



# the OSTEOPOROSIS REPORT

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## NOF Updates

### NOF Announces New Members to its Board of Trustees

NOF elected two new members to its Board of Trustees during its annual meeting held in Orlando, Florida in April. The newly elected trustees are: Anne Lake, DNP, ONP-C, FNP-C, CCD, the Fracture Liaison Service Program Coordinator for Wake Forest Baptist Medical Center in Winston Salem, NC and Mary Oates, MD, a board certified Physical Medicine and Rehabilitation Specialist and Certified Clinical Densitometrist. Dr. Lake and Dr. Oates' expertise in the fracture liaison service model of care will greatly contribute to NOF's mission to reduce fractures caused by osteoporosis.

Learn more about our new trustees here:  
[www.nof.org/news/twonewtrustees](http://www.nof.org/news/twonewtrustees).

### National Osteoporosis Month Highlights

Thanks to everyone who participated in the Jumping Jack Challenge and other activities held in May for National Osteoporosis Month! Your participation helped make the month a great success.

The Jumping Jack Challenge is a year-long campaign, so there's plenty of time left to participate if you haven't already. We've had good participation so far with clinical practices, rehab

## Osteoporosis News

**Meredith Vieira: "There's No Excuse for Not Thinking about Bone Health,"**  
US News & World Report

**Local Physician Heather Hofflich an Advocate for Bone Health,**  
Del Mar Times

**Yogurt May Be Good for Your Bones,**  
New York Times

### NOF's Online Community Approaches 40,000 Members

NOF's online support community, hosted for free by Inspire, has grown by more than 15% so far in 2017. The community provides peer-to-peer support for those suffering from osteoporosis and low bone mass and for their caregivers and loved ones. The community is free to join.

Please visit our website for more information about Inspire and other support opportunities:  
<https://www.nof.org/patients/patient-support>.

### New National Survey Results Coming Soon

We are gearing up for an exciting announcement with Radius Health, HealthyWomen and women's health expert Dr.

centers and orthopedic practices all participating, as well as a lot of adults and kids, and even a whole classroom with their teacher. Find out how you can join the Jumping Jack Challenge here: <https://www.nof.org/about-us/building-awareness/jumping-jack-challenge/>. Special thanks to Amgen for its matching gift donation for donations made as part of the Jumping Jack Challenge.

With more than 533 registrants, we also had great participation in our Nutrition for Bone Health webinar held on May 4. The faculty for the webinar included Beth Kitchin, PhD, from the University of Alabama, Birmingham and Shirin Hooshmand, PhD, from San Diego State University. If you missed the live webinar, you can view the recording here:

<https://www.nof.org/patients/patient-support/nof-events/>. Thank you to our partners at Sunsweet Growers, Inc., for providing support for our nutrition webinar series.

During National Osteoporosis Month, we also distributed more than 400 printed toolkits to NOF Professional Members. All of the toolkit materials, including fact sheets, a "Break Free from Osteoporosis-National Osteoporosis Month" poster, a sample press release for local media outreach and more are available from the NOF website. You can find the materials by scrolling to the resources section of the National Osteoporosis Month web page:

<https://www.nof.org/about-us/building-awareness/national-osteoporosis-month/>.

## Connect with NOF

### Meet Our Support Group Leaders

Meet JoAnn Caudill from Carroll Arthritis and Melissa Batten, Wellness Nurse from Carroll Lutheran Village - leaders of the NOF Bone Builders Support Group in Westminster, Maryland. When JoAnn started working for Carroll Arthritis, P.A. in January of 2013, she reached out to Melissa about giving a presentation to the residents of Carroll Lutheran Village on losing height. When her talk was well received by the residents and the community, JoAnn and Melissa decided to co-chair a National Osteoporosis Support Group. To give the support group an uplifting and positive feel, they named the group

Allmen. We're looking forward to sharing the results of our new national survey with you next week!

In the meantime, visit:

<https://www.facebook.com/FracturedTruth> or [www.fracturedtruths.com](http://www.fracturedtruths.com) for more information.

## Do You Like Us?

Each week NOF posts interesting articles and updates on our Facebook and Twitter pages. Nearly 20% of total time spent online in the US across both desktop and mobile devices is on social platforms. Facebook alone makes up 14% of total time spent online, according to comScore. We'd love for you to spend more of that time with us!

Have you "liked" us on Facebook or "followed" us on Twitter yet? If not, we'd love to connect. It's easy! We hope to hear more from you on social media in the future. And please share our pages with your friends and family too. Help us grow our social media community!

Follow the links below to reach our pages:

<https://www.facebook.com/nationalosteoporosisfoundation>  
<https://twitter.com/OsteoporosisNOF>.

## NOF Partners

### Medical Fitness Network



NOF and the Medical Fitness Network have partnered to provide a new health resource that helps connect osteoporosis patients with qualified fitness and healthcare providers.

Visit the Medical Fitness Network:

<https://www.medicalfitnessnetwork.org>.

the "Bone Builders Club."

The Bone Builders Club meets quarterly and brings in professionals from the community to address a variety of topics related to osteoporosis, including joint replacements, treatment options, falls risk assessments, podiatry and more. The support group members benefit from the information distributed at each meeting and the speakers who come in to present and address questions from members. The Bone Builders Club has also created a strong partnership with the Carroll Lutheran Village and Carroll Arthritis. The three groups work together to share responsibility and conduct outreach to each group's network to provide education on the importance of building and maintaining strong bones to those interested in learning more about osteoporosis.

If you're looking for a support group to join, please click here to check our online support group directory and find the support group nearest you: <http://www.nof.org/patients/patient-support/nof-support-groups/>.

## Ask the Expert

**Q: I've just been diagnosed with osteoporosis and am looking for exercise advice. What should I do first?**

**A:** Practice moving safely! Learn proper body alignment to protect your spine during your day-to-day activities. You may be putting your spine at risk by bending forward from the waist to tie your shoes or pulling a weed from the garden with a rounded back.

### **Take Time to Practice the Hip Hinge**

Instead of rounding over when you need to lower down, hinge back with your hips, keeping a flat back. This is definitely a move that requires you to stick your buttocks back and takes time and practice to learn. It's reversing the rule most women learned decades ago, to "Sit like a lady!," which causes us to tuck our hips under, letting our knees go forward and rounding our backs.

Also avoid these moves:

- A slumped head-forward posture

## Next Avenue



Please visit NOF's partner, NextAvenue, a public media site providing news, information and advice for America's 50+ population.

**Visit**

**NextAvenue.org:** <http://www.nextavenue.org>.

## Healthy Weight Commitment Foundation



NOF is proud to partner with the Healthy Weight Commitment Foundation, a broad-based, not-for-profit organization whose mission is to help reduce obesity, especially childhood obesity, by encouraging positive and permanent lifestyle changes among school-aged children and their families.

**Visit the Healthy Weight Commitment Foundation:**

<http://www.healthyweightcommit.org>

## Patient Access Network



NOF is pleased to announce it has become an Alliance Partner of the Patient Access Network (PAN) to provide educational resources to osteoporosis patients who request support from PAN for medical expenses.

Visit the Patient Access Network to learn more: <https://www.panfoundation.org>.

- Bending forward from the waist or upper back
- Twisting the spine to a point of strain
- Twisting the trunk and bending forward when doing activities like coughing, sneezing, vacuuming or lifting.

For more tips and information on good body alignment, read my full post, "Newly Diagnosed with Bone Loss?" on NOF's Bone Buzz Blog: <https://www.nof.org/blog/newly-diagnosed-bone-loss/>.

- Susie Hathaway

Susie is a personal trainer, certified by the American College of Sports Medicine and a physical education teacher. She teaches strength training classes for women over age 50 and is a volunteer moderator answering questions on the NOF Online Support Community.

## Huffington Post



NOF is grateful to the Huffington Post and our Bone Health Ambassador, Barbara Hannah Grufferman, for continuing to feature information about osteoporosis and bone health in its blogs.

Click here to learn more and subscribe to Barbara's Huffington Post blog: [http://www.huffingtonpost.com/barbara-hannah-grufferman/stop-bone-loss\\_b\\_10034320.html](http://www.huffingtonpost.com/barbara-hannah-grufferman/stop-bone-loss_b_10034320.html).

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