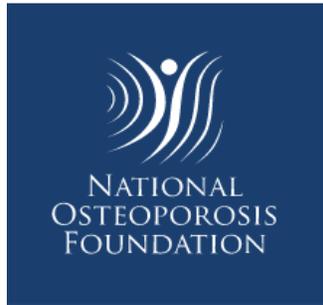


WorldOsteoporosisDay  
October20



Healthy Bones,  
Build Them for Life®  
PATIENT REGISTRY

Translating Your  
Journey to Progress



## October/November Support Group Leaders Curriculum

### **World Osteoporosis Day 2020**

World Osteoporosis Day is on October 20. This year's theme shines a spotlight on osteoporosis as a "family affair." The day will focus on family caregivers tending to their nearest and dearest's daily needs and will remind everyone that this debilitating disease often affects multiple generations. To commemorate World Osteoporosis Day 2020, NOF created a digital "countdown checklist" which features invaluable information and tips about good bone health and osteoporosis prevention.

- NOF's Countdown to World Osteoporosis Day digital checklist shares 20 tips – one for each day, beginning October 1 – that will jumpstart your osteoporosis knowledge base. There is something for everyone with facts, along with exercise, nutrition and fall prevention information featured. Click here to view the checklist: <http://www.nof.org/wp-content/uploads/World-Osteoporosis-Day-Countdown.pdf>
- Join NOF and the NY State Osteoporosis Prevention and Education Program for a webinar on Tuesday, October 13 at 1 p.m. ET. *The Exercise and Nutrition for Good Bone Health* webinar is a must-attend, virtual event for all patients, caregivers and anyone who is interested in learning more about this preventable and treatable disease. Register now: [https://zoom.us/webinar/register/WN\\_q91Ju2LmQvmAvtENT20GdQ](https://zoom.us/webinar/register/WN_q91Ju2LmQvmAvtENT20GdQ)
- On October 19 at 12 p.m. ET, NOF and an esteemed panel will host a webinar addressing *The Impact of Osteoporosis and Fractures on the African American Community*. Common misconceptions, risk factors, the cost of fractures and prevention methods will be discussed with the goal of educating the attendees about the critical need to reduce health disparities in the African American community. Register now: [https://zoom.us/webinar/register/WN\\_oftsn5LEQ82c8DQJCNH8Dw](https://zoom.us/webinar/register/WN_oftsn5LEQ82c8DQJCNH8Dw)

### **November**

In most parts of the country, there is now a chill in the air. Coupled with the ongoing pandemic and the end of Daylight Saving Time on November 1, Americans will be spending even more time indoors. While eating right and exercise should still be at the top of everyone's day-to-day priorities, there are some additional, productive activities to consider. Here's a sample of things you can do to help yourself and others.

- **Call to Action: Join NOF's Patient Registry**  
[The Healthy Bones, Build Them for Life® Patient Registry](#), the first of its kind tool in the osteoporosis field, surveys patients and caregivers on an ongoing basis about how osteoporosis and low bone density impact their lives. This patient-reported information is collected anonymously, combined and analyzed by NOF to map out the patient journey. Please help NOF better help YOU by sharing your story so we can shape programs and campaigns with what patients need and want most. We have more than 900 participants thus far, help us get to 1,000!

- **Share Your Story**

In late August, NOF launched Voices of Osteoporosis: Stories of Hope and Inspiration. Our goal is to engage patients and caregivers to share their stories on living with osteoporosis with the goal of helping others. Read the two recent, first-person profiles below. Interestingly, both stories are from male patients – reminding all of us that osteoporosis and low bone density can impact male AND female adults.

- <https://www.bonetalk.org/articles/one-mans-journey-living-with-osteoporosis-and-helping-others>
- <https://www.bonetalk.org/articles/a-young-mans-story-how-motivation-commitment-and-exercise-impacted-his-bone-health>

If you are interested in working with us to share how you manage your life with this chronic disease, please send an email to [info@nof.org](mailto:info@nof.org). Please include “Voices of Osteoporosis” in the lead of a short paragraph (100 words) about your experience.

- As a continuum to October’s World Osteoporosis Day, make good bone health a priority for the entire family all year long. Visit <https://www.nof.org/patients/treatment/overall-health/> to learn about timely topics including the power of positive thinking, the emotional aspects of osteoporosis and pain management.
- Due to COVID-19, many healthcare providers are continuing to use technology for patient care. A recent NOF survey revealed that more than 60 percent of healthcare providers are offering telemedicine visits by phone or videoconference. Since March 2020, more than one third (36%) of patient respondents have participated in technology-driven appointments. NOF’s own Dr. Lewiecki shares excellent insight and perspective on what patients can expect from this new form of healthcare. Visit <https://www.nof.org/covid-19-updates/> to learn how to get the most out of your telehealth appointment.
- Check out NOF’s Talking with Your Healthcare Provider Checklist. It will help ensure you’ve covered the important facts regarding your bone health when speaking with your doctor. It’s written in consumer-friendly language and presented in an organized “checklist” format to keep you on track. Download the document here: <https://cdn.nof.org/wp-content/uploads/2015/12/Talking-with-your-Healthcare-Provider-checklist.pdf>



***The National Osteoporosis Foundation thanks SunSweet for their sponsorship of the 2020 Support Group Curriculum.***