

Falls Cause Fractures

Preventing fractures saves lives and until recently New Zealand was leading the world with its ACC funded falls prevention programme – the Otago Exercise Programme.

The programme was developed by Professor John Campbell and his group at Otago University's Medical School, with the backing of ACC over many years. However this support and the programme has been cancelled, effective immediately.

Osteoporosis New Zealand board member, Dr Elizabeth Spellacy, a physician specialising in aged care says, "The Otago Exercise Programme was specifically designed for those most at risk of falling, the frail elderly. It strengthens muscles and improves balance and gait. Evidence shows that people who are enrolled in the programme reduce their risk of falling by up to 35%, and that in turn reduces the number of fractures.

These fractures can be life threatening. In the case of hip fractures we know that up to 20% of people die within 12 months of sustaining a fracture. The costs of osteoporotic fractures, acute care, rehabilitation and ongoing costs to government have been estimated at \$1.2 billion per year, with over 300 beds per day taken up with fractures due to osteoporosis.

These short term savings by ACC will cause long term negative effects on the health of older people, an increase in fractures and cost to New Zealand. There are also the long term costs of residential care of people who become so disabled following a hip fracture that they are no longer able to live independently in their own homes."

Julia Gallagher, Executive Director of Osteoporosis New Zealand says, "Older people have literally had the carpet pulled out from under them. This ill thought out cost saving measure is compounded by a reduction in funding of the ACC Tai Chi programme, from two sessions per week to one. The combined effect of this false economy will be more fractures in older people, a higher level of disability, morbidity and significantly greater costs to ACC."

The Crippling Burden \$5.57 Billion

New Zealand faces a crippling and increasing burden of musculoskeletal disorders. This cost is quantified in The Bone and Joint Decade's May 2009 publication – The Crippling Burden. The Crippling Burden demonstrates the huge financial and social impact of this group of disorders and aims to increase awareness of them and justify their recognition as a key health priority by the Ministry of Health.

The Bone and Joint Decade is a global organisation dedicated to improving the health related quality of life for people affected by musculoskeletal disorders worldwide.

Musculoskeletal disorders are the leading cause of disability in New Zealand. They affect one in four adults, comprise at least 25% of our total annual health costs and are estimated to cost New Zealand more than \$5.57 billion a year. Yet despite these disturbing statistics, these chronic disorders are often overlooked as a significant health issue, left untreated-mainly because they're not all fatal and can be relatively invisible. They are often seen as an inevitable consequence of ageing. Effective strategies are desperately needed to treat those affected and minimise the impact on society.

For more information or a copy of this publication please contact
www.boneandjointdecade.org.nz or phone 04 385 8807

Musculo-Skeletal Conditions in New Zealand "The Crippling Burden"
The Bone and Joint Decade 2000-2010 C.J. Bossley, K.B. Miles May 2009

Calcium, the bone strengthening mineral, is important at every age



Rhubarb – Just a half cup of stewed rhubarb will give you 115mg calcium.



Almonds have the highest calcium content of the all the nuts. Just a quarter cup provides around 100mg calcium.



Sardines are calcium-rich – only 100g (around one small tin) of sardines give you 225mg of calcium. They're a source of vitamin D too which helps you absorb calcium.



L to R: Julia Gallagher, Executive Director, Claire Mackintosh, Chair Osteoporosis New Zealand, Lady Satyanand, Sir Anand Satyanand, Lillian Langton, Robin Smith, Lyndsay Nichols and Hon Tony Ryall.

Inspirational Medal Winners

Age is no impediment to one's zest for life, if the three New Zealanders who received awards at this year's Osteoporosis New Zealand You Deserve a Medal ceremony are any indication. The annual event held in the Grand Hall at Parliament during Osteoporosis Awareness Week in October was hosted by the Minister of Health Tony Ryall and attended by our Patrons, The Governor General of New Zealand Sir Anand Satyanand and Lady Satyanand and Osteoporosis New Zealand's 'bone ambassadors' Caroline Evers-Swindell and Georgina Earl. The awards, open to all New Zealanders aged 65 and over, aim to encourage older people to stay physically active – a key contributor to maintaining bone health.

"We are thrilled to recognise these extraordinary individuals who make an effort to stay physically active and look after their bones," says **Claire Mackintosh, Chair of Osteoporosis New Zealand**. "The award evening is a tribute to their success and year after year we continue to receive fantastic nominations for the awards – testament to the many older Kiwis who make it a priority to stay fit and active. We would love to be in a position to present a medal to each and every one of the inspirational people who were nominated."

Executive Director

of Osteoporosis New Zealand, Julia Gallagher

says, "A bone healthy diet and regular exercise offer many benefits to our health from an overall improved sense of wellbeing to helping prevent falls through better balance and muscle strength. Keeping fit also helps slow bone loss and reduces the risk of osteoporosis – a disease that affects one in two women and nearly one in three men over 60 years of age."



At 86, Mr Robin Smith of Musselburgh in Dunedin leads a very active lifestyle beginning with a 1000 metre swim each weekday morning at 6am. He attends weekly Tai Chi classes and runs Age Concern's Steady as You Go exercise group. He grows fruits and vegetables, and as a member of the Otago Natural History Trust weeds and plants at the Orokonui Eco-Sanctuary. Robin is learning Te Reo Maori at Te Wananga o Aotearoa and attends weekly lectures at the Otago University Club, as well as film, theatre and musical events, and maintains his interest in the arts.



A shining example of the benefits of an active life style, **Mrs Lillian Langton, 97 of Auckland**, has suffered both a fractured pelvis and hip, but her exercise programme enables her to maintain her balance and reduce the risk of falls, thereby reducing her risk of future fractures. Lillian is simply full of the joy of life and continues to work as a co-ordinator for Meals on Wheels, a role she has performed for 30 years, for those less mobile than herself. She lives independently in her own home, plays indoor bowls, drives a car, attends fitness classes and enjoys entertaining and being entertained. Lillian has also been known to enjoy the odd flutter at the Sky Casino.



Described as a 'beacon of light', **90 year-old Ms Lyndsay Nichols** just four years ago was dancing a principal role in a production at Auckland University's Maidment Theatre. Lyndsay teaches yoga, and walks on a daily basis around the steep hills of her home in Russell. She loves a philosophical discussion, paints in oils, writes poetry and prose, and joins community groups – whether for a winter theatrical stage production, a poetry reading or the Russell Writers' Group – with an enthusiasm that defies her age.



Drink more milk – it's good for you!

Milk is a great food source of protein, minerals and micronutrients. The fat content is typically 3% in blue top milk, and considerably less in trim milk and fortified milk products. The fat content is much lower than in meat and most processed foods. In addition milk offers a rich source of calcium, the essential building block for bones. There is an excellent choice of products with calcium content twice as high than in standard milk.

Basic low fat milk is certainly a healthy choice, but for those with high calcium requirements (growing children over three years of age and postmenopausal women in particular) milk with added calcium is an even more effective way of meeting daily calcium requirements. Ministry of Health figures show that large numbers of New Zealanders are not getting enough calcium in their food and beverages to protect against osteoporosis.

Some milk products contain added nutrients such as vitamin D. There is also growing evidence that many New Zealanders are deficient in vitamin D. The combination of calcium and vitamin D in a healthy food product such as low fat milk is not only convenient, but it's clinically important in building and maintaining the strength of bones and avoiding broken bones due to osteoporosis.

Daily Calcium Needs

Children

1-3yrs	500mg
4-8yrs	700mg

Boys and girls

9-13yrs	1000-1300mg
14-18yrs	1300mg

Women

19-50yrs	1000mg
Over 50	1300mg

Men

19-70yrs	1000mg
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“The making of friends, who are real friends, is the best token we have of a man’s success in life.” Edward Everett Hale

Kindly supplied by our inspirational ‘2008 You Deserve a Medal’ winner Mr Stan Blow.

Bacon and Ricotta Tart

Calcium content
229mg per serving

This makes a tasty meal when served with a spring mix salad. It is also perfect for a light lunch or picnic. If time is short, you could use a ready-made pizza base.

Ingredients

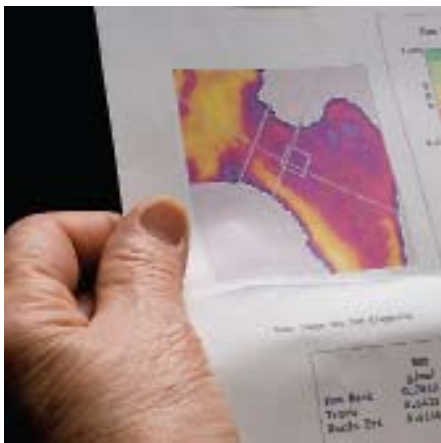
1 1/4 cups (300ml) sifted all purpose flour	1tbls olive oil
1 level tsp instant yeast	2 cups (500ml) ricotta cheese
1 tsp salt	2/3 cup (150ml) sour cream
1/2 tsp sugar	1 onion thinly sliced
	8 strips lean bacon roughly chopped
	Olive oil for drizzling

- To make the dough, place the flour, yeast, salt and sugar in a warm bowl. Mix in the olive oil with 1/2 cup (125ml) tepid water to make soft dough. Knead the dough on a floured work surface for 3-4 minutes. Return the dough to the bowl, cover bowl with plastic wrap and leave in a warm place to rise for about 1 hour.
- Preheat oven to 230C (450F) and preheat a baking pan. To make topping, mix the ricotta cheese, sour cream and onion together. Add a little salt and plenty of pepper.
- Once the dough has doubled in size turn out onto floured surface. Knead the dough for a couple of minutes to ‘knock out’ the air. Shape the dough into a circle about 10in (25cm) in diameter.
- Place the dough on the baking pan. Spoon ricotta mixture onto base, sprinkle with bacon, and drizzle with olive oil. Cook for 20 minutes or until the bacon is crisp.

Fiona Hunter and Emma-Lee Gow
Firefly Books Ltd, 2003

Invest in Building Better Bones

We recommend you seek your lawyer's advice when drawing up your will and suggest the following wording: "I give to The Osteoporosis New Zealand Endowment Trust for the general (or specific) purposes of Osteoporosis New Zealand the residue of my estate (or the sum of \$.....) and I declare that the receipt of a proper officer of Osteoporosis New Zealand shall be a full and sufficient discharge to my trustees." Your gift can be directed to research, a project or for the general work of Osteoporosis New Zealand.



A gift in your will 'The ultimate gift'

Help us prevent pain and suffering from the crippling fate of osteoporosis with a bequest to The Osteoporosis New Zealand Endowment Trust. A gift in your will can be property, shares, jewellery, the residue of your estate, a percentage, or a specific amount. It is likely to be larger than any gift you can give in your lifetime so will be hugely valuable and influential in benefiting people affected by osteoporosis.

Your money will be marshalled and carefully looked after in the Endowment Trust and the trustees will ensure your wishes for its use are honoured.

Please call the Executive Director, Julia Gallagher 04 499 4862 if you would like help in making sure your bequest will be used as you wish.

Donations can be made ONLINE at www.bones.org.nz or sent to the address below.

- Please use my gift for:**
- | | |
|--------------------------|--------------------------|
| Research in osteoporosis | <input type="checkbox"/> |
| Education resources | <input type="checkbox"/> |
| Information pamphlet | <input type="checkbox"/> |



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W. bones.org.nz

Charities Commission Registration Number CC43137

If we would like to take this opportunity to invest in building better bones for New Zealanders and enclose a cheque for:

\$150 **\$79** **\$35** \$ **my choice**

Title: _____	Address: _____
Initials: _____	_____
Name called by: _____	_____
Surname: _____	_____
	Phone: _____
	Email: _____

Thank you very much for your gift. It is tax deductible and we will send you a receipt.

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