

Note from Executive Director



Ms. Angelique Berg

As we bring in a new year, many of us will make a fresh start to improve an aspect of our lives – typically one that we know we have the power to change, but have lacked the motivation or resolve.

Many resolutions revolve around improving our health, volunteering, learning something new, and living life more fully. We all have the ability to keep our resolutions, and part of that is our ability to move – through the strength and function of our musculoskeletal system.

Think about it. Being active, eating well, maintaining a healthy weight, and building strength keep all of your body systems healthier – and help to avoid musculoskeletal injuries and disorders, but also ward off serious health issues such as obesity, heart disease and diabetes that can arise from inactivity.

Want to take up a new challenge this year? Maybe learn to dance or a new sport? You need the mobility that comes from healthy bones and joints.

The call to join our flagship campaign, Hip Hip Hooray!, is "Walk With Us ... because you can!" The spirit behind it is to walk, run, play, live life more fully using the potential each of us possesses – simply because we can. By adopting healthy fitness and nutrition habits at any age, Canadians can stay on the move and build and keep healthy bones and joints – for play, work, and a vibrant life all of our lives.

Whatever your resolution, think of how having healthy bones and joints makes it possible and what you need to do to keep that ability. Consider making a resolution to improve and maintain your bone and joint health, and employ some of the strategies suggested in this issue.

Make 2008 an active and happy new year – because you can!

Time to Bone Up

The right diet and exercise are the foundation of healthy living in general – and that includes your musculoskeletal system. For the sake of your bone and joint health, consider that:

- You achieve your peak bone mass at about age 30-35; from then on, you lose bone minerals faster than you form them. Excessive loss leads to osteoporosis, which can affect mobility and increase the risk of fractures. (Other risk factors for osteoporosis: smoking, a thin frame, and excessive alcohol intake.)
- Bone mass loss can be prevented at any age, and the best and easiest exercise for maintaining bone mass is walking. A brisk walk for 30 minutes on four to seven days a week has many health benefits. Jogging, climbing stairs, and other weight-bearing exercises are also effective.
- Calcium and vitamin D, in particular, are important for strengthening your bones. The basic sources of calcium are milk and dairy products, while fortified dairy products, egg yolks, fish, and liver all contain vitamin D (though you might need a supplement to ensure you get enough).



The right diet and exercise will help you to maintain a healthy weight thus avoiding stress to your joints. Active living not only protects your bones and joints, but will lower your risk of diabetes, high blood pressure, heart problems, stroke, depression and colon cancer. Make active living and eating smart a way of life.

One Newsletter

The growth of the Foundation over the last three years has necessitated the need for a new communication vehicle. Beginning with this issue of OrthoLink volunteers, orthopaedic surgeons, donors and anyone interested in bone and joint health will have information on the activities and efforts of the Foundation. Information previously included in Walk Talk or **Hip Hip Hooray!** Times will now be found in OrthoLink.

OrthoLink is published four times a year, and will contain updates on fundraising efforts, including **Hip Hip Hooray!**; volunteer stories; patient stories; donor stories; tips and information on building and maintaining healthy bones and joints; and information on orthopaedic procedures.

We're always looking for article ideas and stories. Submit your suggestions or feedback on the publication via email to mailbox@canorth.org or via Canada Post to Canadian Orthopaedic Foundation, P.O. Box 7029, Innisfil, Ontario, L9S 1A8.

ENJOY!

Keep winter fall-free

A drop in temperature often means a rise in falls. In part, getting around safely means adjusting to the snow and ice, i.e. wearing shoes or boots that provide solid treads and traction (not leather or plastic soles), and walking slower with smaller steps than you would in good weather, to keep your centre of balance under you.



It's basic, but keep your driveway, walkways, and sidewalk clear. By shovelling and using salt or sand as quickly as possible after it snows or freezes up, you, your visitors, and pedestrians can greatly reduce the chance of slips and tumbles.

There's a safe way to shovel – keep knees bent, shovel small amounts at a time, and try to push instead of throw. Just as important, think of any neighbours who can't clear their own paths because of their age or physical condition. Shovelling is a great way for kids to stay active. By pitching in, we add a little warmth to our neighbourhood's winter.

Your mission to condition

The key to injury prevention? You may not be able to eliminate risks, say orthopaedic specialists, but you have a better chance of avoiding strains and sprains during an activity through proper conditioning.

Consider skiing and snowboarding, two popular winter sports. Conditioning here could include stretching for flexibility (e.g. hamstring, quadriceps, core twists, etc.), biking or running for endurance (e.g. for your heart, lungs, and leg muscles), and agility drills to build your muscular strength and ability to maintain control and make rapid adjustments – something that comes in handy on the slopes.



Every activity and form of recreation has its own distinct physical demands, so learn about the conditioning routine that's right for you. That's especially important if you've taken time off from your favourite activity. Will conditioning prevent every injury? No – but it will still improve your recovery if and when injuries do occur.

Why I'm a Foundation volunteer

As an Ortho Connect volunteer, my objective is to help others achieve the same satisfactory result from their orthopaedic surgery that I did from mine.

Osteoarthritis had gradually reduced my mobility, and a fall caused total disability. As a lifelong tennis fanatic, it was devastating to discover that I could not play. My surgeon said the success of my total knee replacement depended 20% on him and 80% on me, so I persisted with physiotherapy until I could fully bend and extend my uncooperative knee. I returned to tennis playing on a club team, and we won a league trophy! This experience forms part of my counselling. I use it to emphasize one of the most important points about orthopaedic surgery – the recovery period when patients should capitalize on the surgeon's skill by persevering with rehabilitative exercises.



An avid tennis player, Joan Cunnington is also passionate about her role as an Ortho Connect volunteer

Often I answer questions about pain and the hospital experience - satisfactorily, I hope. However, no one could have better distraction from post-operative pain than I did during my late June - early July hospitalization. Every day, I watched TSN tennis coverage from The Championships, Wimbledon.

Save the date!

Celebrate your mobility on Sunday, May 25, 2008 at a *Hip Hip Hooray!* walk near you! Dates in

HIP HIP HOORAY!

some communities may differ. Check the Foundation's website at www.canorth.org or www.hiphiphooray.org to find the location nearest you.



Are you interested in becoming a volunteer with the Foundation?

Volunteers are an intrinsic and valued part of the Canadian Orthopaedic Foundation. Volunteers help us to raise funds, provide support, develop programs and information, and support other initiatives toward the achievement of our mission.

- **Community relations:** Act as an ambassador for the Foundation and its programs in your community. Visit and encourage professionals to add programs, like Ortho Connect, to the resources they provide to their patients and clients. Provide information materials to professionals for their patients. Community volunteers help their community, and professionals to know how the Foundation can help their practices and those they treat.
- **Fund-raising planning:** plan fund-raising events such as *Hip Hip Hooray!* the Foundation's signature fund-raising walk which celebrates orthopaedic patients' return to mobility.
- **Ortho Connect:** help others through our free, telephone-based peer support program through which newly referred orthopaedic patients are matched with volunteers who have already undergone similar surgical treatment.
- **Patient volunteer:** share your story about your orthopaedic experience or be a part of a focus group or survey in the development of patient programs.

Consider sharing your skills and experience with the Foundation in pursuit of excellence in bone and joint health, mobility and function for all Canadians. Let us know you're interested by:

- Calling 1-800-461-3639; or
- Sending an email to volunteers@canorth.org – be sure to include your full name, mailing address and a daytime phone number so we know how to contact you; or
- Sending a note via Canada Post to Donna Weiss, Manager, Community Resources, Canadian Orthopaedic Foundation, P.O. Box 7029, Innisfil, Ontario, L9S 1A8.

Looking for patient information?

Visit the Foundation's website www.canorth.org and click on Patient Education or Patient Resources to find essential information about the most commonly performed surgeries, complemented with articles featuring actual patients. We're continually adding information to help patients and their families to understand what to expect so that they feel more at ease with the treatment they will receive.



About the Foundation

The Canadian Orthopaedic Foundation is Canada's only health charity dedicated solely to helping people maintain and restore their bone and joint, or orthopaedic, health. We work closely with orthopaedic surgeons, residents, researchers, nurses and other health care professionals to keep Canadians moving. We believe by advancing research, supporting education and promoting excellence of care we can make a healthy difference for the benefit of patients.

Canadian Orthopaedic Foundation
P.O. Box 7029, Innisfil, ON L9S 1A8
Tel: 1.800.461.3639 - 416.410.2341
Fax: 416.352.5078
Website: www.canorth.org
Email: mailbox@canorth.org

For information on our programs, press 1 to leave a message in our general mailbox. Messages are checked and returned several times daily. For receipts or to make a donation - press 4

About OrthoLink

OrthoLink is published four times a year to share practical tips and information about the Canadian Orthopaedic Foundation's programs with people interested in building and keeping their bone and joint health. Copies are distributed to donors, volunteers and individuals who have requested information about bone and joint health or the Foundation.

If you have any comments, article ideas, or would like to receive a copy of this publication, contact the Foundation.



Canadian
Orthopaedic
Foundation



Ortho Connect – a peer support program

Are you newly referred for bone or joint surgery? Do you still have non-medical questions after seeing your surgeon? Ortho Connect is a free, telephone-based peer support program that provides newly referred patients with the opportunity to talk to someone who has already been through a similar surgery, thus providing some insight into what to expect. Visit www.canorth.org and click on Patient Resources or call 1-800-461-3639 for more information.

MAKE A DONATION [Visit www.canorth.org for on-line donations]

Make a one-time donation to support orthopaedic care in your community, or request information on becoming a monthly supporter or joining us as a volunteer. Please fill out the form below and mail or fax to the Canadian Orthopaedic Foundation. Call in your donation to extension 4 at our main number - please have your credit card information ready.

The Foundation is now capable of receiving on-line donations through its website, www.canorth.org

DONOR DETAILS - Please send my tax receipt to:

First Name: _____ Last Name: _____

Address: _____ Apt/Unit#: _____ City: _____

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Keep my contact information on file to receive news about Foundation initiatives and orthopaedic care in Canada

Make my donation in honour of: _____

Donation Amount \$ _____

Cheque enclosed or Credit Card information   Expiry Date (M/Y) _____

Card # _____ Cardholder Name: _____

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Please send me information about: Monthly donations Bequests Becoming a Volunteer

Canadian Orthopaedic Foundation

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Our mission is to achieve excellence
in bone and joint health, mobility
and function for all Canadians through
the advancement of research,
education and care



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