



the OSTEOPOROSIS REPORT

Volume 6, Issue 4 - December 2016

Happy Holidays

As we wrap up 2016 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.

Osteoporosis is currently responsible for more than two million broken bones per year and your support has never been more essential. By continuing to work together, we can overcome the challenges ahead to help end the pain and suffering broken bones cause millions of Americans.

Thank you for your continued support!

In the News

NOF and ASPC Release Position Statement on the Lack of Evidence Linking Calcium to Heart Disease

NOF and the American Society for Preventive Cardiology (ASPC) recently released a joint position statement on the lack of evidence linking calcium with or without vitamin D supplementation to cardiovascular disease in generally healthy adults.

NOF and ASPC adopted the position that at this time there is moderate evidence that calcium with or without vitamin D intake from food or supplements has no relationship (beneficial or detrimental) to the risk of cardiovascular and cerebrovascular disease incidence,

Osteoporosis Headlines

FRAX: A way toward better bone health, Orthopedics Today

Calcium Supplements and Your Heart: Researchers Send Mixed Messages, USA Today

8 "Harmless" Habits that Could be Giving you Osteoporosis, Readers Digest

What You Can Do in Your 20's to Prevent Osteoporosis, TIME.com

Consider a Year End Donation to NOF

As we approach the end of 2016, please consider making a year-end tax deductible gift to support our work to advance treatments for osteoporosis and promote better bone health.

Every 15 seconds, someone in the U.S. over age 50 breaks a bone, but with your generous support, we can reach people at the highest risk for fractures to make sure they get tested and started on appropriate treatment to save them from a painful and debilitating broken bone.

Donations made before 11:59 pm on December 31, 2016 may be tax deductible for 2016.

mortality and all-cause mortality in generally healthy adults.

This official position statement was adopted by the Boards of Directors of both societies as of July 2016 and was published in the October 25 issue of the *Annals of Internal Medicine*.

Click here to learn more about the NOF and ASPC calcium position statement: <http://www.nof.org/nof-aspc-calcium-position-statement-electronic-media-kit/>.

Connect with NOF

A Message from NOF's Bone Health Ambassador, Barbara Hannah Grufferman



It's almost the start of a new year, the perfect time to celebrate your bones, and think about simple ways to toughen them up, keep them strong and prevent osteoporosis. In my role as NOF Bone Health Ambassador, I want to remind you of great strength-training exercises you can do anywhere, any time, and without equipment. Please remember to check with your doctor before starting any new exercise routine and deciding what's right for *you!*

Running: You might think that pounding the pavement is bad for your post-50 bones, but in fact, running is one of the best things you can do to build bone mass in your lower body. Consider sprinting as hard as you can for 30 seconds, then ease into a slower jog for 30. Go back and forth between the two for 20 minutes or so for a super-effective cardio and bone-building workout.

Jumping Jacks: Want to get your heart going and build strength below the belt? Do 50 (or more) jumping jacks every day. And while you're in the jumping mood, just...jump! Really! Start in the squat position, and jump up and down like that around 20 times for a powerful

Be sure to consult your tax professional for details.

Please click here to make a year-end tax deductible gift to support our work today: <http://my.nof.org/donate!>

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 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):
<http://www.nextavenue.org>.

lower body workout.

Squats: I was first introduced to the correct way of doing squats by fitness guru David Kirsch, who told me that "the key to a successful squat is to stick your butt out as far as you can," keeping the pressure off of your knees. Aim for 20 squats.

Push-Ups: The push-up is the gold standard exercise that everyone should do every single day. If you haven't done them in years (or ever), you may need to start with the modified push-up (on your knees). Do as many as you can do, but build up to 20. Want an extra challenge? Do them the Slo-Mo way: count to eight as you lower down, hold for eight, and count to eight as you go back up.

Planks: The plank is my #1 favorite exercise of all time because it strengthens and tones your entire body at the same time. Here's how you do it: Get into the 'up' position of a push-up, make your body taught, tight and straight like a plank of wood, and hold the pose for 60 seconds. You may need to build up to it, like most of us mortals.

Please visit **NOF.org** for more information about how you can prevent or manage osteoporosis. And click here to keep up with my tips on the *Best of Everything After 50* via my Huffington Post blog: <http://www.huffingtonpost.com/author/barbara-hannah-grufferman>.

A Message from NOF's National Support Group Leader, Susan Recker

I'd like to wish all of you happy holidays and take a moment to thank our NOF support group leaders across the country. NOF currently has 35 active support groups that meet regularly to offer helpful information on osteoporosis and provide in person support to those living with or looking for more information on the disease. Thanks to the efforts of our support group leaders, you have the opportunity to learn from experts in the field and connect with people in your local area who may be going through the same experiences as you are.

NOF is always looking to grow its network of affiliated support groups. If you're interested in starting a support group of your own, please click here to review and complete our online support group application: <http://www.nof.org/patients/patient-support/nof-support-groups/support-group->

Healthy Weight Commitment Foundation - Healthy Playground Makeover Sweepstakes



Enter the Healthy Weight Commitment Foundation's Healthy Playground Makeover Sweepstakes for a chance to win a \$30,000 grant and a brand new playground for your school. Anyone can enter the sweepstakes on behalf of a school now through March 24th, 2017.

New this year, a third grand prize will be awarded to a military base or installation for a school or community organization where our service members' children attend. The more entries your school has, the greater your chances to win.

Enter the Healthy Playground Makeover Sweepstakes now!

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.

application/.

And if you're looking for a local 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/>.

As NOF's national support group leader, I'm here to help with any questions you may have about starting or joining a support group. Please feel free to contact me at **srecker@creighton.edu** with any questions.

Meet Ray - NOF's Newest Online Community Moderator

This has been an exciting year for NOF's Online Support Community hosted by Inspire. In October, we celebrated passing the community's 30,000 member milestone and we also welcomed a new volunteer moderator to help with the community's rapid membership growth. Our team of volunteer moderators actively engages in conversations with community members to make sure their questions and concerns are addressed and we thank them for their time and dedication to the community.

Ray Morgan joins Sandi Elkin, Pamela Flores, Susie Hathaway and Lawrence Jankowski as our newest community moderator. Ray was diagnosed with osteoporosis after falling and suffering a spine fracture at age 45. Over the next few years, his osteoporosis continued to worsen and after four additional fractures, Ray was no longer able to work and ended up on disability. Ray credits the help of good doctors for improving his t-scores and keeping him fracture free for the past two years. Ray joined NOF's team of volunteer moderators to try and help others with osteoporosis, especially the newly diagnosed.

NOF's online support 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.

Click here to learn more and join NOF's Online Community: **<http://www.nof.org/patients/patient-support/osteoporosis-support-community/>**.

Ask the Expert

Q: What can I do to prevent falls this winter?

A: That's a great question! The shorter days, cold temperatures, snow and ice many of us face during winter, make it a prime time for falls.

Falls are especially dangerous for people with osteoporosis, but by following a few simple safety precautions, you can keep a fall from ruining your winter. Here are a few safety tips to help you prevent falls outdoors. For a complete list of indoor and outdoor fall prevention tips, please click here to visit the Falls Prevention page of the NOF website: <http://www.nof.org/patients/fracturesfall-prevention/>.

- Wear low-heeled shoes with rubber soles for added traction, and wear warm boots in the winter.
- Use handrails as you go up and down steps.
- If sidewalks look slippery, walk in the grass for better traction.
- Carry a small bag of rock salt, kosher salt or kitty litter in your pocket or car to sprinkle on sidewalks or streets that are slippery.

Staying active can also improve your balance and help prevent falls. Lack of exercise robs your bones of its density and can lead to muscle weakness, which increases your risk of falling. Consider joining a class or group that practices Tai Chi, an exercise that can improve balance and coordination or visit **NOF.org** for suggested balance exercises you can do at home.

- Karen Kemmis, PT, DPT, MS, FAADE

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