for *Nordic Walking in Whistler* in support of Osteoporosis Canada. This signature fundraising event expanded into British Columbia after great success in Niagara-on-the-Lake in 2012.

Over 200 participants and volunteers turned out for this inaugural event and the rain did little to dampen the spirits of these west coast participants. No ordinary walk, this fun and unique fundraising event is the first of its kind and provided participants with the distinct experience of Nordic pole walking at Whistler Olympic Park – site of three of Whistler's 2010 Olympic & Paralympic Winter Games Venues, fundraising and having fun for Osteoporosis Canada. They had the opportunity to choose a 2km, 5km or 10km course and walk the beautiful and natural trails while exploring the breathtaking landscape. They then headed to the Squamish Lil'wat Cultural Centre to enjoy a post-event barbecue.

We also had a furry little friend close by who we decided to make our honorary mascot – our own little brown bear!

Thank you to the dedicated and committed sponsors who continue to support the initiatives and work of Osteoporosis Canada: National Presenting Sponsor – Dairy Farmers of Canada, the LOHN Foundation, AMGEN and Italtasta. Additional thanks to corporate partners Happy Water, Canada Bread, McDonalds Whistler, IGA Marketplace Whistler and Tourism Whistler. We especially appreciated the support we received from local Osteoporosis Canada volunteers and staff.

There are two more Nordic Walking events in 2013 so don't miss out! Training sessions have begun and interested individuals can still register!

Nordic Walking in Mont-Tremblant – Saturday, September 21st | Mont-Tremblant, QC

Training locations: Ottawa, Montreal, West Island, Mont-Tremblant

To register online visit <http://osteoporosis.akaraisin.com/monttremblant>

For more information email: nordicwalkingtremblant@osteoporosis.ca or call: 438-993-7295

Nordic Walking in Wine County – Saturday, October 5th | Niagara-on-the-Lake, ON

Training locations: Toronto, Etobicoke, Hamilton, Peterborough, Vineland

To register online visit <http://osteoporosis.akaraisin.com/Niagaraonthelake>

For more information email: nordicpolewalking@osteoporosis.ca or call: 416-696-2663 ext. 286

Eleanor Mills and The Boney Express - Looking for Memories

In the May 10th issue of COPING we brought you the remarkable story of Eleanor Mills and her Boney Express. Judy Cline, who was an organizer for Eleanor's walk in St. Catharines is paying tribute to Eleanor and the Boney Express by writing their story. Judy has a special request for readers of COPING.

I am writing the story of Eleanor Mills, her vision and her walk. I want to include in my book as many stories as possible about those who met and were inspired by Eleanor. If you are one of those fortunate individuals who walked with Eleanor Mills on that first Boney Express, or who helped organize events along the way, please share your story with me. In so doing, you, too, will salute Eleanor and her "never give up" philosophy. By helping me tell Eleanor's story, you will be helping Eleanor continue to motivate and inspire others as she first did 20 years ago.

*If you have memories to share, please contact me at healthu@vaxxine.com or 905-562-6887.
Judy Cline*

VIRTUAL EDUCATION FORUM: Wednesday, June 26, 2013

**Presenter: Dr. Norma MacIntyre, BSc
(Physical Therapy), MSc, PhD,
McMaster University**

Tips for Avoiding Osteoporotic Fracture while Living Your Everyday Life

Objectives: By the end of this presentation, participants will be able to:

- Describe how daily activities may increase their functional risk for osteoporotic fracture
- Identify strategies to modify typical movement patterns or daily tasks so these are done safely

For more information, visit our website at
<http://www.osteoporosis.ca/osteoporosis-and-you/copn/virtual-forum/>



Osteoporosis Canada
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Wednesday, June 26, 2013

VIRTUAL EDUCATION FORUM

Tips for Avoiding Osteoporotic Fracture while Living Your Everyday Life

**Presenter: Dr. Norma MacIntyre, BSc (Physical Therapy),
MSc, PhD, McMaster University**

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.

**For more information contact the Canadian
Osteoporosis Patient Network (COPN) at:**
copn@osteoporosis.ca or
1-800-463-6842 ext. 224

How to participate on the day of the event?
Go to: <http://webcast.otn.ca/>, Under "Live Events", click "Private"

Enter the following: **Username: osteo**
Password: forum09
Click on TSM#: 27667350
*No online pre-registration required.

Do you have the system requirements? <http://webcast.otn.ca/support>

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

FUNNY BONE:

How long a minute is depends on what side of the bathroom door you're on.

A Message from our Sponsor

Judith Blucheau, RD, Dietitian

Get moving this summer!

Summer is just around the corner, and it's time to take advantage of the nice weather to get some exercise in the great outdoors. Physical activity not only improves overall health, but it can also help people with osteoporosis reduce the risk of falls and fractures through improved balance and coordination. Before starting a fitness program, you should consult your doctor, who can advise you on the best exercise program for you based on your health condition and fracture risk.

Many types of exercises are effective at strengthening bones. Depending on your doctor's advice, you can vary your exercises to maximize their benefit on your bone health. And don't forget that everything you do throughout the day adds up. Climbing the stairs, taking a walk to run errands, or gardening are examples of simple activities that will get you moving more!

For general guidelines on the types of exercise that can help prevent fractures, consult Osteoporosis Canada's fact sheet "Exercise for Healthy Bones" at www.osteoporosis.ca or call 1-800-463-6842 to request a copy. You might also want to revisit Coping's 8-part series, "Boning Up on Exercise," issues January 4, 2013 to April 12, 2013.

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.

This issue of COPING is sponsored by Dairy Farmers of Canada



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