You Have Made A Difference

As NOF reflects on this year’s achievements, we owe our success to loyal donors like you. Without you, the following accomplishments would not have been possible. Thank You!

Your support has helped NOF:

• Provide free educational materials to thousands of individuals.
• Launch a nation-wide awareness and prevention campaign—Healthy Bones, Build Them For Life™.
• Team up with the U.S. Department of Health & Human Services for a special program aimed at girls ages 9 to 14 called Best Bones Forever!!™, encouraging girls to start building strong bones for life now—during their key bone-building years.
• Advocate for increased funding for research to find a cure. Some of that funding helped researchers discover 20 different genes that are involved in transmitting risk.
You Have Made a Difference continued

• Provide advocacy training to 25 patients and 25 healthcare professionals to make more than 70 visits to Members of Congress, resulting in increased support for related bone health education and osteoporosis prevention legislation.
• Introduce Bone Basic Alerts, an e-mail alert service providing you with timely information on important bone health issues. If you would like to receive Bone Basic Alerts, e-mail NOF at communications@nof.org, with your name and I want Bone Basics Alerts in the subject line.
• Offer our first series of free educational webinars reaching thousands through their computers and over the phone. These live, interactive programs focus on diagnosis, treatment options, medical conditions that can cause bone loss, nutrition and exercise. All webinars are archived and can be viewed at any time.
• Launch our new Web site, www.nof.org, providing you easier access to the latest information on osteoporosis and bone health.

Although great progress has been achieved, more work still needs to be done. As we now look toward 2011, we are excited about the opportunities that lie ahead. With your ongoing support, NOF will continue to increase awareness of osteoporosis prevention, educate patients and healthcare providers, and advocate for quality care and increased federal funding for research.

As you make your year-end decisions about charitable donations, please keep in mind that you can help us maintain our momentum going into the New Year through a gift of cash, stocks or other assets that can help NOF in serving the 44 million Americans with, or at risk for, osteoporosis.

For more information on giving opportunities, please visit the NOF Web site (www.nof.org) or call us at (800) 231-4222. You can also send donations to: National Osteoporosis Foundation, 1150 17th Street, NW, Suite 850, Washington, DC 20036.

You Can Still View the Healthy Bones, Build Them for Life™ Webinar Series

This year, NOF provided cutting edge information to patients and interested consumers through its new webinar series. This new web-based format enabled people from across the country (and world!) to listen to and view presentations given by leading bone health experts. To view a recorded version of each webinar, visit: www.nof.org/aboutosteoporosis/moreresources/consumer-webinar-series.

Q. I just learned that sit-ups and curl-ups are not safe for people with osteoporosis. Are there any exercises that can help me flatten my tummy and keep my abdominal muscles strong?
A. If you have osteoporosis, it’s important to take steps to protect your spine. This includes avoiding curl-ups, sit-ups and any other movements that cause you to bend forward and round your back such as bending forward from the waist with straight legs. It’s still important, however, to do exercises to keep your abdominal (tummy) muscles strong. Below is an example of an exercise you can do at home.

SEATED ABDOMINAL EXERCISE

• Sit in a chair with your back straight.
• Pull abdominals up and in.
• Try to lift your right knee while pushing down with your right hand (see photo).
• Hold for two seconds and relax.
• Do 5-10 repetitions.
• Switch to the opposite side and do 5-10 repetitions.
• Do the same exercise with your right hand on your left leg and your left hand on your right leg.
• Do 5-10 repetitions on each side.

You can do this exercise every day.

NEW YEAR’S RESOLUTIONS

Healthy Bones for 2011

It’s a good time to start thinking about healthy lifestyle changes for the New Year. Here are some goals that can help you improve your bone and overall health:

• Do weight-bearing exercises such as brisk walking, aerobics or dancing for 30 minutes or more on most of the days of the week.
• Eat five or more servings of fruits and vegetables every day.
• Do muscle-strengthening exercises, such as lifting weights or using elastic exercise bands, about two times per week.
• Get the calcium and vitamin D you need every day.
• Add balance exercises, such as Tai Chi, to your weekly fitness routine.

For current information about nutrition and exercise, please visit www.nof.org/aboutosteoporosis/prevention/healthyliving or call NOF at (800) 223-9994 to request that information be sent to you by e-mail or regular mail.

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Choosing an Osteoporosis Medicine: Factors to Consider

If you have osteoporosis and are trying to make a decision about taking an osteoporosis medicine, it is helpful to compare three important factors:

1. **Your risk of breaking a bone if you do not take an osteoporosis medicine.** Your bone density and your "clinical risk factors," such as your age, history of broken bones, family history of osteoporosis or whether you smoke or fall frequently, can help predict your risk of breaking a bone. If you have never taken an osteoporosis medicine, a computer program called FRAX® can estimate your chance of breaking a bone in the next 10 years.

2. **Your expected benefit of taking an osteoporosis medicine.** Learn about the treatment options available to you. All approved osteoporosis medicines have been proven in research studies to reduce the risk of breaking a bone. Your healthcare provider can help you decide which choices are best for you based on your medical history and other factors unique to you.

3. **The potential risks (side effects) of taking an osteoporosis medicine.** When making a decision about treatment, learn about the possible side effects of each medicine. Your risk of having certain side effects may depend on other health problems you have. Talk to your healthcare provider and pharmacist about your personal level of concern about breaking bones or having medication side effects.

Other factors to think about are your past experiences with osteoporosis medicines, other medical problems you have, insurance coverage, cost of treatment and your personal level of concern about breaking bones or having medication side effects.

The best decisions are made as a team, with your healthcare provider helping you understand the potential benefits and risks, and you telling your healthcare provider about your concerns. Once treatment is started, tell your healthcare provider if you have any problems or are worried about possible problems with the medicine. Don’t allow your medical care to be directed by what you hear in the news or read in magazines and newspapers, which may not be accurate information. Talk to your healthcare provider before stopping your medicine or making any changes in treatment. Good teamwork is the best way to stay healthy.
If you’ve been watching the news lately, you may have noticed that osteoporosis has received a lot of attention. Recent studies have investigated some possible side effects associated with calcium supplements and bisphosphonate medicines. We have been evaluating the latest research available on each of these possible side effects so that we can provide the most accurate information to you.

If you are concerned about a particular side effect, please contact NOF by:

- Visiting www.nof.org/request-information and completing the “Request Information” form online or by calling our toll-free information center at (800) 223-9994.
- Please provide your full name, mailing address and e-mail address (if you have one) and let us know which specific topics you would like to receive information about.

Save the Date!
9th International Symposium on Osteoporosis and NOF’s annual Silhouette Awards Dinner

NOF has an exciting and busy calendar of events planned for May 2011 in Las Vegas, NV with something for everyone. If you are a healthcare professional with an interest in osteoporosis and bone health, make sure to register for the 9th International Symposium on Osteoporosis in Las Vegas, NV to be held May 18–21, 2011. This annual scientific meeting is designed to provide current, clinically relevant and evidence-based information on the prevention, diagnosis and treatment of osteoporosis. NOF’s annual Silhouette Awards Dinner will be held on Thursday evening, May 19, 2011.

Thank You for Supporting A Gift from Mothers to Daughters™

Special thanks to Amgen, Eli Lilly, Lane Labs and Novartis for sponsoring the third annual A Gift from Mothers to Daughters luncheon held September 30 in New York City. Receiving this year’s Generation Awards were: former First Lady of New York, Matilda Cuomo; CBS medical journalist, Dr. Max Gomez; and, mother-daughter activists, Marybeth and JC Bond. Mark your calendar now! Next year’s event will be held September 29, 2011.

Clarification: To clarify some information shared in the Fall 2010 Osteoporosis Report Planned Giving article, we want you to know that, at the time of this issue’s printing, Congress had not yet extended legislation in 2010 that allows an individual 70½ or older to make charitable gifts directly from an IRA (thus avoiding paying income tax on the mandatory IRA withdrawal). This provision, available in 2009, had not yet been extended at the time of this printing. Feel free to call NOF (800) 231-4222, for updates on this legislation or further information on charitable giving.
More Gifts from NOF

Shop for shirts, hats, jewelry boxes, tote bags and more at www.cafepress.com/shopnof. Buy something for yourself or as a gift for someone else. A portion of every purchase benefits NOF.

Protecting Your Fragile Spine

On October 20, NOF observed World Osteoporosis Day by posting new online information to help individuals prevent, diagnose and recover from broken bones in the spine. To view this information, visit, www.nof.org/osteoandyourspine or call (800) 223-9994 and ask that a copy of Protecting Your Fragile Spine be sent to you.

Jewelry box, artwork by NOF support group leader.

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