

## Osteoporosis: The Silent Thief

By Dr. Robert L. Reid, M.D.

**O**steoporosis resulting in fractures of the arm, wrist, hip and/or vertebrae are significant causes of pain and disability in the ageing population. Both men and women have a gradual bone loss associated with ageing, but this problem is compounded in women after menopause when bone loss is accelerated by the lack of estrogen in circulation.

Every woman around the onset of menopause should determine her risk for osteoporosis fractures. Factors that may indicate an increased risk of osteoporosis include:

- a petite body size
- a history of anorexia nervosa
- absence of menstruation during the reproductive years
- inadequate intake of calcium and Vitamin D
- excessive intake of alcohol
- cigarette smoking
- early natural menopause or the surgical removal of both ovaries
- a family history of osteoporosis

A bone density x-ray can confirm the diagnosis. Preventive measures include estrogen replacement therapy, supplementation with calcium and Vitamin D, smoking cessation, regular exercise, "fall proofing" your home, and taking other medications to strengthen bone (calcitonin, bisphosphonates).

For more information about planning an osteoporosis and/or menopause forum in your community, call Cathy Loveys at the Osteoporosis Society of Canada at 1-800-463-6842, Ext. 241.



Osteoporosis  
Society  
of Canada

La Société  
de l'Ostéoporse  
du Canada

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By Peggy Knapp

**A** lesson learned as a young 4-H member tends to stick! One that has stuck with me for almost 50 years was this one, passed on by a very wise leader who advised, "Never say 'No' when asked to take on a task. You could be turning down a great opportunity."

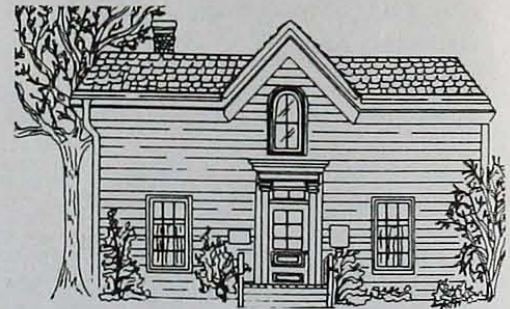
When FWIO asked me in 1991 if I would consider accepting nomination for Area President for Canada of the Associated Country Women of the World (ACWW), my first inclination was to answer an emphatic "no." But we are all aware when we pay the first WI membership to our local WI Branch, that we also become members of a provincial, national and international network of women, and after some deep thought (and family consultation) I accepted, travelled with our Ontario delegates to The Hague for the Triennial World Conference, and after three ballots found myself elected to an office bearing some heavy responsibilities.

Since that time, I have had the unthought of opportunity to meet, discuss, listen, learn, grow, care and be cared for, by women from across Canada and far beyond our borders. There have been many two-sided coins - exhaustion and exhilaration, laughter and tears, frustration and achievement - but always the certain knowledge that wherever we live, in fine houses or thatched huts, women have the same need for family, food and freedom from violence and fear. And added to those, the right to learn and to be heard.

As I now conclude my second and last term in this office, I can say, with all my heart, "Thank you, FWIO, for this, the greatest of opportunities. And to my own precious family, gratitude for giving me the support and the confidence to accept the challenges.

Peggy

### "The Willows" - Hoodless Homestead Upkeep Project



**T**he Adelaide Hunter Hoodless Homestead is the birthplace of one of the co-founders of the Women's Institute. Adelaide was born in this farmhouse in St. George, Ontario, in 1857 and lived there until 1881 when she married John Hoodless.

The Federated Women's Institutes of Canada (FWIC) purchased the Home in 1959. It now operates as a museum. The day-to-day costs to run the Homestead are continually rising, while government funding has been cut back. The situation is serious - the Homestead must become self-sustaining if it is to survive; this is why we are appealing to you for help.

A motion was accepted at Convention '97 to request \$1 per WI member per year to operate the Homestead. Your support will mean that our national museum can remain open. This is a project for all Canadian Institutes. Donations may be made through your provincial office or sent directly to FWIC at 606-251 Bank St., Ottawa ON K2P 1X3. To commemorate Adelaide's birthday, we are asking that your cheques be submitted before the end of February each year. Please specify the Hoodless Homestead Upkeep Project on your cheque.