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# The OSTEOPOROSIS REPORT

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## Happy Holidays!

As we wrap up 2015 and look ahead to the New Year, we would like to wish you all a happy holiday season and thank you for all you do to help us prevent broken bones and help those who suffer from them. Our success over this year is due to the remarkable support we enjoy from our donors, volunteers and partners.

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. By continuing to work together, we can overcome the challenges ahead to *Break Free from Osteoporosis* and end the pain and suffering broken bones cause millions of Americans.

Thanks for your continued support!

## In the News

### NOF Online Community Redesign

We're excited to announce that our partner, Inspire, recently redesigned its online support community platform to offer an improved

## Osteoporosis Headlines

[Listen to Your Bones, Dr. Oz Magazine](#)

[Answering Your Questions: Health 101 for Grown Women, NPR](#)

[Are You at Risk for Osteoporosis?, Consumer Reports](#)

## Healthcare Professionals: ISO16 Registration is Now Open!

Be among the leaders in the bone health field to attend the 2016 Interdisciplinary Symposium on Osteoporosis (ISO16) for the most up-to-date, clinically relevant and evidence-based information on the prevention, diagnosis and treatment of osteoporosis.

America's leading clinical conference on bone health is taking place from May 12-15, 2016 in Miami, Florida.

Register before February 29th and save \$100!

experience for our more than 24,000 members. The new design offers improved navigation across the site and makes it easier for our community members to engage with one another. The "mobile-first" design also provides a better user experience for our rapidly growing audience of mobile users.

[Check out the redesigned NOF Online Community and join today!](#)

### **NBHA Releases Second Installment of New Patient Education Video Series**

Our partners at the National Bone Health Alliance (NBHA) have released a new video showing a real life account of the toll undiagnosed osteoporosis can have. As told by her granddaughter, "Florence's Story" describes the series of fractures that changed her grandmother from a strong, active woman to someone who rarely left the house.

The video is the second installment of NBHA's patient stories video series and a complement to "Betty's Story," released on World Osteoporosis Day. Together, the videos aim to make the connection between osteoporosis and broken bones and teach us all what we need to know and do to keep our bones healthy and strong as we age.

[Watch the video now and share!](#)

## **Ask the Expert**

[Visit www.nof-iso.org for more information and the preliminary program.](http://www.nof-iso.org)

## **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 indicate NOF as your charity of choice and Amazon will do the rest.

You can also visit [WeCare.com](http://WeCare.com) and download the app onto your computer that allows you to support NOF every time you shop online with participating retailers.

## **New Partners**

Check out NOF's newest partnerships:

- **Medical Fitness Network:** NOF and the Medical Fitness Network recently announced a partnership to provide a new health resource that helps connect osteoporosis patients with qualified fitness and healthcare providers.

[Learn more about the partnership.](#)

- **Next Avenue:** Please visit NOF's newest partner, NextAvenue, a public media site, providing news,

**Q: What are the best exercises for people with low bone mass or osteoporosis?**

**A:** Before starting a new exercise program, it's always advised to consult with your healthcare provider. Ask for a referral to a physical therapist (PT) who is knowledgeable about bone loss. The PT can give one-on-one feedback specific to your needs. Even one appointment can make all the difference in helping you get going safely with an individualized exercise program to help your bones, as well as ensure that you're moving safely during your daily activities. Also, ask your healthcare provider or physical therapist how much weight is safe for you to lift.

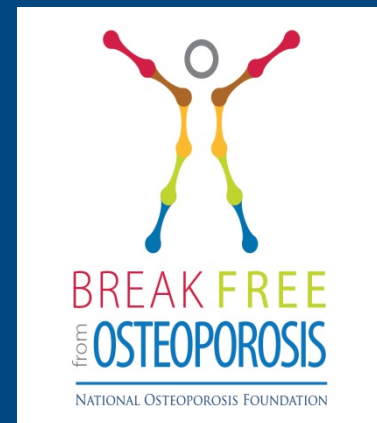
Done consistently, weight-bearing and muscle strengthening exercises give your bones a reason to stay strong. Many types of exercise programs have weight-bearing and muscle strengthening moves, but it's important to do these moves with proper form to protect the spine and avoid falls. Sometimes there is only a fine line separating what will help your bones and what will hurt them.

To help you get started, I recommend reviewing the ["Moving Safely"](#) section of the NOF website. It has several articles on the types of exercises that are helpful as well as which ones to avoid and how to adapt movements or substitute safer ones. And, NOF's ["The Proper Body Alignment"](#) article is a good place to start for tips on keeping good form during exercise.

\_Susie Hathaway

information and advice to help America's 50+ population navigate their lives and join in ongoing conversations about the issues and transitions they face.

[Visit NextAvenue.org to learn more.](http://NextAvenue.org)



Personal Trainer, ACSM Certified and NOF Online  
Community Volunteer Moderator



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