



30 Days to Save Your Bones

November is Osteoporosis Month – it's time to Beat the Break!

These tips will help your family stay strong and avoid a condition that affects 1.4 million Canadians.

Not Just Grandma!

Osteoporosis is more common than you think.

One quarter of Canadian women over 50, and more than one in eight men over 50, are affected by the condition. Right now, 1.4 million Canadians are dealing with osteoporosis and the complications that go along with it: bones that break too easily, leading to a loss of mobility and independence.

Here's one thing to keep in mind this month: the best defense against the disease is building strong bones in childhood and adolescence. That means a diet with adequate calcium and Vitamin D, and weight-bearing exercise (any exercise where the entire weight of the body is supported by the legs, like walking, dancing and racquet sports). Exercise and good nutrition in youth are like a retirement plan for your bones, so invest now!

“...exercise and good nutrition in youth are like a retirement plan for your bones...”



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60 Second Osteoporosis Risk Quiz

1. Are you over 65?
2. Has either of your parents broken a bone after a minor bump or fall?
3. Have you broken a bone after a minor bump or fall?
4. Have you taken glucocorticoid pills (cortisone, prednisone, etc.) for more than three months?
5. Have you lost more than 4 cm (about 1 1/2 inches) in height since age 25 (6 cm if you are over 60)?
6. Do you have a tendency to fall?
7. Do you have primary hyperparathyroidism?
8. Do you have a medical condition (such as celiac disease or Crohn's disease) that inhibits absorption of nutrients?
9. Has a recent x-ray suggested you have low bone density (osteopenia)?

For Women:

10. Did you undergo menopause before age 45?
11. Have your periods stopped for several months or more (other than for pregnancy or menopause)?

For Men:

12. Have you ever suffered from impotence, lack of libido or other symptoms related to low levels of testosterone?

If you're over 50 and have answered yes to any of these questions, Osteoporosis Canada recommends that you talk to your doctor about having a bone mineral density (BMD) test.

Visit www.osteoporosis.ca for more information, or ask your doctor.



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What it is – *and isn't*



Although osteoporosis and osteoarthritis have very similar names, the conditions are completely different.

Osteoporosis is a disease that causes bones to become thin and brittle over time. Its symptoms are low bone mass and deterioration of bone tissue,

which increase the risk of breaking bones, particularly the hip, spine and wrist. You'll find lots of information on the causes and consequences of osteoporosis, as well as strategies for reducing the risk, on these pages.

Osteoarthritis, on the other hand, is a degenerative joint disease, which leads to the thinning or destruction of the cartilage, causing painful irritation of the joints and adjacent bone tissue.

Feed Your Bones

Most people know that calcium is an essential building block for bones, and that vitamin D is crucial for your body to use that calcium properly. But just how much should you get?

Your need for both of these supplements changes over the course of your life.



Age	Daily Calcium Requirement	Daily Vitamin D Requirement
4 to 8	800 mg	200 international units (IUs)
9 to 18	1,300 mg	200 IUs
19 to 50	1,000 mg	400 IUs
50+	1,500 mg	800 IUs
pregnant or lactating women 18+	1,000 mg	400 IUs

Your body makes vitamin D when exposed to sunlight. However, during a Canadian winter, or year-round for people who aren't exposed to much sunlight, most Canadians would benefit from a supplement. Most multivitamins provide 400 IUs of vitamin D. Some calcium supplements also contain vitamin D.



KEEPING HER BONES BUSY

**NORMA PETT, 74,
ONTARIO**

Norma Pett has a very busy schedule. Her regular regimen includes yoga classes, two weekly visits to the gym, spending time with her six grandchildren and

attending a course in Living & Learning in Retirement. Thus, it's a wonder that she has a spare moment at all to think about her osteoporosis. But the Toronto resident doesn't just think about it, she devotes what's left of her time to supporting others with the disease.

Diagnosed with "thinning bones" in 1989, when osteoporosis was not yet a widely recognized disease, Norma pressed her doctor to arrange a bone scan for her at one of only two machines available in Canada at the time. Since then, she has continued to expand her awareness of osteoporosis: keeping up to date with the latest research and therapies, and sharing this with others. Norma is also

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a long-time volunteer at Osteoporosis Canada's national office, where she helps with accounting tasks and welcomes visitors with her warm presence at the reception desk. Her high level of activity, desire to learn, and willingness to help others are what makes Norma a true inspiration. With her variety of interests and activities, she proves that a full, active life is possible in spite of being diagnosed with osteoporosis.

More information about osteoporosis risk factors and the Canadian Osteoporosis Patient Network (COPN) is available online at www.osteoporosis.ca, or toll-free at 1-800-463-6842.

Eat it to Beat it



Incorporate as many of these calcium-rich foods into your diet as possible. If you're still not getting enough, consider taking a daily calcium supplement.

Calcium Content of Some Common Foods

	Portion	Calcium*
MILK AND MILK PRODUCTS		
Milk -		
2%, 1%, skim, chocolate	1 cup/250 mL	300 mg
Buttermilk	1 cup/250 mL	285 mg
Cheese		
- Mozzarella	1 1/4"/3 cm cube	200 mg
- Cheddar, Edam, Gouda	1 1/4"/3 cm cube	245 mg
Yogurt - plain	3/4 cup/185 mL	295 mg
Milk - powder, dry	1/3 cup/75 mL	270 mg
Ice cream	1/2 cup/125 mL	80 mg
Cottage cheese - 2%, 1%	1/2 cup/125 mL	75 mg
FISH AND ALTERNATIVES		
Sardines, with bones	1/2 can/55 g	200 mg
Salmon, with bones - canned	1/2 can/105 g	240 mg
Fortified rice or soy beverage	1 cup/250 mL	300 mg
Fortified orange juice	1 cup/250 mL	300 mg
Beans, baked	1/2 cup/125 mL	75 mg
Beans - cooked (kidney, lima)	1 cup/250 mL	50 mg
Soybeans - cooked	1 cup/250 mL	170 mg
Tofu - with calcium sulfate	3 oz/84 g	130 mg
BREADS AND CEREALS		
Muffin - bran (homemade with milk)	1 medium	84 mg
Bread - whole wheat	2 slices	40 mg
Instant oatmeal, calcium added	1 pouch/32 g	150 mg
FRUITS AND VEGETABLES		
Broccoli - cooked	3/4 cup/185 mL	50 mg
Orange	1 medium	50 mg
Banana	1 medium	10 mg
Bok Choy	1/2 cup/125 mL	75 mg
Figs - dried	10	150 mg
COMBINATION DISHES		
Lasagna, homemade	1 cup/250 mL	285 mg
Soup made with milk, such as cream of chicken, mushroom or celery	1 cup/250 mL	175 mg

* Approximate values



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At Risk? *What now?*



Don't think of osteoporosis and broken bones as an inevitable part of aging. If you've determined that you're at risk for osteoporosis (see the 60-second Osteoporosis Risk Quiz on the preceding pages), there are steps you and your physician can take to keep your bones healthy and give you a long, active life.

In addition to reviewing your osteoporosis risk factors and medical history, your doctor may refer you for a bone mineral density (BMD) test with a DXA machine. A heel ultrasound is used in remote areas that do not have access to a DXA machine. Both are painless, non-invasive procedures. The DXA is more accurate and is used for follow-up.

If osteoporosis is, in fact, the diagnosis, you have several strategies for staying healthy. First, minimize the lifestyle risk factors you can control:

- limit coffee and colas to no more than four cups per day
- limit alcoholic beverages to two a day
- if you smoke, ask your doctor about how you can quit
- make physical activity a part of your daily routine

There are also several medications available for the treatment of osteoporosis.

Need more help?

Osteoporosis Canada is a registered charity that provides information and services aimed at risk reduction and treatment of osteoporosis. It offers free publications, a bilingual toll-free information line, extensive online resources, educational programs and referrals to self-help groups and community programs.

Visit www.osteoporosis.ca or call 1-800-463-6842.



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Is osteoporosis part of your retirement plan?

Osteoporosis doesn't develop in a single day. But it can change your life overnight. When bones become brittle, just one break can take away your independence and shatter your dreams for retirement. And since one in four women over 50 will develop osteoporosis, it's a good idea to start investing in your bone health now.

You could be at risk.

To find out more or to make a donation,
visit www.osteoporosis.ca or call 1-800-463-6842.



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