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# the OSTEOPOROSIS REPORT

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## NOF Updates

### [Love Your Bones: World Osteoporosis Day is October 20th](#)

On October 20th and throughout the year, we hope you'll join us and organizations across the globe to raise awareness for osteoporosis and the importance of bone health to protect against painful broken bones.

Visit our World Osteoporosis Day web page for the following resources and information you can use and share with your friends and family to learn more about osteoporosis and the importance of building and maintaining strong bones:

- Take the **Jumping Jack Challenge** by doing 10 jumping jacks in less than 10 seconds and help raise awareness and support for NOF;
- Helpful resources and reminders to prevent falls and fractures;
- Resources on exercise and bone health to help you learn HOW to exercise for optimal bone health;
- Our "Your Guide to a Bone Healthy Diet" brochure with information on the nutrients essential to building strong bones.

Explore the World Osteoporosis Day page of our website for these resources and more.

<https://www.nof.org/about-us/building-awareness/world-osteoporosis-day/>

## Osteoporosis News

[Osteoporosis: Not only a concern for women](#), Health 24

["Move it or lose it": How to protect your bones as you age](#), Valley News Live

[Know your bones and how to take care of them at 40](#), Prevention.com

[Seven surprising ways to strengthen your bones](#), Newsmax

### **Pave the Way to a Cure**

Honor your friends, family or yourself by purchasing a \$250 virtual "brick" in NOF's Pave the Way to a Cure campaign. Donations of \$250 to this campaign can be made in memory of or in honor of someone or as a personal or family donation.

The funds raised will help support NOF's operational expenses, allowing us to sustain and expand our programs of education, research and advocacy. Your support is greatly appreciated!

Learn more and add your name to our virtual wall here: <https://www.nof.org/support-nof/pave-way-cure/>.

## **[NOF Launches a Spanish Language Website: www.huesosanos.org](http://www.huesosanos.org)**

Earlier this month, NOF launched a Spanish -language website - [www.huesosanos.org](http://www.huesosanos.org). The site design is similar to NOF.org and offers much of the same content translated into Spanish. The site is a great first step in reaching the Hispanic population with important information about osteoporosis and bone health. We'd like to thank Amgen for their sponsorship support for the website and we hope you'll share this new resource with your friends and family.

Haga clic aquí para obtener información adicional en español: <https://www.nof.org/news/la-fundacion-nacional-de-la-osteoporosis-presenta-su-sitio-web-en-espanol/>.

## **[Paget Disease Initiative](#)**

NOF recently announced that the Paget Foundation has merged with NOF and NOF established the Paget Disease Initiative as the premier resource for information on Paget's disease of the bone, the second most prevalent bone disease following osteoporosis.

Paget's disease is a chronic disorder that typically results in enlarged and deformed bones in one or more regions of the skeleton. Similar to osteoporosis, many patients may not realize they have Paget's disease until serious complications have developed.

Click here for more Paget's Disease information: <https://www.nof.org/pagets/>.

## **[Vertebral Fracture: What You Need to Know](#)**

Vertebral Compression Fractures or fractures of the spine are among the most common osteoporotic fractures. They are also the most undertreated. NOF's new Bone Basics series on Vertebral Compression Fractures gives you the information you need to know to help you talk with your healthcare provider about fractures and bone health.

Special thanks to Medtronic for making this update possible.

Visit our new series on Vertebral Compression Fractures here: <https://cdn.nof.org/wp-content/uploads/2017/04/Vertebral-Fractures-BONE-BASICS.pdf>.

## **Advocacy Update**

NOF is leading the effort to support non-interference in Medicare Part D and to support access to and reimbursement for DXA. Visit the Advocacy page of our website to learn more about our efforts and to sign up to receive updates on important issues and information on how to contact your legislators about these issues.

Click here to visit our Advocacy page: <https://www.nof.org/news-events/advocacy/>.

## **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>.

We hope to hear more from you on social media in the future and 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 new health resource that helps connect osteoporosis patients with qualified fitness and healthcare providers.

Visit the Medical Fitness Network: <https://www.medicalfitnessnetwork.org>.

## Connect with NOF

### Meet Our Support Group Leaders

Meet Heather Hofflich, leader of the San Diego Bone Health Group. Heather started the group at UC San Diego Health Systems in 2009 in response to a growing need to educate and make people aware of all the nuances in osteoporosis prevention, diagnosis and treatment. The group is open to everyone - not just patients at UC Health. Many people come from all over San Diego and Orange County to attend the support group meetings.

The group meets the first Wednesday of every month and follows a monthly lecture program, offering a multidisciplinary program with speakers from a variety of fields, including OB/gynecologists, endocrinologists, geriatricians, physical therapists, nutritionists, radiologists, and orthopedists. The featured speakers give a lecture to the group each month on a variety of topics associated with osteoporosis care and prevention.

The biggest benefit of participating in the San Diego Bone Health Group is the education the members receive. Heather brings in a wide range of educators and lecturers that offer many different perspectives on osteoporosis prevention, treatment and diagnosis. Heather says the best group sessions are the Q&A and "meet the expert" sessions when participants can ask the lecturers any questions they like - the participants enjoy those meetings the best.

If you're looking for a support group to join, please click here to check our online support group directory and find the support group nearest you:

<http://www.nof.org/patients/patient-support/nof-support-groups/>

## Ask the Expert

**Q: I have osteoporosis, but would like to take the Jumping Jack Challenge. Is there a safe way for people with osteoporosis to do jumping jacks?**

**A:** If you have osteoporosis, you shouldn't do jumping jacks, but you can do "stepping jacks" by stepping from side-to-side and raising your arms above your head as you would when doing jumping jacks.

This is a safe way for everyone to participate in the Jumping Jack Challenge.

## 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 to learn more: <https://www.panfoundation.org>.

If you've recently broken a bone or if you have very low bone density, discuss starting any new exercise with your physical therapist or healthcare provider before trying it.

And remember, avoid all activities that require bending forward from the waist or too much twisting of the spine.

For more tips and information on safe exercises for people with osteoporosis, visit NOF's Exercising Safely web page:

<https://www.nof.org/preventing-fractures/exercise-to-stay-healthy/>.

- Susie Hathaway

Susie is a personal trainer, certified by the American College of Sports Medicine and a physical education teacher.

She teaches strength training classes for women over age 50 and is a volunteer moderator answering questions on the NOF Online Support Community.

## 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 learn more and subscribe to Barbara's Huffington Post blog: [http://www.huffingtonpost.com/barbara-hannah-grufferman/stop-bone-loss\\_b\\_10034320.html](http://www.huffingtonpost.com/barbara-hannah-grufferman/stop-bone-loss_b_10034320.html).

## Corporate Advisory Roundtable Member Highlight:

### Bone Evolution by Practitioner Care

Visit the Bone Evolution website at [www.practitioner-care.com](http://www.practitioner-care.com) and contact them with any questions.

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