



# Don't turn Your back on osteoporosis

November is Osteoporosis Month:  
stop osteoporosis before  
it stops you!

These tips will help your  
family stay strong and avoid  
a condition that affects  
2 million Canadians.

## It could be someone you know!

**Osteoporosis is more common than you think. When a disease has no symptoms, you can't turn your back on it. Awareness is the key.**

One quarter of Canadian women over 50, and at least one in eight men over 50, are affected by the disease. Right now, 2 million Canadians are dealing with osteoporosis and the complications that go along with it: bones that break too easily, leading to a loss of mobility and independence.

Here's one thing to keep in mind this month: the best defense against the disease is building strong bones in childhood and adolescence. That means a diet with adequate calcium and vitamin D, and weight-bearing exercise (any exercise where the entire weight of the body is supported by the legs, like walking, dancing and racquet sports). Exercise and good nutrition in youth are like a retirement plan for your bones, so invest now!

Osteoporosis is a disease that causes bones to become thin and porous over time. Its symptoms are low bone mass and deterioration of bone tissue, which increase the risk of breaking (fracturing) bones, particularly the hip, spine and wrist. Spine and hip fractures can have drastic effects on your quality of life, sometimes even resulting in death.



## WHAT'S YOUR CONSERVATION STRATEGY?



It's time to take action. Ensure your strong, healthy bones don't go the way of the dinosaur. Engaging in weight-bearing exercise, getting adequate amounts of calcium and vitamin D, and limiting caffeine and alcohol intake are some of the steps you can take. Increase your bones' life expectancy. Find out how by calling (toll-free) **1-800-463-6842**, or by visiting

**[www.osteoporosis.ca](http://www.osteoporosis.ca)**. Charitable registration number: 89551 0931 RR 0001

**Make osteoporosis  
a thing of the past.**



Osteoporosis Canada

Ostéoporose Canada



## SHARING KNOWLEDGE, EMPOWERING OTHERS

JO-ANNE BEER, 60,  
TORONTO

A retired nurse, Jo-Anne Beer, 60, found out she had osteoporosis six years ago. Not one to

be intimidated, she immediately took action, deciding to learn more about the disease by volunteering at Osteoporosis Canada's National office in Toronto.

Now she guides others who need assistance.

Jo-Anne's medical background and personal experience have ripened into a calm, caring and knowledgeable voice on Osteoporosis Canada's high-traffic 1-800 information line. She finds a sense of fulfillment in teaching others to fight anxiety with facts and to make the most of their lives, despite the changes a diagnosis might force. "You learn to live your life and

"You learn to live your life and just be more aware of your body. It's not the end of your life; it goes on. You should enjoy what you can that much more."

just be more aware of your body. It's not the end of your life; it goes on. You should enjoy what you can that much more," said Jo-Anne.

An avid volunteer at several non-profit organizations, Jo-Anne values the enthusiastic and motivated people around her. "It's not only giving back to the community, its finding a purpose in life," she says with a smile.

More information about osteoporosis risk factors and the Canadian Osteoporosis Patient Network (COPN) is available online at [www.osteoporosis.ca](http://www.osteoporosis.ca), or toll-free at 1-800-463-6842.

## Eat right to beat it



Your body makes vitamin D when exposed to sunlight. Most Canadians would benefit from a supplement since we don't always get enough sun exposure. Most multivitamins provide 400 IUs of vitamin D. Some calcium supplements also contain vitamin D.

### Calcium Content of Some Common Foods

|   | Portion          | Calcium* |
|---|------------------|----------|
| <b>MILK AND MILK PRODUCTS</b>   |                  |          |
| Milk -  |                  |          |
| 2%, 1%, skim, chocolate   | 1 cup/250 mL     | 300 mg   |
| Buttermilk  | 1 cup/250 mL     | 285 mg   |
| Cheese  |                  |          |
| - Mozzarella  | 1 1/4"/3 cm cube | 200 mg   |
| - Cheddar, Edam, Gouda  | 1 1/4"/3 cm cube | 245 mg   |
| Yogurt - plain  | 3/4 cup/185 mL   | 295 mg   |
| Milk - powder, dry  | 1/3 cup/75 mL    | 270 mg   |
| Ice cream   | 1/2 cup/125 mL   | 80 mg    |
| Cottage cheese - 2%, 1%   | 1/2 cup/125 mL   | 75 mg    |
| <b>FISH AND ALTERNATIVES</b>  |                  |          |
| Sardines, with bones  | 1/2 can/55 g     | 200 mg   |
| Salmon, with bones - canned   | 1/2 can/105 g    | 240 mg   |
| Fortified rice or soy beverage  | 1 cup/250 mL     | 300 mg   |
| Fortified orange juice  | 1 cup/250 mL     | 300 mg   |
| Beans, baked  | 1/2 cup/125 mL   | 75 mg    |
| Beans - cooked (kidney, lima)   | 1 cup/250 mL     | 50 mg    |
| Soybeans - cooked   | 1 cup/250 mL     | 170 mg   |
| Tofu - with calcium sulfate   | 3 oz/84 g        | 130 mg   |
| <b>BREADS AND CEREALS</b>   |                  |          |
| Muffin - bran<br>(homemade with milk)                                   | 1 medium         | 84 mg    |
| Bread - whole wheat   | 2 slices         | 40 mg    |
| Instant oatmeal,<br>calcium added                                       | 1 pouch/32 g     | 150 mg   |
| <b>FRUITS AND VEGETABLES</b>  |                  |          |
| Broccoli - cooked   | 3/4 cup/185 mL   | 50 mg    |
| Orange  | 1 medium         | 50 mg    |
| Banana  | 1 medium         | 10 mg    |
| Bok Choy  | 1/2 cup/125 mL   | 75 mg    |
| Figs - dried  | 10               | 150 mg   |
| <b>COMBINATION DISHES</b>   |                  |          |
| Lasagna, homemade   | 1 cup/250 mL     | 285 mg   |
| Soup made with milk,<br>such as cream of chicken,<br>mushroom or celery | 1 cup/250 mL     | 175 mg   |

\* Approximate values





# 60-second osteoporosis RISK QUIZ

1. Are you over 65?
2. Has either of your parents broken a bone after a minor bump or fall?
3. Have you broken a bone after a minor bump or fall?
4. Have you taken glucocorticoid pills (cortisone, prednisone, etc.) for more than three months?
5. Have you lost more than 4 cm (about 1½ inches) in height since age 25 (6 cm if you are over 60)?
6. Do you have a tendency to fall?
7. Do you have primary hyperparathyroidism?
8. Do you have a medical condition (such as celiac disease or Crohn's disease) that inhibits absorption of nutrients?
9. Has a recent x-ray suggested you have low bone density?

## *For Women:*

10. Did you undergo menopause before age 45?
11. Have your periods stopped for several months or more (other than due to pregnancy or menopause)?

## *For Men:*

12. Have you ever suffered from impotence, lack of libido or other symptoms related to low levels of testosterone?

If you're over 50 and have answered yes to any of these questions, Osteoporosis Canada recommends that you talk to your doctor about having a bone mineral density (BMD) test.

**Visit [www.osteoporosis.ca](http://www.osteoporosis.ca) for more information, or ask your doctor.**

## So you think you're at risk? *Here's what you can do ...*

You've taken the quiz and determined that you're at risk for osteoporosis. There are lots of ways for you and your physician to keep your bones healthy and give you a long, active life. In addition to reviewing your osteoporosis risk factors and medical history, your doctor may refer you for a bone mineral density (BMD) test with a DXA machine. If osteoporosis is, in fact, the diagnosis, you have several strategies for staying healthy. First, minimize the lifestyle risk factors you can control:

- limit coffee and colas to no more than four cups per day
- limit alcoholic beverages to two a day
- if you smoke, ask your doctor about how you can quit
- make physical activity a part of your daily routine

There are also several medications available for the treatment of osteoporosis.

## *Need more help?*

Osteoporosis Canada is the only national Canadian charity serving those living with or at risk of osteoporosis. It provides information and services aimed at risk reduction and education around osteoporosis. It offers free publications, a bilingual toll-free information line, extensive online resources, educational programs and referrals to self-help groups and community programs.

**Visit [www.osteoporosis.ca](http://www.osteoporosis.ca) or call 1-800-463-6842.**

