

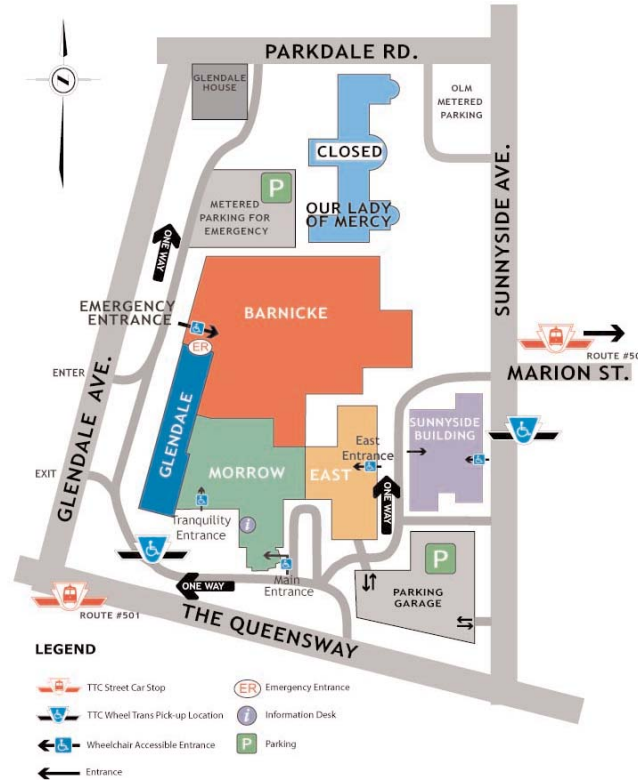
COPE Clinic Team:

- Physicians
- Registered Nurse
- Registered Dietitian
- Registered Pharmacist
- Physiotherapist

Your Appointment:

Date: _____

Time: _____



Community Osteoporosis Program with Education

at St. Joseph's Health Centre

When you arrive for your appointment, please go to the registration office located inside **TRANQUILITY GARDEN ENTRANCE** Glendale Wing, Ground Floor.

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In service of Community.
In respect of Diversity.
In celebration of Faith.

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Community Osteoporosis Program with Education (COPE)

Fast Facts about Osteoporosis and Fractures

- Effects 1 in 4 women
1 in 8 men
- Characterized by back pain and height loss
- Osteoporosis is more common than heart attacks, strokes, diabetes or breast cancer
- Osteoporosis is responsible for over 15,000 hip fractures annually in Canada
- By the time you reach 35 your bones are as strong as they will ever be. It is important to maintain a calcium-rich diet and exercise regularly to help bones stay strong and slow down bone loss
- Osteoporosis is both preventable and treatable
- Calcium is essential to the body as just about every cell relies on it
- Your bones are the only calcium bank in your body
- Calcium is withdrawn from your “bone bank” when you don’t get enough calcium from diet or supplements
- Vitamin D increases calcium absorption
- Vitamin D is found in milk, margarine, eggs, chicken livers, salmon, sardines and fish oils

Are you at risk for Osteoporosis and Fractures?

Major Risk Factors:

- Fracture with minimal trauma after age 40
- Family history of osteoporotic fracture
- Long-term (more than three months) use of glucocorticoid therapy (prednisone)
- Medical conditions (such as celiac disease, Crohn’s disease) that inhibit absorption of nutrients
- Primary hyperparathyroidism
- Tendency to fall
- Osteopenia apparent on x-ray
- Hypogonadism (low testosterone in men, loss of menstrual periods in younger women)
- Early menopause (before age 45)

Minor Risk Factors:

- Low bone mineral density (BMD)
- Prior fragility fracture
- Long-term (more than three months) use of glucocorticoid therapy (prednisone)
- Age - the risk of fracture increases with age
- Family history of osteoporotic fracture

How much Calcium and Vitamin D do you need per day?

Age	Calcium	Vitamin D
19-50	1000 mg	400 IUs
50+	1500 mg	800 IUs

How can COPE help?

The Community Osteoporosis Program with Education at St. Joseph’s Health Centre is the only program of its kind in west Toronto, providing consultation and treatment for osteoporosis and other metabolic bone diseases.

With a referral and DXA report from your family physician, an appointment will be made for you in the COPE Clinic.

If you are diagnosed with osteoporosis, treatment is recommended by the physician. Our registered nurse provides information and health teaching to assist in managing the disease. A report is sent to your family physician.

A pharmacist and dietitian work with you to assist with your medications and diet.

A physiotherapist provides strengthening exercises to improve your bones and muscles.