

OSTEOPOROSIS Information Guide

WEBSITES

PUBMED HEALTH

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001400/>

ONTARIO OSTEOPOROSIS STRATEGY

www.osteostategy.on.ca

OSTEOPOROSIS SOCIETY OF CANADA

www.osteoporosis.ca

NIH OSTEOPOROSIS AND RELATED BONE DISEASES NATIONAL RESOURCE CENTER

http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/

NEED MORE INFO?

PHONE: (519) 743-7502

EMAIL: askus@kpl.org

WEBSITE: www.kpl.org/ref/healthlink.html

IN PERSON: at any KPL location

COMMUNITY CONTACTS

Osteoporosis Canada – Waterloo-Wellington Chapter

510 Erbsville Rd.,

Waterloo, ON N2J 3Z4

Phone: 1(800) 696-2663 ext. 404

Email: waterloowellington@osteoporosis.ca



Osteoporosis Canada
Ostéoporose Canada

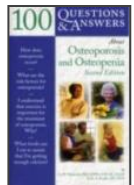
BOOKS

100 questions & answers about osteoporosis and osteopenia

Ivy M. Alexander

2011

[616.716 Alexa 2011](#)

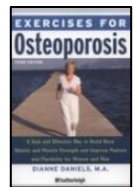


Exercises for osteoporosis : a safe and effective way to build bone density and muscle strength

Dianne Daniels

2008

[616.716 Danie 2008](#)

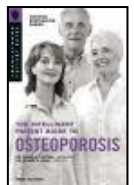


The intelligent patient guide to osteoporosis

Roger A. L. Sutton

2009

[616.716 Sutto](#)

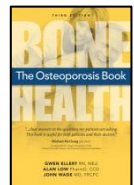


The osteoporosis book: Bone health

Gwen Ellert

2011

[616.716 Eller 2011](#)



Building bone vitality: A revolutionary diet plan to prevent bone loss and reverse osteoporosis

Amy Joy Lanou

2009

[616.716 Lanou](#)

