



Spinoff

ROTARY CLUB OF WEST OTTAWA **Graeme**

Fraser, President
May 17 2022 Editor: Don Butler

PROGRAM: Osteoporosis Canada volunteer, Nicole Kats : Bone Health 101

Sitting in for **President Graeme Fraser, Ken Murray** welcomed members and guests to the Rotary Club of West Ottawa meeting, our 45th of the Rotary year. He acknowledged that we are meeting on the traditional, unceded territory of the Algonquin Anishinaabe people..

Brett Brooking played a video of O Canada sung by The Tenors with a pictures of people holding placards showing a word or two on what Canada means to them.

Guests: Jean Begin recognized our guests- Nicole Kats, our speaker, another Osteoporosis Canada volunteer, Roger Wilson and Ginny whose last name we missed,

Presentation:

Larry Chop told us Nicole Kats was completing her Master's in Public Health specializing in social policy. Her personal focus is on having equitable societies where individuals are empowered to achieve optimal health

Nicole started by telling us her presentation was not intended to provide medical advice which we should get from a health care professional. Osteoporosis Canada volunteer like Nicole help teach Canadians how to improve their bone health and support those diagnosed with osteoporosis. With slides Nicole told us how bone is living tissue of protein hardened by calcium and phosphorous. It continually renews itself breaking down old bone and regenerating new. Peak bone mass is in the 20s after which it declines with age, faster with women particularly after menopause.

The first sign of bone loss is often an actual fracture. Common fracture sites are the shoulder, spine, wrist and hip. Fractures that happen in normal daily activity or from a standing height or less are called fragility fractures and should trigger a bone density test. 2/3 of spinal fractures are painless but show up often in height loss and other symptoms. Height loss of 2.5 inches since young adulthood merit a spinal x-ray and assessment for osteoporosis. Men with osteoporosis are

under-diagnosed and under-treated. Men suffer ¼ of hip fractures in Canada and are more likely than women to die as a result.

Nutrition: Calcium has important functions in many parts of the body. If there is not enough calcium in the body for these functions the body will take it from the bones. Calcium should be obtained from food first. Calcium cannot be overconsumed in food but it can be in supplements and excess calcium will be stored in soft tissue (a stent placement for your editor was prevented by calcium build up in the target artery). Vitamin D helps calcium absorption and helps prevent osteoporosis. Osteoporosis Canada recommends vitamin D supplements year round. Protein is essential for bone strength and flexibility. Eat enough

Exercise: bone health is helped by exercises involving resistance (eg push ups), balance (walking toe to heel), load bearing (eg weight training) and aerobics. Good posture benefits spine and other bones. Walking is good but not enough by itself.

Nicole finished with a list of online resources. See <https://osteoporosis.ca/copn-patient-network/>

Q&A

Baxter Willis: “steroids also promote bone loss” Strength training best exercise to slow bone loss. Aerobics not enough.’

Nicole: “discuss with doctor balance of benefits of medication against possible bone loss”

Fred Christie is allergic to skins of some fruits eaten raw. He can eat them cooked and asked what in cooking might affect bone health.

Nicole: cooking spinach makes the calcium more available by reducing the oxalates which would bind to it. She speculated on the parallel with fruit.

Inna Flyazhenkova has osteoporosis and found the presentation very interesting, She had heard osteoporosis patients should avoid coffee,

Nicole: Eat a good diet and take exercise and enjoy a little coffee but not to excess. Osteoporosis volunteer: Added that coffee promotes calcium loss in urine. **Bea Osome** had broken her wrist a while back and they had diagnosed osteoporosis. She is being given an injection every 6 months to address her condition. She urged us to get regular bone scans and exercise.

LarryChop thanked Nicole Kats and told her we were donating to End Polio to mark her presentation.

Birthdays On behalf of the Club Foundation and the members Marcia Armstrong wished Happy Birthday to **Youssuf Mani** who celebrates on the same date as a famous popsinger..

Foundation Walk **Susan Diening** told us she, **Gord Leverton** and **Caroline DeWitt** had joined RC Montreal West and NDG for the walk. They had walked in the community and learned a bit of its history. RCWO had raised \$3500 but were beaten out for the walking stick but were beaten out by RC Cornwall Sunrise which had raised \$5000.

Soc and Rec

Larry Chop invited us to gather for a walk at Mud Lake Wednesday June 1 at 9:00 a.m. Watch for his email.

Ron Doll reminded us of the pollinator garden visit Sat June 11 (rain date June 12) at 2:00pm. Get your emails to **Ron** as the limit is 12 people, first come first served . See **Ron's** email.

Rotary Magazine trivia

Ken Murray did a quiz on the May issue as when he was president. We did not shine

Happy Dollars

Hadi Mortada was happy that he had received lots of boxes(???)

Caroline DeWitt thought that the \$5000 to win the Foundation Walk stick would be US\$ but was assured by **Susan Diening** it would be Canadian \$

Gord Leverton had really enjoyed going with **Caroline DeWitt** and **Susan Diening** to Montreal for the Foundation Walk

Theresa Jamone was really happy to have seen **Linda** and **Don Flynn** cleaning up the community park near her. She is looking forward to working with **Bill Rolph** and **Ginette Thomas** on the archives.

Answering **Acting President Ken, Hadi** said the district had put by over \$60,000 for the food banks. He would have the that under visit exact numbers later.

Susan Diening said that while in Montréal they had met Marc Garneau who turned out to be a Rotarian. She wondered if any of the many MPs in Ottawa might become members of our club.

Ag Pres Ken we could start by asking an MP to speak to us

Closing

Ag Pres Ken gave us an overview of the next meeting and adjourned

Cash Calendar winners

<http://www.ottawarotarycalendar.com/2022-winners.html>

24 May 2022 12:00 for 12:30

Zoom meeting

Marcia Armstrong chairing

Baxter Willis: update on the Community Service Committee

Intro and Thanks **Gaye Moffett**

Spinoff: **Don Butler**

Zoom at <https://us02web.zoom.us/j/81365346181>

See email for log-in details