

# COPING

'A newsletter from COPN'

November 14<sup>th</sup>, 2008

*Remember: You can live well with osteoporosis!*

**Thought for today:** You may be only one person in the world, but you may also be the world to one person.

**Don't forget:** Visit [www.osteoporosis.ca](http://www.osteoporosis.ca) to enter the "Write for your Bones" contest; submit your story for a chance to win a prize.

## **Be on the look out. It is coming!!!**

On Monday, November 24<sup>th</sup>, Osteoporosis Canada is releasing its first national report card.

Osteoporosis Canada is committed to helping folks reduce their risk of developing osteoporosis and to ensuring all Canadians have access to the best osteoporosis diagnosis and treatment. Two things that are critical to achieving this goal are public access to bone mineral density testing and medications.

Osteoporosis Canada's Report Card 2008, our first national report card, looks at how well Canadians are able to access these two parts of osteoporosis care through the publicly funded health care system.

The purpose of the report card is to highlight issues of significance to people living with osteoporosis, raise the profile and enhance the credibility of Osteoporosis Canada, and provide provincial organizations with an effective tool to advocate for better patient access to treatment, diagnostics and education.

### **Components of the report card:**

- **Access to treatment:** a grade will be assigned to each province based on formulary access to medication by region as of December 31, 2007. (This means that your osteoporosis medication is covered by your pharmacare plan.)
- **Access to BMD testing:** a grade will be assigned to each province based on the number of publicly funded BMD tests provided in the provinces from April 1, 2006 to March 31, 2007.
- **Provincial stories/best practice:** provincial stories will be presented to highlight best practices of publicly funded strategies/services aimed at osteoporosis care. The goal here is not to compare provinces but to give each province the opportunity to present initiatives undertaken both provincially and regionally.
- **Patient stories:** stories will be presented from each region with the aim of supporting data presented in the report card.

**The report card will be launched on Canada AM (CTV) Monday morning, November 24<sup>th</sup>. Watch for it.**

*Funny Bone:* Show me a man with both feet firmly on the ground, and I'll show you a man who can't get his pants off.

**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** 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](http://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.

## COPING

'A newsletter from COPN'

November 28<sup>th</sup>, 2008

*Remember: You can live well with osteoporosis!*

*Thought for today:* "An eye for an eye leaves the whole world blind" Ghandi

**Last chance:** Visit [www.osteoporosis.ca](http://www.osteoporosis.ca) to enter the "Write for your Bones" contest; submit your story for a chance to win a prize. The contest closes November 30<sup>th</sup>, 2008.

### Your Christmas Wish List!

Have you made your list for Santa yet?

Have you seen those grippers that slip over your boots? They have spikes or coils on the bottom to give better footing on slippery streets, sidewalks and parking lots. They help us remain upright so we don't slip and land on our dignity (our bottoms or hips) and so we don't break any of our fragile bones. These gadgets are not too expensive and can make winter a little more pleasant and a lot safer. I have two pairs – one in the house and one in the glove compartment of the car.

There are always warnings and cautions associated with anything, so do remember two very important things:

- Don't be over-confident just because you have these devices. Always walk carefully.
- Be very sure to remove the grippers before you go into a store or mall. These grippers are very slippery on tile floors.

Now, I know there are some of you who live in parts of our great country that don't need to worry about slippery streets, but the vast majority of us are not so fortunate. Don't gloat, or Santa will put coal in your Christmas stocking!

Another excellent gift idea: exercise tubing or bands! These are available from stores that sell medical supplies, from your physiotherapist, or any fitness equipment retailer. Your physiotherapist will show you exercises that you can do at home, even while sitting in a chair, that will help to keep your back and arms strong. Strong back muscles give better support to our spines. These exercises also act to improve the strength in our arms to help us get up from a chair.

### Still shopping for the holidays?

**Support Osteoporosis Canada at the same time.**

Our really pretty 'Pearls of Wisdom' sets make the perfect stocking stuffer or teachers' gift. They are available in a variety of colours and they are reasonably priced, ranging from \$10 to \$50.

Another really good idea is the lovely new Osteoporosis Canada/Hallmark note card package! Each package includes 8 cards, 2 each of four beautiful iris designs plus envelopes for just \$11.50 - including shipping.

Please visit our online ordering site to purchase the above items. These make great gifts for people you care about and for all those who are hard to buy for but for whom you really would like something special. Click on [www.osteoporosis.ca](http://www.osteoporosis.ca), then look on the left side for 'order online'. You can see pictures of the jewellery and the note cards.

Looking for something practical without the wrap? Why not send a Tribute card to those on your list? Simply make a donation to Osteoporosis Canada and we will mail out a Hallmark card on your behalf.

Online shopping: [www.shop-osteoporosis.ca](http://www.shop-osteoporosis.ca)

### *Treat Your Poinsettia Well*



Once you get your Poinsettia home, position it carefully, away from draughts and heat sources, which can cause leaf drop. Don't put it on top of a television, near a fireplace or ventilating duct, or anywhere near a door.

Poinsettias like room temperatures of between 68 - 70° F; their colour lasts longest when temperatures do not exceed 70° F during the daytime or fall below 65° F at night. They need at least six hours a day of indirect sunlight; if direct sun can't be avoided, diffuse the light with a shade or sheer curtain.

Allow your Poinsettia to dry out slightly between watering; water when the soil feels dry to the touch, so that the water just starts to come out of the drainage holes. It's important that you don't over-water your plant, or allow it to sit in standing water. If you're keeping your Poinsettia in a decorative container, remove it before watering, and let the water drain away completely. Standing water can lead to root rot. On the other hand, Poinsettias need moist air; mist your plant frequently during the blooming season to keep it happy. While the Poinsettia is blooming, it won't need to be fertilized, but applying a balanced fertilizer after the blooming season is over will maintain healthy foliage and promote new growth

If you treat your Poinsettia well, it will reward you with brilliant colour for many months.

*Funny Bone:* Most families use credit cards for everything. The only one who still pays cash is the tooth fairy!

**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.

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