

Remember: You can live well with osteoporosis!
Colm Kelly, Triathlete* - I have osteoporosis

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Men and Osteoporosis Fact Sheet

Download a copy of this informative brochure [here](#) or call 1-800-463-6842 and ask for a copy.

Colm was first diagnosed with osteoporosis of the lumbar spine in 2007. In 2010 he tripped and fell while running and broke his left arm. But Colm didn't let this stop him from doing what he enjoys doing. To date he has seven Marathon and nine Ironman finishes. Last year he won his age group at St. Croix 70.3 (Half-Ironman), U.S. Virgin Islands, and qualified for the Ironman World Championship at Kona, Hawaii that took place on October 8, 2011. Triathlete Colm Kelly shares his experience with us in this issue of COPING.



Ironman Triathlon CHAMPIONSHIP** – Kona, Hawaii, October 8, 2011

Fundraising for Osteoporosis Canada

I arrived in Kailua-Kona on the Big Island a couple of weeks before the 2011 Hawaii Ironman World Championship. Those weeks were a very welcome opportunity to become familiar with the course and above all acclimatize to the conditions for which the race is notorious: blazing sun, heat and wind. Competing at the World Championship was the realization of a goal that I have had since finishing my first Ironman 10 years ago. It was also an opportunity to fundraise for Osteoporosis Canada since I am a triathlete with osteoporosis. I was diagnosed with osteoporosis of the lumbar spine in 2007. In August 2010 I tripped and fell while running and broke my left arm just below the shoulder joint. On the advice of my doctor, I am now taking osteoporosis medication

Kona became a very exciting place in the week leading up to the race with the arrival of almost 2,000 athletes and their families and friends. There was the daily morning practice swim in the bay, a pageant of nationalities and languages, and super-toned athletes biking and running everywhere. On one of the mornings there was a Hawaiian outrigger dispensing coffee and cookies in the middle of the bay to swimmers hanging off the side of the boat - what a hoot!

On one swim I met up with a school of dolphins! I was invited one evening with my support crew (my wife Joanne) to a reception of Iron Ladies and Gents for competitors 60 years and older, a very classy and inspiring affair where we met athletes up to 80 years of age. The pre-race banquet brought thousands together for a very entertaining evening showcasing Hawaiian artists, dancers and fire-eaters.

At 6:45 am on October 8 as the sun was rising, I waded into the crystal-clear blue waters of Kailua-Kona Bay with almost 2,000 other athletes for the start of the 2011 Hawaii Ironman. At 7:00 am sharp the cannon went off and the race was on! The 2.4 mile course took us through ocean swells with schools of rainbow-coloured fish passing beneath us. Since my swim still needed work following the 2010 arm fracture, I was behind in my age group (22nd) exiting the water and happy to get on the bike where I am stronger.

As expected, the ride was hot, especially through the lava fields where the heat of the sun is trapped and reflected. Lots of fluids and salts are essential during this period. As we climbed to the turnaround at the most northerly point of the Big Island, we encountered the prevailing headwinds. The scenery is beautiful but tucked in the aero position (back flat, head forward and down over the handlebars) you are really not seeing any of it! I gradually improved my position during the 112 mile bike ride arriving back in Kona in 12th position.

It is always a relief to get off the bike and start running, although it takes a mile or two before you loosen up and get your running legs back! The pavement along Alii Drive was hot (135 F according to NBC Sports) and I had to resist the temptation to jump into the ocean waves at each beach I passed. The 26 mile run then followed the Queen Ka'ahumanu highway to the turnaround at the Natural Energy Lab, at which point the sun set providing some relief from the day's heat. The last 9 miles back into town were navigated mostly in the dark. However, as I approached the lights of Kona, the spring came back into my step, and the cheers of the spectators lining the streets spurred me on. The final run into the finish chute was unforgettable, with the roar of the crowd and the beat of the music! I finished in 12 hours, 55 minutes, 8th position in my age group. After a quick



clean-up, something to eat, and a few local beers, Joanne and I went back to the finish-line party until the midnight cut-off to cheer in the final athletes, including a 76-year-old woman and three 80-year-old men!

The following day was notable for the numbers of people walking very slowly and having difficulty with stairs. That evening we attended the Awards Banquet and were again treated to a show of Hawaiian talent.

Our trip to Hawaii was a wonderful, rewarding experience, one that we would like to repeat.



Thank you to my generous friends, family and donors for your moral and financial support. We fundraised for Osteoporosis Canada, making a difference in the risk reduction and treatment of osteoporosis and osteoporotic fractures. I am a triathlete with osteoporosis and I tell my story to show that a diagnosis of osteoporosis does not mean an end to doing what you love. But my story is not intended to suggest that all you folks with osteoporosis should also become marathon runners or triathletes. Each individual has to take their risk of fracture and personal fitness level into account when deciding what kind of activity to be involved in. I have been a triathlete for 15 years and know what my body can do. Since my diagnosis I consume calcium-rich foods and take vitamin D supplements in order to provide my body with the winning conditions to resist osteoporosis.

*A triathlete is someone who competes in a triathlon, an athletic contest in which participants compete without stopping in three successive events, usually long-distance swimming, bicycling, and running.

**The Ironman Triathlon Championship is a 140.6 mile race that includes a 2.4 mile/3.8 km swim, 112 mile/180 km bike ride and a 26.2 mile/42.2 km run.

Preventing the Next Fracture

COPN is delighted to see the announcement of a new Fracture Navigator Program for the Dartmouth General Hospital in Dartmouth, Nova Scotia. This is a very progressive initiative, one that we would like to see permanently in place at the Dartmouth General and emulated in hospitals and fracture clinics across the country. The Dartmouth General Hospital Fracture Navigator Program will connect fracture patients with the needed osteoporosis services such as bone density testing and appropriate treatment for the underlying osteoporosis.

Outside of Ontario where the Ontario Strategy has put in place a similar service for its residents, there are all too few examples of successful fracture navigator/case management models in Canada.

Congratulations to Sun Life Financial, the Dartmouth General Hospital Charitable Foundation and to Dr. Theriault and her team on this important initiative. A copy of the news release follows.

Sun Life Financial donates more than \$100,000 to the Fracture Navigator Program at the Dartmouth General Hospital

Dartmouth, N.S. (May 25, 2012) – The Dartmouth General Hospital Foundation today announced a donation of \$103,232 from Sun Life Financial for the hospital's Fracture Navigator Program. For patients with osteoporosis, this program will help reduce future medical complications, including repeat fractures, through early diagnosis and appropriate treatment.



From left to right, Scott Woodman, Regional Vice President, Sun Life Financial; Michael Wild, Sun Life Financial Advisor; Kim Conrad, Chair, Dartmouth General Hospital Charitable Foundation; and Dr. Diane Theriault.

“We appreciate Sun Life’s support, which was a major contribution to help us move forward with the important work that can be done through the Fracture Navigator Program,” said Dr. Diane Theriault, who leads the program for the Dartmouth General Hospital. “This is a step in the right direction to improve the health and wellness for individuals who have osteoporosis.”

Once an individual has broken a bone due to osteoporosis, they are much more likely to break again. Fracture patients represent a population at high risk of re-fracture. The current medical system provides effective care for fracture patients; however without this type of program in place, the underlying condition of osteoporosis is rarely diagnosed or treated.

“One of the priority areas for Sun Life’s philanthropy program is health-related initiatives, especially those that promote wellness or prevention,” said Scott Woodman, Regional Vice-President, Atlantic Region, Sun Life Financial Canada. “We’re proud to partner with the hospital to be part of the Fracture Navigator Program, which can make a real difference for many people in our community.”

The Fracture Navigator program will benefit patients in a number of ways:

- Identify fracture patients with undiagnosed and untreated osteoporosis
- Provide earlier screening and diagnosis leading to prevention of repeat fractures
- Help seniors stay healthier and more active
- Decrease admissions to nursing homes
- Decrease long wait times for some procedures
- Reduce overall health care costs

For more information about the Fracture Navigator Program / about the Dartmouth General Hospital visit www.dghfoundation.ca

FRACTURE FACT: No single cause for osteoporosis has been identified

VIRTUAL EDUCATION FORUM: THURSDAY, JUNE 14, 2012



Are You Unbreakable?

A Personal and Transformative Journey to Building Better Bones

Do you have questions about your bone health? Join us and participate in our upcoming virtual education forum.

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.

*Most of Saskatchewan CST: 11:30 a.m. to 1:00 p.m.

For more information please contact: copn@osteoporosis.ca or 1-800-463-6842 ext. 224 or visit www.osteoporosis.ca

FUNNY BONE:

Sign on a bank window: “Don’t kiss our women. They’re tellers.”

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