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## **PRESS RELEASE**

### **Vitamin D, Bone Health and You: Prevention and Treatment of Osteoporosis**

**A free public education seminar presented by Halton Healthcare  
as part of their “Living Healthy” series**

Members of the public are invited to attend a free seminar entitled “Vitamin D, Bone Health and You: Prevention and Treatment of Osteoporosis ” on Wednesday, November 1st at 7:00 p.m. in Oakville. This event has been organized by Halton Healthcare Services (Oakville-Trafalgar Memorial Hospital site). It was made possible through educational grants from Merck Frosst Canada Ltd. with appreciation to Bulldog Productions.

Dr. Aliya Khan, MD, Metabolic Bone Disease Specialist, Professor of Medicine (Endocrinology and Geriatrics) at McMaster University, Director–Oakville Bone Centre, Director-Geriatric Services-Halton Healthcare, and Director-Calcium Disorders Clinic-St. Joseph’s Healthcare, will present this seminar. She will discuss the latest advances in the prevention and treatment of osteoporosis and the importance of vitamin D on bone health.

Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue. This leads to increased bone fragility and risk of fracture, particularly of the hip, spine, and wrist. 1.4 million Canadians suffer from osteoporosis with one in four women over the age of 50 being affected and one in eight men. Menopause is the single most important cause of osteoporosis. Osteoporosis is often called “the silent thief” because bone loss occurs without symptoms. Individuals may not know they have it until their bone are so weak that a strain, bump or fall causes vertebrae to collapse or a fracture to occur.

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To help prevent bone loss, ensure adequate calcium intake, participate in regular weight-bearing exercise, keep alcohol intake to a minimum, and don't smoke.

Your physician may be able to tell from certain signs and symptoms if you have osteoporosis. These can include back pain, height loss, a curving spine, a broken bone, or a history of broken bones. Bone density tests are the most practical way to accurately measure the density of your bones.

For individuals with osteoporosis, there are new exciting treatment options available. Treatment can prevent bone loss as well as fracture. Several of these drugs are also used to prevent osteoporosis in individuals who are at high risk of developing the disease. The primary aim of medications used as preventive measures is to prevent further loss of bone density

To learn more about osteoporosis, attend this free seminar at the LeDome Banquet Hall in Oakville on Wednesday, November 1, with displays and refreshments from 6:30 p.m. and the seminar commencing at 7:00 p.m. The hall is located at 1173 North Service Road East, which is east of Trafalgar before Eighth Line.

To reserve a seat for this free event, please contact 905-338-4379 or [elittle@haltonhealthcare.on.ca](mailto:elittle@haltonhealthcare.on.ca). If you are unable to attend the event and would like more information on this topic, speak to your physician and contact the Osteoporosis Society of Canada at 1-800-463-6842 or [www.osteoporosis.ca](http://www.osteoporosis.ca)

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For more information call:

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