



## Welcome

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### November Is Osteoporosis Month

We urge Manitobans to be aware of their risks for breaking a bone



### New facts and figures



Over 80% of all fractures in Canada after age 50 are caused by osteoporosis.

### Social media links



Find us on Facebook



follow us on twitter

*“bone china is fragile... our bones don't need to be”*

### Upcoming Events

#### Virtual Forum: New Developments on Fracture Risk Assessment

**Thursday December 1st, 3:00-4:30 CST**

Dr. William Leslie will focus on fracture risk assessment, guiding us through the various fracture risk assessment tools and explaining how to interpret results. The presentation will include practical tips on what patients need to know before going to their health care provider. There will be an opportunity to ask questions and have them answered in real-time.

No online pre-registration required. To participate, go to <http://webcast.otn.ca/>, click “Live Events”, then click “Private Event” on the left side of the screen. Enter the following:

**Username: osteo Password: forum10 Click on TSM#: 17482227**

For more information please contact: [copn@osteoporosis.ca](mailto:copn@osteoporosis.ca) or 1-800-463-6842 ext. 224

#### Bridge Tournament Fundraiser

Our 2<sup>nd</sup> Annual Bridge Tournament Fundraiser will be held on **Monday, January 16, 2012** at the Norberry-Glenlee Community Centre. The event will include a used book sale. We are accepting donations of gently used books. They can be dropped off anytime in the office. More information on this fun event will be announced shortly.

#### Cheese and Wine Evening

Planning for our 7<sup>th</sup> Annual Cheese and Wine Evening is well underway. The event will be held at the Niakwa Country Club on **Thursday, March 1, 2012**. Mark this date on your calendars now as you won't want to miss this wonderful evening of food, friends, wine and much more.

### Question and Answer

**Q.** Does a lumbar vertebral fracture show up on a BMD or is another x-ray needed to pick this up?

**A.** Most lumbar spine fractures are not detected by a BMD test even when this examines the lumbar spine. Occasionally, severe fractures can be suspected on the scan but these need X-ray confirmation. Vertebral fracture assessment (VFA) can be done with some BMD scanners and is a relatively new technique for imaging the thoracic and lumbar spine to identify fractures. The 2010 Osteoporosis Canada Guidelines make recommendations on the role of VFA in fracture risk assessment and patient management. An X-ray of the thoracic (mid-back) and lumbar spine (low-back) is recommended if there has been a measured height loss greater than 2 cm as this may be due to a spine fracture.

COPN

# News

## **No bones about it - OC Annual General Meeting was a huge success!**

The National AGM and conference held in Winnipeg Sept.7-12, 2011 was a huge success thanks to the AGM Planning Committee ably chaired by Barb Cinnamon. We would like to extend our thanks to our wonderful team of dedicated volunteers for their hard work and support in preparing for and helping out at this event. A message from our National Office stated, "Every aspect of the meetings and events in Winnipeg went off without a hitch". Many guests commented on how much fun they had at the Volunteer Recognition Dinner at Gaffers. Throughout the week, OC volunteers and representatives from across the country were recipients of a "bone-afide" Manitoba experience.

## **Education Activities a Big Part of the Week's Activities**

The theme for this year's conference was "secondary fracture prevention". Toward this end we held information sessions for health professionals entitled, "Towards a Fracture Free Future". These included one in Brandon, two in Steinbach and three in Winnipeg. Two of the Winnipeg sessions were available via MBTelehealth (telehealth is the use of information technology to connect people at a distance to health care services). Dr. Diane Thériault, a rheumatologist and avid osteoporosis volunteer and champion from Halifax, presented at these sessions.

We were also invited to present at Orthopaedic Grand Rounds at the Pan Am Clinic. Dr. Bill Leslie's presentation focused on the new Clinical Practice Guidelines and the new fracture assessment tools.

The public was not left out of our educational blitz. Two Public Forums were held; one in Brandon on September 6<sup>th</sup>, and the other in Winnipeg on September 10<sup>th</sup>. The theme for both was "Broken Bones No More" and emphasized to over 200 people the importance of preventing future fractures by having an assessment done when one sustains a fragility fracture. Dr. Thériault engaged the audience by testing their osteoporosis knowledge with a number of questions to which they had to answer fact or myth. A number of myths were put to rest that morning.



**Dr. Diane Thériault**



**Dr. Bill Leslie**

Many thanks to Dr. Thériault and Dr. Leslie for making these educational activities so interesting and informative.

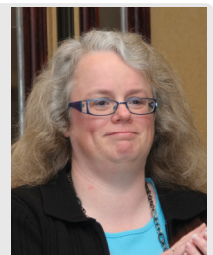
## **VIP Reception**

We were pleased to be able to host a reception for our out of town guests and supporters of the Manitoba Chapter at the prestigious residence of Manitoba's Lieutenant Governor on Thursday evening. This elegant event was enjoyed by all. Many guests also took the opportunity to tour Government House and following the reception, tour the Legislative Building and grounds. This was a great opportunity for the Manitoba Chapter to highlight some of Manitoba's heritage and show the warm hospitality of Manitobans.



## **Manitoba Delegate New National Board Chair**

Education was not the only part of the conference. The National Board, the Operations Advisory Committee and COPN all held meetings and information sessions for the representatives. On Saturday morning the new National Board was unanimously elected. This included our own Cheryl Baldwin being elected as Board Chair. Cheryl has been a volunteer with the Manitoba Chapter for many years and has served on the National Board for a number of years. Living with osteoporosis herself, Cheryl is a strong advocate and is one of the 'movers and shakers' of our organization. Congratulations Cheryl!



**Cheryl Baldwin**

# News



(l to r) Rani Chatterjee-Mehta with  
Dr. Famida Jiwa

## Community Partner

Canada Safeway Pharmacy, Manitoba, was the recipient of the *Community Partner Award*. Safeway Pharmacy has been a strong supporter of OCM for seven years. They have provided consistent funding for the promotion and delivery of public education events, displayed our posters prominently in each Winnipeg Safeway pharmacy and included promotional stuffers in their pharmacy bags. By allowing us access to their wider audience, via posting information on all our events, they ensure our message and our information reaches a far greater number of people than we ever would have been able to reach on our own. Safeway Pharmacy has gone above and beyond to foster and promote the work of OCM. Our relationship with them is highly valued.

## Well-deserved award

The hard work of the Manitoba Chapter during the last year was acknowledged during Osteoporosis Canada's National Annual General Meeting and Public Forum. Osteoporosis Canada honoured the Manitoba Chapter with its *Award for Overall Excellence*. This Award recognizes an Osteoporosis Canada Chapter that has demonstrated exceptional achievements in the areas of osteoporosis education, volunteer development, fund development and communications. Dr. Famida Jiwa, CEO and President of Osteoporosis Canada, said that the Manitoba Chapter "has been living the OC life in the fast lane. Throughout the past year, this dynamic Chapter engaged in 140 education events including displays, speaking engagements, support groups and health professional training sessions held in widely diverse venues." Presentations have been made to Vietnamese, Cantonese, Polish, Hindi and French communities by the multi-lingual speakers team of volunteers.

In 2010, 5412 volunteer hours were recorded - undoubtedly an underestimation. The Chapter has approximately 100 volunteers, the highest number in the country. As well as local committees, volunteers actively participate in national committees such as the Falls Prevention committee and the Highest Risk Priority Working Groups.

On the advocacy front, members from the Chapter are part of a committee led by Manitoba Health, developing pathways to fracture prevention and treatment. As well, Chapter Chair, Marg MacDonell,



(Back row, l to r) Janet Choboter, Priyanka Singh, Walter Kremers,  
Sheila McBeath, Donna Cronmiller, Jeanette Jackson,  
Barb Cinnamon, Audrey Chysyk, Sally Thomas  
(Front row, l to r) Marian Kremers, Marg MacDonell, Cherylle Unryn

co-chairs the National Advocacy Committee. Through the Chapter's efforts, osteoporosis is now recognized as an important chronic disease by the Manitoba government.

Dr. Jiwa concluded by saying, "The many activities of the Manitoba Chapter have undoubtedly helped to increase awareness about osteoporosis throughout the province and have enabled it to grow and expand its services. Because of the impressive support for national initiatives, the number, quality and scope of Chapter activities and its enormous growth over the past year in almost all areas of operation, including net revenues, OC is delighted to present this award to the Manitoba Chapter."

## Well done, Manitoba Chapter Volunteers!

### National Membership Program

Membership entitles you to receive a 10% discount on educational resources/books/DVDs and a tax receipt for the full amount.

We encourage the reader to join Osteoporosis Canada, a national organization that makes a difference in the lives of so many.

One-year: \$25 Two-year: \$45

Time to renew your membership? Call the office today at 772.3498

The **Canadian Osteoporosis Patient Network (COPN)** is a national network of people living with osteoporosis. **Sign up** for your free membership today by downloading the membership form (PDF). Just visit [www.osteoporosis.ca](http://www.osteoporosis.ca) and follow the COPN links.

# Varia

## Brandon Branch News

A successful Lunch and Learn Session for health professionals was held at the Brandon Regional Health Centre on Tuesday, September 6<sup>th</sup>. Later that evening, a successful Public Forum was held at the Central United Church in Brandon. Dr. Diane Thériault was the guest speaker at both events. Her presentations were both informative and enjoyable. Thank you to all the Brandon volunteers, under the leadership of Leanne Treloar and Pat Hayward, who helped at these events. A special thanks to Marita Dowsett who stepped in at the last minute to provide us all with a much needed stretch break.


## Volunteer Opportunity

Please contact the office if you (or someone you know) is able to serve our Chapter as:

**Treasurer:** This individual becomes a member of the Chapter Executive and is responsible for submitting a balanced annual budget and monthly financial statements, and monitoring financial transactions and accounts. Skills: knowledge of Excel, familiarity with financial statements, an interest in the business side of a not for profit organization. Volunteer should be mathematically inclined and attentive to detail. Minimum time commitment 2-4 hours per week for 2 years.

*Moved?  
Please keep us up to date,  
so we can keep you up to date*

**New facts and figures**



28% of women and 37% of men who suffer a hip fracture will die within the following year

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**OSTEOPOROSIS CANADA**

**MANITOBA CHAPTER**  
123 St. Anne's Road  
Winnipeg, Manitoba R2M 2Z1  
Phone: 204.772-3498  
Fax: 204.772-4200  
Email: [manitoba@osteoporosis.ca](mailto:manitoba@osteoporosis.ca)

**MANITOBA BRANCHES**  
**BRANDON**  
Leanne Treloar 204.761.5716

**SOUTH EASTMAN**  
(including Steinbach)  
Irene Lemoine 204.480.8042

[WWW.OSTEOPOROSIS.CA](http://WWW.OSTEOPOROSIS.CA)


**NATIONAL OFFICE**  
Osteoporosis Canada  
1090 Don Mills Road, Suite 301  
Toronto, Ontario M3C 3R6  
Phone: 416.696.2663  
Toll-free (in Canada only)  
(English): 1.800.463.6842  
(French): 1.800.977.1778  
Fax: 416.696.2673

*Pearls of Wisdom*



*On sale at the office*

### Celebrity Quote



"I knew very little about osteoporosis before I was diagnosed. When I found out I was shocked and refused to believe it! As far as I was concerned, osteoporosis was not for someone like me, a former Bond girl who travelled, swam, walked miles every day...I feel lucky that with the help of my doctor I can still be me, living life and doing activities that I want and expect to be able to do."

*Ursula Andress,  
actress and  
former 'Bond Girl'*

Advertising fee per insert:  
Business card size \$25  
Quarter Page \$40  
Half Page \$65  
Full Page \$100

The Spinal Column is a free publication for people affected by osteoporosis. It is overseen by an editorial board composed of OCM Staff and Volunteers.

Views expressed in this newspaper do not necessarily represent those of our supporting organizations.

The Editorial Board may edit submissions for length and style, and reserves the right not to publish submissions.

**Looking for sponsors**  
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Please contact the office if you or your organization would like to support this publication.