

*Remember: You can live well with osteoporosis!*

## Buying Drugs over the Internet

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If you buy drugs on line, you may be putting your health at serious risk. This is especially true if you order prescription drugs without being examined in person by a healthcare practitioner.

A simple Internet search will turn up hundreds of websites that sell drugs. Some Internet pharmacies are legitimate, but many offer products and services that are dangerous. Some sell drugs that are not approved for use in Canada because of safety concerns. Some take advantage of people desperate for relief by offering "miracle cures" for serious illnesses

like cancer. Many offer prescription drugs based on answers to an on-line questionnaire. These sites tell you they will save you the "embarrassment" of talking to your doctor about certain prescription drugs, such as Viagra, or drugs to prevent hair loss, or promote weight loss. What they do not tell you is that it is dangerous to take a prescription drug without being examined in person and monitored by a healthcare practitioner to make sure the drug is helping you.

### Risks Associated with Buying Drugs Online

Buying drugs from Internet pharmacies that do not provide a street address and telephone number may pose serious health risks. You have no way of knowing where these companies are located, where they get their drugs, what is in their drugs, or how to reach them if there is a problem. If you order from these sites, you may get counterfeit drugs with no active ingredients, drugs with the wrong ingredients, drugs with dangerous additives, or drugs past their expiry date. Even if these drugs do not harm you directly or immediately, your condition may get worse without effective treatment.

If you order prescription drugs without being examined and monitored by a healthcare practitioner, you may be misdiagnosed, and miss the opportunity to get an appropriate treatment that would help you. You may also put yourself at risk for drug interactions, or harmful side effects that a qualified health professional could better foresee.

### Fracture

#### Fact:

It is estimated that at least half of the drugs available on the internet are fake or non-compliant (International Institute of Research Against Counterfeit Medicines).

Buying drugs on the Internet may also pose financial risks. In some cases, the product may not be shipped at all, or if it is coming from another country, it could be stopped at the border by Canadian authorities.

## The Status of Internet Pharmacy in Canada

A number of pharmacies in Canada have legitimate websites that offer a limited range of products and services, including information for consumers, and shopping for certain items. The practice of pharmacy in Canada is regulated by the provinces, and any licensed pharmacy that offers Internet services must meet the standards of practice within its own province.

If you have questions about whether an Internet pharmacy is legitimate, contact the licensing body in your province or territory.



## Minimizing your Risk

**Do not** take any prescription drug that has not been prescribed for you by a healthcare practitioner who has examined you in person.

**Do** tell your doctor and pharmacist about all of the health products you take, including vitamin and natural health products, as well as prescription and over-the-counter drugs. They need this information to assess and advise you about potential side effects and drug interactions.

If you decide to order drugs on line:

**Do not** do business with a website that:

- refuses to give you a street address, telephone number, and a way of contacting a pharmacist;
- offers prescription drugs without a prescription, or offers to issue a prescription based on answers to an on-line questionnaire;
- claims to have a "miracle cure" for any serious condition; or
- sells products that do not have a DIN (Drug Identification Number) issued by Health Canada.

**Do** make sure you are dealing with a Canadian-based website that is linked to a "bricks and mortar" pharmacy that meets the regulatory requirements in your province/territory.

Finally, if you have a question or complaint about therapeutic drug products purchased on line, call Health Canada's toll-free hotline: 1-800-267-9675

## Health Canada's role

Health Canada regulates therapeutic drugs in Canada through a rigorous licensing process, which includes an extensive pre-market review and the ongoing post-market assessment of a drug's safety, effectiveness and quality. As part of this process, Health Canada conducts risk/benefit assessments, monitors adverse reactions, and communicates information about risks to health professionals and the public. All drugs approved for sale in Canada have an eight-digit Drug Identification Number (DIN). The DIN assures you that Health Canada has

assessed a drug, and considers it safe and effective when used as directed on the label. The DIN also provides a way to track adverse drug reactions.

Health Canada licenses and conducts regular inspections of companies that manufacture, import and/or distribute drugs. In addition, Health Canada investigates complaints related to the sale or use of therapeutic drugs, including complaints about websites that sell drugs, and takes action where appropriate. Also, Health Canada works with the Canada Customs and Revenue Agency to control the illegal entry of prescription and over-the-counter drugs. Individual Canadians are allowed to import a three-month supply of therapeutic drugs, subject to a number of restrictions.

**BONE MATTERS**  
Take charge of your bone health

## WEBINAR

### Frequently Asked Questions about Osteoporosis

**Date & Time**  
Wednesday, November 28, 2018,  
1:00 – 2:00 pm ET

**Featured Speaker**  
Sandra Kim, MD, FRCPC  
• Chair, Scientific Advisory Council, Osteoporosis Canada  
• Assistant Professor, Endocrinology and Metabolism, U of T  
• Director, Centre for Osteoporosis and Bone Health, WCH  
• Member, OC Board of Directors

**Dr. Kim will answer questions such as**  
• I'm afraid of the side effects of medications. Can I treat my osteoporosis naturally?  
• What is a fracture risk assessment?  
• How much calcium and vitamin D do I need?

**To Register** <https://osteoporosis.ca/bonematters>

**OSTEOPOROSIS**   
[osteoporosis.ca/copn](http://osteoporosis.ca/copn)

**BONE MATTERS**  
Take charge of your bone health

## Upcoming Presentation

### Frequently Asked Questions about Osteoporosis

Living with osteoporosis can bring up many questions as to how to best manage your condition. Whether you're newly diagnosed, or have already done your research, there's always something more you can learn to live well with osteoporosis.

Join us for a presentation on frequently asked questions about osteoporosis with Dr. Sandra Kim where she will answer questions such as:

- I'm afraid of the side effects of medications. Can I treat my osteoporosis naturally?
- What is a fracture risk assessment?
- How much calcium and vitamin D do I need?

This presentation will air live on **Wednesday, November 28**  
from **1:00-2:00PM ET**.

For more information and to register, [click here](#).  
*Registration is required to participate in the live event.  
Registration closes at 9AM Wednesday November 28.*

## We Welcome Your Feedback

- Have a question?
- Is there an osteoporosis-related topic that you would like to see featured in the newsletter?
- Looking for a great volunteer opportunity?

Please contact us by calling Osteoporosis Canada's toll-free number **1-800-463-6842** or emailing [copn@osteoporosis.ca](mailto:copn@osteoporosis.ca).

## OC's First National FLS Audit

By significantly improving osteoporosis care, Fracture Liaison Services (FLSs) help prevent future fractures, reduce patient suffering and increase their independence.

The results from OC's first national FLS audit demonstrate the positive impact of Canadian FLSs on the lives of fragility fracture patients. The promising results, released in September 2018, are included in the "Report from Canada's first national FLS audit," which provides an overview of the audit for the cohort of patients enrolled in Canadian FLSs between April 1 and September 30, 2017.

The huge post-fracture care gap has been well documented in many Canadian jurisdictions. Without FLS, fewer than 25% of fragility fracture patients will be diagnosed and/or treated for their underlying osteoporosis.

With fewer than 50 FLSs in Canada, many more FLSs are needed to provide appropriate care to fracture patients.

To read the full report, [please click here](#).

## COPN Planning for the Future

Your COPN executive met face-to-face in September to explore ways to better serve and engage our membership. Watch your COPN newsletter for:

- Improved ways to deliver content.
- Outreach to men, rural patients and beyond.
- Ways you can be heard.

Together, your "voices" can make a difference to reaching a broader membership, and ultimately living well with osteoporosis.

## FUNNY BONE:

**It's amazing that the amount of news that happens in the world every day always just exactly fits the newspaper. – Jerry Seinfeld**

# APPLE PIE OATMEAL

**Preparation Time:** 5 mins

**Cook Time:** 15 mins

**Serves:** 4

**Calcium:** 300 mg



This perfect combination has a wonderful aroma that will make you think of a hot apple pie in the morning.

## Ingredients

3 1/2 cups (625 mL) skim milk  
1 1/3 cups (325 mL) large flake oats  
1/3 cup (75 mL) wheat germ  
2 tbsp (30 mL) packed brown sugar  
1/2 tsp (2 mL) pumpkin pie spice or ground cinnamon  
1 apple or pear, cored and diced  
2 tbsp (30 mL) dried cranberries

## Preparation

In a large saucepan, bring milk to a gentle boil. Stir in rolled oats and wheat germ. Reduce heat to medium-low heat; stir in sugar, if using and pumpkin pie spice. Cook, stirring for about 12 minutes or until almost thickened.

Remove from heat and stir in apple and cranberries. Cover and let stand for 5 minutes before serving.

## Make ahead option:

Make the oatmeal the night before and warm up in the microwave the morning of with a splash of skim milk. Stir and enjoy!

**Fruit Variations:** Use your favourite fruit in season instead of the apple. Try peaches, plums, strawberries, blueberries or pears.

**Tip:** If you want your apple softer, simply add it earlier and cook until desired texture.

For more information, [click here](#) to view the recipe online.