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the OSTEOPOROSIS REPORT

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NOF Updates

National Osteoporosis Month Highlights

Osteoporosis is responsible for two million broken bones every year in the U.S. and causes 75,000 deaths, yet too many people neglect their bone health until after they suffer a debilitating fracture. That's why this May for National Osteoporosis Month, we issued the ***Break Free from Osteoporosis*** call to action, encouraging everyone to get active, follow a bone healthy diet and learn the facts about osteoporosis treatment to prevent fractures and the pain and suffering that results.

Please visit our National Osteoporosis Month web page (www.nof.org/national-osteoporosis-month) to download, view and share the resources we introduced in May, including: a new Safe Movement booklet available in English and Spanish; a new risk assessment video to help osteoporosis patients and their healthcare providers weigh the risk of fracture versus the risk of osteoporosis treatment rare side effects, and two new digital whiteboards with information about calcium and vitamin D.

Also in May, we held a nutrition webinar to answer the questions we most frequently receive on nutrition and bone health. The webinar features Dr. Jeri Nieves, Professor of Clinical Epidemiology and Nutrition at Columbia University and Associate Editor of *Osteoporosis International*, who shared information on the latest scientific evidence regarding the nutrients important to bone health.

If you missed the live webinar on May 30, you can watch the recording here: <https://vimeo.com/nutrition>.

Osteoporosis News

- NOF's Bone Health Ambassador, Barbara Hannah Grufferman Featured on Live with Kelly and Ryan
- Everything You Need to Know about Vitamin D, Everyday Health
- When to Get Your Bone Density Tested, New York Times
- Doctors are Blasé about Bone Density Testing and it's Leading to More Broken Bones in the Elderly, VOX Media
- Association of Osteoporosis Medication Use After Hip Fracture with Prevention of Subsequent Nonvertebral Fractures, Journal of the American Medical Association

We'd like to thank everyone who participated in the Jumping Jack Challenge and viewed and shared our new resources for helping make this year's National Osteoporosis Month such a success. We'd also like to thank Amgen, Pharmavite and Medtronic for providing grants to support the new resources we debuted in May.

Kessler Rehabilitation Center's National Osteoporosis Month Events



NOF thanks the Kessler Rehabilitation Center in New Jersey for offering free Workplace Posture Screenings throughout the month of May for National Osteoporosis Month.

Research indicates that individuals may be at risk of developing low bone mass, but with the right education, the workplace can provide a great opportunity to incorporate bone healthy behaviors.

We appreciate the team at Kessler Rehabilitation Center for their commitment to sharing bone health information in celebration of National Osteoporosis Month this May and throughout the year.

Highlights from the Interdisciplinary Symposium on Osteoporosis

NOF's Interdisciplinary Symposium on Osteoporosis (ISO), the nation's leading clinical conference on osteoporosis and bone health, took place from May 17-19, 2018 in New Orleans.

Although healthcare professionals are the primary audience for ISO, some of the sessions held at this year's symposium are very relevant to patients, caregivers and anyone interested in learning more about bone health. We are pleased to share these plenary sessions with you and hope you will find them informative.

New Lilly Diabetes Solution Center

As part of the ongoing discussion about insulin affordability, Lilly launched a new dedicated helpline on August 1. The Lilly Diabetes Solution Center will help people find solutions that best fit their personal circumstances.

Operators are available to help guide people who have trouble paying for their Lilly insulin through a suite of available solutions.

[Read the full press release from Lilly to learn more.](#)

Dietary Supplement Facts

Many healthcare professionals recommend taking supplements to help balance a nutritional deficiency, but supplements are not always used properly. In fact, over 20,000 visits to the emergency room annually are tied to adverse events related to dietary supplements. And there is no approval process for dietary supplements, like the one the U.S. Food and Drug Administration has for prescription drugs.

HealthyWomen is working with the United States Pharmacopeia (USP) to help spread awareness about what to look for when choosing supplements - be vigilant about positive identity, potency, purity and performance. AND, if something carries the USP verified mark, you can rest assured it has passed rigorous testing and auditing criteria.

Visit HealthyWomen.org to learn more.

Please visit www.nof.org/interdisciplinary-symposium-on-osteoporosis to view the plenary sessions:

- "How to Put Out Fires: Understanding and Dispelling Myths Held by Our Patients;" and
- "Does Estrogen Still Have a Role to Play in Osteoporosis Management?".

Did You Know There's an Oral Liquid Osteoporosis Medication Available?

Alendronate Sodium Oral Solution is an oral liquid osteoporosis medication available in the U.S. Many physicians and patients are not aware that there is an oral treatment available for those with difficulty swallowing or who might prefer a liquid medication.

If you are one of these patients or are interested in learning more about an oral option for your osteoporosis medication, please see below for additional information about Alendronate Sodium:

- The product is a Tier 1 Generic, most often resulting in a \$10 co-pay.
- A co-pay assistance card (www.csipharmacy.com/copay-card) is available that covers up to \$2,400 annually in commercial co-pays.
- The product is readily accessible across the country and patients may take the co-pay assistance card into the pharmacy of their choice.
- For patients who do not have a pharmacy preference, TAGI offers a treatment form (www.csipharmacy.com/TAGI) that can be faxed or e-prescribed to a corresponding mail-order pharmacy who will have the product shipped to their doorstep.
- Foundation assistance through CSI Pharmacy may be available for qualifying patients.

NOF does not endorse any specific osteoporosis treatments or medications and is passing this information along for educational purposes only to help guide your discussion with your doctor about the different treatment options that may be available for you.

NOF Appeal

Who Fuels Our Mission? You Do!

Your support at this critical time will help us secure the financial resources to provide relevant and urgently needed information, tools, and programs for patients and providers.

Your support also means that we can continue our advocacy work to challenge and direct new models for reimbursement that will create an infrastructure focused on prevention and wellness, instead of procedures and illness.

Please consider supporting NOF as a donor and joining us as we change the conversation to create a new reality in bone health and fuel education, advocacy and support for people with osteoporosis.

Consider joining NOF as a donor TODAY!

To learn more about what your contribution can do, please visit: www.nof.org/donate.

Advocacy Update

Fracture Prevention Coalition

NOF is working with members of the Fracture Prevention Coalition to advocate for increased Medicare reimbursement for DXA scans. H.R.1898 was introduced in April of 2017 and currently has 37 cosponsors. Recently S.3160 was introduced in the Senate by Senator Susan Collins (R-ME), Senator Benjamin Cardin (D-MD), Senator Roger Wicker (R-MS), Senator Angus King (I-ME), and Senator Debbie Stabenow (D-MI). The legislation will help ensure that patients have access to DXA testing by restoring Medicare funding for DXA.

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.

NOF's Ambassadors Leadership Council



If you're passionate about advocating for better testing, treatment and care for osteoporosis patients, please consider applying to join our 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 help advise and support NOF leadership and to help make inroads in the medical, business and philanthropic sectors within their communities.

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

Visit our Ambassadors Leadership Council web page to learn more and for a list of our current Ambassadors by state: www.nof.org/ambassadors-leadership-council/.

NOF Partners

MedFit Network



NOF and the MedFit 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.

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

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

Connect with NOF

Support Group Profile: Bone Boosters of New Mexico

As an osteoporosis patient herself, Marge Peterson, leader of the Bone Boosters of New Mexico support group, knows the devastating effects of osteoporosis firsthand. She lost her sister 13 years ago after she suffered an osteoporosis-related fall. Her sister's death prompted Marge to start a local osteoporosis support group, which she called Bone Boosters.

The group has grown from 12 charter members in 2005 to several hundred members today, including 20 to 40 who regularly attend monthly meetings at Mountain View Regional Medical Center's Senior Circle. Marge officially joined her Bone Boosters support group with NOF four years ago.

Because of her dedicated leadership to the Bone Boosters support group, Marge was selected to be an NOF Ambassadors Leadership Council member and now also speaks locally on behalf of NOF, attends bone health conferences and helps start new osteoporosis support groups throughout the region.

Marge has made her support group a family business, saying she gets a lot of help from her husband Tim, a retired New Mexico State University professor; son, Tim, who serves as Bone Boosters' webmaster; and daughter, Kimberly Erickson, a doctor, who serves as Bone Boosters' unofficial consulting physician. To learn more about the New Mexico Bone Boosters, visit the support group's website: www.boneboosters.com.

To find a support group in your area, please visit NOF's online support group directory: www.nof.org/support-groups.

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 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:

www.panfoundation.org.

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 over 45,000 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 with similar experiences as yours: www.nof.org/osteoporosis-support-community.

- **Positive Results from Osteoporosis Medications**
- **DXA Results and Strength Training**

Ask the Expert

Q: I recently turned 50 and am interested in starting a running program to get in shape. Is 50 too late to start running?

A: The truth is it's never too late to start running! In fact, I didn't start running until I was 50 and now, more than 10 years later, I've completed five marathons and am training for my sixth - the New York City Marathon in November, where I hope to run my fastest time to date.

Here are some basic tips from an easy-to-follow program to help you get started running. There is nothing in it that the majority of healthy adults can't do. It'll teach you to run lightly and easily, gradually increasing distance and duration, rather than speed, alternating running with walking throughout each session. If you already run, follow Jeff Galloway's plan for safe running to reduce the risk of injuries as you get older. If you have never run before, like me, once you get out there with a pair of cool new running shoes, you'll never look back.

- First, get the green light from your doctor.
- Invest in a good pair of running shoes (from a reputable running store).
- Visit a podiatrist to make sure you have no issues with your feet.
- Schedule three runs for the week, but not on consecutive days.
- Walk slowly for five to 10 minutes to warm up.
- Build up slowly, starting with alternating 30 seconds to 60 seconds of running with two to three minutes of walking.
- Run/walk for 45 minutes or more two of the three days, and 60 minutes or more on the third day.
- Walk slowly for 10 minutes to cool down.

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.

Corporate Advisory Roundtable Member Highlight:

Health Monitor Network

Healthmonitornetwork

Health Monitor Network® (HM) is the leading direct-to-patient company whose mission for 35 years has been to facilitate an effective dialogue between patients and their healthcare professionals.

We have an expansive suite of digital, print and mobile products that prominently feature informative content in doctor's offices or on the go. Our award-winning content is often co-branded and/or distributed by many of the country's leading medical associations, societies and patient advocacy organizations.

We've been a proud partner of NOF for almost 10 years, helping patients remain informed about bone health, notably through osteoporosis and rheumatoid arthritis content.

- On the non-running days, walk for 30 or more minutes or engage in some other physical activity that you enjoy, so you are moving your body every day.
- I highly recommend buying an inexpensive pedometer to make sure you walk 10,000 steps every day.

You can also check my website (www.barbarahannahgrufferman.com/#) for short articles I'll post regularly from now until the New York Marathon with training tips you can use if you're looking to train for your first marathon or simply start running on a regular basis.

If you're already a runner and are interested in joining NOF's Be Bone Strong team and helping raise awareness and resources to help us prevent fractures, visit NOF's crowdise page to find out how you can participate: www.crowdrise.com/nationalosteoporosisfoundation.



- Barbara Hannah Grufferman, NOF Bone Health Ambassador, author of "Love Your Age: The Small Step Solution to a Better, Longer, Happier Life," and regular contributor to HuffPost and AARP.

Our partnership with NOF is highlighted by regular ongoing communication, content review and an active membership on the NOF Corporate Advisory Roundtable.

Along with other notable societies, Health Monitor is one of the original members of NOF's partner organization, the National Bone Health Alliance.

To learn more about Health Monitor, please visit:
www.healthmonitornetwork.com/

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