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“Sticks and Stones May Break Your Bones ...” but so can other things! SOGC Marks World Menopause Day with a Focus on Good Bone Health

Ottawa (Ontario) – When they think about menopause, more Canadian women need to think about their bones – not just their hot flashes.

This week, The Society of Obstetricians and Gynaecologists of Canada (sogc.org) marks World Menopause Day October 18 by launching a series of Osteoporosis Public Forums across Canada. The SOGC is sponsoring these events because evidence and experience demonstrates that when it comes to women's midlife health, it is never too early to be talking about bone health. Baby boomer women are entering the menopause transition in increasing numbers, and the hormonal changes that women experience at this time could have a huge impact on bone strength. Sadly, most women in the 40s and early 50s don't really know about this until they suffer a fracture and then it may be too late for a full recovery.

Dr. Aliya Khan, a Professor of Clinical Medicine, Divisions of Endocrinology and Geriatrics at McMaster University, is an expert on osteoporosis and women's health. Dr. Khan will be leading the first Osteoporosis Public Forum in Oakville Tuesday October 18, 2011 (details at menopauseandu.ca). “We are reaching out to women 40 – 65 because it is our experience that when women think about osteoporosis, they think about how it may affect their mothers and grandmothers. We need them to start thinking about themselves.” said Dr. Khan. “The risk of developing osteoporosis and experiencing the devastating impact it can have on independence, mobility and lifestyle is much greater than most women realize. Statistics show that one in four Canadian women 50+ will develop osteoporosis, and for many it will be a life-changing event.”

The Osteoporosis Forums will present facts about fracture risk and bone health, as well as strategies to encourage women to take action to ensure bone health. Other Forums are planned for Victoria (Oct. 19), Toronto Yorkdale (Nov. 2), Winnipeg (Nov. 2), Longueuil (Nov. 9), Halifax (Nov. 16). For more information about the Forums and menopause health, please visit menopauseandu.ca.

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About the SOGC

The SOGC is one of Canada's oldest national specialty organizations. Established in 1944, the Society's mission is to promote excellence in the practice of obstetrics and gynaecology and to advance the health of women through leadership, advocacy, collaboration, outreach and education. The SOGC represents obstetricians/ gynaecologists, family physicians, nurses, midwives and allied health professionals working in the field of sexual reproductive health. For more information, visit www.sogc.org.

About Dr. Aliya Khan

Dr. Khan is a Professor of Clinical Medicine, Divisions of Endocrinology and Geriatrics at McMaster University. She is the Director of the Calcium Disorders Clinic at St. Joseph's Healthcare, McMaster University. She led the development of the first Canadian Standards papers on the practice of bone densitometry in Canada and is the Chair of the Canadian Osteonecrosis of the Jaw Task Force. Dr. Khan is a member of the Scientific Advisory Council of the Osteoporosis Society of Canada. She graduated from the University of Ottawa Medical School with honours. Dr. Khan obtained post-graduate training in Internal Medicine, Geriatric Medicine and Endocrinology at the University of Toronto and completed a clinical research fellowship in Metabolic bone Diseases at St. Michael's Hospital, University of Toronto. Dr Khan was awarded International Clinician Instructor of the Year 2011 by the International Society of Clinical Densitometry.