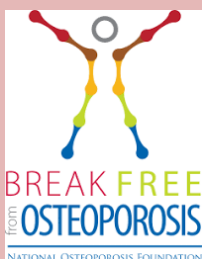


## In This Issue

- Osteoporosis Month
- Movember
- Remembrance Day
- Covid-19



## What is Osteoporosis?

Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue, which can lead to increased risk of fracture.

Bone deterioration can occur over a number of years without any symptoms. It is known as the “silent thief.” By the time affected bones break or fracture, the disease is already well advanced and less treatable.

The most common fractures associated with osteoporosis are in the hip, spine, wrist and shoulder.

It is estimated that during their lifetime, at least one in three women and one in five men will suffer a broken bone from osteoporosis. Approximately 30,000 hip fractures occur in Canada each year.

### Secondary Osteoporosis

There are several well known risk factors for osteoporosis and osteoporotic fractures. These include:

- Age
- Sex

## Accelerated Health & Wellness Centre

### Mission Statement

Our mission is to provide a positive and healthy environment to accelerate our patient's health by incorporating a wide range of health care services.

### Patient Care Commitment

During your visit, our health care professionals will take the time to provide an accurate diagnosis and customized treatment plan to quickly return you to an active and healthy lifestyle. All our professionals specialize in manual therapy techniques and have expertise with Graston, Active Release Therapy (ART), Acupuncture and Dynamic Decompression. We stay up to date with the latest and most effective treatments, equipment, and products available to provide the best service possible.

Our services include:

- [Physiotherapy](#)
- [Chiropractic](#)
- [Vestibular Rehabilitation \(Vertigo and Dizziness\)](#)
- [Occupational Therapy](#)
- [Naturopathic Medicine](#)
- [Massage Therapy](#)
- [Concussion Management](#)
- [Laser Therapy](#)
- [Acupuncture](#)
- Spinal Decompression
- Osteopathy
- [Custom Orthotics](#)
- [Custom Sports Bracing](#)
- Medical Compression Garments

- Low body weight
- Low bone mineral density
- Past fragility fracture
- Having a parent who had a hip fracture
- A past history of fall(s)

Less well known risk factors such as medications and medical conditions can increase the risk of osteoporosis and osteoporotic fractures; causing more thinning of bones, by increasing the risk of falls or both.

#### Nutrition

Nutrition, especially calcium, plays an important role in preventing osteoporosis. For older adults, studies have shown that adequate calcium intake can slow bone loss and lower the risk of fracture. Protein is another important nutrient for building and repairing body tissues, including bones.

#### Exercise

Exercise is an important step towards protecting your bones, as it helps protect your spine, slows the rate of bone loss, and builds muscle strength, which can prevent falls.

Experts recommend 4 types of exercise:

Strength training – at least 2 days/week

Balance Exercises – everyday

Posture Awareness – everyday

Aerobic Physical Activity – at least 150 mins/week



- Hot Stone Massage Therapy

## Treatment

For those living with osteoporosis, there are a variety of treatment options available. The primary goal of treatment is to prevent or slow bone loss and reduce the risk of fracture.

It's important to speak to your doctor to assess the benefits and risks of each treatment, and determine which is best for you.

Specific drug treatments include:

- Bisphosphonates
- Denosumab
- Parathyroid Hormone
- Hormone Therapy
- SERMs (Selective Estrogen Receptor Modulators)
- Romosozumab

If you suspect you may have osteoporosis, please reach out to your doctor to be tested.

## What is Movember?



Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues; such as prostate cancer, testicular cancer and men's suicide.

Globally, on average, 1 man dies by suicide every minute of every day.

### **Prostate Cancer**

Globally, more than 1.3 million men are diagnosed with prostate cancer each year.

Symptoms include:

- A need to urinate frequently, especially at night
- Difficulty starting urination or holding back urine
- Weak or interrupted flow of urine
- Painful or burning urination
- Difficulty having an erection
- Painful ejaculation
- Blood in urine or semen
- Frequent pain or stiffness in the lower back, hips, or upper thighs

### **Testicular Cancer**

At greater than 95%, the odds of survival for men with testicular cancer are better than good. However, for some men, long-term treatment related side effects means quality of life is severely compromised.

Symptoms include:

- A painless lump, swelling or enlargement of one or both testes
- Pain or heaviness in the scrotum
- A dull ache or pressure in the groin, abdomen or low back
- A general feeling of malaise, including unexplained fatigue, fever, sweating, coughing, shortness of breath or mild chest pains
- Headache and confusion

### **Mental Health**

Globally, on average 1 man dies by suicide every minute of every day.

5 signs of mental illness

- Long-lasting sadness or irritability
- Extremely high and low moods
- Excessive Fear, worry, or anxiety
- Social withdrawal
- Dramatic changes in eating or sleeping habits

If you or anyone you know is suffering from the above, please reach out to a healthcare profession.

To make a donation to the Movember Foundation, visit [canadahelps.org](http://canadahelps.org)



**Every year on November 11, Canadians pause in a moment of silence to honour and remember more than 2 million Canadians who have served, and continue to serve. If we do not remember, their sacrifice is meaningless.**

## **Coronavirus update;**

We welcome you back! We are now open to help you with your Physiotherapy Chiropractic and Massage needs. Slowly but surely as restrictions are lifted we will be able to offer you more of our Clinics services.

**Please be aware there are several new safety measures in effect.**

Please sanitize your hands upon arrival; the administrator will direct you to the room. ( newly installed plexi glass is at the admin desk – please pay by card)

All appointments are required to bring in and wear a mask during your therapy.

All of our physicians and RMT's will be wearing the appropriate governed PPE for their position.

Cleanliness routines have been revised due the coronavirus mandates on the Ontario website governed by our colleges.

We can't wait to see you! Please call for an appointment or any questions you may have.

### **Contact Us:**

**Accelerated Health &  
Wellness Centre**

**130 Hwy 20 East , Unit A3**

**Fonthill Ont**

**L0S1E6**

**Office Phone (289)897-9099**

**[www.acceleratedhealthcentre.com](http://www.acceleratedhealthcentre.com)**

**[info@acceleratedhealthcentre.com](mailto:info@acceleratedhealthcentre.com)**



*Thank you for taking the times to read our Newsletter.*

*As always, Go in Good Health!*

