

Osteoporosis

Osteoporosis affects approximately 1 in 4 Canadian women. Unfortunately, even more will be affected over the next few decades as our population ages.

Prevention, detection and treatment are important because osteoporosis can lead to fractures and fractures can lead to disability and loss of independence.

The good news is there are many things you can do to prevent osteoporosis or to slow its progression if you have it. This includes getting enough calcium, vitamin D and exercise.

Wondering what you can do to keep your bones strong and healthy?

Talk to your doctor and watch ReelHealth-Osteoporosis.

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Always speak with your doctor before making any changes that may impact your health. ReelHealth is designed for informational purposes only. It is not designed to replace your doctor's advice.

Looking for more information?

If so, visit or contact:

Osteoporosis Canada

www.osteoporosis.ca

Head Office:

Tel. 416-696-2663

Toll-free (English) 1-800-463-6842

Toll-free (French) 1-800-977-1778

Local chapters can be found by contacting the 1-800 numbers or by visiting their website.

Osteoporosis Canada provides:

- *Useful information and resources on osteoporosis.*
- *Support groups.*
- *The Canadian Osteoporosis Patient Network, including a free electronic newsletter.*

Oakville Bone Centre – Support Group

331 Sheddon Ave, Suite 209

Oakville, ON

L6J 1X8

Tel. 905-844-5677

Fax. 905-844-8966

www.oakvillebonecentre.com

Hamilton Osteoporosis Diagnostic Services Inc

25 Charlton Avenue East

Hamilton, ON

L8N 1Y2

(905) 529-0555

Eating Well with Canada's Food Guide

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

Canada's Physical Activity Guide to Healthy Active Living for Older Adults

www.phac-aspc.gc.ca/pau-uap/paguide/index.html