



the OSTEOPOROSIS report

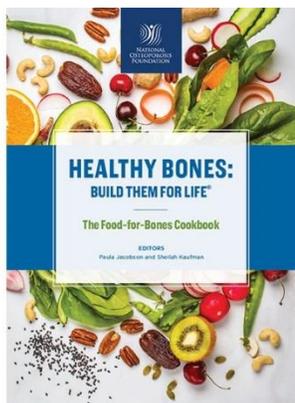
January 2021

NOF Updates and Timely News

NOF Joins COVID-19 Vaccine Education and Equity Project

NOF is one of 64 organizations that has joined the COVID-19 Vaccine Education and Equity Project being led by the Alliance for Aging Research, Healthy Women and the National Caucus and Center on Black Aging.

Recognizing the need for open dialogue, engagement and effective communications, this project aims to address the skepticism around vaccines that exists in many communities. Visit nof.org/covid-19updates to learn more.



Great Tasting Recipes with a "Good for You" Spin

Maintaining a healthful diet - rich in calcium and vitamin D - is one of the most effective ways to

Osteoporosis "In the News"



NOF continues to serve as a resource for stories about osteoporosis and bone health. Below is a sample of stories that featured NOF during the last quarter of 2020:

Dec. 28: The Day Spa Association shines a spotlight on the importance of sunlight and vitamin D: [12 Simple Ways to Stay Healthy in Winter](#)

Dec. 15: Syndicated columnist, Barbara Quinn, shares critical bone health information. This story was picked up multiple times in various outlets. [Barbara Quinn, On Nutrition: Fortifying Weak Bones](#)

Nov. 27: The World Health Network highlights [Some of the Benefits of Exercise for those Over 50](#)

Nov. 23: Exercise, nutrition and sleep are showcased in this

maintain bone health starting as a child and into adulthood. The recipes below are from NOF's *Food-for-Bones Cookbook*. They are packed with nutrients that have been shown to either support the building of healthy bones or slow the rate of bone loss. The recipes below are perfect for brunch, lunch, dinner or whenever you're craving a healthy and delicious meal.

- [Thick Frittata with Zucchini](#)
- [Bean and Tuna Salad with White Balsamic Vinegar](#)
- [Chunky Hummus](#)
- [Mushrooms Stuffed with Walnuts and Cheese](#)
- [Picadillo](#)
- [Cod with Tomatoes and Black Olives](#)
- [Beet Salad](#)
- [Maple Roasted Brussels Sprouts with Toasted Hazelnuts](#)

If you are interested in more bone healthy recipes, the *Food-for-Bones Cookbook* is available for purchase from **NOF's online store**.

A Resolution for Better Bone Health

While we are now well into January and millions have likely broken their well-intentioned promises for 2021, it's never too late to protect your bone health. Here is some well-vetted advice to get you started:

Eat Your Way to Bone Health

Visit [nof.org/nutrition](https://www.nof.org/nutrition) for easily digestible information about food and your bones. You will quickly understand the critical importance of foods that are rich in calcium, vitamin D and other nutrients.

Check out [NOF's Calcium and Vitamin D Fact Sheet](#) - a primer packed with better bone health "to-Do's".

Keep Your Bones Fit

In 2021, Be Bone Strong! There are two types of osteoporosis exercises that are important for

Everyday Health column. [3 Natural Ways to Build Bones and Prevent Osteoporosis | Everyday Health](#)

Nov. 11: This article from *Creaky Joints* says it all: [More than 90% of Older Men with Bone Fractures Do Not Have Diagnosis or Treatment for Osteoporosis](#)

Oct. 20: The *News Tribune* highlights [how to help prevent osteoporosis through exercise](#).

Oct. 16: The *Miami Times* online story [Do You Know Your Risk for Osteoporosis? Here's Why You Should](#) is an excellent osteoporosis risk primer. This story was picked up by 20+ online outlets.

Connect with NOF

NOF Welcomes New Moderators to Our Online Community

Burta Guray Samli

In late October 2020, NOF welcomed Burta Guray Samli as a volunteer moderator. Originally from Izmir, Turkey, Burta has lived in the U.S. since 2011. She has always been passionate about health and alternative medicine and received an "American Association of Drugless Practitioners" certificate from the Institute of Integrative Nutrition in 2012. Burta was diagnosed with osteoporosis a couple years ago and has been managing her condition with the good advice of a team of medical providers. Her goal is to help others better their health through awareness and education.

Sarah Purcell

building and maintaining bone density: weight-bearing and muscle-strengthening exercises.

Visit [nof.org/safe-movement](https://www.nof.org/safe-movement) to learn more.

Check out these [sample exercises](#) that promote good posture, strength, movement, flexibility and balance. Be sure to do them along with your weight-bearing routine.

Be a Bone Strong Family in 2021



Keep in mind that childhood and young adulthood are the bone-building years. As kids grow, their bone mass increases until it reaches peak bone mass - which is the greatest amount of bone one can attain. Peak bone mass is reached in the late teens and early 20s. Having higher peak bone mass reduces the risk of osteoporosis later in life.

[Learn more about peak bone mass.](#)

Preventing Winter Falls

With cold weather blanketing much of the country - whether you are shopping, running errands or moving around your home - it's imperative to protect yourself from falls.

Visit [nof.org/preventing-falls](https://www.nof.org/preventing-falls) to learn practical, tried and true tips to help prevent potentially debilitating falls.

WorldOsteoporosisDay
October20

In support of World Osteoporosis Day on

Sarah Purcell, a mother, wife and lifetime learner, joined NOF as a volunteer moderator in mid-January. She is a certified Restore Your Core Pro Teacher and Buff Bones Bone Health and Movement program teacher. In addition, Sarah holds two Pilates certifications and a yoga certification. Her love of research helped her create a path to reverse her own osteoporosis naturally, which led her to launch Bone Boot Camp, an at-home, strength-training program for women with low density.

[Learn more about Burta, Sarah and our team of volunteer moderators here.](#)



Join NOF's Online Community

NOF works to ensure that those affected by osteoporosis have a safe community to turn to for support. The NOF online community offers a virtual place to meet others, ask questions and share experiences relating to bone health and osteoporosis. This is a FREE service to patients, caregivers and anyone interested in exchanging information and insight about this debilitating disease. Please note that the online community is not intended to provide medical advice and should NOT be relied upon for any type of diagnosis, treatment or care.

[Visit the online community to learn more and join.](#)

October 20, NOF spearheaded a variety of impactful initiatives. See below for highlights:

- In late September, a **Digital Countdown Checklist** with 20 tips - one for each day, beginning Oct. 1 - that highlighted information on exercise, nutrition and falls prevention was shared far and wide.
- During the Oct. 13 **[The Exercise and Nutrition for Good Bone Health webinar](#)**, both patients and caregivers learned user-friendly information about preventing and treating osteoporosis.
- **[The Impact of Osteoporosis and Fractures on the African American Community webinar](#)**, hosted on Oct. 19, showcased common osteoporosis misconceptions and risk factors, as well as the cost of fractures and prevention methods with the goal of educating about the critical need to reduce health disparities in the African American community.
- One of the most celebrated highlights of the month was the **[Shining a Spotlight on Osteoporosis as a Family Affair podcast](#)**, where Dr. Andrea Singer and her Mom led an engaging and entertaining discussion. The podcast received a great deal of favorable feedback from listeners nationwide.

Calls to Action

NOF's Voices of Osteoporosis: Stories of Hope and Inspiration

NOF's Voices of Osteoporosis: Stories of Hope and Inspiration encourages patients and caregivers to share their first-person stories on living with osteoporosis with the goal of helping others. Here are the two most recent profiles:



Exercise and Be Bone Strong Carol Michaels Fitness:

Join every Monday at 3:00PM ET for a safe strength training and stretching class. This exercise program has been developed for those who have been diagnosed with osteoporosis or osteopenia. Of course, it is still important to secure approval from your healthcare provider before beginning any new exercise routine.

If you would like to participate, email caroljmichaels@gmail.com and you will receive a Zoom invite the evening before the class. For more information about Carol, visit: CarolMichaelsFitness.com.

Trial Class Opportunity with Linda Rose Iennaco (master fitness instructor)

Please join Linda for a virtual "movement with purpose" class. You will learn safe and effective approaches to strengthen your bones and muscles, regain or maintain bone density, improve postural alignment, balance and gait to prevent falls and injury. You will also develop new habits for functional well-being - all while thoroughly enjoying yourself.

Email Lridancefitness@aol.com to request the class descriptions. You will receive a Zoom link to the class once you've informed Linda of your selections. Please visit

- **My Mom and Osteoporosis: Navigating the Challenges of a Chronic Illness**

- **My Life Story: Ovaries vs Genetics**

If you are interested in sharing your story and inspiring others, please send an email to info@nof.org. Please include "Voices of Osteoporosis" in the lead of a short paragraph (100 words) about your experience.

Join NOF's Patient Registry

Healthy Bones,
Build Them for Life®
PATIENT REGISTRY

*Translating Your
Journey to Progress*



NOF wants to hear from you so we can continue to improve how to best help you live a fulfilling, vital life. Please visit NOF's [Healthy Bones, Build Them for Life Patient Registry](#) to learn more.

Advocacy Update

HHS Senate Appropriations Report

As NOF continues to advocate for making bone health a priority on America's health agenda, we are pleased to report that the Senate Appropriations Committee specifically mentioned the need to address osteoporosis and fractures in its report to the Centers for Medicare and Medicaid.

Sponsor Recognition and Thanks

NOF is committed to supporting legislation - H.R. 2693 and S. 283 in Congress - to ensure patient access to osteoporosis care, with DXA testing at the top of the list. Along with other like-minded partners, NOF continues to address the decrease in Medicare reimbursement for DXA screening which directly links to the corresponding decline in critical DXA testing. NOF extends tremendous thanks to Amgen and

www.danceandfitness.net to learn more about Linda.

Fundraising



Giving Tuesday: A Success!

Our fundraising initiative for Giving Tuesday was a winner, with \$8,546.65 raised to support the **Healthy Bones, Build Them for Life Patient Registry**. We nearly doubled our goal, and in just 24 hours, our community came together to make a real difference for the millions suffering from osteoporosis. This year, please keep an eye out for updates about the Patient Registry along with other news and ways to get involved.

Bone Health Ambassador, Barbara Hannah Grufferman, Virtual Marathon Victory

In early November, NOF Trustee, Barbara Hannah Grufferman, ran the Virtual NYC Marathon. We extend tremendous and heartfelt thanks to her for raising close to \$9,000 from this virtual race. Stay tuned for more information about future opportunities to run/walk to raise awareness and funds for NOF.



Hologic for their ongoing dedication to this much-needed initiative.

Help NOF Make a Difference! Join the Ambassadors Leadership Council



An NOF Ambassador is a well-informed, passionate individual who cares deeply about those who suffer from osteoporosis.

Ambassadors are adept at making an impact and sparking positive change in their field, sector or community. NOF invites you to join this dedicated group of individuals committed to making changes and improving the lives of those living with osteoporosis.

Visit <https://www.nof.org//ambassadors-leadership-council/> to learn more.

NOF Partners

HealthWell Foundation



HealthWell Foundation fund offers COVID-19 Insurance Premium Assistance to help individuals who have been laid off or furloughed as a result of the COVID-19 public health crisis. HealthWell provides up to \$6,000 in financial assistance for three months following grant approval to eligible households which had annual incomes up to 500 percent of the federal poverty level prior to being laid off or furloughed. To qualify, the policyholder or covered member of the policy must have a diagnosis of cancer or chronic illness and must be in active treatment where disruption of therapy could cause serious, potentially life-threatening, consequences for the patient. **Learn more:** <https://bit.ly/2ZNuhlF>

Medical Fitness Network



NOF and the Medical Fitness Network have partnered to provide a health resource that helps connect osteoporosis patients with qualified

fitness and healthcare providers.
www.medicalfitnessnetwork.org

Menopause Cheat Sheet



Bone Health Ambassador, NOF trustee and award-winning author, Barbara Hannah Grufferman, is founder and editor of the Menopause Cheat Sheet, a weekly newsletter for women 45+, which delivers science-backed information about menopause and healthy aging, featuring a monthly spotlight on bone health and osteoporosis. Subscribe to Menopause Cheat Sheet [here](#).

Patient Access Network



NOF is an Alliance Partner of the Patient Access Network (PAN) to provide educational resources to osteoporosis patients who request support from PAN for medical expenses.

www.panfoundation.org