

**Remember: You can live well with osteoporosis!**  
**Toughen Up On Bone Health This September**

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## COPING Archives

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### Event calendar

**Public Lecture: "POTENTIAL FRACTURE PREVENTION by CO-THERAPY of PROGESTERONE and an ANTIRESORPTIVE"**

Vancouver, BC  
12-Sep-2012

**Lunch and Learn**  
Flesherton, Ontario  
01-Oct-2012

**Bones n Beer**  
Richmond, BC  
14-Nov-2012

[View Calendar](#)

This week Walmart and Osteoporosis Canada teamed up to launch an important initiative to promote bone health awareness across Canada. The following is an excerpt from the press release.

This September, Osteoporosis Canada is partnering with Walmart pharmacies to educate men and women about how to develop and maintain good bone health for life. Kicking off on September 10, Walmart pharmacists in stores across Canada will offer customers a bone health assessment and the opportunity to ask questions and receive guidance from trained pharmacists on how to keep bones healthy.

Broken bones from osteoporosis are more common than heart attack, stroke and breast cancer combined. It is estimated that nearly two million Canadians are living with osteoporosis. Each year 30,000 Canadians break their hip and at least one in three women and one in five men will suffer from an osteoporotic fracture (broken bone) during their lifetime. For many people, these fractures are preventable.

"Many people still believe the myth that, as we age, we will shrink and our bones will get brittle, but that doesn't need to be the case. There are things you can do at any age to protect your bones, and the sooner you start, the better," said Dr. Famida Jiwa. President and

CEO, Osteoporosis Canada. Simple lifestyle changes, such as eating nutritious foods rich in vitamin D and calcium and protein, adequate Vitamin D supplementation, exercising regularly and preventing falls, which can lead to fracture, can make a significant difference when it comes to building bones to last a lifetime. These steps can also reduce the risk of breaking a bone, which is very important for those at risk of, or who already have, osteoporosis. "Walmart is proud to partner with Osteoporosis Canada in creating awareness of falls prevention and doing our part to reduce the number of seniors who experience a fall," said Ernie Chow, Professional Services Manager, Walmart Canada. With one in three seniors experiencing a fall every year, falls prevention is a priority for our pharmacists.

Everyone, young and older, is invited to visit their local Walmart pharmacy for a review on how to keep bones healthy at any age. Customers will receive a free 'Bone Health & You' guide from the pharmacist, as well as valuable information about building and maintaining bone health from youth to the golden years, including:

- nutrition tips
- recommended amounts of calcium and vitamin D
- why bone health is important at all ages, including during adolescence

- bone health and risks for fracture
- maintaining independence through falls prevention

For a copy of the complete press release go to [www.osteoporosis.ca](http://www.osteoporosis.ca).

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## **OSTEOPOROSIS CANADA'S ANNUAL GENERAL MEETING**

On Saturday, September 15 Osteoporosis Canada is holding its Annual General Meeting in Charlottetown, Prince Edward Island. Do you ever wonder what happens at these meetings and why they are important to COPN? Here's a short explanation.

**Who attends?** The Chair of Osteoporosis Canada's Board of Directors hosts this annual meeting. The other members of the Board also attend, as do the President and CEO of Osteoporosis Canada and members of OC's senior management team. The AGM is open to the public, but only OC members in good standing are eligible to vote on motions.

**What's on the agenda?** Both the Chair of the Board and OC's President and CEO will reflect on the accomplishments and challenges of the past year and present their vision of future priorities and directions for Osteoporosis Canada. Members will vote to accept the audited financial statements for 2011-2012 and to accept the nominations for new members of the Board. The Annual Report for Osteoporosis Canada will be presented at the meeting and made available afterwards to all as a downloadable file on Osteoporosis Canada's website at [www.osteoporosis.ca](http://www.osteoporosis.ca).

In summary, the Annual General Meeting provides the organization the opportunity to confirm with its members that Osteoporosis Canada (and all of its components including COPN) is on the right track in meeting its mandate and serving its clients. An upcoming issue of COPING will report on the outcome of the AGM and the other events like OC's annual awards presentations that take place around it.

**FRACTURE FACT:** Women and men alike begin to lost bone in their mid-30s; as they approach menopause, women lost bone at a greater rate, from 2-3 per cent per year.

## **FUNNY BONE:**

Families are like fudge...mostly sweet, with a few nuts.

## A Recipe from Our Sponsor – Chicken Brie & Apple Quesadillas

Mouth watering Canadian Brie cheese melts to encase the tasty filling. Add a side salad and presto dinner is ready.

**Course:** *Main Dishes* **Prep. Time:** 8 mins **Cooking Time:** 10 mins

**Yields:** 4 servings - 1 milk product serving(s) per person

### Preparation

4 large whole wheat flour tortillas  
6 oz (175 g) **Canadian Brie cheese**, thinly sliced  
2 cups (500 ml) shredded cooked chicken  
1 sweet pepper (red, yellow or orange), sliced into thin strips  
1 apple, quartered and thinly sliced

### Directions

Preheat oven to 400°F (200°C).  
Lay tortillas on a work surface. Place half of the Canadian Brie cheese on half of each tortilla. Top with shredded cooked chicken, pepper strips, apple slices and remaining cheese. Fold uncovered half over filling and press gently to seal. Place on a large baking sheet.

Bake for 10 min or until cheese has melted and tortillas are crisp and golden, turning over halfway. Cut each quesadilla into 4 wedges.



For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/chicken-brie-apple-quesadillas>

### Tips

**Cooking Tips:** Place the Canadian Brie cheese in the freezer for up to 10 min to firm up; this will make it easier to slice.

Cook quesadillas on a grill pan over medium-high heat, for 2 to 3 min per side or until cheese has melted and tortillas are crisp and golden.

**For the Adventurous:** For a change try Canadian Camembert or Gouda. Or try Canadian smoked Provolone cheese and substitute the apple with an Italian pear.

## VIRTUAL EDUCATION FORUM: What you need to know about osteoporosis medications and treatment

On **Wednesday, September 26, 2012**, Dr. Colleen Metge from the University of Manitoba will be taking us through the variety of medications and treatment available for individuals with osteoporosis. Join us and participate in this presentation and learn how you can reduce your risk of having a broken bone from osteoporosis!

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### How to participate on the day of the event?

Go to: <http://webcast.otn.ca/>, Click "Live Events", then click "Private Event" on the left side of the screen.

If you receive an error message: scroll to the bottom of screen and click on "view full screen", then click to proceed.

Enter the following:

**Username: osteo**

**Password: forum09**

**Click on TSM#: 19959940**

### For more information please contact:

ccruz@osteoporosis.ca or 1-800-463-6842 ext. 224

Do you have the system requirements? Test your system by clicking on:

<http://webcast.otn.ca/support.html>



### Presentation Times by Time Zones

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.

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This issue of COPING is sponsored by Dairy Farmers of Canada



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