

Osteoporosis Canada

Ostéoporose Canada

# SAC Link

Osteoporosis Canada's Scientific Advisory Council

## Spring 2016

*Thank-you!*

### ***Volunteers are the roots of strong communities.***

**National Volunteer Week, April 10 – 16**, is the 13<sup>th</sup> consecutive year that NVW has recognized, celebrated and thanked Canada's 12.7 million volunteers.

This year's theme is "*Volunteers are the roots of strong communities.*" Just like roots are essential for trees to bloom, volunteers are essential for communities to boom. Thanks to volunteers, our communities grow strong and resilient. Even the tiniest volunteer effort leaves a profound and lasting trace in a community, much like tree rings that appear over time.

Our vision is a Canada without osteoporotic fractures. Activities to support that vision are carried on right across Canada, in the community, mainly by volunteers.

- Volunteers provide support and information to the newly diagnosed.
- You give presentations on osteoporosis to community groups and businesses.
- You participate in wellness fairs.
- You develop and carry out fundraising events to support what we do.
- You perform countless administrative tasks.

You provide strategic direction as members of the Board of Directors and medical guidance through the Scientific Advisory Council.

Stopping fractures and saving lives – these are the goals of Osteoporosis Canada. We thank our passionate volunteers whose dedication and commitment enable us to reach our goals. **National Volunteer Week** is an opportunity to celebrate your vision and hard work. Volunteers, you are the roots of Osteoporosis Canada. You enable us to reach out into the community and strengthen the lives of those living with osteoporosis. We could not thrive without you.

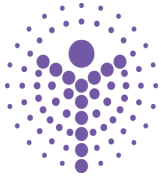
*Dr. Tim Murray*

***Co-founder of Osteoporosis Canada***



To celebrate National Volunteer Week, Dr Tim Murray, MD, FRCPC, a founding member of Osteoporosis Canada, discusses the "roots" of our organization.

[Click here to watch a special video message](#) of how the organization began and a thank you to all its volunteers.



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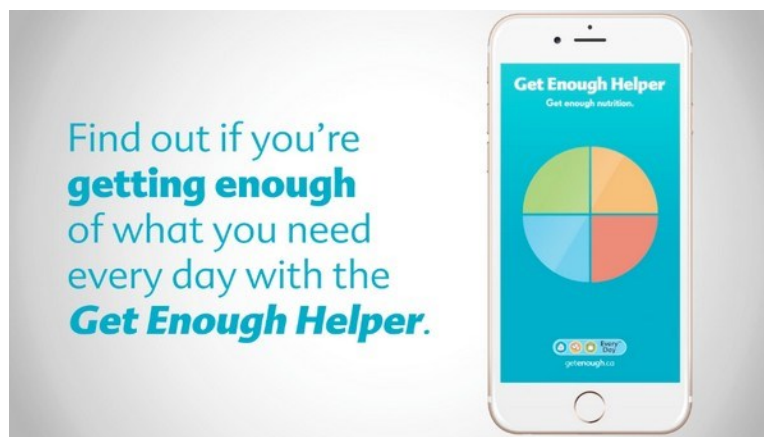
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### The Newly Designed *Get Enough Helper App* is Back! **Help Osteoporosis Canada Raise \$100,000**



Dairy Farmers of Canada with Osteoporosis Canada wants to make sure you are getting enough in your diet for strong and healthy bones.

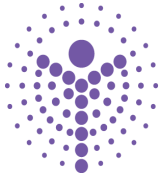
The **Get Enough Helper App** is designed to help you track what you eat so you know if you are getting enough of the daily requirements set out by Canada's Food Guide.

**When you download and use the App, Dairy Farmers of Canada will donate \$1 per day up to a maximum of \$100,000!**

Help Osteoporosis Canada raise funds and start tracking today for **#BetterBoneHealth**.

Click below to download the App:





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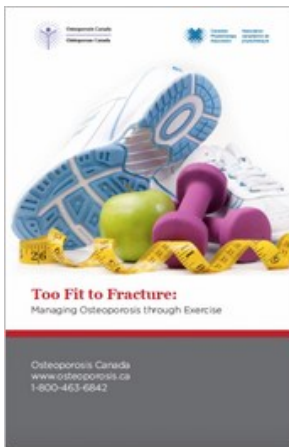
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### **Too Fit to Fracture: Managing Osteoporosis through Exercise**



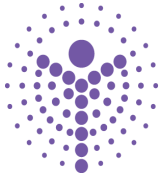
Too Fit to Fracture: Managing Osteoporosis through Exercise includes information on strength training, balance exercises and aerobic activity; interactive tools for getting started; tips for addressing barriers to exercise; and ways to move safely during everyday activities to avoid the risk of falls or spine fractures.

Poor posture, combined with loss of bone strength, can increase the risk of spine fracture. Poor alignment can be improved with exercises that target muscles important for posture.

Copies are available free of charge through OC at [orders@osteoporosis.ca](mailto:orders@osteoporosis.ca)

## **Inaugural Canadian Musculoskeletal Conference October 14th & 15th, 2016**

Please hold October 14th and 15th 2016 for the inaugural Canadian Musculoskeletal Conference being held in Toronto at the Toronto Eaton Centre Marriott Hotel. Further details to follow.



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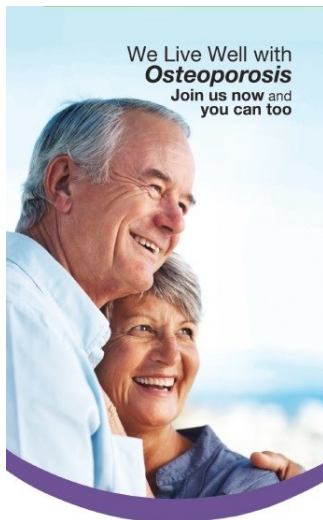
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### COPN

## *Not Just For Your Patients*

The purpose of COPN is to support Canadians living with osteoporosis by providing support and information on all areas of osteoporosis. This is done primarily through the biweekly e-newsletter "COPING" and the virtual forums "Bone Matters." To date, there are over 8,500 COPN members across Canada (and a small number from many countries outside of Canada) who receive this information.



We Live Well with  
**Osteoporosis**  
Join us now and  
you can too

Becoming a COPN member is free and easy to do on the OC website. OC strongly encourages all SAC members to become members themselves and to actively enrol as many of your patients as possible with COPN. It takes less than one minute to enrol your patient in your office on-line.

COPN benefits everyone. The COPN database provides a communication tool for Chapters to promote their activities and events. COPN membership numbers are also beneficial in advocating for services and care for those living with osteoporosis, and when applying for funding or requesting sponsorship.

COPN, which is patient owned and driven, is run by the COPN Executive Committee, which is further subdivided into eight busy subcommittees.

To ensure that all COPN materials are according to OC guidelines, scientifically accurate and up to date, the SAC COPN Scientific Review Committee was recognized in 2011 alongside the COPN Executive Committee. This committee currently has three members, which include the Chair and two other members. All of these members are volunteers. The Chair is also the Medical Advisor who sits on the COPN Executive and the COPN newsletter subcommittee and on the SAC Executive Committee to represent COPN to the SAC.

We hope that this information will impart a better understanding of the structure and the functioning of COPN. If you have any questions, please email us at [copn@osteoporosis.ca](mailto:copn@osteoporosis.ca). Above all, if you have not done so already, please give yourself and your patients every advantage by joining COPN now at <http://www.osteoporosis.ca/osteoporosis-and-you/copn/join-copn/>