

Remember: You can live well with osteoporosis!

Capture the Fracture

In this issue

- Capture the Fracture
- Remembrance Day
- Fracture Fact
- Funny Bone
- COPN Proudly Launches Its New Brochure
- Your Guide to Strong Bones
- A Recipe from our Sponsor

Upcoming Virtual Forum (in French)

Le diagnostic et le traitement de l'ostéoporose

November 20, 2012
1:30 pm -3:00 pm ET

Presenter:

Dr. Suzanne Morin,
MD, MSc, FRCP,
FACP, McGill
University

Click [here](#) for more information

Capture the Fracture

Do you know that November is Osteoporosis Month in Canada? Every year hundreds of thousands of Canadians break another bone because they did not receive appropriate treatment after they fractured the first time. With its theme "[Capture the Fracture](#)", this year's Osteoporosis Month brings attention to the urgent need to help make a patient's first break their last. The following is an excerpt from an Osteoporosis Month special information supplement in the [Fall issue of Canadian Health Magazine](#), the consumer magazine of the Canadian Medical Association. We encourage you to read and share it with your friends and family.

Canadian Health Magazine Fall 2012 4-page insert (Page 2)

Capture the Fracture: Give Your Bones Every Advantage

There are factors that are vitally important to your bone health. The checklist below will help you manage your bone health and get the most out of your next bone health check-up with your doctor.

Medications and Supplements

- If you take medication, take your **medication** properly.
- Take a **vitamin D** supplement all year round and take the amount that is appropriate for your age group.
- **Always** take **all** of your prescription and non-prescription (vitamins and supplements) medications to your medical appointments in their original containers. It is important for your doctor to see the ingredients, dosages, amounts, number of repeats and specific brands of medications that you are taking.

Remembrance Day

November 11, 2012

Join COPN in saluting Canada's Veterans. For a list of activities and Remembrance Day ceremonies in your community go to:

<http://www.veterans.gc.ca/eng/remembrance/veterans-week>



Lifestyle

- Don't **smoke**.
- Keep your **alcohol consumption** to an average of fewer than 3 alcoholic beverages per day.
- **Exercise** regularly.
- Eat a diet rich in **calcium**.
- Make sure you eat a **well-balanced diet** with enough protein and fresh fruits and vegetables.

FRACTURE FACT:

Fractures from osteoporosis are more common than heart attack, stroke and breast cancer combined.

Falls Prevention

- Check your **vision**. Poor vision, bifocals and cataracts contribute to falls and falls lead to fractures or broken bones.
- Wear **proper shoes** both inside and outside the home.
- Check your home for possible **slip and trip hazards**, such as clutter on the floor and stairs, scatter rugs, unravelled electrical cords, slippery bath tubs, etc.
- Tell your doctor if you suffer from dizzy spells, have fallen, are afraid of falling, have poor balance or have difficulty getting up out of a chair. All of these problems may increase your **risk of falls** and fracture.
- **Do not ever** climb up onto furniture to reach high places.
- **Avoid** walking on icy, slippery, or uneven ground. If you have no choice but to walk on dangerous surfaces, do so with extreme caution.

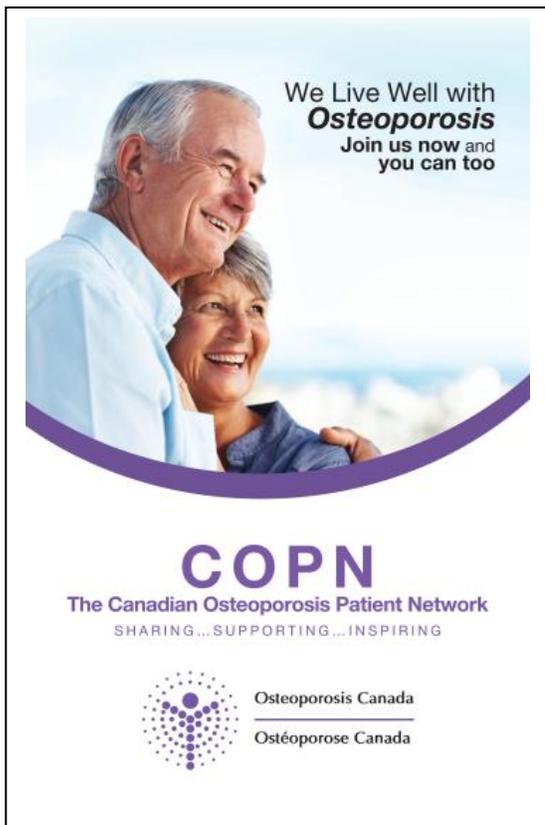
Here are some *additional* tips for your bone health when you visit your doctor for a general health check-up.

- a) have a **weight measurement** because if you weigh less than 60 kg (132 lbs) you may need a bone mineral density (BMD) test
- b) have a **height measurement** with a comparison to a previous measurement to see if you have lost enough height to consider the possibility of a spine fracture(s) and the need for a spine X-ray
- c) inform your doctor if you have taken a drug called **prednisone** (a type of cortisone) within the past year
- d) inform your doctor about **any bones you may have broken** in the past, including how old you were and how it happened

FUNNY BONE:

Why is there an expiration date on sour cream?

- e) inform your doctor if one of your **parents ever broke their hip**
- f) have a discussion with your doctor to assess your fracture risk and to see if you need a **BMD test**. **You may benefit from a fracture risk assessment using the FRAX or CAROC fracture risk assessment tools.**



COPN Proudly Launches Its New Brochure

How did you find out about COPN? Perhaps your doctor, a friend or a family member told you about us. Did our website catch your attention when you were surfing the net for information about osteoporosis? Or maybe you heard about us at a health fair or an osteoporosis education forum. However you discovered COPN, there's a good chance that our COPN brochure played a role in convincing you to join us.

Now, with the launch of our new brochure on November 1, we are confident that many more thousands will be drawn to COPN. Here's a preview of the new-look brochure that is already finding its way to display shelves across the country. Can't wait for copies to show up in your community? The new brochure is available on-line or by calling 1-800-463-6842 ext.224. For bulk orders email orders@osteoporosis.ca.

Your Guide to Strong Bones – Now Available in 8 Languages

On October 24, Statistics Canada released its 2011 census data that shows one in five Canadians speak a language other than English or French at home. While Osteoporosis Canada, offers its materials in both official languages, it also recognizes the value in providing information on osteoporosis in other languages. One of its more popular publications, Your Guide to Strong Bones, is now available in six other languages: Chinese (Simplified), Chinese (Traditional), Italian, Portuguese, Punjabi and Spanish.

To get a copy of [Your Guide to Strong Bones](#) in one of these other languages, click [here](#).

Your Guide to Strong Bones

Comment faire pour avoir des os solides ^{强健} 骨骼指南 ^{強健} 骨骼指南

La vostra guida per avere ossa robuste O Seu Guia Para Ter ^{ਮਜ਼ਬੂਤ ਹੱਡੀਆਂ} ਲਈ ਤੁਹਾਡੀ ਕੁੰਜੀ

Su guía para tener huesos fuertes

A Recipe from Our Sponsor – Carrot Lentil Soup

Red lentils are quick-cooking and turn a sunny yellow colour when cooked, making this main-course soup a cheery way to perk up your lunch. The milk adds a lovely texture and makes it even more satisfying.

Preparation

2 tsp (10 ml) **butter**
2 large carrots, diced
1 onion, finely chopped
1 clove garlic, minced
3/4 tsp (3 ml) salt
1/4 tsp (1 ml) dried rosemary or thyme, crushed
1 cup (250 ml) dried red lentils, rinsed and drained
3 cups (750 ml) water
1 tbsp (15 ml) all-purpose flour
2 cups (500 ml) **milk**
2 tbsp (30 ml) freshly squeezed lemon juice or wine vinegar
Pepper
2 tbsp (30 ml) thinly sliced fresh basil and green onions



Course: *Soups & Creams*

Prep. Time: *10 mins*

Cooking Time: *25 mins*

Yields: *4 servings*

1/2 milk product serving(s) per person

Instructions

In a pot, melt butter over medium heat. Sauté carrots, onion, garlic, salt and rosemary for about 5 min or until onion is softened. Stir in lentils and water; cover and bring to a boil. Reduce heat to medium-low and boil gently, covered, for 15 min or until lentils and carrots are soft.

Whisk flour into milk and gradually stir into pot; increase heat to medium. Simmer, stirring, for about 3 min, until slightly thickened (do not let boil). Stir in lemon juice and season to taste with pepper. Ladle into bowls and serve sprinkled with basil and green onions.

Tips

This is a perfect soup to make ahead; refrigerate for up to 2 days then reheat to pack in a thermos or heat at work or school. For the freshest flavour, add the basil and green onions just before reheating or serving.

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/carrot-lentil-soup>

This issue of COPING is sponsored by Dairy Farmers of Canada



NUTRITION
DAIRY FARMERS OF CANADA



getenough.ca