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The OSTEOPOROSIS REPORT

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In the News

World Osteoporosis Day, October 20, 2015: Serve Up Bone Strength

World Osteoporosis Day takes place every year on October 20, with the International Osteoporosis Foundation (IOF) launching a year-long campaign dedicated to raising global awareness for the prevention, diagnosis and treatment of osteoporosis and metabolic bone disease.

The 2015 campaign theme is ***Serve Up Bone Strength*** and aims to raise awareness for the right nutrients you need to stay healthy and strong. A balanced diet, along with regular exercise, will help optimize your bone health at all ages and reduce your risk of osteoporosis.

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

Peak Bone Mass Update

NOF and the American Society for Nutrition are working on a joint position statement providing evidence-based guidance and a national implementation strategy to help individuals achieve optimal peak bone mass early in life. The

Osteoporosis Headlines

[What Men Should Know about Osteoporosis, Everyday Health](#)

[Men's Osteoporosis Prevention and Screening Neglected, Today's Geriatric Medicine](#)

[Fragility Fractures: Taking Control of Management, Follow Up and Assessment, Orthopedics Today](#)

[1 in 4 Senior Women in U.S. has Osteoporosis: CDC, Health Day](#)

[Healthcare Professionals: Save the Date for ISO16](#)

Save the date and stay tuned for details and registration information for the 2016 Interdisciplinary Symposium on Osteoporosis (ISO16). America's leading clinical conference on bone health is taking place from May 12-15, 2016 in Miami, Florida.

Planning is underway and we'll post all program updates and registration information online at www.nof-iso.org as

researchers found strong evidence supporting the positive effect of calcium intake and physical activity on bone accumulation and growth.

The position statement will highlight the nutrition and lifestyle factors needed to develop peak bone mass, usually reached by age 25. Optimizing peak bone mass and strength is a strategy to reducing the risk of osteoporosis and related fractures later in life.

The manuscript is expected to be published soon in a peer-reviewed journal and a dedicated web page and electronic tool kit will be available on nof.org in the coming months.

New Online Resources

Check out NOF's latest partnerships and the online resources now available to you:



Find Health and Wellness Professionals Who Can Help You! 

NOF is a proud partner of the Medical Fitness Network.
MFN's mission is to improve the quality of life for those with chronic medical conditions or who need pre or post natal care by connecting them to the most qualified health and fitness professionals.

MFN IS A FREE SERVICE.
Visit our website today to find a qualified wellness, healthcare or fitness professional in your area.
www.MedicalFitnessNetwork.org

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.](#)

NeedyMeds: NOF now has a Disease Information page on NeedyMeds.org that provides background information on osteoporosis and helps osteoporosis

they become available.

NOF 2014 Annual Report Published Online

2014 marked our 30th anniversary and we used it as an opportunity to focus our efforts on a single, unifying goal of protecting Americans from broken bones.

Read the report for a full summary of our 2014 accomplishments, which wouldn't have been possible without the support of our generous donors, volunteers and partners like you.

Read the full 2014 Annual Report

The Journal of Rheumatology

NOF thanks *The Journal of Rheumatology* for its support as an advertising partner. The monthly international journal is edited by Earl D. Silverman and features research articles and clinical updates from scientists working in rheumatology and related fields.

[Learn more about The Journal and how to subscribe](#)

Join NOF's Online Community

With almost 24,000 members, NOF's OnlineSupport

patients and caregivers simplify the process to find assistance paying for medications.

[Visit NOF's NeedyMeds page.](#)

Patient Access Network Foundation: The Patient Access Network Foundation offers co-pay assistance for people with osteoporosis and is accepting applications for new and renewal patients.

[Learn more and see if you qualify.](#)

NIH Awards Nearly \$35 Million to Research Natural Products

The National Institutes of Health (NIH) recently announced a \$35 million award to fund five research centers that will study natural products, focusing on their safety, how they work within the body, and the development of cutting-edge research technologies. Natural products include a wide variety of substances produced by plants, bacteria, fungi and animals that have historically been used in traditional medicine and other complementary and integrative health practices.

Many of the botanical supplements proposed for the study -- such as black cohosh, bitter melon, chasteberry, fenugreek, grape seed extract, hops, maca, milk thistle, resveratrol, licorice, and valerian -- are among the top 100 supplements consumed in the United States based on sales data.

[Learn more about the study.](#)

Ask the Expert

Q: How important is a healthy diet in protecting your bones?

Community provides an avenue to learn more about osteoporosis from others living with it. The community is free to join and participation is open to anyone concerned about their bone health, people with osteoporosis, caregivers, family members and health professionals.

[Learn more and join NOF's online community.](#)

Fight Health Care Fraud: Guard Your Medicare Number

The next Medicare Open Enrollment season, taking place from October 15 to December 7, is almost here, which means fraudsters and identity thieves will increase their efforts to get and abuse Medicare numbers from people like you.

To help fight health care fraud, be sure to guard your Medicare number. Protect it the same way you do your credit card numbers. Don't share your Medicare number or other personal information with anyone who contacts you by phone, email or by approaching you in person.

For additional tips to protect against health care fraud, visit [Medicare.gov](#).

A: Nutrition and exercise both play an important role in your bone health throughout your life span. In addition to calcium and vitamin D, other nutrients, including dietary fiber, potassium, magnesium and vitamin C are also important for bone health.

Dairy, fatty fish (salmon, sardines, tuna), fruits (oranges, bananas and prunes), vegetables (spinach, kale, potatoes) and calcium and vitamin D fortified foods (juices, breakfast foods, soy milk) are all good options for building a bone healthy diet.

For more information on the types of food you should be eating every day for a bone healthy diet, visit nof.org/foods.

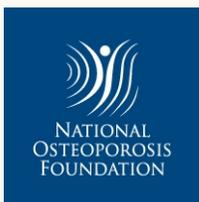
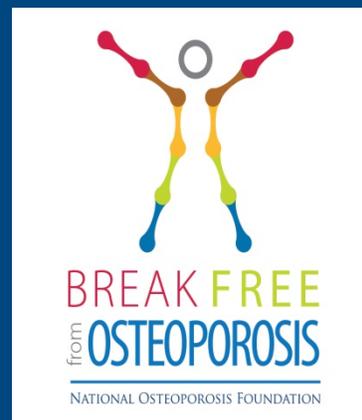
- Susan Randall, MSN, FNP-BC
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