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the OSTEOPOROSIS REPORT

Volume 8, Issue 3 - November 2018

NOF Updates

NOF Joined Organizations Across the Globe in Celebrating World Osteoporosis Day on Saturday, October 20

Did you know that weak bones are *not* a normal part of aging? This year for World Osteoporosis Day, we encouraged everyone to get to know their risk factors for osteoporosis as the first step to protecting their bones and their ability to live an active and independent life.

If you're age 65 or older and at-risk, Medicare Part B covers a bone density test once every 24 months (more often if medically necessary) at no cost to you. This fall, take the first step toward protecting your bone health and take advantage of this opportunity to get screened.

Please visit our **World Osteoporosis Day web page** for the following resources to help you learn more about osteoporosis, fracture prevention and treatment options.

- **Calcium and Vitamin D Digital Whiteboards:** These short, animated videos will help you understand the

Osteoporosis News

Why the Growing Number of Hip Fracture Rates Matters, Reach MD

Wider Use of Osteoporosis Drug Could Prevent Bone Fractures in More Elderly Women, NPR

Your Lifetime Health Checkup Roadmap, New York Times

Best Tests for Osteoporosis, The Bottom Line

important role calcium and vitamin D play in building and maintaining bone strength at every age.

- **Safe Movement Brochure in English and Spanish:** This helpful brochure includes information on anti-fracture medicine, safe movement and fall prevention to help you prevent fragility fractures.
- **Osteoporosis Risk Equation Video:** Our new risk assessment video can help you weigh the risk of fracture vs the risk of rare side effects from osteoporosis treatment.

Meet NOF's Newest Staff Members

Please welcome Samantha (Sam) Mayberry, NOF's new Associate Director of Patient Education, Engagement and Advocacy and Ami Patel, NOF's new Associate Director of Professional Education and Medical Affairs. Sam and Ami join our newly designated Mission department, underscoring our commitment to delivering quality educational programming for patients and healthcare professionals.



Sam comes to NOF from Faster Cures, a Center of the Milken Institute, and brings a deep expertise in and passion for patient engagement.

Thanks to Kessler Rehabilitation Center



We'd like to thank our friends at Kessler Rehabilitation Center for celebrating World Osteoporosis Day 2018 on October 20th and throughout the month of October.

From participating in a Jenga Game Challenge inspired by the International World Osteoporosis Day campaign to providing nutrition and bone health education to patient and family members, Kessler emphasized the importance of Loving Your Bones this October.

Kessler specializes in osteoporosis prevention and treatment. If you're in New Jersey, check them out to learn more: www.kessler-rehab.com.



Ami is a high achieving management professional with 10 years of experience in the higher education, nonprofit and healthcare sectors. Ami comes to NOF from the Children's Hospital of Philadelphia where she was a Research Business Manager.

[Learn more about Sam and Ami here.](#)

Advocacy Update

DXA Legislation: We Need Your Support

NOF has been working with other members of the Fracture Prevention Coalition on legislation to ensure patient access to osteoporosis care, including the gold standard DXA test. H.R. 1898 was introduced in the U.S. House and currently has 37 cosponsors. And we're pleased to report that S.3160 was introduced in the Senate by Senator Susan Collins (R-ME) and Senator Benjamin Cardin (D-MD), with co-sponsors Senator Roger Wicker (R-MS) , Senator Argus King (I-ME), and Senator Debbie Stabenow (D-MI).

Now we need your help urging members of the U.S. House and Senate to support DXA legislation. Please take a few minutes today to go to our Advocacy page and use the Voter Voice link to quickly send a letter to your Members of Congress asking them to cosponsor and support these two bills: www.nof.org/advocacy.

Congratulations to NOF's Be Bone Strong Marathon Team



We're proud of our Be Bone Strong marathon team of amazing women over 40 who ran the TCS New York City Marathon Sunday, November 4, to raise awareness for the importance of bone health and active aging.

The team was led by NOF Bone Health Ambassador, Barbara Hannah Grufferman, a nationally recognized advocate for positive living and avid marathoner, who provided guidance and support to the team while completing her seventh marathon.

Congratulations to Barbara and our entire Be Bone Strong team - Christina Cuevas Albert, Gina Cefalu, Chris Marhula, Audrey Matteson, Marci Spence Peterson, Janice Small and Gail Woodham - for completing the TCS New York City Marathon! We appreciate all you did to help promote the importance of strong bones for life.

It's not too late to support the team and show your appreciation!

[Learn more and donate here.](#)

Join NOF's Ambassadors Leadership Council



Our Ambassadors Leadership Council is now almost 150 members strong! If you're interested in making an impact and sparking positive change for osteoporosis, consider joining the Ambassadors Leadership Council.

An NOF Ambassador is a well-informed, passionate, and often persuasive individual who cares deeply about those who suffer from osteoporosis. The role of an Ambassador is to advise and support NOF leadership and help make inroads in the medical, business and philanthropic sectors within their communities.

Involvement is tailored to each Ambassador's areas of interest, available time and expertise. As an Ambassador, you choose when, how and on what issues you would like to be involved.

If you are interested in becoming an Ambassador or would like to nominate someone, please contact us at info@nof.org with the subject line: Ambassador Nominee.

We are grateful to Amgen for its grant to support the Ambassadors Leadership Council and our other advocacy efforts.

Visit our **Ambassadors Leadership Council** web page to learn more and for a list of our current Ambassadors by state.

NOF Appeal



Are You Up for a Challenge?

We are excited to announce that our Board of Trustees is once again providing up to \$75,000 in a Matching Gift Challenge to our donors! This means any donation you make to NOF by November 27, 2018 will be doubled up to \$75,000. Please take advantage of this opportunity and **donate to NOF now.**

We are on the cusp of our 35th anniversary and together we can stand proud of the work we've done to advance the highest standard of care for those affected by osteoporosis, champion prevention strategies for the disease, and fund research that leads to continuous improvements in prevention and treatment.

Your support helps NOF secure the resources needed for these vital efforts. Our ability to raise awareness about risk reduction, protect patient access to treatment and medications, and advance research all depends on you.

You can also join our Skeleton Crew monthly giving group at nof.org/donate and spread out your support to NOF monthly with automatic direct giving. It is also eligible for the 2018 Matching Gift Challenge. **Thank you!**

Connect with NOF

Support Group Profile: Snake River Osteoporosis Support Group

Organized in 1997 by James Loveless, MD, Joan Lehmkuhl, RN and Daranee Berg, PT, the Snake River Osteoporosis Support Group has been educating the local Idaho community on osteoporosis for more than 20 years. Greta Leonard took over as the group's leader in 2001 and continues working with Daranee and other local physical therapists to educate the community on osteoporosis prevention and treatment. She brings in experts for each meeting who aim to provide knowledge and help members make good decisions about their bone health.

The group meets six times a year at the local senior center and focuses on topics, including: balance and fall prevention, posture, standing tall, available treatments for osteoporosis and recipes and exercises for healthy bones. After 20 years, the group is well attended and continues growing every year.

Learn more about the Snake River Osteoporosis Support Group and all of NOF's other support groups here: nof.org/supportgroupdirectory.

Inspired Talk

NOF's online support community, hosted by Inspire, is a safe and secure place to connect with others, ask questions and share experiences and information about osteoporosis and bone health. With more than 46,000 members, the online community is free to join and open to patients, caregivers and anyone interested in osteoporosis and bone health.

Links to a few current, hot topics on the community are included below. Join our growing community to join these discussion and connect with people with similar

NOF Partners

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.

Visit the Medical Fitness Network:
www.medicalfitnessnetwork.org.

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:
www.nextavenue.org.

experiences as yours.

- Positive Results from Osteoporosis Medications

- Clarification on the Definition of Osteoporosis

Ask the Expert: The Patient Access Network Foundation

PAN Vice President of External Relations, Amy Niles, took a few minutes to explain how PAN and NOF work together to connect more people with post-menopausal osteoporosis to the treatment and resources they need.

Q: Can you explain the alliance between the Patient Access Network (PAN) Foundation and NOF?

A: The two organizations are working together to ensure that people who contact PAN for financial assistance can benefit from the range of programs, educational resources and services provided by NOF. Likewise, individuals who contact NOF can learn about PAN and potentially benefit from the financial assistance we provide.

Q: How does PAN help individuals living with osteoporosis?

A: One of the nearly 70 programs provided by PAN is for individuals with postmenopausal osteoporosis. Eligible individuals may receive a grant of \$500 to cover out-of-pocket costs for over a 12-month period. Grants are available on a first come, first-serve basis.

Q: Who is eligible to receive a postmenopausal osteoporosis grant?

A: Individuals must meet the following criteria to be eligible for PAN assistance:

Healthy Weight Commitment Foundation



NOF is proud to partner with the Healthy Weight Commitment Foundation, a broad-based, not-for-profit organization whose mission is to help reduce obesity, especially childhood obesity, by encouraging positive and permanent lifestyle changes among school-aged children and their families.

Visit the Healthy Weight Commitment Foundation:
www.healthyweightcommit.org

Patient Access Network



NOF is pleased to be an Alliance Partner of the Patient Access Network (PAN), an organization that provides educational resources to osteoporosis patients who request support for medical expenses.

Visit the Patient Access Network:
www.panfoundation.org

- The patient must be getting treatment for postmenopausal osteoporosis.
- The patient must have Medicare health insurance that covers her qualifying medication or product.
- The patient's medication or product must be listed on PAN's list of covered medications.
- The patient's income must fall at or below 400% of the Federal Poverty Level.
- The patient must reside and receive treatment in the United States or U.S. territories. (U.S. citizenship is not a requirement.)

Q: How can I apply for a grant from PAN?

A: You can apply for a grant through PAN's online patient portal at www.panapply.org or by calling 866-316-7263 (Monday through Friday, 9 a.m. to 7 p.m. ET). If you meet the eligibility guidelines and funding is available, you will be approved within minutes! Once approved, you may use your grant immediately by providing your enrollment information to your provider or pharmacy.

Learn more about PAN here:
www.panfoundation.org.

Huffington Post

THE
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 subscribe to Barbara's Huffington Post blog:
www.huffingtonpost.com/barbara-hannah-grufferman.

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