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# the OSTEOPOROSIS REPORT

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## NOF Updates

### Happy Holidays!

With the end of 2017 rapidly approaching, we're looking forward to the New Year and would like to thank you for all you do to prevent broken bones and help those who suffer from them. Our success over this past year is due to the remarkable support we enjoy from our donors, volunteers and partners.

Reaching our goal of helping reduce the toll of osteoporosis and the two million fractures it causes every year is only possible with your continued efforts. We are grateful for all you do to help advance our mission.

Thank you for your continued support!

### Meet NOF's New CEO

The NOF Board of Trustees has selected Elizabeth A. Thompson as its next Chief Executive Officer. Ms. Thompson will start with NOF on January 2, 2018 and is replacing current CEO, Amy Porter. The NOF board and staff will miss Ms. Porter and thanks her for her service and wishes her all the best in retirement.

## Osteoporosis News

[How to Prevent Osteoporosis,](#)  
Alamosa News

[Hidden Dangers of Osteoporosis,](#)  
CUNY-TV

[Build Your Bones with these 3](#)  
[Delicious Snacks,](#) Parade

[Everything You Need to Know](#)  
[about Bone Density Tests,](#) Health 24

[Air Pollution May Weaken Bones,](#)  
New York Times

### Consider a Year End Donation to NOF

Please help make 2018 a breakthrough year for osteoporosis and better bone health by supporting NOF with a generous year-end gift.

Your support helps NOF promote better bone health and advance better treatments for the prevention of osteoporosis.

Ms. Thompson is widely regarded for her 30 years of national and global leadership experience spanning for-profits and for-purpose organizations. Ms. Thompson is looking forward to working with NOF's strong board, engaged volunteers and expert scientific advisors to create greater awareness for the impact of osteoporosis and working diligently to reduce the suffering experienced by those with osteoporosis.

**Learn more about NOF's New CEO**  
here: <https://www.nof.org/news/nof-elects-elizabeth-a-thompson-as-its-new-ceo>.

## Fractured Truth - Survey Results

The results are in! Our survey with Radius Health and Healthy Women revealed that one in four post-menopausal women are confused about building new bone.

Despite the survey findings, there are treatment options available for post-menopausal women that can help build new bone and others that slow bone loss. The Fractured Truth campaign encourages all post-menopausal women with osteoporosis to discuss treatment options with their healthcare providers to learn more.

**Click here to learn more surprising fracture facts:**  
<https://www.fracturedtruths.com>.

## 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/>

## Ambassadors Leadership Council

In 2017, NOF launched its Ambassadors Leadership Council, a group of well-informed, passionate and influential leaders – both healthcare professionals and patients or patient advocates.

We appreciate your consideration of NOF for your year-end giving. Your gift will honor those who are suffering from this painful and debilitating disease and support others who are courageously fighting for better bone health solutions.

Thank you in advance for your generous support of NOF and our mission. We couldn't achieve our mission without your help!

**Make a tax deductible year-end donation to NOF today:** <https://www.nof.org/support-nof/donate/>.

## HCP Corner - The Journal of Rheumatology



The Journal of Rheumatology is a monthly international serial edited by Earl D. Silverman. The Journal features research articles on clinical subjects from scientists working in rheumatology and related fields, as well as proceedings of meetings as supplements to regular issues.

Highlights of over 40 years serving rheumatology include insightful, highly read editorials, such as "Is Fragility Fracture a Strong Risk Factor for a Cardiovascular Event in Rheumatoid Arthritis? The Challenge of Dealing with Multiple Comorbidities" (2017), renowned pediatric rheumatology, proceedings of GRAPPA, OMERACT, and the Canadian Rheumatology Association, as well as supplements on emerging therapies and outcome measures.

The Journal of Rheumatology is published monthly by The Journal of Rheumatology Publishing Company Limited.

## 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!*

The role of the Ambassadors is to advise NOF leadership, reach out to elected and government officials, and speak publicly and to the media in their local area on the issues related to access to screening, diagnosis, treatment and other issues facing osteoporosis patients and those at high risk for suffering from a fracture caused by osteoporosis.

NOF has secured more than 100 Ambassadors to date representing 36 states. If you or someone you know might make a good Ambassador, please contact us at [info@nof.org](mailto:info@nof.org) with the subject line: **Ambassador Nominee**.

NOF is grateful to Amgen and PhRMA for their support of the Ambassadors Leadership Council and other advocacy efforts.

## NOF Town Hall Webinar on Osteoporosis

Ten million Americans over the age of 50 suffer from osteoporosis and millions more are at increased risk of having a debilitating or even deadly fracture. NOF offered a widely attended webinar to Members of Congress, Congressional Staff, industry and more on what you need to know about Osteoporosis and Bone Health – Its Impact on Your Constituents, the Healthcare System and the Economy. The webinar can be viewed on demand on the NOF website and provides an excellent overview of osteoporosis and legislative issues impacting patients and professionals.

Special thanks to Amgen, Lilly, PhRMA and UCB for their support of this webinar.

You can view the webinar here:  
<https://vimeo.com/226812235>.

## Connect with NOF

### A Message from NOF's National Support Group Leader, Susan Recker

I'd like to wish all of you happy holidays and take a moment to thank our NOF support group leaders across the country. NOF currently has more than 30 active support groups that meet regularly to offer helpful information on osteoporosis and provide in person

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>.



support to those living with or looking for more information on the disease.

Thanks to the efforts of our support group leaders, you have the opportunity to learn from experts in the field and connect with other people in your local area who may be going through similar experiences as you are.

NOF is always looking to grow its network of affiliated support groups. If you're interested in starting a support group of your own, please review and complete our **online support group application**. And if you're looking for a local support group to join, please check our **online support group directory** to find the support group nearest you.

As NOF's national support group leader, I'm here to help with any questions you may have about starting or joining a support group. Please feel free to **contact me** at [srecker@creighton.edu](mailto:srecker@creighton.edu) with any questions.

## Ask the Expert

### Q: What can I do to stay healthy after turning 60?

**A:** Now that I'm in my 60's, I've embraced a few smart and healthy habits to meet the new physical, mental and emotional challenges head on. Here are a few tips I recommend you incorporate into your own life, starting today:

**Ramp up your workout:** Don't think that because you're older, you should slow down. On the contrary, it's essential to push yourself even more if you want to keep your brain sharp and body fit.

Long walks are great, but [running is even better](#), especially if you combine the two.

I started running when I turned 50, taking the slow and steady approach. But, now that I'm 60, I give my body a jolt with runs that are longer and faster. A body of research shows that running is one of the best ways to get and stay fit, balance your moods, sleep better, protect your bones and keep your brain sharp.

**Do jumping jacks and push-ups:** Osteoporosis is a potentially debilitating disease that is caused by bones that get weak and thin over time. [Bone loss](#) starts in our late 20s and really speeds up when estrogen levels

## 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):  
<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):  
<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):  
<https://www.panfoundation.org>.

decline due to menopause. The best defense is to nourish your body with calcium-rich foods, take vitamin D supplements, and do exercises that will help maintain the health of your bones, such as jumping jacks, push-ups, and my favorite, the plank.

**Rethink your eating:** Here's a two-word mantra to guide you — eat less. As you get older, you need fewer calories, and the calories you do eat should fuel your body, giving it the energy it needs to live an active and engaged life. Consider an extra jolt by doing an ["occasional fast"](#) every few months. While this might not work for everyone, it does for me, keeping weight down and energy levels up. Research also shows that intermittent fasting can help prevent diabetes. As with any new eating plan, always consult your doctor first.

**Drink water at the right time:** Your digestive system will change as you get older. For example, you may find that drinking milk or eating garlic now causes bloating or worse. While any significant shifts in your body should be discussed with a doctor, you can also try this simple trick to kickstart your system: after waking up, drink a full glass of room temperature water. Wait 45 minutes before drinking or eating anything else. To help pass the time, do what I do: go for a run, then do 20 push-ups, 20 jumping jacks and hold a 60-second plank.

- Barbara Hannah Grufferman

Barbara is an NOF Bone Health Ambassador, and author of "Love Your Age: The Small Step Solution to a Better, Longer, Happier Life," which will be published by National Geographic on Feb. 6, 2018.

## 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:

### Eli Lilly

Visit the Eli Lilly website at [www.lilly.com](http://www.lilly.com) to learn more.

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