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the OSTEOPOROSIS REPORT

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In the News

NOF Announces New Members to its Board of Trustees

In January, NOF welcomed three respected and committed individuals from the business and medical communities as new members of its Board of Trustees.

The new trustees include: Blair Childs, Senior Vice President, Public Affairs for Premier, Inc.; Michael Cook, Co-Leader, Health Law Practice Group for Liles Parker Attorneys and Counselors at Law and Chris N. Sciamanna, MD, MPH, Professor of Medicine and Public Health Sciences and Chief, Division of Population Health Research and Development for the Penn State College of Medicine.

This month, we also welcomed five new trustees with expertise in rare bone disease and family medicine. The new trustees elected in April include: James M. Gill, MD, MPH, President of Delaware Valley Outcomes Research, President of Family Medicine at Greenhill and Associate Professor at Jefferson Medical College; Thomas F. Koinis, MD, Family Medicine Doctor at Duke Primary Care and the Duke University Health System and an Oxford Family Physician; Kenneth Ward Lyles, MD, Professor of Medicine and Senior Fellow in the

Osteoporosis Headlines

Osteoporosis Treatment Gap Comes at a High Price, Pharmaceutical Journal

Osteoporosis Fractures May be Deadlier for Men, US News and World Report

Breaking Bad: How to Prevent and Treat Osteoporosis, The Guardian

National Osteoporosis Month

With May right around the corner, it's almost time for National Osteoporosis Month. This year we're offering updated facts sheets, a free nutrition webinar and challenging you to the Jumping Jack Challenge. Details on all of our National Osteoporosis Month activities can be found at www.nof.org.

Jumping Jack Challenge

Did you know that jumping jacks are good for building bone strength and density when you're younger to achieve Peak Bone Mass (<https://www.nof.org/preventing-fractures/nutrition-for-bone-health/peak-bone-mass/>) and to maintain bone strength as

Center for the Study of Aging and Human Development at Duke University and Geriatric Medicine and Metabolic Bone Diseases Specialist for Duke Health; Frederick R. Singer, MD, Director of the Endocrine/Bone Disease Program at the John Wayne Cancer Institute at Providence Saint John's Health Center and Clinical Professor of Medicine at the David Geffen School of Medicine at the University of California at Los Angeles; and Steven W. Strode, MD, MEd, MPH, medical consultant for the Arkansas Agency for Social Security Disability Determination.

[Learn more about our new trustees here: https://www.nof.org/news/national-osteoporosis-foundation-appoints-new-members-board-trustees/.](https://www.nof.org/news/national-osteoporosis-foundation-appoints-new-members-board-trustees/)

Connect with NOF

Meet Our Support Group Leaders

Meet Nannine Dahlen, PT, leader of the NOF Osteoporosis Education and Support Group of Ormond Beach. Nannine and Dr. Jacob Barr, PT, DPT, of Barr and Associates Physical Therapy, started the group in 2011 after taking the Sara Meeks Method of Osteoporosis Education and Exercise training and wanting to share the information they learned with their community. Adding to their motivation to start the group, Dr. Barr's mother has osteoporosis, as does Nannine.

The group meets seven times a year, with meetings in February, March, April, September, October and November. Guest speakers are scheduled to present at each meeting to inform and educate members about a specific aspect of living with osteoporosis. Nannine and Dr. Barr are both physical therapists, certified in the Meeks Method of Osteoporosis Exercise and Education, and usually present at two meetings each year.

While securing guest speakers from the community is often a challenge, Nannine says she has learned a lot from the various guest speakers who have presented to the group over the past six years and knows that her members have also. She says it's very rewarding to have members say they learned something from the support group that they didn't

you age?

Beginning May 1st, NOF is asking kids, parents and extended family and friends to take the Jumping Jack Challenge to help raise awareness and resources to promote bone health.

Participating is easy:

1. Record yourself, your kids, your family or friends doing 10 jumping jacks in less than 10 seconds. Be as creative as you like! **If you have osteoporosis or other conditions that prevent you from jumping - do *Stepping Jacks* - step side-to-side raising your arms above your head as you would for jumping jacks.

2. Share the video via **YOUR** social media with the hashtag **#JumpingJackChallenge** and ask your family, friends and colleagues to take the Jumping Jack Challenge too.

3. Your friends, family and colleagues can accept the challenge and repeat steps 1-2 above to keep the viral campaign going OR make a donation to NOF to help raise awareness for bone health.

Why take the challenge? Because it's essential to build strong bones when you're young and maintain bone strength throughout your lifetime.

Inspire Community Celebrates One Million Members

Congratulations to our partners at Inspire for reaching one million community members. Join our Inspire community to find support from others with and concerned about osteoporosis. NOF's online support community is free to join and open to anyone concerned about their bone health, people with osteoporosis, caregivers, family members and health professionals.

[Learn more and join our online community: https://www.inspire.com/groups/national-osteoporosis-foundation/.](https://www.inspire.com/groups/national-osteoporosis-foundation/)

already know or that their doctor had not explained to them.

The group is now called the Osteoporosis Education and Support Group as Nannine and Dr. Barr feel that people with osteoporosis need more education than support. They also feel the group will attract more first time members if the group name reflects that the meetings present good information and education.

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: What foods are high in the essential nutrients for fighting off osteoporosis and maintaining strong, healthy bones?

A: That's a great question! In addition to calcium, which is essential for bone health, I've included below examples of foods that are high in other nutrients that are less well known for their bone health benefits. These nutrients include: vitamin K, potassium, vitamin D, magnesium and vitamin C - all essential nutrients for a bone healthy diet.

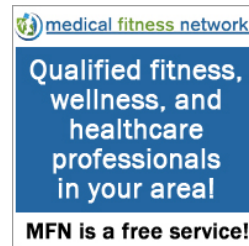
Many foods have multiple nutrients, which is why the general recommendation of eating more fruits, vegetables, whole grains, nuts, lean proteins and olive oil (a Mediterranean style of eating) is such a wonderful, health promoting pattern.

- **Vitamin K:** Sources include dried plums (prunes) and certain dark green leafy vegetables, like kale, collard greens, spinach, mustard greens, turnip greens, brussels sprouts, beef liver, green tea, broccoli and asparagus. Chlorophyll is a substance in plants that gives them their green color and provides vitamin K.
- **Potassium:** Sources include dried plums (prunes), tomato products, raisins, potatoes, spinach, sweet potatoes, papaya, oranges, orange juice, bananas

NOF Partners

Medical Fitness Network

NOF and the Medical Fitness Network (<http://medicalfitnessnetwork.org>) have partnered to provide a new health resource that helps connect osteoporosis patients with qualified fitness instructors and healthcare providers.



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>.

Huffington Post



NOF is grateful to the Huffington Post and our Bone Health Ambassador, Barbara Hannah

and plantains.

- **Vitamin D:** Vitamin D is found in eggs, butter, liver, fatty fish, mushrooms and fortified foods such as milk, orange juice and cereal.
- **Magnesium:** Sources include spinach, beets, okra, tomato products, artichokes, plantains, potatoes, sweet potatoes, collard greens and raisins.
- **Vitamin C:** Sources include red peppers, green peppers, oranges, grapefruit, broccoli, strawberries, brussels sprouts, papaya and pineapple.

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.

Visit the NOF website for a complete list of Good for Your Bones Food:

<https://www.nof.org/patients/treatment/nutrition/>

- Heidi Skolnik, MS, CDN, FACSM, Nutrition Conditioning, Inc.

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