

Where is the session held?

- The session is at the Osteoporosis Centre on the 7th floor of the Victoria Building, Victoria General site.
- For more information about HOME, call the osteoporosis nurse:
 - › Phone: 902-473-4649

For more information, visit:
www.cdha.nshealth.ca/osteoporosis/halifax-osteoporosis-multidisciplinary-education-home

What are your questions?
 Please ask.
 We are here to help you.

Halifax Osteoporosis Multidisciplinary Education (HOME)

Looking for more health information?

Find this pamphlet and all our patient resources here:

<https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

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www.nshealth.ca

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 The information in this pamphlet is to be updated every 3 years or as needed.

Halifax Osteoporosis Multidisciplinary Education (HOME)

What is HOME?

HOME is an information program for people who are at risk for or who have osteoporosis. Family members are also welcome to attend.

Taking part in the program helps you to play a greater role in the diagnosis, treatment, and management of your disease.

Program details

This is a 3-hour group session.

There will be 8 to 10 people in each group.

It is an interactive program, with time for questions and discussion.

The session is provided by an osteoporosis nurse, a dietitian, and a physiotherapist.

- The osteoporosis nurse will share information on:
 - › what osteoporosis is.
 - › risk factors for getting osteoporosis.
 - › how osteoporosis is diagnosed.
 - › how you can prevent osteoporosis.
 - › how osteoporosis is treated.
- The dietitian will talk about guidelines for healthy eating, and give recommendations for taking calcium and vitamin D.
- The physiotherapist will talk about exercise do's and don'ts.

Topics include:

- A description of bone mass and bone remodelling
- Causes of osteoporosis, including secondary causes
- Calcium and vitamin D supplements
- “Flexion Moments” in activities of daily living

Who can attend?

- Anyone who is interested in learning more about low bone mass, osteoporosis, and fracture risk can come to a HOME session. Spouses or family members are also welcome.
- You may be referred by your primary health care provider or you may refer yourself by calling 902-473-3723, ext. 1.