**Bone Health – Patient Handouts**

A variety of resources are available to assist you in communicating key messages to patients. Here is a summary of some that may be helpful to have available at Station D:

Diagnosis (Osteoporosis Canada)

<http://www.osteoporosis.ca/multimedia/pdf/publications/Diagnosis_EN.pdf>

Living Well with Osteoporosis (Osteoporosis Canada)

<https://www.osteoporosis.ca/multimedia/pdf/publications/Living%20Well%20with%20Osteoporosis%20booklet_EN.pdf.pdf>

Exercise for Health Bones (Osteoporosis Canada)

<http://www.osteoporosis.ca/multimedia/pdf/publications/OC_Exercise_For_Healthy_Bones_EN.pdf>

Nutrition (Osteoporosis Canada)

<http://www.osteoporosis.ca/wp-content/uploads/OC_Nutrition_October_2012.pdf>

Your Guide to Strong Bones (Osteoporosis Canada)

<https://www.osteoporosis.ca/wp-content/uploads/OC-2014-english-YGTSB.pdf>