

COPING

‘A newsletter from COPN’

March 28th, 2008

Remember: You can live well with osteoporosis!

Thought for today: Forget injuries. Never forget a kindness – Confucius

As a follow up to last issue in response to the question about falls here are some specific tips for being safe in the bathroom and in the kitchen. These will all seem very logical when you read them but check around your house and see what hazards are there that you didn't even notice.

Preventing falls in the bathroom

- Grab bars are a proven way to make the bathroom safer. Grab bars need to be secured into wall studs, so get professional help.
- Rubber tub mats or adhesive strips can prevent disastrous falls in the tub.
- Floor mats should have rubber backings.
- If you find it hard getting in and out of the bath, or standing for any length of time under the shower, a bath chair or seat that fits across the bath and a hand-held shower will help.
- If it is difficult to sit down on and get up from the toilet, there are devices that will help, such as a riser for the seat or a frame with arm rests.
- Use a night light in the bathroom so you aren't fumbling around in the dark at night.
- A shower organizer will help organize all of your soaps, shampoos and other bath products so that they are in easy reach and you do not need to bend over.

Preventing falls in the kitchen

- Keep commonly used items within easy reach. This limits having to stoop very low or reach up high. A long-handled reacher, with rubber grips, helps with out-of-reach items.
- A step stool is a necessary item for every kitchen. Choose a sturdy one, preferably with a hand rail. Resist the temptation to climb up on chairs or tables - they definitely aren't designed for that purpose.

- Clean up spills immediately; they may cause you to slip and fall later if forgotten.

Funny Bone:

Did you hear about the worker in the orange-juice plant who was fired because he couldn't concentrate?

Remember: It is important for you to eat a **healthy diet**, get some appropriate **exercise**, take your **calcium and vitamin D** and if your doctor has prescribed a **medication** don't forget to take it as directed.

COPING WEEKLY will come to you every second Friday. We hope you enjoy it and find the information useful. Don't forget to log on to www.osteoporosis.ca for up to date information.

The material contained in this newsletter is provided for general information only. It should not be relied on to suggest a course of treatment for a particular individual or as a substitute for consultation with qualified health professionals who are familiar with your individual medical needs. Should you have any health care related questions or concerns, you should contact your physician. You should never disregard medical advice or delay in seeking it because of something you have read in this or any newsletter.