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The OSTEOPOROSIS REPORT

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In the News

New Treatments for Osteoporosis

In a joint effort with the Pharmaceutical Research and Manufacturers of America (PhRMA), NOF recently released a report on new, innovative therapies being developed to treat osteoporosis. The report, *Medicines in Development for Osteoporosis*, examines the nationwide effects of the disease and explores how new medications can improve and save lives.

Osteoporosis patients often suffer from an imbalance between reabsorption of old bone and formation of new bone. Due to a greater understanding of this problem and its causes, some of the medicines in the development pipeline employ novel approaches to correct the imbalance and reverse the course of osteoporosis.

[Learn more about the *Medicines in Development for Osteoporosis Report*](#)

NOF's Peak Bone Mass Position Statement Published

NOF recently released a position statement providing evidence-based guidance and a national

Osteoporosis Headlines

[More Support for Osteoporosis Drugs, The Wall Street Journal](#)

[Why You Should Know about Medical Fitness and Lisa Dougherty, Huffington Post](#)

[Tea Not Milk Secret to Strong Bones? Newsmax Health](#)

Healthcare Professionals: Register Now for ISO16

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.

[Visit www.nof-iso.org to](http://www.nof-iso.org)

implementation strategy to help children and adolescents achieve optimal bone health, known as "peak bone mass" early in life. Considered the first systematic review of its kind, researchers found strong evidence supporting a positive effect of calcium intake and physical activity on bone accumulation and growth.

Visit our [Peak Bone Mass Media Kit](#) to access the full position statement as well as additional information on peak bone mass and bone health nutrition.

Ask the Expert

Q: With spring and warmer weather ahead; do I still need to take a vitamin D supplement?

A: Warmer and sunnier weather is on the way, but because of concerns about skin cancer, many people stay out of the sun, cover up with clothing and/or use sunscreen or sunblock to protect their skin. The use of sunscreen or sunblock is probably the most important factor that limits the ability of the skin to make vitamin D. Even an SPF of 8 reduces the production of vitamin D by 95 percent. Because of the cancer risk from the sun, most people need to get vitamin D from other sources, including eating foods rich in vitamin D and taking vitamin D supplements.

It's also very difficult to get all the vitamin D you need from food alone. Most people need to take vitamin D supplements to get enough of the nutrient needed for bone health, even in the sunnier spring and summer months.

[learn more and register.](#)

Save the Date - May is National Osteoporosis Month

Did you know that two million broken bones occur every year due to osteoporosis? It's true and most people get their fracture fixed without ever realizing they have osteoporosis or low bone mass.

Join us this May for **National Osteoporosis Month** and encourage people 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. Information on National Osteoporosis Month will be posted on [nof.org](#) next month.

New Website Design Coming Soon

Stay tuned for a new website design to launch in April, making it easier for you to navigate NOF.org and find all the helpful information you need on the prevention, diagnosis and treatment of osteoporosis.

NOF Partners

Vitamin D plays an important role in protecting your bones and your body requires it to absorb calcium. If you don't get enough vitamin D, you may lose bone, have lower bone density and you're more likely to break bones as you age.

To figure out how much vitamin D you need, subtract the total amount of vitamin D you get each day from the recommended total daily amount for your age. Check to see if any of the other supplements you take, like multivitamins or calcium supplements, contain vitamin D.

If you're under age 50, you need 400-800 international units (IU) of vitamin D every day. If you're age 50 or older, you need between 800-1,000 IU daily. Only supplement for the shortfall in your diet. Ask your healthcare professional about your vitamin D levels and whether you are getting enough from sunshine/food sources.

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



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MFN is a free service!

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.

- **Next Avenue:** Please visit NOF's newest partner, NextAvenue, a public media site, providing news, information and advice for America's 50+ population.

Here's a recent article from NextAvenue - [2 Minutes to a Better Day](#)



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