

## NOF Updates and Timely News

### Bone Health and Vitamin D in the Pandemic

NOF and a variety of other well-respected organizations dedicated to good bone health released important information about getting enough vitamin D when many are spending less time outdoors due to stay-at-home mandates. Vitamin D in combination with calcium plays a critical role in building strong bones. Read this short but impactful statement entitled [Joint Guidance on Vitamin D in the Era of COVID-19](#).

### WorldOsteoporosisDay October20

To commemorate World Osteoporosis Day on Oct. 20, NOF has created a variety of resources.

- NOF's handy countdown checklist, which features tips on diet, exercise, falls prevention and upcoming webinars. [Click here](#) to download the checklist.
- Please stay tuned for the release of

### Osteoporosis "In the News"



Since the last Osteoporosis Report, there was a wide variety of consumer-focused stories in the news. Here is a sampling of several top placements:

*June 26* AARP/Healthy Living: Do You Need a Vitamin D Supplement?

<https://www.aarp.org/health/healthy-living/info-2020/do-you-need-vitamin-d.html?intcmp=AE-HP-TTN-R3-POS2-REALPOSS-TODAY>

*July 9* Endocrine.org: NOF's joint guidance statement on vitamin D in the era of COVID-19  
<https://www.endocrine.org/news-and-advocacy/news-room/2020/joint-guidance-on-vitamin-d>

*July 14* Runner's Life: Osteoporosis in Male Athletes <https://medium.com/runners-life/osteoporosis-in-male-athletes-66067ab43224>

*July 28* U.S. News and World Report: Dr. Lewiecki was interviewed by a HealthDay News reporter to comment on a recent study addressing a drop in hip fractures  
<https://www.usnews.com/news/health-news/articles/2020-07-28/less-smoking-drinking-means-fewer-hip-fractures-for-americans>

an engaging podcast – hosted by CEO, Claire Gill and Dr. Andrea Singer along with her mother. Osteoporosis is discussed as a “family affair” – the theme for World Osteoporosis Day 2020. Coming soon!

- *On Oct. 13 at 1PM ET*, Claire Gill and Payal Sahni of the New York State Osteoporosis Prevention & Education Program will conduct a live webinar focusing on exercise and other preventive practices. It is a must-attend event for everyone! Register here: <https://bit.ly/32Xbfkt>



- Osteoporosis and Bone Health in the Black Community webinar will be held on *Oct. 19 at 12PM ET*. This informative, virtual event will address bone health disparities in the Black community and share common misconceptions, risk factors, cost of fractures and prevention methods. Please take our short survey which addresses your basic bone health history and knowledge base: <https://bit.ly/3iW2iNU>. Register here: <https://bit.ly/33ZxOnM>.

## This Autumn, Prevent Falls!

Prevent a Fall



*August 19* US News and World Report: 11 Tips to Keep Your Bones Healthy and Strong  
<https://health.usnews.com/wellness/slideshows/tips-to-keep-your-bones-healthy-and-strong?slide=2>

*September 2* Media Planet: Dr. Lewiecki discusses endocrine health and osteoporosis risk  
<https://www.futureofpersonalhealth.com/endocrine-health/reducing-the-risk-of-osteoporosis/>

## Ask the Expert

**Dr. Justine Bernard, PT, DPT and NOF Support Group Leader**

**What would you like people to know about Elements Center in Washington, D.C.?** At Elements Center we welcome individuals of all fitness levels and phases of life. Since 2008, we have enjoyed supporting women with or at risk for osteoporosis through exercise, physical therapy and support groups.

## Is there a unique point of differentiation that you can share about the Center?

A diagnosis of low bone density or osteoporosis can be quite scary for many people. With personalized care, we ease people's fears by reminding them that bone is living tissue. We let them know they can improve the strength of their bones and decrease their risk of falling and fracturing through regular exercise and simple lifestyle changes. What makes Elements distinct from other clinics is use of the GYROTONIC® Method and other mind-body exercise systems for healing and cross training. The Gyrotonic Method is a unique movement improving strength, agility and movement efficiency. What does this mean? It is easier to get on and off the floor, in and out of the car, care for grandchildren and other daily activities. Our physical therapists and trainers have additional training to educate patients on how to strengthen bones and improve balance which helps to ease the anxiety around falling and fracturing.

Approximately, one third of adults over age 65 will fall – many of whom will suffer broken bones. Some common causes of falls include outdoor and indoor hazards. Certain lifestyle behaviors can also increase your chances of falling. You will be surprised at how many easily initiated, practical indoor and outdoor precautions you can take to help protect yourself while out and about and at home. Visit <https://www.nof.org/patients/fractures/all-prevention/> for excellent reminders about outdoor activity and a room-by-room inventory of easily preventable pitfalls.

Check out these user-friendly tip sheets:

- [25 Ways to Prevent Falls](#)
- [Fracture Prevention for Daily Activities](#)
- [Tips for Preventing Falls](#)

### **Aquatic-themed Summertime Lessons that Help You Swim into Fall (Shared by the National Spine Health Foundation)**

#### ***Aquatic Therapy: 3 Ways to Use It for Recovery***

Aquatic therapy is one way those with spine health issues can seek prevention, maintenance and recovery. In the spine health world, innovations are always arising and the aquatic therapy sector is no different. [According to the National Institutes of Health \(NIH\)](#), aquatic therapy is proven to improve range of motion and comes with additional health benefits like contributing greatly to cardiovascular health. With regard to

#### **Dr. Bernard, as a Support Group Leader, are there any key learnings you can provide regarding COVID-19 and exercise – along with virtual Support Group Meetings?**

During this time, we highly encourage everyone to continue to move safely and regularly. If possible, go outside every day to get some sunshine and take social distancing walks in open areas. Sign up for an osteoporosis-friendly fitness class online, perhaps with a friend. Practice balance exercises daily (try standing on one foot and see how long you can balance) and keep up with strengthening exercises. Examples are, sitting and standing from a chair 10-15 times, 3 times per day or wall push-ups by placing your hands on the wall and pushing off. Additionally, we are offering osteoporosis-friendly, online classes and support groups to help keep people connected.

Remember our bones are affected by both our physical and mental well-being. Always take time to do something fun, like calling or safely visiting with friends. We have people meet up in our online classes to check in and say “Hi”. Take good care of your whole self, which includes mind, body and spirit.

**Please let us know of any other points of interest you would like readers to know.** There are many wonderful resources to help such as Telehealth Physical Therapy with a physical therapist well versed in osteoporosis, virtual osteoporosis-friendly Pilates, Yoga and cardiovascular classes, Facebook groups and websites such as [NOF.org](https://www.nof.org). Here are three top actions to take are:

- Ask your doctor for a bone scan (DXA scan) and review the results, notice where your bones are dense and where they may have lost density. While you are talking with your doctor, ask for a vitamin D test.
- Exercise effectively and safely. Reach out to an expert or start by getting some information online through trusted resources.
- Join a support group. Connect to others who have osteoporosis and learn what they are doing to live their healthiest life. A great place to exchange high calcium recipes too.

building and maintaining bone health, however, weight-bearing exercise is best. Read more [here](#).



### ***Swimming as Exercise: Cross Training & Rehabilitation***

Swimming as exercise is a great option. Even though cross-training isn't something all athletes like to talk about — they should. "I'm a runner," they say, "I don't want to swim!" "I lift weights, that's my thing — who has time to swim?" If you care about your body, however, you might want to think twice about tossing swimming to the side. Read more [here](#).

### **Calls to Action**

#### ***NOF's Voices of Osteoporosis: Stories of Hope and Inspiration***

In late August, NOF launched Voices of Osteoporosis: Stories of Hope and Inspiration. Our goal is to engage patients and caregivers to share their stories on living with osteoporosis with the goal of helping others. Read the two recent, first-person profiles below. Interestingly, both stories are from male patients – reminding all of us that osteoporosis and low bone density can impact male and female adults.

- <https://bit.ly/2GasTZi>
- <https://bit.ly/3kLgmdM>

If you are interested in working with us to share how you manage your life with this debilitating disease, please

Keep learning and keep moving. We are here to help email us anytime.

You can find our schedule online at [www.elementscenter.com](http://www.elementscenter.com) or call us 202-333-5252. We are happy to walk you through this virtual world. We have also opened for Physical Therapy in person for safe personalized sessions for your bones and more.

### **Fundraising**

The fall months are the busiest and most crucial for nonprofit fundraising. As people consider their end-of-year donations to charities for tax purposes, we normally see a "bump" in giving during this time. However, given the COVID-19 crisis, it will not be a "normal" giving season for any nonprofit, including NOF. We must rely on our generous and consistent donors to help us meet our budget for this unusual year. We are incredibly grateful to those who choose to give to the NOF, who know from experience how serious and deadly osteoporosis is and who join us in our mission. If you would like to be part of the NOF's fundraising efforts, please contact Claire Gill at [claire.gill@nof.org](mailto:claire.gill@nof.org) or 703-647-3025. And please consider sharing a link to NOF's support page with your family, friends and colleagues and encourage them to donate before the end of the year. ANY amount is appreciated and will help us to continue to help patients who suffer from this chronic, often painful, disease <https://www.nof.org/support-nof/donate/>. Thank you.

### **Sponsor Recognition**

The National Osteoporosis Foundation thanks Sunsweet for their sponsorship of the 2020 Support Group Curriculum. The curriculum is an invaluable tool for Support Group Leaders who are conducting

send an email to [info@nof.org](mailto:info@nof.org). Please include “Voices of Osteoporosis” in the lead of a short paragraph (100 words) about your experience.

### **Patient Registry**



NOF wants to hear from you so we can continue to improve how to best help you live a fulfilling, vital life. Please visit NOF’s [Healthy Bones, Build Them for Life Patient Registry](#) to learn more.

## **Advocacy Update**

### **The PAN Foundation - a Dedicated NOF Partner - Requests that Congress Lowers Out-of-Pocket Medication Costs**

No one should be forced to choose between food or medicine. And yet, Medicare beneficiaries are the only insured group in the U.S. without a cap on their annual out-of-pocket prescription medication costs. In addition, patients with Medicare are burdened with high out-of-pocket costs at the beginning of each year when deductibles reset.

The PAN Foundation invites you to take action on this critical issue. Through their new campaign, you can use a simple tool to send a message to your elected officials and request that they pass legislation to cap and evenly distribute out-of-pocket

meetings virtually due to the pandemic.



## **NOF Partners**

### **HealthWell Foundation**

HealthWell Foundation fund offers COVID-19 Insurance Premium Assistance to help individuals who have been laid off or furloughed as a result of the COVID-19 public health crisis. HealthWell provides up to \$6,000 in financial assistance for three months following grant approval to eligible households which had annual incomes up to 500 percent of the federal poverty level prior to being laid off or furloughed. To qualify, the policyholder or covered member of the policy must have a diagnosis of cancer or chronic illness and must be in active treatment where disruption of therapy could cause serious, potentially life-threatening, consequences for the patient. **Learn more:** <https://bit.ly/2ZNuhlf>

### **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.

[www.medicalfitnessnetwork.org](http://www.medicalfitnessnetwork.org)

medication costs in Medicare Part D over the course of a year. The time for change is now! When we raise our voices and collectively call on Congress to lower out-of-pocket costs, we can make a tremendous difference for thousands of patients who are making impossible choices due to the out-of-pocket costs of their treatment.

Join the campaign to lower out-of-pocket medication costs today. Visit <http://bit.ly/StandForChangePAN> for more information.

### **Help NOF Make a Difference! Join the Ambassadors Leadership Council**



An NOF Ambassador is a well-informed, passionate individual who cares deeply about those who suffer from osteoporosis. Ambassadors are adept at making an impact and sparking positive change in their field, sector or community. NOF invites you to join this dedicated group that is committed to making changes and improving the lives of those living with osteoporosis. Visit <https://www.nof.org/news-events/advocacy/ambassadors-leadership-council/> to learn more.

### **Next Avenue**



Please visit NOF's partner, NextAvenue, a public media site providing news, information and advice for America's 50+ population. [www.nextavenue.org](http://www.nextavenue.org)

### **Patient Access Network**



NOF is an Alliance Partner of the Patient Access Network (PAN) to provide educational resources to osteoporosis patients who request support from PAN for medical expenses. [www.panfoundation.org](http://www.panfoundation.org)

### **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.

[Learn more and subscribe to Barbara's Huffington Post blog.](#)

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