

The OSTEOPOROSIS REPORT

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Happy Holidays

As we wrap up 2014 and look ahead to the New Year, we would like to wish you a happy holiday season and thank you for all you do to help us prevent broken bones and help those who suffer from them. With 54 million Americans currently affected by osteoporosis and low bone mass, your contributions and support have never been more essential in the fight against osteoporosis. We'll only succeed in making bone health a priority for all Americans by working together.

Here are a few highlights of what your support has helped us accomplish this year:

- [Released updated prevalence data](#) estimating that a total of 54 million U.S. adults, representing more than one-half of the total U.S. adult population, is currently affected by osteoporosis and low bone mass.
- Published an updated version of the [Clinician's Guide to Prevention and Treatment of Osteoporosis](#) that was also published online in *Osteoporosis International*.

Osteoporosis Headlines

[Fractures are a Major Cause of Older Women's Hospitalizations](#)

[Shattering Myths About Osteoporosis](#)

[After the Fall: Preventing Catastrophe](#)



Cast Mountain at Eli Lilly

To celebrate World Osteoporosis Day, Eli Lilly hosted Cast Mountain at their headquarters in Indianapolis for the month of October. In addition to displaying the visual centerpiece of NBHA's 2Million2Many campaign, Eli Lilly employees received educational information on the two million fractures caused by osteoporosis every year and were encouraged to request a bone density test for anyone

- Provided hundreds of healthcare professionals with the most up-to-date, clinically-relevant and evidence-based information on the prevention, diagnosis and treatment of osteoporosis at the [Interdisciplinary Symposium on Osteoporosis](#).
- [Launched a new Osteoporosis Quality Improvement Registry](#) (QIR) as a Qualified Clinical Data Registry (QCDR) for the CMS Physician Quality Reporting System (PQRS) in collaboration with the National Bone Health Alliance (NBHA) and CECity, Inc.

Ask the Expert

Q: What impact do intellectual and developmental disabilities have on an individual's bone health?

A: As a public health nutritionist, I've been privileged to work with the Special Olympics Healthy Athletes program for many years. My interest has been in promoting bone health for people with intellectual and developmental disabilities (I/DD) who sadly experience more than their fair share of osteoporosis, fractures, premature tooth loss and other consequences of inadequate bone health.

BMD screening is one of many health exams provided through Healthy Athletes for people 20 and older. Results of bi-lateral heel scans,

age 50+ who breaks a bone.

NOF Online Community Reaches 20,000+ Members

We're excited to announce that the NOF Online Support Community recently reached more than 20,000 members. We'd especially like to thank our amazing volunteer moderators and all of you who participate in our online community for the support you offer one another.

We look forward to the community's continued growth and hope you'll encourage your friends and family to join..

[Learn more about NOF's Online Community](#)

NOF's New Healthy Bones for Life Clinician's and Patient Guides

NOF recently released new Healthy Bones for Life Clinician's and Patient Guides, including the latest information on osteoporosis, bone health and fracture prevention.

[Download the new guides](#)

Register Now for ISO15

Registration is now open for the Interdisciplinary Symposium on Osteoporosis (ISO15), taking place in Washington, DC from May 19-22, 2015. The annual meeting provides the most up-to-date, clinically-relevant and evidence-based information on the prevention, diagnosis and treatment of osteoporosis.

conducted on Hologic's Sahara Heel Ultrasound equipment, were collected for more than 20,000 athletes in the U.S. and in many of the 170 countries with active Special Olympics programs. Our data confirms that adults with I/DD have lower bone density and higher fracture rates than the general population. Interestingly, among this population, males have lower bone density and at an earlier age.

The answer to why these disparities in bone health exist is complicated. We know that people with I/DD with some conditions, such as Downs Syndrome, Fragile X and Marfan Syndrome have lower peak bone mass than others. We are also aware that many people with I/DD are prescribed needed medications that effect bone metabolism, vitamin D metabolism, and nutrient absorption. Some routine medications depress estrogen levels, and still others cause photosensitivity, so sun exposure is avoided to prevent sun burn. We are also aware of the lack of hormone therapy with menopause or hypogonadism for people with I/DD.

Following a healthy diet and getting the recommended amount of exercise are also challenging for people with I/DD, who as a population, have seriously limited incomes, often relying on publicly funded food assistance, housing, transportation and ongoing medical care. Many don't have access to affordable gyms, exercise facilities and participation in programs such as Special Olympics.

Register now and save more than 15% on registration.

NOF Partners with the Healthy Weight Commitment Foundation

NOF recently became a partner of the Healthy Weight Commitment Foundation (HWCF), an organization whose national, multiyear effort is designed to help reduce obesity, especially childhood obesity. The coalition brings together more than 275 companies and organizations to promote ways to help people achieve a healthy weight through energy balance. HWCF aims to inspire active and healthy living through its **Together Counts campaign** targeting families and schools.

Support NOF as You Shop

Please continue supporting our mission as you shop online in the New Year. Through the **AmazonSmile program**, Amazon donates 0.5% of the purchase price of anything you purchase to a charity. When you register at AmazonSmile, please select NOF as your charity of choice and Amazon will do the rest. You can also visit **We-Care.com** and download the app that allows you to support NOF every time you shop online with participating retailers.

Diet plays an important role in lifelong bone health, but people with I/DD must often rely on others to choose and prepare their meals and may have limited access to nutrient dense foods and meals. Lower cost processed foods with low nutrient density are often the easy choice. Fewer than 9% of people with I/DD use nutrition supplements, which may be the back-up insurance they need to assure adequate vitamin and mineral intake to support bone health.

Q: So, what can we do to help prevent the cascade of problems seen with osteoporosis and fractures in people with I/DD?

A: Public and private health care providers should screen individuals with I/DD for risk factors associated with low BMD. Those with low bone density should have intervention at an early stage to prevent morbidity and improve their quality of life. Routine testing of 25-hydroxyvitamin D (25D) levels is appropriate in most, if not all, people with I/DD. And to maintain optimal levels of vitamin D, people with I/DD need individualized supplement advice, based on their weight, age, skin color, latitude, season, sun exposure and current serum vitamin D levels.

- Mary Pittaway

Global Clinical Advisor-Health Promotion
Special Olympics International

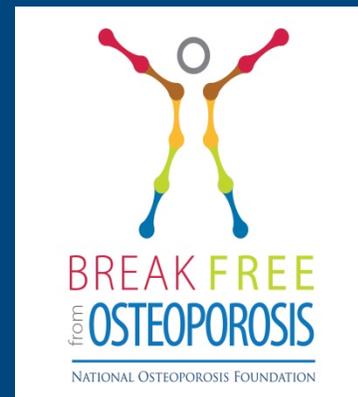


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National Bisphosphonate Users Survey

If you're not sure how long you should take your osteoporosis medications, you're not alone. To help answer this critical question, NOF is partnering with a leading academic institution on a national research study to help determine the optimal length of time for patients to take their osteoporosis medications.

Please help us by completing a brief 5-question survey.





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