

**SPECIAL
 POINTS OF
 INTEREST:**

- Osteoporosis, Falls and Broken Bones
- Vitamin D in the Fall and Winter
- How to Keep Active During the Winter Months
- Calcium Rich Soups
- Support Group Information

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BUILDING STRENGTH TOGETHER

Osteoporosis, Falls and Broken Bones

It is never too late to identify and treat osteoporosis or to prevent falls and broken bones.

How are falls and osteoporosis linked?

*1 in 10 falls in older adults end in serious injury such as a broken bone. If we can prevent falls, we can prevent broken bones of the hip, spine and wrist.

*Vitamin D deficiency is a risk factor for both falls and broken bones. Daily Vitamin D intakes of 800-1000IU and 1200 mg of calcium are associated with reduced falls and broken bones in older adults.

*regular physical activity and exercises that combine weight, muscle strengthening and balance helps reduce the risk of falls and actually improves the health of your bones.

WNYORC Loses State Funding from the New York State Department of Health

In late August the Western New York Osteoporosis Resource Center received a letter from the New York State Department of Health. Due to state funding and competing health priorities, the Department of Health decided to restructure the NYSOPEP program.

On September 30th the program lost its contract with the state, and therefore lost its funding. At this time Sister's Hospital has

agreed to fund the Center through the end of the year to continue essential programs such as support groups and community education.

We will keep you updated on the future of the Western New York Osteoporosis Resource Center through the support groups. For questions or concerns please call the Bone Phone: 716- 862-BONE.

Take Action to Prevent Osteoporosis and Falls

- Δ Eat a balanced diet rich in calcium.
- Δ Take Vitamin D supplements.
- Δ Get regular physical activity.
- Δ Don't smoke.
- Δ Limit your alcohol.
- Δ Check your home for safety.
- Δ Talk with your doctor about a screening test.

The advice or information contained on these pages should NOT be construed as medical advice.

Consult with your doctor or health care provider about your individual needs related to the prevention, diagnosis and treatment of osteoporosis.

Vitamin D in the Fall and Winter

Without question, the best source of Vitamin D comes from the sun. But what do we do if we live in a place where there is not enough sunshine for us to get our essential dose of Vitamin D?

Here are 3 things you can do to get a jump start on obtaining the Vitamin D you need during the fall and winter.

1. Spend as much time as you can outdoors. If it is a sunny day, eat your lunch outside or go for a walk. Even if your hands and face are the only areas that aren't covered up, it is a start to obtaining your daily recommended dose of Vitamin D.
2. Drink unpasteurized milk. The pasteurization process destroys Vitamin D, therefore unpasteurized milk products contain more of this essential vitamin.
3. Get more Vitamin D

through your diet. Mackerel, salmon and egg yolks are the foods with the highest amount of Vitamin D. Vitamin D can also be found in cod liver oil.



Tips to Help Avoid Winter Falls

**Beware of what you can't see.* We've all heard the term "black ice." It is a term given to the formation of a thin coating of ice that develops on pavement (streets and sidewalks) when temperatures hover right around the freezing mark. It can be particularly dangerous for driving and walking. All too often, this black ice can be covered by a thin layer of frost or snow, making that slippery patch all but impossible to see. This translates into being extra careful to evaluate where you are heading and make sure that you stay on cleaned and, preferably

treated walkways. Be mindful where you step in areas where there is patchy snowfall, as in parking lots, especially after a wet snow or light rain.

**When going outside, you may want to consider wearing winter boots,* at least those with slip-resistant soles. Shoes with hard smooth heels and leather soles are exceptionally slippery on ice. Shoes and slippery soles increase the risk of twisting ankles on icy surfaces, thus increasing the potential for fractures.

**The more help, the better.* For those who require an assistive device when walk-

ing such as a cane or walker, remember that four legs are definitely better than one when navigating the icy outdoors. Walkers are safer and more stable than a single legged cane, so even if you use a cane around the house and in the malls, a walker can save you a lot of heartache getting in and out of a car and in parking lots.

Adapted from <http://www.presspublications.com/health/nobones/3411-no-bones-about-it-look-before-you-step-to-avoid-winter-falls-and-fractures>



Calcium Rich Cream of Broccoli Soup

2 cups chicken broth
1 10-ounce package chopped broccoli
4 Tablespoons chopped parsley
1 medium onion, chopped
2 Tablespoons lemon juice
2 cups evaporated nonfat milk
1 Tablespoon cornstarch
Dash nutmeg
2 teaspoons garlic salt
¼ teaspoon pepper
Parsley for garnish

Heat broth with broccoli, chopped parsley, onion and lemon juice to boiling. Cover and heat until broccoli is tender, according to package instructions. Remove vegetables from broth with a strainer and cool. Place vegetables in blender and add evaporated milk until blender is three-quarters full. Add cornstarch and blend until smooth. Slowly stir the vegetable-milk mixture, the rest of the evaporated milk, and the nutmeg, garlic salt and pepper into the broth.

Heat over low flame until thickened, stirring constantly. Bring to a boil and boil lightly for 1 minute. Serve hot, garnish with parsley.

Servings: 5, ¾ cup each
Calories per serving: 125
Calcium per serving: 355 mg



Promote strong, healthy bones with high calcium meals!

Steps to Make Your Bones Healthy

1. Eat a balanced diet with adequate calcium and vitamin D.
2. Participate in regular exercise, to include weight-bearing, muscle strengthening, postural and balance exercises.
3. Practice a healthy lifestyle, to include avoidance of tobacco products and limited alcohol consumption.
4. Take safety precautions for fall prevention.
5. Identify your personal risk factors for osteoporosis.
6. Get a bone density test when appropriate. When necessary, take FDA-approved medication for osteoporosis.

Adapted from <http://www.health.state.ny.us/diseases/conditions/osteoporosis/control.htm>



Calcium Rich Appetizer: Artichoke Nibbles

2 6oz Jars marinated artichoke hearts
1 small onion, finely chopped
1 clove garlic, minced
4 eggs, beaten
¼ cup fine bread crumbs
¼ tsp salt
1/8 tsp pepper
1/8 tsp oregano
1/8 tsp Hot pepper seasoning
2 cups shredded sharp cheddar cheese
2Tbsp minced parsley

Preheat the oven to 325. Drain marinade from 1 jar artichoke hearts into a medium skillet. Drain 2nd jar and discard marinade. Chop artichokes and set aside. Heat oil, add onions and garlic and sauté until onion is limp, about 5 minutes. Combine eggs, bread crumbs, salt, pepper, oregano and hot pepper seasoning. Fold in cheese and parsley. Add artichokes and sautéed onion mixture, blending well. Pour into a 9 inch square glass baking dish. Bake around 30 minutes. Allow to cook briefly before cutting into 1-inch squares (can also be served cold).



Calories: 103
Fat: 7g
Protein: 6g
Calcium: 234mg

Tips and Tastes



Please Help Us Go Green!

To find this newsletter, plus information about upcoming support group meetings, and screening events, readily accessible in your e-mail inbox, sign up for our e-mail list at your next support group meeting or send us an e-mail to subscribe at WNYORC@Gmail.com!



Support Group Information

Support groups can play an important role in helping you learn more about osteoporosis. Sharing knowledge, feelings, and experiences with other people in similar situations will help you face the challenges of osteoporosis with a positive attitude.

Northtowns Group

Beechwood Residence
2235 Millersport Highway
Getzville, NY
Meets third Wednesday of every month
10-11:30 A.M.

Southtowns Group

Westwood Village/Elderwood
580 Orchard Park Road
West Seneca, NY
Meets second Tuesday of every month
7-8:30 P.M.

Oct. 19th– Ophelia Morey, Librarian UB Health Sciences Library
"Osteoporosis Online: Info Resources for Your Health"

Nov. 16th– Cairn Marrales *"Osteo Updates"*

Dec. 21– Holiday Party

Oct. 11–Patricia Dowling, Director of RSVP-
Doing Good is Good for You

Nov. 8th –Ophelia Morey, Librarian UB Health Sciences Library *"Osteoporosis Online: Info Resources for Your Health"*

Dec. 13th-Holiday Party



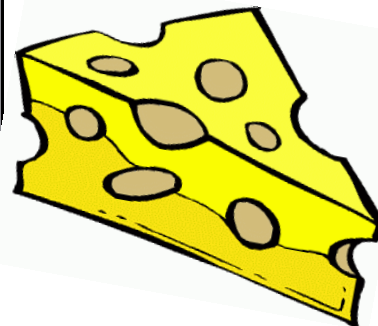
Chautauqua County

560 Fairmount Ave., Jamestown, NY
Meets second Thursday of every month
10:30-12 P.M.

Oct. 13th– *topic TBA*

Nov. 10th– *topic TBA*

Dec. 8th– *topic TBA*



Spring Newsletter Submissions are due by December 20th

"Make No Bones About It" would like to feature information submitted by our members. We encourage your contributions to our publication, including news items, helpful hints, recipes, website info, etc.

Please bring items to your support group meetings or e-mail WNYORC@Gmail.com and Include the subject line: Osteoporosis Newsletter.

FOR MORE INFORMATION ABOUT SUPPORT GROUPS CALL THE BONE PHONE @ (716) 862-BONE