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the OSTEOPOROSIS REPORT

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NOF Updates

NOF Response to JAMA Article on the Association between Calcium or Vitamin D Supplementation and Fracture Rates

While scientific evidence has established that calcium and vitamin D are needed for the growth and maintenance of healthy bone, NOF recognizes and appreciates the importance and need to further study the effect of nutrition on bone health and fracture prevention.

We also recognize it is particularly difficult to study nutrients and even more difficult to interpret meta-analyses that combine studies that are different from one another in aspects like subject type, supplement dose, follow up length and more.

Read NOF's full JAMA article response [here:www.nof.org/jama-article-response](http://www.nof.org/jama-article-response).

NOF Selected as Official Charity Partner of the TCS, New York City Marathon

NOF is pleased to announce that we have been selected as an Official Charity Partner Program for the 2018 TCS New York City Marathon, which will

Osteoporosis News

A Perfect Storm for Broken Bones, New York Times

How Our Bones Might Help Keep Our Weight In Check, New York Times

Osteoporosis Medication's Benefits May Outweigh Slim Risks, The Register Guard

Falls Are the Most Common Cause of Injury for Seniors, Exercise May Help, Washington Post

British Middle Distance Runner, Bobby Clay is Struggling with Osteoporosis, Athletics Weekly

Do You Like Us?

Have you "liked" us on Facebook or "followed" us on Twitter yet? If not, we'd love to connect. *It's easy!*

Follow the links below to reach our pages:

Facebook: <https://www.facebook.com/nationalosteoporosisfoundation>

Twitter: <https://twitter.com/OsteoporosisNOF>.

take place on Sunday, November 4, 2018. Although running is NOT for everyone and should be done only if your healthcare provider gives the okay, the number of marathon runners over age 50 is HUGE.

We hope to celebrate these road warriors - and raise money for osteoporosis research too. Our team captain will be NOF's Trustee and Bone Health Ambassador, Barbara Hannah Grufferman. Barbara didn't start running until she turned 50 and has completed several marathons (and an ultra-marathon!) since. You can read a little bit about Barbara's marathon experience and advice in this Huffington Post blog:www.huffingtonpost.com/barbara-hannah-grufferman/marathon-age-60.

We'll share additional details about NOF's Marathon Team soon. Stay tuned!

NOF Updates "Your Guide to a Bone Healthy Diet" Brochure

Diet and exercise play critical roles in building and maintaining good bone health for people at every life stage - from infancy through adulthood.

Learning about the foods that are rich in calcium, vitamin D and other nutrients that are important for your bone health and overall health will help you make healthier food choices every day. NOF thanks NatureMade for their support to digitize the updated brochure.

Click here to view our digital "Your Guide to a Bone Healthy Diet" brochure, including an interactive calcium calculator:
www.nof.org/patients/treatment/nutrition.

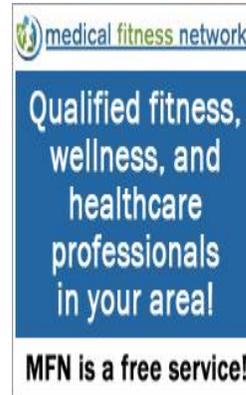
Osteoporosis International Publishes Article on Hip Fracture Trends from 2002-2015

Osteoporosis International recently published an article authored by several past and current NOF Trustees. Using U.S. Medicare claims data from 2002 to 2015 for women age 65 and older, the study authors analyzed hip fracture rates to determine if the decline that began in 1995, coinciding with the introduction of modern diagnostic tools and therapeutic agents, continued to recent years when there has been less bone density testing and fewer prescriptions for osteoporosis treatment.

We hope to hear more from you on social media this year! Please share our pages with your friends and family to help grow our online community.

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:
<https://www.medicalfitnessnetwork.org>.



The researchers found that hip fracture rates declined each year from 2002 to 2012 and then plateaued at levels higher than projected for years 2013, 2014 and 2015, resulting in more than 11,000 additional estimated hip fractures.

Read the full article here:

<https://link.springer.com/article/10.1007/s00198-017-4345-0>.

Advocacy Update

NOF and the Fracture Prevention Coalition are working to secure greater access to bone density testing and better reimbursement for clinics and offices that offer DXA tests.

Visit the Advocacy page of our website to learn more about our efforts and sign up to receive updates on important issues and information on how to contact your legislators about this important issue:

<https://www.nof.org/news-events/advocacy>.

Connect with NOF

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 40,000 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 discussions and connect with people who may have similar experiences as yours.

Fall Prevention Tips

Sharing My Experience with Expert Dr. Paul Miller

Exercise Check-in Support Group

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>.

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: <http://www.healthyweightcommit.org>

Patient Access Network



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

Visit the Patient Access Network: <https://www.panfoundation.org>.

Ask the Expert

Q: Is walking a good form of exercise if I have osteoporosis?

A: Yes, exercise, such as walking, is important for those with osteoporosis. Your bones get stronger and denser when you make them work. And "work" for bones means handling impact, the weight of your body or more resistance. Currently, we know the most about two types exercise that are important for building and maintaining bone density. These exercises are: weight bearing exercises or activities that make you move against gravity while being upright and muscle-strengthening or resistance exercises, which include activities where you move your body, a weight or some other resistance against gravity.

Weight-bearing exercises should be done for a total of 30 minutes a day, five to seven days per week. You can do 30 minutes at one time or break it up during the day. For example, 3 sessions of 10 minutes each will provide a similar bone benefit as one 30-minute session. If you can't fit in a 10 minutes session, spread your exercise throughout the day by taking the stairs or by parking further from the store or work. Muscle-strengthening exercises should be done 2-3 times per week.

If you have osteoporosis or have recently broken a bone, be sure to discuss walking and any exercise program with your healthcare provider or physical therapist before starting. Also, remember to avoid activities that require bending forward from the waist or too much twisting of the spine.

-Andrea Singer, MD, FACP, CCD
NOF Trustee and Clinical Director

NOF Appeal

NOF relies on the generosity of individuals, foundations, corporations and others to meet our mission of providing education, advocacy and support for people with osteoporosis. Please consider being a regular donor to NOF. Any amount is appreciated and will help us serve the more than two million people who break a bone in the U.S. each year due to osteoporosis.

To learn more about how to give and what your contribution can do, please visit: www.nof.org/support-nof/donate. Thank you!

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: <http://www.huffingtonpost.com/barbara-hannah-grufferman>.

Corporate Advisory Roundtable Member Highlight:

NatureMade



For over 45 years, Pharmavite and our NatureMade® brand vitamins have earned the trust of consumers and health professionals based on our commitment to quality and science-based products. We've supported NOF for more than 15 years to help consumers, patients and health professionals learn more about the vital role nutrition, diet and especially the nutrients Calcium and Vitamin D have on bone health.

Pharmavite supports good nutrition for all people, so it was a natural fit to support HR 3841 which would allow SNAP (previously food stamps) recipients the opportunity to select a multivitamin with their SNAP benefits as a healthy choice. Support is growing for this bi-partisan legislation with the goal of its inclusion in the 2018 Farm bill.

FOLLOW US!



WWW.NOF.ORG