

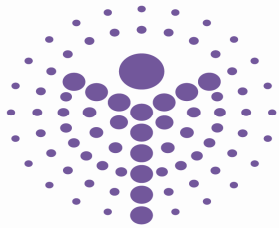
Osteoporosis Canada

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Ontario Osteoporosis Strategy

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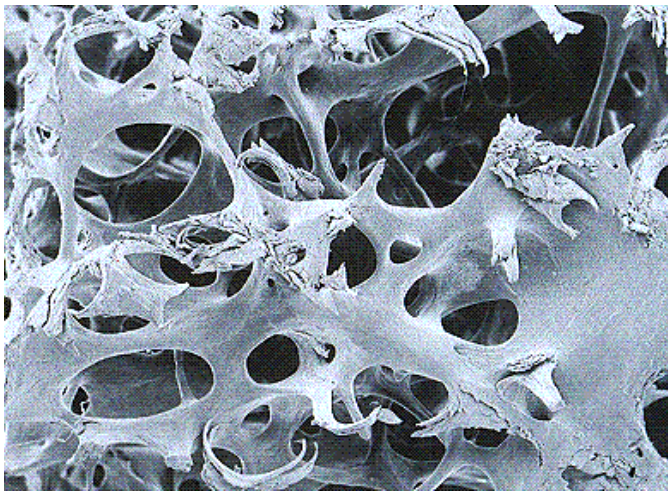
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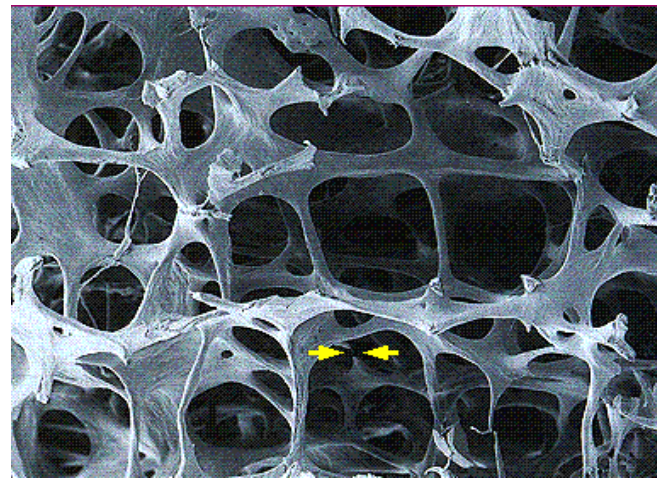


What is Osteoporosis ?

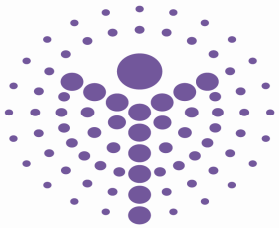
“Osteoporosis is a skeletal disorder characterized by compromised bone strength predisposing a person to an increased risk of fracture.”¹



Normal



Osteoporosis (porous Bones)



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Common Fracture Sites

Fractures to the wrist, spine and hip are the most common

Wrist

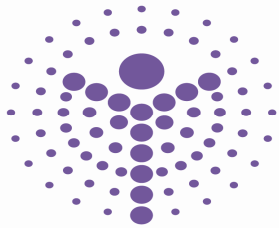


Spine



Hip





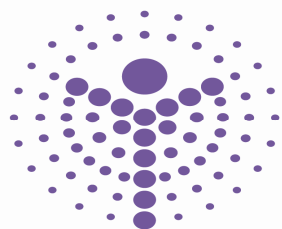
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Calcium: OC's Daily Recommended Intake

| <u>Age</u> | <u>Daily Intake</u> |
|--|---------------------|
| • Children (ages 4–8) | 800 mg |
| • Adolescents (ages 9-18) | 1300 mg |
| • Men and women (ages 19-49) | 1000 mg |
| • Men and women (ages 50 +) | 1200 mg |
| • Pregnant or lactating women (≥ 18 years) | 1000 mg |



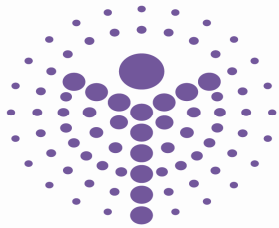
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Vitamin D: OC's Daily Recommended Intake (IU)

| • <u>Age</u> | <u>Daily Intake</u> |
|--|---------------------|
| Men & women (19 – 50) | 400 – 1000 |
| Men & women (50+) | 800 – 2000 |
| Pregnant or lactating women (\geq 18 years) | 400 -- 1000 |



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Background

October 2000:

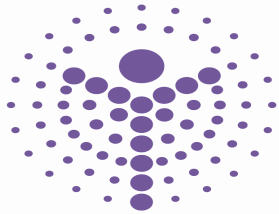
- ▶ *“A Framework and Strategy for the Prevention and Management of Osteoporosis”*

May 2002:

- ▶ *“Osteoporosis Action Plan: An Osteoporosis Strategy for Ontario”*

February 22nd, 2005:

- ▶ MOHLTC announced the launch of Ontario's first Osteoporosis Strategy



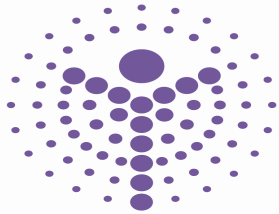
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Strategy overview

Welcome to the Ontario Osteoporosis Strategy, an integrated approach to the prevention and management of osteoporosis in Ontario. The Strategy is designed to:



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- Increase awareness of bone health and osteoporosis among public and health professionals
- Enhance early detection and diagnosis of osteoporosis
- Reduce the incidence of fragility fractures and refractures
- Enhance use of best practice in osteoporosis care by health professionals
- Improve the quality of life for those with osteoporosis



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Funded by the Ministry of Health and Long-Term Care, the Strategy spans the entire continuum of osteoporosis care and management. Aimed at the public, those with osteoporosis and health care professionals, the Strategy addresses five key

thrusts:

- Health promotion
- diagnosis
- Integrated post fracture care, management of osteoporosis and
- Professional education

For more information visit:

- Our website at www.osteoporosis.ca
- Our toll free number 800-463-6842
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- Via cell 705-561-1688