

Osteoporosis Canada is the only national charitable organization serving Canadians who have, or are at risk of, developing osteoporosis.

What we offer:

- Monthly information meetings
- Connections to National and International Osteoporosis organizations
- Volunteer Opportunities
- Public speaking on bone health and osteoporosis prevention
- Liaison with professionals regarding osteoporosis research and knowledge
- Telephone support
- Links to local programs and services to people with osteoporosis

The Canadian Osteoporosis Patient Network - COPN

Affiliated with OC is COPN - The Canadian Osteoporosis Patient Network. COPN is a nation-wide electronic network of people living well with osteoporosis and is an excellent resource for living tips and mutual support.

www.osteoporosis.ca/copn

FIND OUT MORE,
GO TO THE WEBSITE :

www.osteoporosis.ca

On the left hand side of the home page is a column listing links
– click on **CONNECT LOCALLY** and then on **ALBERTA**.

Through our volunteer base, we offer two support groups in the province – one in Calgary and one in Edmonton. We are ALWAYS looking for volunteers to help us with our special events, speaker's engagements and support groups.

For information, call **(403) 237-7022**



Older adults want to live active, independent lives. Falls are not a natural part of aging yet they are the leading cause of serious injuries in older adults. Every year, 1 in 3 Alberta seniors will fall. Nearly 1 in 4 people 65 years of age and over seen in Calgary emergency departments after a fall are diagnosed with a hip fracture – 80% do not regain their former activity level. Learn how to prevent falls before you fracture.

STEP 1 - Review medications to ensure they are not contributing to feeling dizzy or shaky. Talk to your physician.

STEP 2 - Have your vision, hearing, balance and muscle strength checked.

STEP 3 - Take your calcium, Vitamin D3 and osteoporosis medications properly.

STEP 4 - Live an active lifestyle – to maintain muscle tone, posture and balance.

STEP 5 - Assess your home for hazards.

STEP 6 - Wear proper footwear, watch your step and pay attention to your surroundings.

Living Well with Chronic Illness
Fall Prevention Workshops
Various Locations (403) 943-2584
www.calgaryhealthregion.ca/cdm

Calgary Fall Prevention Clinic
Carewest Cross Bow
Main Floor – 1011 Centre Avenue NE
(403) 267-2904

Kerby Centre
(403) 265-0661
www.kerbycentre.com

Alberta Aids to Daily Living
(403) 943-2100
www.seniors.gov.ab.ca/aadl

Seniors' Health Website – Fall Prevention
www.calgaryhealthregion.ca/programs/seniorshealth

Health Link Alberta
Calgary area (403) 943-LINK (5465)
1-866-408-LINK (5465)
www.healthlinkalberta.ca

Finding Balance Website
www.findingbalancealberta.ca

Other Resources:

Alberta Seniors Information Line
1-800-642-3853
www.seniors.gov.ab.ca

Health Canada
1-888-334-9769
www.hc-sc.gc.ca/seniors-aines/

Seniors Home Safety
www.safety-council.org/info/seniors/fallprev.html



There are so many websites offering conflicting information and promising miracles. Below is a list of websites that Osteoporosis Canada – Alberta Chapter believes offers valuable and medically-based information for patients and those interested in learning more about bone health.

ACTIVE LIVING COALITION FOR OLDER ADULTS

A partnership of organizations and individuals with interest in the field of healthy aging.

www.alcoa.ca

CANADA’S PHYSICAL ACTIVITY GUIDE

Information on physical activity, fitness, health, nutrition, epidemiology and human performance.

www.csep.ca

CANADIAN ASSOCIATION FOR THE ADVANCEMENT OF WOMEN IN SPORT AND PHYSICAL ACTIVITY

Encouragement for girls & women to get out of the bleachers, off the sidelines. www.caaws.ca

CANADIAN HEALTH NETWORK

Information on leading Canadian and international health organizations.

www.canadian-health-network.ca

CANADIAN ORTHOPAEDIC FOUNDATION

Information on your bone and joint health now and in the future. www.canorth.org

HEALTH CANADA

Access to the Government of Canada’s collection of health related resources

1-888-334-9769

www.hc-sc.gc.ca

INFORM ALBERTA

An on-line directory, containing general information about community, health, social and government services. www.informalberta.ca

INTERNATIONAL OSTEOPOROSIS FOUNDATION

Information on osteoporosis, prevention, diagnosis and treatment, medical advances and national patient societies. www.iofbonehealth.org

NATIONAL OSTEOPOROSIS FOUNDATION (US)

The American health organization solely dedicated to osteoporosis and bone health. www.nof.org

NORTH AMERICAN MENOPAUSE SOCIETY

Provides menopause help and menopause information for women. www.menopause.org

OSTEOPOROSIS & RELATED BONE DISEASE

Examines the causes, treatment and prevention of arthritis and musculoskeletal and skin diseases.

www.niams.nih.gov/Health_Info/bone/

SOCIETY OF OBSTETRICIANS AND GYNAECOLOGISTS OF CANADA: MENOPAUSE

Information for Canadian women approaching or in menopause. www.menopauseandu.ca

WOMEN’S HEALTH MATTERS

Women’s health information written and reviewed by experts at Women’s College Hospital.

www.womenshealthmatters.ca



Osteoporosis does not develop overnight. You can lose bone mass steadily for many years without experiencing any symptoms or signs of the disease until a bone fractures. Early detection of bone loss is critical in preventing osteoporotic fractures. Osteoporosis Canada recommends that women and men over the age of 50 with 1 or more major risk factors and/or 2 or more minor risk factors have their bone density assessed. Osteoporosis Canada highly recommends that all individuals over the age of 65 be assessed for osteoporosis.

Major Risk Factors:

- Age 65 or older
- Vertebral compression fracture
- Fracture with minimal trauma after age 40
- Family history of osteoporotic fracture
- Long-term use of glucocorticoid therapy
- Medical conditions that inhibit absorption of nutrients
- Primary hyperparathyroidism
- Tendency to fall
- Osteopenia apparent on x-ray
- Hypogonadism
- Early menopause

Minor Risk Factors:

- Rheumatoid arthritis
- Hyperthyroidism
- Prolonged use of anticonvulsants
- Prolonged heparin use
- Low BMI (less than 125 lbs or 57 kg)
- If your present weight is more than 10% below your weight at age 25
- Low calcium intake
- Excess caffeine (4+ cups/day)
- Excess alcohol (2+oz/day)
- Smoking

Family physicians are able to prescribe medications and to monitor your bone density. Pharmacists will also be able to answer your questions regarding medications.

Foothills Medical Centre (NW)
OSTEOPOROSIS CENTRE
(403) 944-1884
**Doctor Referral Required*

Workshops and support groups:
Women's Health Centre / Alberta Health Services
Complimentary Health & Health Workshops
(403) 943-5465
www.womenshealthcentre.ca

HealthLink / Alberta Health Services
(403) 943-5465

Research reports and medical findings:
Osteoporosis Canada Scientific Advisory Council
SAC Link – www.osteoporosis.ca



The skeleton is our body's "savings account" of calcium and our organs pull calcium from it whenever it is needed in the body. If we do not get enough daily calcium, the body withdraws it from our skeleton bank and osteoporosis may be the result.

Maximize your calcium intake by eating calcium rich foods.
Take supplements if needed.

Vitamin D3 increases calcium absorption by as much as 80 percent. It is difficult to get enough vitamin D3 from natural sources (the sun, oily fish) – supplements are highly recommended. Osteoporosis Canada recommends that all Canadians, age 19 to 50, receive at least 400 international units (IUs) of vitamin D3 per day. Adults over 50 should receive at least 800 IUs.

How much calcium & vitamin D3 do we need?

AGE	DAILY CALCIUM	VITAMIN D3
4 to 8	800 mg	200 IUs
9 to 18	1300 mg	200 IUs
19 to 50	1000 mg	1000 IUs
50+	1200 mg	2000 IUs
Pregnant (or lactating)	1000 mg	400 IUs

ADDITIONAL HELP WITH DIET AND NUTRITION

Foothills Medical Centre (NW)
OSTEOPOROSIS CENTRE
Dietitian (403) 944-1675

Kerby Wellness
Nutrition Screening
(403) 705-3234

Living Well with Chronic Illness Dietitians
www.calgaryhealthregion.ca/cdm
Various Locations (403) 943-2584

Meals on Wheels
Dietitian
Various Locations (403) 243-2834
www.mealsonwheels.com

Trym Gym
Lifestyle Change Program
University of Calgary
(403) 220-4374

Women's Health Centre
Alberta Health Services
Food & Nutrition Workshops
NW Calgary (403) 943-5465
www.womenshealthcentre.ca

REGISTERED DIETITIANS

Dietitians of Canada maintain a database of registered dietitians in private practice
www.dietitians.ca/publicservices/fad/pages/searchdietitian.aspx



Walking, hiking, dancing, tai chi and weight training are all great examples of weight-bearing activities. Fitness programs that include postural and flexibility exercises, strength and balance training and cardiovascular fitness are best suited for bone strengthening and fracture risk reduction.

CONSULT AN EXPERT

It is your responsibility to inform any program leader about your health and any medical treatment that you are receiving. All exercises are performed at your own risk.

PHYSIOTHERAPIST LED PROGRAMS

Move 'n Mingle Program

For 'at risk' seniors over 65

Various Locations (403) 863-7708

Living Well with Chronic Illness

Fall Prevention & Self-management

www.calgaryhealthregion.ca/cdm

Various Locations (403) 943-2584

Lifemark Physiotherapy

Osteoporosis Exercise Program

Carol Mahan & Suzanne Stalder

NW Calgary - (403) 288-8877

Rehab Solutions Physiotherapy

Pam Fokkens (Osteoporosis Specialty)

SW (403) 253-9444 / NW (403) 516-2229

Women's Health Centre/Alberta Health Services

Move your Body Workshops

Various Locations (403) 943-5465

www.womenshealthcentre.ca

VRRI Vocational & Rehabilitation Research Institute

'Osteofit' class & Recreation Centre NW Calgary

www.vrri.org

(403) 284-2231

EXERCISE PROGRAMS

YMCA

Spinal stabilization, resistance training for seniors, beginner's workout programs

Crowfoot NW Calgary (403) 547-6576

www.ymcacalgary.org

Taoist Tai Chi Society

(403) 240-4566

www.taoist.org

CARDEL Place

Drop-in "Gently Fit" program

NE Calgary (403) 532-1013

www.cardelplace.com

TRICO Centre

FLC Seniors

Tai Chi, Line Dancing, Outdoor Club

SE Calgary (403) 278-7542

www.flcseniors.ca

HOME WORKOUTS

Melio Guide for Strong Bones

www.melioguide.com

Bone Healthy Workout

www.bonehealth.com