Bone Up

A Continuing Education Program for Pharmacists and Registered Dietitians

Information for those who consult with individuals living with or at risk of Osteoporosis

Tuesday, October 26, 2010
3:30 pm - registration & light snack
4:00 - 7:00 pm – Program
@ Osteoporosis Canada Manitoba Chapter
123 St. Anne’s Road
Winnipeg, Manitoba

Outcomes

Program Participants will:

⇒ Understand the physiology of Osteoporosis
⇒ Recognize current and new medications and their role in the treatment of Osteoporosis
⇒ Understand the role of diet in bone health and Osteoporosis
⇒ Be able to identify exercise programs that are safe for those with or at risk for Osteoporosis

Learn about the NEW 2010 Clinical Practices Guidelines for the Diagnosis and Management of Osteoporosis in Canada

For more information, please contact:
Osteoporosis Canada
Manitoba Chapter
123 St. Anne’s Road
Winnipeg, Manitoba R2M 2Z1
Phone: (204) 772-3498
Fax: (204) 772-4200
E-mail: manitoba@osteoporosis.ca

About the Presenters

Andrea Bedard BPE, MSc has spent thirteen years as a Fitness Consultant and Personal Trainer with a specialty in fitness for older adults. She is the Exercise Consultant for Osteoporosis Canada, Manitoba Chapter. She is currently a Faculty Member at the University of Winnipeg in the Kinesiology And Applied Health Department.

Pat McCarthy-Briggs RD, MHEd is a founding board member of Osteoporosis Canada, Manitoba Chapter and is responsible for volunteer training and education. She is a member of the National Education Task Group for OC.

Marian Kremers BSc (Pharm) is the past Chair of Osteoporosis Canada, Manitoba Chapter and part of the volunteer education at OC. She is also a pharmacist and was a Lecturer in the Faculty of Pharmacy at the University of Manitoba and has been a reviewer for articles on osteoporosis in pharmacy professional journals.
Program

Introduction

What is Osteoporosis?
How is it diagnosed? (fracture, BMD, risk factors)

Risk Assessment

Treatments
Medications:
- What are they?
- How do they work?
- Side effects
- Pharmacare coverage
- What research tells us about efficacy

Exercise
- Effect of exercise on bone
- Stability, balance, fall prevention theory
- Treatment techniques
- Other musculo-skeletal problems associated with osteoporosis

Diet and Bone Health
Current information on:
- Healthy eating and bones
- Calcium, Vitamin D and other bone building nutrients
- Calcium and Vitamin D supplementation: how much, how to take
- Protein and bones

Cost

$60.00 (Includes light snack)

Registration Deadline

Monday, October 18, 2010

Cancellation Policy:
Refunds will be provided until the registration deadline, less a $10.00 administration fee.

Space is limited. Register early.

This workshop has been accredited for a total of 3 Continuing Education Units (CEUs) by the Manitoba Pharmaceutical Association.

A suitable Continuing Education program for Manitoba Dietitians.

For further information, contact Osteoporosis Canada, Manitoba Chapter at (204) 772-3498 or e-mail:manitoba@osteoporosis.ca

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BONE UP REGISTRATION FORM

Please fill out, tear off and return with payment by cheque or credit card to:

Osteoporosis Canada, Manitoba Chapter
123 St. Anne’s Road
Winnipeg, MB R2M 2Z1
Phone: (204) 772-3498
Fax: (204) 772-4200

Name:

Address:

City:

Province: Postal Code:

Phone-Home:

Phone-Work:

Fax:

E-mail:

Occupation:

Place of Work:

Credit Card #:

Type of Card:
- Visa 
- MasterCard 
- American Express

Expiry:

Cardholder’s Signature:

Please make cheques payable to:
Osteoporosis Canada, Manitoba Chapter