

The OSTEOPOROSIS REPORT

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In the News

May is National Osteoporosis Month

We're all looking forward to spring and warm weather and, here at the National Osteoporosis Foundation, we're also getting ready to celebrate National Osteoporosis Month in May. Did you know that two million broken bones occur every year in the U.S. due to osteoporosis? It's true, but most people get their fracture fixed without ever realizing they have osteoporosis or low bone mass.

This May, we'll kickoff National Osteoporosis Month with a call to action for the public to **Break Free from Osteoporosis** by getting to know their risk factors for osteoporosis and making the lifestyle changes needed to build and maintain strong bones.

Throughout the month of May, we'd like to share stories of how breaking a bone has impacted people living with osteoporosis. Maybe you broke your wrist in a bike riding accident or your mother tripped in the garden and broke her ankle? If so, did you receive a DXA exam? Were you referred for further testing or treatment for osteoporosis?

Osteoporosis Headlines

[Men are New Target for Osteoporosis Treatment](#), Wall Street Journal

[Osteoporosis Doesn't Just Affect Women](#), NBC4 Washington

[Milk Does a Body Good? A Look at the Science](#), Associated Press

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. If you're a healthcare provider involved in treating patients with or at-risk for osteoporosis and fractures, you don't want to miss this opportunity to hear from world-renowned bone health leaders.

[Register Now.](#)

We'd like to hear from you. If you or someone you know over age 50 has broken a bone and would be willing to have your story featured, please e-mail [Claire Gill](#) with your story and include National Osteoporosis Month in the subject line. NOF will review all the stories we receive and select a limited number to be posted on our website during National Osteoporosis Month. Those selected for publication will receive notice from NOF and will be asked to sign a waiver allowing their story (only first name and last initial will be used) to be shared online.

We look forward to hearing your stories. Please check our website and upcoming newsletters for additional details on National Osteoporosis Month and how you can spread the word to ***Break Free from Osteoporosis!***

Talk Before You Take Campaign: What You Need to Know about Your Medicine's Benefits and Potential Risks

Prescription medicines play an essential role in today's healthcare system by keeping you and your loved ones healthy. Nearly half of all Americans take a prescription medicine and over 20% take at least three prescriptions. Many patients and caregivers have to manage treatment plans that include multiple medicines from multiple prescribers that sometimes come from multiple pharmacies. And keeping track of all this information can be confusing.

Medicare & Medicaid Celebrate 50 Years

Medicare and Medicaid are approaching their 50th birthday celebration. On July 30, 1965, President Lyndon B. Johnson signed the law creating the Medicare and Medicaid programs and providing hundreds of millions of Americans with health security through Medicare and Medicaid. Join the National Academy of Social Insurance as they commemorate the milestones reached since 1965, take stock of the challenges and opportunities ahead, and use the 50th anniversary to strengthen Medicare and Medicaid for the next 50 years.

Join the 50th Anniversary Celebration of Medicare and Medicaid.

As a partner of the **Talk Before You Take** campaign, NOF is encouraging you to talk with your healthcare providers about prescription medicines.

Use the following tips to help guide your conversation:

1. Ask questions about the benefits and potential risks of the prescription medicines you take.
2. Tell your healthcare provider about **all** of the medicines you are taking - including any over-the-counter medicines, vitamins or dietary supplements.
3. Tell your healthcare provider about any allergies or sensitivities you may have.
4. Read and follow the medicine label and directions.

Visit TalkBeforeYouTake.org for more information and to download free educational materials.

Ask the Expert

Q: I'm a woman over age 65 and my first DXA result came back normal. When should I ask my doctor about having another bone density test?

A: At NOF, we encourage all women to talk with a healthcare provider annually about their bone health. Especially for women age 65 and older, you may have other medical conditions arise and either the condition itself or the treatment for the condition (breast cancer for example) can have a

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significant impact on your bone health risk profile, indicating that more frequent testing is necessary.

From a bone health perspective alone, the interval between repeat bone mineral density (BMD) screenings may be longer than every two years for patients without major risk factors and for those who have an initial T-score in the normal or upper bone mass range. If a woman's bone density is normal at age 65+, from a practical standpoint, repeat testing could be recommended less frequently than every two years.

A recent article by Dr. Margaret Gourlay even concludes that this interval may be as long as 15 years in a woman with normal bone density and **with no changes in her risk profile during the interval.** For someone with mild low bone density, but not yet osteoporosis, rescreening could be done every five years if there are no changes in the risk profile.

While the answer to how often women over age 65 should have a repeat DXA varies, if you make it a point to talk with your healthcare provider about your bone health and any changes to your overall risk factor profile at least once a year, you can work together to determine how frequently ***you*** should have your BMD tested.

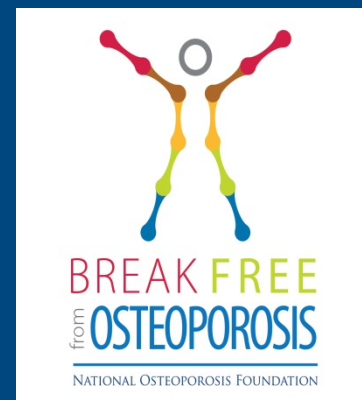
- Susan Randall, MSN, FNP-BC
Senior Director, Science and Education
National Osteoporosis Foundation

AWARE for All: Free Educational Event

AWARE for All is a free program that aims to educate and empower people to make informed decisions about clinical research participation. Attend the May 5 event taking place in Washington, DC to learn how we can all help find treatments and contribute to medical advancements through clinical research.

Since 2006, *AWARE for All* Clinical Research Education Days have been offered in cities across the country. Attend the DC program for free health screenings and information, complimentary refreshments and an engaging talk with local doctors and patients.

[Learn More and Register for *AWARE for All.*](#)



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