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NOVEMBER MONTHLY NEWSLETTER

2026

This Remembrance Day, we honour Canada's Veterans and recognize their service and sacrifice. We also turn our attention to long-term health and mobility. November is Osteoporosis Month—a reminder that bone health deserves attention at every stage of life. Understanding risk factors and taking preventive steps can help support mobility and independence as we age.

Lest we forget.

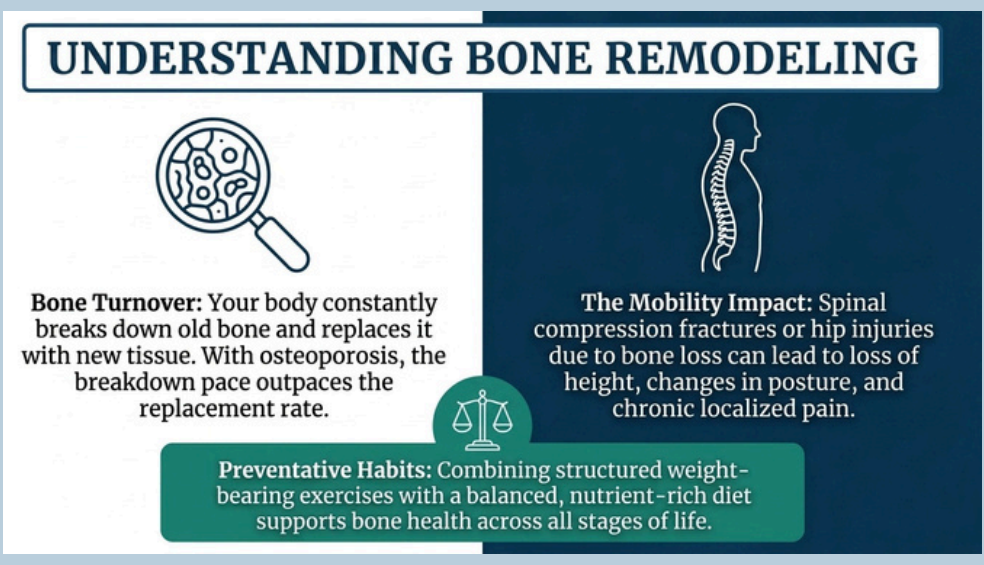
Osteoporosis & Bone Health: Understanding the "Silent Thief"

Osteoporosis involves a progressive reduction in bone mineral density while maintaining the normal ratio of mineral to organic content. This structural weakening leaves bones fragile and drastically increases the risk of unexpected fragility fractures from minor slips or daily actions.

Common Risk Factors Include:

- **Age and Gender:** Accelerated bone density loss frequently accompanies hormonal changes, such as reduced estrogen levels post-menopause.
- **Nutritional Gaps:** Insufficient long-term intake of calcium or low blood absorption of Vitamin D.
- **Lifestyle Indicators:** History of smoking, high alcohol intake, or extended periods of physical inactivity.
- **Family History:** Genetic predispositions or a history of bone fractures in immediate family members.

The way bone degradation progresses often stays unnoticed until an impact or structural fracture occurs. Early proactive screening remains your most effective defense.



DID YOU KNOW?

✓ Osteoporosis can affect both men and women, though post-menopausal individuals face elevated risks.
✓ Fractures from bone loss can significantly alter posture and daily physical balance.
✓ A standard bone mineral density (BMD) test is non-invasive and precisely measures your skeletal strength.

Veterans Care: Honoring Service & Expanding Care

With deep respect and gratitude, we honor Canada's Veterans this Remembrance Month. Thank you for your bravery, your sacrifice, and your unwavering service to our country. In dedication to your ongoing care, we have partnered with specialized providers to offer tailored support designed specifically for the veteran community.

Veterans Health: Partnering with Vitalicann

We are proud to collaborate with Vitalicann, a veteran-focused Licensed Seller, to deliver premium, tailored care directly to those who served.

Virtual Primary Care
Registered patients receive access via Dialogue, underwritten by Sun Life.

Seamless Enrollment
TCN & Vitalicann fully manage your registration and enrollment.

Dedicated Support
Ongoing dedicated support through veteran care teams.

Vitalicann

Overcoming Coverage Barriers: Exceptional Coverage Beyond 3g/Day

While Veterans Affairs Canada (VAC) typically caps standard medical cannabis reimbursement at 3 grams per day, complex trauma or severe chronic injuries often require higher therapeutic thresholds. Our clinic features a speci medical alliance to help veterans safely secure Exceptional Coverage boundaries exceeding the standard 3g limit:

Specialist Reviews
Direct access to the advanced medical assessments required by VAC.

Evidence-Based Rationales
Complete management of the clinical paperwork and files.

Seamless Approvals
Legal, physician-monitored pathways to authorize higher daily limits safely.

Find out if medical cannabis is a safe option.
Complete the TCN Intake HERE.

The Clinic Network Clinic News & Updates

We Remember.

TCN will have a moment of silence on November 11 at 11:00AM to honour the Fallen, and recognize the sacrifices of all who served.

Reference(s):

https://osteoporosis.ca/risk-factors/

https://www.canada.ca/en/public-health/services/publications/diseases-conditions/osteoporosis-related-fractures-2020.html

https://www.mayoclinic.org/diseases-conditions/osteoporosis/symptoms-causes/syc-20351968

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