



Osteoporosis Canada

Ostéoporose Canada

Helping You Take Care of your Bones



Osteoporosis Canada

Established in 1982, Osteoporosis Canada was the first national organization for osteoporosis in the world, and is the only national charitable organization serving Canadians who have, or are at risk of, osteoporosis.

Our vision:

Canada without osteoporotic fractures.

Osteoporosis Canada, in partnership with dedicated volunteers, divisions/chapters and a network of local groups across Canada, is committed to providing the highest quality services, education and research to help Canadians take care of their bones.

Osteoporosis Canada is governed by a national voluntary Board of Directors. A Scientific Advisory Council made up of medical and scientific experts from across the country provides guidance in all medical matters.



How We Help

We Provide Information for You

- A bilingual **toll-free information line**

1-800-463-6842 English

1 800 977-1778 French

gives you access to knowledgeable and understanding people who will answer your questions, send information and refer you to the resources you need.

- Our web site at www.osteoporosis.ca features easy-to-understand information about the prevention, diagnosis and treatment of osteoporosis, and answers frequently asked questions. The web site also provides links to other related web sites.

- The organization produces a series of **booklets, brochures and fact sheets** with detailed information on topics related to osteoporosis. These are available free of charge to individuals by calling our toll-free line. Multiple copies are also available (for a fee) to other organizations that wish to distribute this information.

- **Books, cookbooks and DVDs** are additional resource and reference materials sold by Osteoporosis Canada. From calcium enhanced recipes to exercise DVDs, these materials are excellent sources of information and inspiration. Titles and prices are available by calling our toll-free line or by visiting our web site.