

**North Simcoe Muskoka  
Integrated Regional  
Falls Program Bulletin**

**February 2012**



**Keeping you updated**

**Osteoporosis Canada** recently outlined key recommendations for improved osteoporosis and fracture prevention outcomes in older adults at risk for osteoporosis and fractures.

Older adults should take 1000-2000 IU of Vitamin D3 supplements daily.

Older adults should eat foods rich in calcium and consume an equivalent of 1200mg of calcium daily from their diet.

Older adults unable to consume sufficient amounts of calcium from their diet, should take a maximum of 500mg of elemental calcium supplements daily.

Older adults who have osteoporosis, have had a previous fracture or are at high risk of sustaining a fracture from a fall should consider being treated with osteoporosis medications.

**Upcoming Events**

**Central East Stroke Network Spring 2012  
Symposium Wed April 4 0730 to 1600  
Quality Inn Oshawa**

Register by Mar 2 \$50 after Mar 2 \$75  
705 728 9090 ex 46314  
morrisonk@rvh.on.ca

This one-day symposium will include presentations to provide current information, address emerging issues, and incorporate new science on stroke care across the continuum including best practices for stroke teams.

**PHYSIO  
CORNER**

Suggesting a Gait Aid for your Client

If you find your client prefers to walk holding onto a railing, furniture or another person's arm, that's a good sign they would benefit from a gait aid. As a general rule, if they need to bear weight through one arm, a cane will usually do the trick. However if they need to bear weight through both sides, consider a walker. Here are some approaches you could use to reinforce your suggestion:

#1: "Using a cane/walker will decrease your pain. When you use a cane/walker it decreases the impact in your legs and low back so you experience less pain."

#2: "I know you can get pretty short of breath after walking a short distance. Using a walker will help to conserve your energy so you can walk further without getting so tired/out of breath."

#3: "Sometimes using a cane/walker requires a perspective shift. Instead of thinking of a cane/walker as crutch for 'old people', think of it as a tool that will help you to stay independent and do the things you enjoy for longer."

**Contact us through Central Intake and Triage 1 877 665 6065  
Orillia Soldiers' Memorial Hospital 705 325 2201 ext 3851**