

Upcoming Activities

You can also keep up to date on news and events by accessing our website, www.osteoporosis.ca. To access Alberta Chapter information, click on 'Connect Locally' under 'Quick Links' on the left hand side of our homepage, then select 'Alberta'.

EDMONTON SUPPORT GROUP MEETINGS

The Edmonton Osteoporosis Support Group meets on the 4th Monday of each month, September –April (excluding December and January), from 7-9 PM, in the auditorium of Grey Nuns Community Hospital, 3015 – 62 St. in Mill Woods. Contacts: Marg 780-434-6054 or Annabel 780-436-8150. Meetings are open to all – no registration and no admission fee. Parking fees apply. 50-50 draw will be held.

CALGARY SUPPORT GROUP MEETINGS

The Calgary Osteoporosis Support Group meets monthly from September-May (excluding December). See below for a list of dates. Meetings are held at the Confederation Park Seniors Centre, 2212 – 13th Street NW Calgary from 7-9 PM. Contacts: The Alberta Chapter office at 403-237-7022. Meetings are open to all, no registration is required and there is no admission fee. Free parking available.

Tuesday September 14, 2010

Rosen Method Exercise Program.
Presented by Anita Alexander.

Tuesday October 19, 2010

Fall Prevention – more than avoiding winter!
A look at how to protect ourselves from falls.
Presented by Lindsay Forbes, Philips
Lifeline.

Tuesday, November 16, 2010

Tai Chi for Your Bones and Balance.
Presented by the Taoist Tai Chi Society.

Tuesday, January 18, 2011

Vitamin D: What you need to know.
Presented by Dr. David Hanley.

ADVOCACY WORKSHOP, PUBLIC FORUM

The Alberta Chapter will be hosting an Advocacy Workshop and promoting a public forum with AMGEN this fall. Dates and details are still being confirmed - please contact the office for more information.

New Vitamin D Guidelines: A key factor in good calcium absorption

Osteoporosis Canada's new guidelines (July 2010) recommend daily supplements of 400 to 1000 IU for adults under age 50 without osteoporosis or conditions affecting vitamin D absorption. For adults over 50, supplements of between 800 and 2000 IU are recommended. For people who need added supplementation to reach optimal vitamin D levels, doses up to the current "tolerable upper intake level" (2000 IU) are safely taken without medical supervision. Doses above that require medical supervision. A daily supplement of 800 IU should be regarded as a minimum dose for all adults with osteoporosis.

Vitamin D, as well as calcium, are essential to preventing osteoporosis and may reduce other health risks such as diabetes and immune system disorders. While exposure to sunlight provides vitamin D, Canadians are at risk of seasonal vitamin D deficiency because winter sunlight in northern latitudes above 35° does not contain enough ultraviolet B for vitamin D production. Milk fortified with vitamin D3 contains 100 IUs per 250 ml glass. Foods such as margarine, eggs, chicken livers, salmon, sardines, herring, mackerel, swordfish and fish oils (halibut and cod liver oils) all contain small amounts. Supplementation is necessary to obtain adequate levels as dietary intake has minimal impact. Most multivitamins provide 400 IUs of vitamin D3. Some calcium supplements also contain vitamin D3.

For more information on Osteoporosis Canada's new guidelines, please visit our website at www.osteoporosis.ca or contact us at **403-237-7022**.



Osteoporosis Canada

Ostéoporose Canada

The Osteoporosis Centre (Calgary)

The Osteoporosis Centre is a specialized clinic which was developed to promote bone health education; as well as the prevention, diagnosis and appropriate treatment of osteoporosis and other bone disorders. The Centre will be moving soon to a new location. Please contact the Osteoporosis Canada, Alberta Chapter office at 403-237-7022 if you need a location/phone number update after September 24, 2010.

Current clinic staff includes 5 doctors specializing in bone diseases, a dietitian, pharmacist, and nurse. A team approach is used to give our patients the most up-to-date information on their bone status; nutrition and lifestyle measures to promote healthy bones; and available treatment options.

A medical referral is necessary for consultation with a doctor in the Centre. However, the nurse, dietitian, and pharmacist are available by telephone if you have questions or concerns about your bones.

A major role of the Osteoporosis Centre is education about bone health. Our "Bone Health and Osteoporosis" classes are available to anyone in the community, free of charge. Classes are taught by the clinic staff, and are available at various times and locations throughout the city.



Osteoporosis Canada

Ostéoporose Canada

A Bi-Annual newsletter produced by the Alberta Chapter of Osteoporosis Canada. Fall 2010.

2010 Annual General Meeting a Success!

Alberta Chapter Chair Wins Award!



Loretta Brown is pictured in the centre of the front row (wearing a purple top) with her Backbone Award. The other folks featured in this photo belong to our delegates from across the country who enjoyed their AGM wind-up dinner after a very busy weekend. Their smiles say it all!

In June the Annual General Meeting for Osteoporosis Canada was held in Calgary. Countless hours of volunteer effort resulted in a very successful event. In addition to the AGM, a public forum was held on stem cell research and bone regrowth. In partnership with the McCaig Institute, a panel of experts presented research on stem cells and bone regrowth, with an opportunity for those in attendance to ask questions. Both the presenters and the topic were very well received and gave many people a chance to learn about potential future options for osteoporosis prevention and treatment.

A wind-up dinner was held at Fort Calgary for AGM delegates that attended from all corners of Canada. Our own Alberta Chapter Chair, Loretta Brown, received a 'Backbone Award' for her hard work and dedication to making the chapter the thriving, progressive and vital entity it is. The Backbone Award 'recognizes the special individuals who, in their own unique way, provide the strength necessary for both growth and stability. They bring their Chapters to life and motivate others to reach goals.' Well done, Loretta!

The Bone Zone

Strong Bones, Strong Alberta

Greetings from the Alberta Chapter of Osteoporosis Canada!

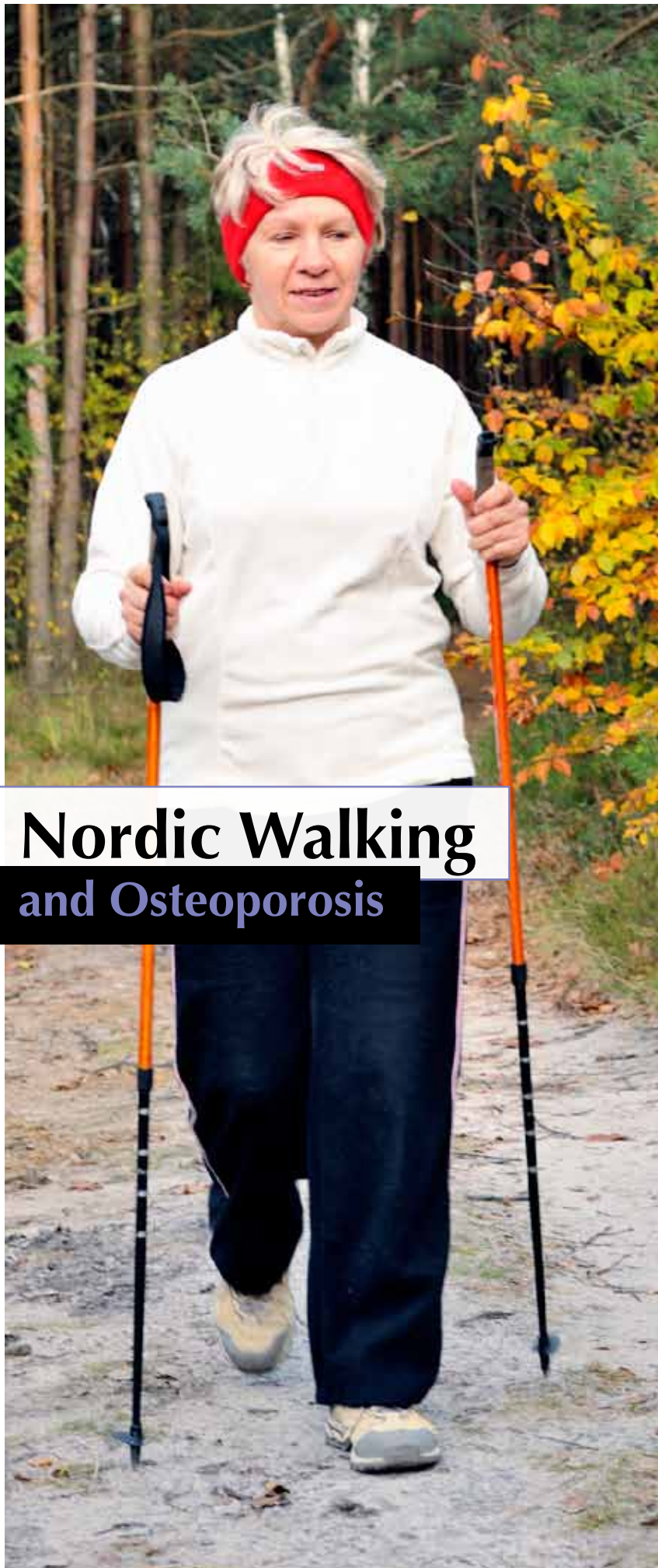
Welcome to our Fall 2010 newsletter! Your feedback, requests for future articles and relevant stories are welcome.

Please contact us at:

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Calgary AB T3E 7J4
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This newsletter is also available via email! Let us know whether you would like an online copy by emailing us at alberta@osteoporosis.ca.

To access our newsletter via our National Website, go to www.osteoporosis.ca and select 'Connect Locally' from the menu on the left side of the screen. Then select 'Alberta'.



Nordic Walking and Osteoporosis

Fracture prevention is an important component of helping those with Osteoporosis maintain a high level of health and continued independence.

Fractures are prevented with fall prevention and strength training. We know that balance, muscle strengthening, and maintained bone density are some of the benefits of regular weight-bearing exercise. Self-esteem, energy, and confidence are some of the other benefits of a regular exercise program. There are many physical activities that can assist in this process – Nordic walking is one example.

Nordic walking is defined as fitness walking with specially designed poles. It evolved from an off-season ski-training activity known as ski walking or ski striding to become a way of exercising year-round. Ski walking with poles has been practiced for decades as dry land training for competitive cross-country skiing. Hikers with knee pain also discovered they could walk more powerfully with a pair of trekking poles, often eliminate or reduce hip, knee, and foot pain, and backpackers found relief from painful backs when using poles.

Nordic walking can be done year round in any climate and anywhere a person of any age or ability might otherwise walk without poles. It combines simplicity and accessibility of walking with simultaneous core and upper body conditioning similar to Nordic skiing. The result is a full-body walking workout with the incorporation of more than 90% of the body's total muscle mass; resistance occurs with each stride. "Normal walking" utilizes only 70% of muscle mass with full impact on the joints of the legs and feet.

Compared to regular walking, Nordic walking involves applying force to the poles with each stride. Nordic walkers use more of their entire body (with greater intensity) and receive fitness building stimulation not as present in normal walking for the chest, lats, triceps, biceps, shoulder, abdominals, spinal and other core muscles. This extra muscle involvement leads to enhancements over ordinary walking at equal paces such as:

- increased overall strength and endurance in the core muscles and the entire upper body
- significant increases in heart rate at a given pace & greater ease in climbing hills
- burning more calories than in plain walking
- improved balance and stability with use of the poles
- significant weight load reduction on hip, knee and ankle joints
- provides density-preserving stress to bones

Lorell Thoms - BSW/RSW, Alberta Chapter Educator

ALCOA 'Silver Times'

The Active Living Coalition for Older Adults would like to invite you to join their mailing list to receive a new, free publication for older adults, entitled 'Silver Times'. It will be a consumer-orientated publication, focusing on healthy active aging, targeted to individuals aged 55+ who live in Canada.

ALCOA would also encourage you to share this notice with others who you think may be interested in receiving a printed copy of their publication. The publication will be shipped free of charge, in quantities of 25 per bundle. ALCOA will not mail it out to individuals.

If interested, please send an email to the ALCOA contact: Tonia.hearst@gmail.com

Bone-Healthy Eating – Share Your Recipes with Us!

Dairy products are still one of best sources of calcium. There are also several vegetables that contain calcium including: broccoli, watercress, kale, okra, red kidney beans, chick peas, green beans, and baked beans. In addition, nuts such as almonds, hazelnuts, and walnuts also contain calcium. Fish such as salmon and sardines also rich in calcium. There is even calcium in fruits such as apricots, figs, currants and oranges.

Share with us some of your favorite recipes that use the above foods as ingredients. We want to make bone healthy eating tasty and fun! Send your recipe ideas to alberta@osteoporosis.ca.

Talking about Bones

Would your group or organization like a guest speaker on the topic of Osteoporosis? Let our Alberta Chapter Educator provide your group with an informative presentation. For more information or to book a presentation, please call 403-237-7022.

COPN Connects!

The Canadian Osteoporosis Patient Network was founded in 2004. This group felt that people living with osteoporosis needed a strong voice to provide the patient's perspective in all areas including medical matters, research initiatives, communication, public relations, and education.

For more information on COPN, including volunteer opportunities, please call our toll-free information line at 1-800-463-6842 to talk to an information counselor, who will discuss your questions and concerns. Or, you can access COPN's website via www.osteoporosis.ca/copn.

Volunteers Wanted

Are you interested in volunteering with our Chapter? We need Calgary and Edmonton area volunteers to help at health fairs, education events and fundraising projects. If you would like more information, please call 403-237-7022.



Health Professionals Package Available on Website

Our Chapter Educator, Lorell Thoms, developed an information package for health professionals with topics relevant to osteoporosis such as nutrition, physical activity and fall prevention. This package was distributed to physicians within the City of Calgary as a pilot project. Although this package was targeted towards health professionals, some of the information may be of interest to you. The content of the health package is now available on our website. Go to www.osteoporosis.ca, click on 'Connect Locally' and click on 'Alberta'. If you are a health professional, you can request a printed copy of the health package by contacting our office, 403-237-7022 or via email alberta@osteoporosis.ca.

More Photos from Our June 2010 AGM/Public Forum



Our volunteers graciously gave their time to manage our display booth during the AGM and Public Forum. Pictured from left to right are Carol Sinclair and Gay Drake.



To start off the proceedings, First Nations dancers gave very colorful performances, Mateus (pictured) has already won competitions!



Generous donations from local Calgary organizations made for spectacular door prizes. Pictured is Bev Swan.



The wind-up dinner at Fort Calgary gave our delegates a chance to relax, catch up and see what wearing an RCMP uniform felt like.