

Medications that Decrease Bone Health Workshop Guide

Starter Activity

For the quiz below rate your knowledge on a scale from **1 (unfamiliar)** to **5 (very comfortable)** for each topic that will be covered in the workshop by circling a number in the LEFT column of the chart below.

We will return to these responses later in the workshop.

Before the Workshop	How well do you know each topic?	After the Workshop
1 2 3 4 5	Corticosteroids	1 2 3 4 5
1 2 3 4 5	Anti-Seizure or Epilepsy Medication	1 2 3 4 5
1 2 3 4 5	Proton Pump Inhibitors	1 2 3 4 5

Corticosteroids

Fill-in-the-blanks below with the appropriate keywords.

- These are also called _____ medications, such as prednisone or cortisone
- Corticosteroids are usually taken orally or with an inhaler
 - are also available as solutions, creams, ointments and injections
- Used to treat many conditions and diseases, such as:
 - asthma
 - rheumatoid arthritis
 - Lupus
 - inflammatory bowel disease

- Your healthcare worker or pharmacist will give you exact instructions for taking a corticosteroid
 - Each disease and situation might be unique so the prescription is often tailored for each patient
- A short course is usually between 1 and 2 weeks
- A longer course (greater than 3 weeks) requires a slow reduction in your dose under the supervision of your doctor

- Some common _____ include:
 - weight gain
 - increased chance of infection
 - increase in blood pressure
 - high blood sugar
 - muscle weakness
 - mood and behavioural changes
 - thinning of bones (osteoporosis)

- Corticosteroids have an effect on how our bones _____ to calcium, vitamin D
 - this can lead to _____
 - when used in high doses, bone loss can happen rapidly
- Long-term use (3 or more months) of corticosteroids are more commonly associated with bone loss

Anti-Seizure Medication

Fill-in-the-blanks below with the appropriate keywords.

- Anti-seizure medications are used to _____ seizures and can be used to treat a range of different types of seizures
 - medications include carbamazepine or phenytoin
- To be effective, a _____ level of the prescribed medication must be in the blood
 - dosage is dependent on the type of seizure, frequency and other factors (e.g. other medications you take, how old you are, how large you are)
- Common side effects include:
 - drowsiness
 - _____
 - lethargy
 - unsteadiness
 - _____
 - alteration of behaviour
 - tremors
 - sleep disturbances
- Some anti-seizure medications have been associated with a _____ in bone density
 - believed to be a result of how quickly these medications break down vitamin D
- There is more research with medications that have been available for a long time, but we are still learning more about newer anti-seizure medicines

Proton Pump Inhibitors (PPI)

- PPI are used to suppress _____ and treat symptoms of _____ and protect your stomach from an ulcer
 - These medications are one of the most common classes of medicine used in Canada
- By lowering acid in the stomach the medication affects how calcium is absorbed
 - Over a long period of time this leads to weaker bones.

Cool-down Activity

Review your quiz from the Starter Activity at the beginning of the workshop.
Complete the RIGHT SIDE of the chart to identify how comfortable you are with each topic and how much you might have learned during the workshop.

With the person next to you, discuss:

- What did you learn in the workshop?
- What did you find surprising about the workshop?
- What do you want to learn more about?
- What will you do next with this new knowledge?