

Bone Vivant: Calcium-Enhanced Recipes and Bone-Building Exercises by Jan Main and the Osteoporosis Society of Canada. Toronto: Macmillan, 1997

Calcium is essential for keeping bones strong and preventing osteoporosis, and this book features more than 100 simple recipes that use both dairy and non-dairy sources of calcium.

Availability for loan:

FB256 M24 1997 Health Information & Wellness Centres, both locations
641.5632 Mississauga Library System
641.5632 Toronto Public Library System

BoneSmart Toronto: Osteoporosis Society of Canada, 2001 38 min. (video)

The video features exercises to help maintain strong bones, improve posture and balance, strengthen muscles, increase flexibility, and reduce risk of fracture.

Availability for loan:

FB256 OST 2001 Health Information & Wellness Centre, Mississauga
613.71 BON Toronto Public Library System

COMMUNITY RESOURCES

Osteoporosis Society of Canada

1090 Don Mills Road, Ste. 301
Toronto, ON M3C 3R6
416-696-2663
1-800-463-6842
E-mail: info@osteoporosis.ca
<http://www.osteoporosis.ca>

Osteoporosis Society Toronto Chapter

1090 Don Mills Road, Ste. 301
Toronto, ON M3C 3R6
416-696-2663 Ext 275
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100 Queensway West
Mississauga L5B 1B8
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Trillium Health Centre - West Toronto
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Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca
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Mississauga Library System
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Toronto Public Library
416-393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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HEALTH INFORMATION
AND WELLNESS CENTRE

HEALTHFINDER

Osteoporosis



INTERNET SITES

Osteoporosis Society of Canada

<http://www.osteoporosis.ca>

The Society provides medically accurate information to patients, health care professionals and the public. They also offer videos, cookbooks and other helpful publications, which are available through calling a toll-free information line. In addition, there are links to related sites of interest, and information about support and self-help groups across Canada.

National Osteoporosis Foundation

<http://www.nof.org>

An excellent U.S. site which offers information on prevention, causes and treatment of the disease. It includes an online store where you can purchase books, videos, pamphlets and other helpful educational materials at very reasonable prices.

National Osteoporosis Society

<http://www.nos.org.uk>

This Society is a U.K. organization dedicated to improving the diagnosis, prevention, and treatment of this fragile bone disease. It has an excellent series of information sheets which can be downloaded directly from the site. These are two or three pages in length and cover numerous osteoporosis related topics. Click on the tab 'Osteoporosis' on the top toolbar and then choose 'Information Leaflets and Booklets' at the resulting page to access these documents.

Medline Plus <http://www.medlineplus.gov>

This authoritative site has a very long list of links to articles and features on Osteoporosis, including an Interactive Health Tutorial which allows the user to follow a slide show with

sounds and pictures. At the Medline Plus homepage, click on Health Topics, the first link listed. This will take you to a alphabetic display - click on O and then follow the link for Osteoporosis.

BOOKS & VIDEOS

Understanding, Preventing, and Overcoming Osteoporosis by Jane Plant & Gill Tidey. London, UK: Virgin Books, 2004.

The authors maintain that osteoporosis is not an inevitable part of ageing, and can be prevented or improved by making lifestyle changes. Included in the book are recipes, suggestions for exercise, and information about the effects of hormonal changes, pollution, and medication.

Availability for loan:

FB 250 P52 2004 Health Information & Wellness Centre, both locations
616.76 PLA Toronto Public Library System

Action Plan for Osteoporosis by Kerri Winters-Stone. Champaign, Ill: Human Kinetics, 2005

This book provides exercise-based plans to improve the health of the musculoskeletal system, build bone strength, and prevent bone loss. The reader can use the sample plans, or create a customized program based on individual fitness levels and needs. There are clear illustrations throughout to show proper exercise techniques.

Availability for loan:

FB 256 W46 2005 Health Information & Wellness Centre, both locations

Body Basics for Bones by Karen Webb and Darien Lazowski. Thornbury, Ont: Birchcliff Publishing, 2001.

An easy-to-read, informative guide that

emphasizes good nutrition and other lifestyle habits in the prevention or management of osteoporosis. The authors provide numerous tips on how to sit, walk, stand and go about normal day to day activities with an awareness of correct posture and bone health.

Availability for loan:

FB 250 WEB 2001 Health Information & Wellness Centre, both locations
616.716 WEB Mississauga Library System
616.716 WEB Toronto Public Library System

Mayo Clinic on Osteoporosis edited by Stephen Hodgson. Rochester, MN: Mayo Clinic, 2003

This useful guide from the prestigious Mayo Clinic provides a clear explanation of osteoporosis and related fractures. Practical advice on prevention and treatment options is given, all in clear language with helpful illustrations.

Availability for loan:

FB 250 H63 2003 Health Information & Wellness Centre, both locations
616.71 MAY Mississauga Library System
616.71 HOD Toronto Public Library System

Exercises for Osteoporosis by Dianne Daniels. New York: Healthy Living Books, 2005.

This book presents an easy-to-follow program that can be done at home with minimal equipment. It features exercises specifically designed to strengthen bones, and includes chapters on skeletal alignment, medications and supplements.

Availability for loan:

FB 256 D26 2005 Health Information & Wellness Centre, both locations
616.716 DAN Mississauga Library System
616.716 DAN Toronto Public Library System