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The OSTEOPOROSIS REPORT

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In the News

54 Million Americans Affected by Osteoporosis and Low Bone Mass

NOF recently released updated prevalence data estimating that a total of 54 million American adults age 50 and older are affected by osteoporosis and low bone mass. The study, published online by the *Journal of Bone and Mineral Research*, is an update to the prevalence data NOF released in 2013 and represents the most comprehensive and current information available on the number of U.S. adults with osteoporosis and low bone mass. Revealing that 10.2 million U.S. adults have osteoporosis and another 43.4 million have low bone mass, more than one-half of the total U.S. adult population is affected.

[Learn more about NOF's updated prevalence data.](#)

NOF Releases 2014 Issue of the *Clinician's Guide to Prevention and Treatment of Osteoporosis*

NOF's *Clinician's Guide* issued this spring includes updated guidance on vertebral fracture assessment and the use of biochemical markers of bone turnover, as well as updated information on calcium, vitamin D and medications. The go-to resource is now also available as an app, allowing clinician's to access the latest clinical decision-

NOF Welcomes New Board Officers & Trustees

We're pleased to announce the following new officers and members were elected to the NOF Board of Trustees during our annual meeting, held during ISO14.

- Judy Black, Brownstein Hyatt Farber Shreck, LLP, Chair
- Robert Gagel, M.D., University of Texas M.D. Anderson Cancer Center, President
- Kenneth Saag, M.D., University of Alabama at Birmingham, Vice President
- Ann Miller, M.D., Genzyme Center, Secretary
- Robert S. Understein, CPA, Government Transformation Initiative, Interim Treasurer
- Barbara Hannah Grufferman, Author and

making information directly from their iPhones and iPads.

[Learn more about the updated *Clinician's Guide* and how you can download the app.](#)

Sleep Apnea May be Linked to Poor Bone Health

A recent study published April 15 in the Endocrine Society's *Journal of Clinical Endocrinology and Metabolism* suggests that people with sleep apnea may be at increased risk for osteoporosis. According to the study's co-author, sleep apnea periodically deprives the body of oxygen, which can weaken bones and increase the risk of osteoporosis.

The study authors found the incidence of osteoporosis was 2.7 times higher among patients with sleep apnea than their counterparts and that women and older adults faced increased risk of developing the bone condition.

[Read the Endocrine Society's press release for additional details on the study.](#)

Ask the Expert

Q: Is it true that breaking a bone after age 50 is a sign of osteoporosis?

A: Many people don't realize, but if you're 50 or older and break a bone, it may be a sign of osteoporosis and should be diagnosed and treated as such. In fact, two million broken bones occur every year in the U.S. due to osteoporosis, but the majority of patients get the broken bone fixed without ever realizing they have osteoporosis or low bone mass. Yet, testing for osteoporosis in a patient who breaks a bone and coordinating that patient's ongoing care can significantly reduce their risk of future fractures.

Healthy Aging Expert

- Mary G. McKinley, RN, MSN, CCRN, Critical Connections, Ohio Valley Medical Center

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You'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com with the added bonus that the AmazonSmile Foundation will donate 0.5% of the purchase price to NOF.

Start shopping with Amazon Smile today.

NOF and its partners are working to tackle the issue directly through an initiative to spark widespread implementation of Fracture Liaison Service (FLS) programs. Designed to identify patients after a fracture and ensure their follow-up testing and care is appropriately managed, the FLS model of care is the key to reducing the two million broken bones caused by osteoporosis every year.

In the meantime, you can protect yourself against osteoporosis by learning about your [risk factors](#) and asking your doctor when you should have a [bone density test](#). The painless, 10-minute test will help predict your risk of breaking a bone. And if you or someone you love breaks a bone after age 50, be sure to ask for a bone density test.

- Susan Randall, MSN, FNP-BC
NOF Senior Director, Science and Education

Events

World Osteoporosis Day - October 20

Save the date for World Osteoporosis Day on October 20th and plan to wear white showing you embrace better bone health. The International Osteoporosis Foundation's theme for the 2014 campaign is "Real Men Build Their Strength from Within" and aims to raise awareness of the fact that approximately one in five men worldwide will break a bone due to osteoporosis. Looks can be deceiving and men who look strong on the outside, may be weak on the inside.

[Learn more about the campaign and how you can get involved.](#)

Better Bites: Nutrition and Bone Health Webinar Available on Demand

If you missed NOF's Better Bites: Nutrition and Bone Health webinar held in May for National Osteoporosis Month, it's now available for on-demand viewing.

National Bisphosphonate Users Survey

Are you unsure 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.](#)

Save the Date for ISO15

Save the date and stay tuned for details and registration information for next year's Interdisciplinary Symposium on Osteoporosis (ISO), taking place from May 19-22. We'll be hosting it from our hometown of Washington, D.C. Planning is underway and we'll post all program updates and registration information online as they become available.

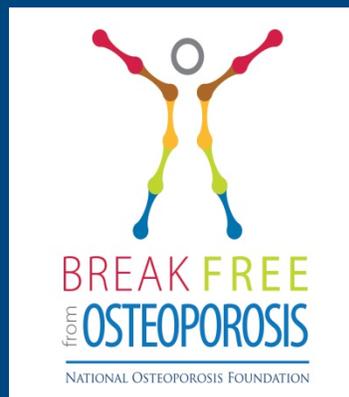
Sponsored by Sunsweet, the webinar covered the important role nutrition plays in building and maintaining strong bones. If you missed the live webinar or would like to see it again, register to view it on-demand.

[View the archived webinar.](#)

Drink Coffee or Tea?

If you are a coffee or tea drinker, consider purchasing your favorite beverages at **Gift of Coffee** and 25% of the profits will be donated to NOF from now through September 25, 2014.

Thank you for your support!



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