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The OSTEOPOROSIS REPORT

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In the News

October 20 is World Osteoporosis Day

World Osteoporosis Day marks the launch of "**Real Men Build Their Strength from Within**," a new year-long campaign to raise awareness for the impact of osteoporosis on men. According to survey results released today by the International Osteoporosis Foundation (IOF), 90 percent of more than 13,000 adults questioned are unaware of how common bone breaks due to osteoporosis are among men. With one in five men age 50 and older affected by osteoporosis, the data confirm that osteoporosis remains a vastly underestimated and neglected health issue, especially among men.

According to a new report IOF issued this month on the worldwide burden of osteoporosis in men:

- One in five men over age 50 will break a bone due to osteoporosis;
- 1/3 of all hip fractures worldwide occur in men;
- Men are twice as likely to die after a hip fracture than women; and
- In the U.S., men are 50 percent less likely to receive osteoporosis treatment than women.

This World Osteoporosis Day, join the effort and call on the men in your life to embrace better bone health.

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

Osteoporosis Headlines

[NOF's Clinician's Guide Recently Published by Osteoporosis International](#)

[10 Things Your Doctor Won't Tell You About Your Bones](#)

[DXA Scans Provided to Better Treat Osteoporosis](#)

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.](#)

American Pharmacists Association Foundation Launches *Align My Refills* Campaign

With approximately 69 million Americans taking three or more prescriptions per month requiring multiple trips to the pharmacy, many consumers miss doses of their medication because they forget to refill their prescription before running out. Missed or skipped doses of medication cause 125,000 deaths every year and account for 20 to 25 percent of hospital and nursing home admissions. The Align My Refills campaign aims to make patients and caregivers aware of medication synchronization (med sync) programs now being offered by some pharmacies, allowing you to pick up all of your ongoing prescription refills at the pharmacy on a single convenient day each month and work closely with your pharmacist on a plan to stick with your medication regimen.

[Learn more about med sync and the Align My Refills campaign.](#)

Ask the Expert

Q: Is it possible to treat osteoporosis without prescription medication?

A: Many people prefer not to take drugs or medications because they want to treat their osteoporosis naturally or with diet and exercise alone. At this time, there are no herbal supplements or "natural" treatments that are proven to be both safe and effective to treat osteoporosis and prevent broken bones. NOF reviews the results of many emerging research studies that look at the possible bone health benefits of certain vitamins, minerals, herbs and foods. But before supporting a claim about an alternative or natural treatment, we must see scientific evidence and consistent study results proving the benefits.

Many people also believe eating a healthy diet and exercising is the best way to treat osteoporosis.

[Save the Date for ISO15](#)

Save the date and plan to join us for the 2015 Interdisciplinary Symposium on Osteoporosis (ISO15): Improving Performance in Post-Fracture Patient Care, taking place in our hometown of Washington, DC from May 19-22.

World renowned experts will lead in-depth educational sessions on the prevention, diagnosis and treatment of osteoporosis.

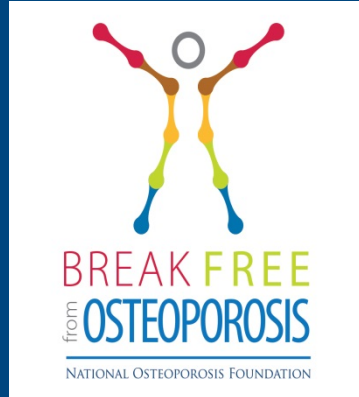
ISO15 encompasses all medical specialties and disciplines involved in the treatment of patients with and at-risk for osteoporosis and broken bones.

[Learn more about ISO15.](#)

While these behaviors are critical for keeping your bones and the rest of you healthy, people with osteoporosis need to take a prescribed medicine to reduce their risk of breaking bones.

In fact, in order for your osteoporosis medication to work effectively, it's important that you follow a healthy diet, exercise regularly and get enough calcium and vitamin D. If you can't get the recommended daily intake from food, you should take calcium and vitamin D supplements to make up for any shortfall in your diet. There are many different prescription medicines available to treat osteoporosis and you should always discuss the risks and benefits of all treatment options with your healthcare provider to determine which medication is right for you.

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



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