



the OSTEOPOROSIS REPORT

Volume 6, Issue 3 -
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In the News

NEW Osteoporosis Report E-newsletter Design

With this issue of *Osteoporosis Report*, we're delighted to share our updated design and format. You'll continue receiving all of the same great content you've come to expect from *Osteoporosis Report*, but in a more colorful and easy to navigate format. Please add info@nof.org to your address book, so you won't miss any issues and can avoid them going to your spam folder.

Thank you for your continued interest in osteoporosis and support of the National Osteoporosis Foundation.

NOF Announces New Board of Trustee Officers and Welcomes a New Member

NOF elected Kenneth G. Saag, M.D., as President of its Board of Trustees during its annual meeting, the Interdisciplinary Symposium on Osteoporosis, which was held in Miami, FL from May 12-15, 2016. Dr. Saag joins NOF's other Board officers, including: Judy Black, Chairman; Susan Greenspan, M.D., Vice President; Ann Miller, M.D., Secretary; Bob Understein, CPA, Treasurer; and C. Berdon Lawrence, Trustee-at-Large.

[Learn more about our Board Officers.](#)

Osteoporosis Headlines

[Fearing Drugs' Rare Side Effects, Millions Take their Chances with Osteoporosis,](#)
New York Times

[Clinical Trial by Juvent Confirms New Device Improves Bone Density in Cancer Survivors,](#) Journal of the American Medical Association

[Clinical Trial Results Released for ACTIVE Study,](#) Journal of the American Medical Association

[2,200 Year-Old Mummy Afflicted with Osteoporosis,](#) Ido Efrati and the Associated Press

NOF also welcomes Susan Bukata, M.D. as a new trustee. An orthopaedic surgeon specializing in oncology, Dr. Bukata is a member of the University of California, Los Angeles (UCLA) faculty with a significant research interest in bone fragility and bone healing.

[Learn more about NOF's newest Trustee.](#)

[World Osteoporosis Day, October 20, 2016: Love Your Bones -- Protect Your Future](#)

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 importance of preventing, diagnosing and treating osteoporosis and metabolic bone disease.

The 2016 campaign theme is ***Love Your Bones - Protect Your Future*** and calls on the public to take action early to protect their bone health in order to enjoy good quality of life and maintain independence in the future. The campaign also calls on health professionals and health authorities to address the osteoporosis care gap by ensuring that people at high risk for fractures are tested for osteoporosis and treated appropriately. Currently only 10 percent of older women who fracture receive osteoporosis therapy.

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

[Help Us Win the Revlon Love is On Million Dollar Challenge!](#)

NOF is excited to announce that we're part of the Revlon LOVE IS ON 2016 Million Dollar Challenge. The Challenge is a fundraising competition launched by Revlon where organizations that support women's health causes compete for cash prize donations from Revlon. The charity that raises the **most money** will win a \$1 Million donation to their cause. The Challenge is already underway and we're ready to raise as much money as we can so we can win the \$1 Million grand prize.

How You Can Help

As a passionate supporter of NOF, please consider making a donation (ANY amount is welcome!) to NOF through our fundraising page for the challenge.

[Click here for our fundraising page.](#)

We hope you'll donate today! If you'd like to help even more, you can become a fundraiser and reach out to your entire network and our potential for raising money increases drastically!

NOF Online Support Community Reaches 30,000+ Members

We're excited to announce that the NOF Online Support Community, hosted by Inspire, recently reached more than 30,000 members. We especially want to thank our dedicated volunteer moderators and all of you who participate in the community for the support you offer one another.

We look forward to the community's continued growth and hope you'll encourage your friends and family to join the discussion on bone health.

Our 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.

[Learn more about NOF's Online Community and Join.](#)

Calcium Reduced in Total Brand Cereal

NOF recently learned that General Mills dramatically reduced the amount of calcium in a serving of its Total brand cereal. A serving of Total used to have 100% of your daily value of calcium, but now each serving of Total only contains 2% alone or 15% if eaten with 1/2 cup of dairy milk.

A General Mills representative said they needed to change the flake due to manufacturing capabilities and, in making the change, they removed the calcium from the product to get a better texture and taste.

All you have to do is [Go Here](#) and click 'Fundraise for This Campaign.'

Questions? Contact us at info@nof.org.

[Donate Now!](#)

Ask the Expert

Q: Do I need to modify my exercise program if I have osteoporosis?

A: If you have an increased risk of fractures, it is important that you take precautions during exercise and everyday activities to reduce the chance of injury.

If you haven't exercised regularly for a while, check with your healthcare provider before beginning a new exercise program -- particularly if you have health problems such as heart disease, diabetes or high blood pressure. If you're at high risk of breaking a bone, you should work with a physical therapist to develop an exercise program that's safe for you.

Once you have your healthcare provider's approval, start slowly. If you've already broken bones in the spine because of osteoporosis, be very careful to avoid activities that require reaching down, bending forward, rapid twisting motions, heavy lifting and those that increase your chance of a fall.

As you get started, your muscles may feel sore for a day or two after you exercise. If soreness lasts longer than a couple days, you may be working too hard and need to ease up. Exercises should be done in a pain-free range of motion.

Yoga and Pilates® can also improve strength, balance and flexibility. However, certain positions may not be safe for people with osteoporosis or those at increased risk of broken bones. For example, exercises that have you bend forward may increase the risk of breaking a bone in the spine. A physical therapist should be able to help you learn which exercises are safe and appropriate for you.

Please visit the NOF website and view my video series to see how you can make simple changes to stay healthy and active.

[View my video series.](#)

-- Sherri Betz, PT, GCS, CEEAA, PMA®-CPT

TBS Insight

We're excited to announce the integration of Trabecular Bone Score in NOF's Clinical Guidelines for Osteoporosis Prevention and Treatment.

[Learn more about TBS Insight.](#)

NOF Partners

Medical Fitness Network

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 partner, NextAvenue, a public media site providing news, information and advice for America's 50+ population.

[Visit NextAvenue.org](#)

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**HER
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Vertebral compression fractures (VCFs) are the most common osteoporotic fractures. Yet approximately two-thirds are undiagnosed and untreated.¹

VISIT spine-facts.com to learn more.

REFERENCES

1. Branton S, Carrivickal S, Guirid D, et al. Vertebral compression fractures in primary care: recommendations from a consensus panel. *J Fam Pract.* 2005;54(9):703-708.

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251 18th Street S, Suite 630, Arlington, VA 22202