

**Remember: You can live well with osteoporosis!
5,000 and Counting!**

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*You can trust COPN
Breaking news? Scary headlines? COPN gives you the real story based on scientific fact and vetted by Canada's foremost osteoporosis experts.*

We are delighted to announce that there are now more than 5,000 COPN members coast to coast to coast in Canada. Women and men affected by osteoporosis, their families and their caregivers continue to come to COPN for information, advice and support. Each of us has sought out COPN for our own reasons. Some of us were surprised by a diagnosis of osteoporosis and wanted to learn about the disease from a trusted source. Others were even more surprised by an osteoporotic fracture and came to COPN to learn how to prevent another fracture. We have been inspired by each other's stories; we've marvelled at the work being done by the members of the Scientific Advisory Council on our behalf; and we've chuckled at the ever-popular Funny Bone; but most importantly we've come to share the knowledge and determination that allow us to take charge of our own situation so that we, too, can live well with osteoporosis.

Are we proud of the fact that in just three short years our numbers have grown five-fold, a testament to the fact that we are providing a much-needed service to Canadians affected by osteoporosis? You bet we are. But we want more - much more!

As important as this milestone is, it is sobering to think that the 5000 people who are now connected to COPN represent just a tiny fraction of the two million Canadians affected by osteoporosis. Even more sobering is the fact that the vast majority of those two million do not even know that they have the disease. Indeed, hundreds of thousands of them have already suffered an osteoporotic fracture and yet they are completely unaware that they are in imminent danger of breaking other bones because they have never been properly assessed for osteoporosis. At COPN, we know we have two roles to play. First, we are here to support individuals like Judy Reeves (see her story in the article below) who need reliable answers to questions about their bone health. Second, we know that all 5,000 of us in COPN can play an important role in reaching out to the many who do not know they are at high risk of breaking a bone. Judy's story gives us another hint at how we can do that when she says, "After I asked many questions of a friend who has osteoporosis, she suggested that I try COPN." Indeed, our records show us that referral by a friend, a family member or an acquaintance accounts for a significant percentage of COPN's new members. The math is simple – if we each connect just one person to COPN this year, we will double our numbers before next summer.

With Father's Day just around the corner, it's a good reminder to think about the men in our lives and how they, too, need to pay attention to their bone health. You've read our recent newsletters on men and osteoporosis so you know that men do get osteoporosis and that one in five will suffer an osteoporotic fracture in their lifetime. The sad truth is that many men just don't get it. Our statistics continue to show that only 5% of COPN members are men, far from the 33% there should be to reflect the ratio of men and women affected by osteoporosis in the Canadian population. So talk to your brothers and your sons and your fathers. If you have osteoporosis, there's an unfortunate likelihood that they will too. Remember, with every new member – man or woman – one more person is much less likely to break a bone and that takes us one step closer to Osteoporosis Canada's vision – a Canada without osteoporotic fractures!

Congratulations to Judy Reeves of Ottawa - the 5,000th member of the Canadian Osteoporosis Patient Network

In honour of this important milestone for COPN, Judy Reeves was presented with a special plaque to commemorate the occasion at Osteoporosis Canada's BONEfide Delicious event in Ottawa on May 4 of this year. Judy also received an autographed copy of Christine Thomas' book *Unbreakable*. Judy explains how she came to join COPN.

I am an active senior in my seventies with three children and seven grandchildren and have been living in Ottawa since 1975. The idea of having (or eventually developing) osteoporosis never occurred to me until my Bone Mineral Density test came back on the low side ten years ago. That was before the new osteoporosis guidelines came out so back then, my doctor put me on a medication and calcium supplements. My BMD at first went up and then dropped back down again. After the new guidelines were published in 2010, my doctor found that my fracture risk was actually low. This was

good news for me and he took me off both the medication and the calcium supplements and told me to get my calcium from diet alone. Despite the good news, it was still important that I look after my bone health but I can't drink cow's milk or use many dairy products and I was worried about how to get the needed amount of calcium in my diet from just food alone.

Wondering how you too can get the proper amount of calcium in your diet? Go to [Calculate my Calcium](#)

After I asked many questions of a friend who has osteoporosis, she suggested that I try COPN. I am very glad that I did. I now look forward to the new newsletter every second week. The series on travel tips was very good and useful for everyone, not just those with osteoporosis. I also enjoy the Funny Bone. A good laugh always makes a day seem brighter.

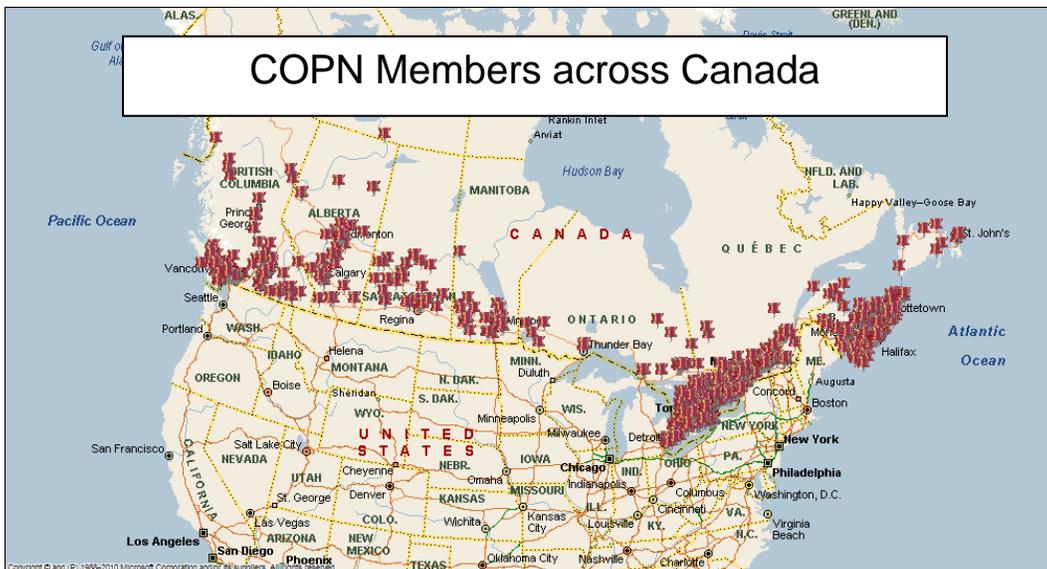
Thank you Judy for sharing and congratulations on becoming our 5,000th member!



(Left to right: Helene Charlebois BSc., RD, Thuy Thi Nguyen, Judy Reeves & Christine Thomas)

FRACTURE FACT:

The most common sites of osteoporotic fractures are the wrist, spine, shoulder and hip.



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

FUNNY BONE:

A man was driving down the highway when his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way. Please be careful!" "Heck" said Herman, "it's not just one car. It's hundreds of them!"

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