



CAMOSCOPE

Season's Greetings

*The CaMos Team wishes you a Happy Holiday Season
and best wishes for the New Year*

CaMos Progress Report

The last year has been one of rapid progress for CaMos. The first manuscript describing the CaMos study has been published in the Canadian Journal of Aging. Several other manuscripts have been submitted for publication or are in the final stages of preparation. CaMos investigators have been invited to discuss the project in national and international forums testifying to the widespread recognition of the uniqueness and importance of our study to the understanding of osteoporosis. The next three years will see an explosion of new and valuable information that will lead to the development of innovative, effective, and affordable, approaches to the prevention and management of osteoporosis and much of this will come from CaMos.

We have successfully completed the two year follow-up and are well into year three. You, the participants, have been a spectacularly cooperative group. Almost 98% of those who originally agreed to participate in the study continue to do so; a level of commitment rarely

achieved in these studies. You are to be congratulated!

The results to date show that the amount of bone accumulated during growth, i.e. the first 25-30 years of life, is the same in Canadians as it is in the people of other Western countries including the United States. In Canada approximately sixteen percent (16%) of women and five percent (5%) of men suffer from osteoporosis. Approximately 2.5% of you sustain a fracture each year. Most of the fractures are of small bones of the feet and the wrist but there are

also occasional serious injuries including fractures of the hip and pelvis. These are all osteoporotic fractures since none are the result of severe trauma. Twenty five percent (25%) of Canadian men and women older than 50 years have spinal deformity detectable by x-ray and, the prevalence of these deformities increases dramatically with age. There is no question that osteoporosis is a serious and very common problem in Canada. Our next task is to determine from our data what factors are responsible for osteoporosis and fracture.

Regional News

From the Calgary Centre

In August, the third testing for the 25 Hydroxy Vitamin D substudy of CaMos, was completed. Blood work, heel ultrasound, skin thickness and a bone density of the finger, have been taken on a seasonal basis. Two hundred randomly selected CaMos participants have participated in the Vitamin D substudy. The study concluded in November 1999, with the fourth testing.

From the Coordinating Centre

The data entry centre was successfully moved from Kingston to Montreal in the fall of 1998. The statisticians are busy at work analysing the data for various writing groups formed to produce manuscripts for publications.

The year 2000 hype has posed some interesting challenges for CaMos. All centres have risen to the task of making all necessary upgrades to welcome the new millennium. Computers and software packages have been modified to accommodate the turn of the century.

Broken Bones and Quality of Life

Osteoporosis is a common age related disease that typically affects women and is characterized by low bone mass and fragile bones. Osteoporosis is a silent thief, stealing bone from an individual until there is a high likelihood of fracture. Osteoporosis frequently results in broken bones of the back, hip, wrist, pelvis and ribs. Back and rib fractures may occur after coughing or from a simple hug. Hip, wrist, and pelvis fractures usually occur after a fall.

Clinical research in osteoporosis has largely focused on the effectiveness of drug therapy in increasing bone mass or reducing fracture risk. Recently, investigators have become interested in how broken bones influence individuals' day to day lives. Quality of life consists of many factors. These factors include the ability of an individual to carry out activities of daily living and how they feel. For instance, is an individual able to shop for food and perform

housework? Furthermore, is the person afraid of falling, frustrated or angry because of his/her fractures?

Canadian Multicentre Osteoporosis Study (CaMos) investigators set out to determine the effect of fractures on quality of life. Quality of life was assessed in *3465 CaMos participants (2605 women and 860 men) 50 years and older.

Back fractures occurred in 40 individuals, hip fractures in 78, wrist fractures in 390, pelvis fractures in 19, and rib fractures in 125 participants. Results from the study showed that these fractures may reduce quality of life.

In conclusion, this study reinforces the need for carefully evaluating and treating individuals who are at risk for back, hip, wrist, pelvis or rib fractures. This may help to maintain a good quality of life.

* This is a subgroup composed of participants having reported at least one main fracture resulting from minimal trauma after age 50, and participants who did not fracture.

Research shows Women Concerned about Osteoporosis

A survey conducted by the Osteoporosis Society of Canada this summer, shows that 52% of women age 35-55 are concerned about their risk of developing osteoporosis.

The telephone survey of 500 women explored women's awareness of osteoporosis, risk factors and consequences, as well as their personal concern.

Canadian women showed a high recognition of what osteoporosis is: 57% of those surveyed knew osteoporosis is a

disease of brittle bones and decreased bone density. However, when it comes to risk factors contributing to the disease, there is far less awareness.

"The good news is that more and more women are aware of osteoporosis," says Joyce Gordon, President of the Society. "Our challenge is to help women turn that awareness into action to reduce their risk of developing this disease."

Highlights from the research were featured in a special Osteoporosis Society supplement in December 1999 Homemaker's and Madame au Foyer magazines.

Canada's Physical Activity Guide To Healthy Active Living for Older Adults

This new tool was developed by the Canadian Society for Exercise Physiology and Health Canada, in partnership with the Active Living Coalition for Older Adults (ALCOA). The guide outlines how moderate physical activity helps older Canadians maintain their health and independence. Copies of Canada's Physical Activity Guide to Healthy Active Living for Older Adults are available by calling 1-888-334-9769 or by visiting the web site at www.paguide.com.

Web Site

Visit CaMos's Web Site at:

<http://www.camos.org>

for more information.

Your suggestions are most welcome.

Your Regional Centre

Calgary, AB	(403) 220-8236
Halifax, NS	(902) 473-5725
Hamilton, ON	(905) 573-7777 x 8608
Kingston, ON	(613) 545-2970
Québec, QC	(418) 656-4141 x 7526
Saskatoon, SK	(306) 933-2663
St-John's, NFLD	(709) 737-6508
Toronto, ON	(416) 864-5391
Vancouver, BC	(604) 875-5928

CaMoscope contributors:

Linda Huestis (OSC)

Alan Tenenhouse (Montreal)

Rick Adachi (Hamilton)

Editorial Team:

Suzanne Lefebvre, Minnie Parsons,
Suzette Poliquin, Loralee Robertson