

Remember: You can live well with osteoporosis!

100th Edition of COPING!

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November is Osteoporosis Month

Did you know that next month is Osteoporosis month in Canada? Wouldn't it be wonderful if next month our COPING membership reached 5000? Our 5000th member will mark an important milestone in the history of COPN. If you know someone who can benefit from being a COPN member, we encourage you to continue spreading the word so that all Canadians will be paying attention to their bone health and reducing their risk of fracture. Contact your local Chapter or Branch to learn more about what they will be doing to celebrate and raise awareness in their communities and visit Osteoporosis Canada's website for more information at www.osteoporosis.ca.

Welcome to the 100th edition of the *COPING* newsletter! Since the first issue of *COPING* in 2004, our newsletters have been read hundreds of thousands of times by thousands of Canadians. We've covered a wide range of topics, from osteoporosis medications, to nutrition, to lifestyle tips, all the while guided by our motto: *You can live well with osteoporosis*.

COPING's New Look

Today's anniversary issue also marks the unveiling of *COPING's* new look. We have kept all of the popular features and added one or two others that we love and hope that you will too, in an attractive and easy-to-read format. As always, *COPING* is also available for reading on the COPN web-site at osteoporosis.ca.

What goes into the making of COPING?

Each and every newsletter goes through a rigorous process before it is delivered either by email or Canada Post to more than 4600 COPN members. This process is guided by the Newsletter Sub-Committee, a group that includes COPN volunteers and staff from Osteoporosis Canada who identify and select topics, enlist authors to write the articles, and then provide an editorial oversight to ensure that the articles meet the needs of *COPING* readers.

News you can trust, when you need it most

The most crucial step of the process is to ensure that all articles are scientifically correct and consistent with the latest information and expert advice endorsed by Osteoporosis Canada. A team of four medical professionals who comprise the Scientific Advisory Council (SAC) review committee volunteer many hours of their time to do this important work. When the newsletter arrives in your mailbox you can read it with the assurance that it is scientifically up-to-date and credible.

When there is an urgent need for a Special Edition of *COPING* to address breaking news, OC's rapid response team springs into action. These experts go beyond the headlines, researching the facts to provide science-based responses so that COPN members can make informed decisions about their bone health.

Fracture Fact:

“At least one in five men and one in three women will suffer from an osteoporotic fracture during their lifetime.”

We've *had* our last break and now we're living well with osteoporosis!

We are delighted that so many of you requested packages of the "[Make your FIRST break your LAST](#)" brochure to distribute in your community. In addition to helping reduce fractures, we are confident that this brochure will also increase COPN membership because as *you* already know, for those of us who have fractured, we've *had* our last break and are living well with osteoporosis thanks to staying informed with COPN. For those of us who have not yet fractured, we've had the best "break" of all – no break – again, thanks to staying informed with COPN. The "[Make your FIRST break your LAST](#)" brochures will be sent out this month. Additional copies will be available by contacting orders@osteoporosis.ca. As an added bonus, we will include a copy of the [Osteoporosis Patient Bill of Rights](#) poster which you can display as well.



Volunteer Profile – Dr. Irene Polidoulis

Dr. Polidoulis has worked as a family physician in Toronto for the past 25 years. She began doing osteoporosis research with Dr. Angela Cheung in 2006 and in August 2011 published her first research paper on exercise and osteoporosis. Last year she became a member of the Scientific Advisory Council (SAC) of Osteoporosis Canada (OC). She was one of the reviewers of the [2010 Clinical Practice Guidelines](#), and has actively served on the COPN SAC review team for the past year, editing the COPING newsletters, Virtual Forum questions and answers, OC fact sheets and brochures and the Health Knowledge Training Manual that is used by OC to train its staff and volunteers. She was also one of the authors of The White Paper, "[Towards a Fracture Free Future](#)". Since June 2011 she has served as the Medical Advisor to COPN serving on COPN's executive committee. In addition, she is a busy wife and mother of three teens and also does volunteer work with her church. Dr. Polidoulis tries to live by her motto, "Always do whatever you can for whoever you can and never expect anything in return".



Gay Lea Foods Co-operative congratulates the Canadian Osteoporosis Patient Network on the occasion of the publication of its 100th edition of the COPING Newsletter.

This issue of COPING is sponsored by Gay Lea Foods Co-operative

