



## August/September Support Group Leaders Curriculum

During this unprecedented news cycle – with COVID-19 stealing the headlines – the National Osteoporosis Foundation (NOF) continues to share critical information impacting both patients and caregivers. Topics have included how to best handle bone health during the pandemic; what to expect during a telemedicine appointment with your healthcare provider and getting sufficient vitamin D while stay-at-home orders are the new norm. Since science indicates that COVID-19 is not going away any time soon, NOF would like to shine a spotlight on what everyone can do to prevent falls in their home in addition to outdoor safety tips for all seasons. And, the timing couldn't be better since [Falls Prevention Awareness Week](#) takes place Sept. 21 – 25, 2020.

### ***News You Can Use***

#### **Bone Health During COVID-19: Important Information for Patients and Caregivers**

On June 10, NOF's Board President and Chief Medical Officer reviewed important information via a live webinar about how to manage your bone health during the COVID-19 pandemic. NOF recently surveyed its patient and caregiver community to ask about access to care, availability of medication/treatment, and other healthcare concerns. The timely topic of telemedicine visits was addressed and participants were highly engaged. In fact, the survey results indicated that 82 percent of respondents have NOT had an in-person visit with their healthcare provider since March 2020. More than a third (36%) have participated in a telemedicine appointment with 77 percent indicating that the experience was "convenient"; "easy"; "a good quality visit" and/or "safe". Learn more by viewing the webinar or simply downloading the slides.

[Click here to watch the recording.](#)

[Click here to download the PDF slides.](#)

#### **Ask NOF's Expert: Telemedicine Appointments**

Learn how to get the best out of a telemedicine appointment by checking out an informative, user-friendly and practical QandA by NOF's Vice President, Board of Trustees, Dr. Lewiecki.

[Ask the Expert: Dr. Lewiecki Shares Invaluable Insight on Best Telemedicine Practices During the Pandemic](#)

#### **Bone Health and Vitamin D in the Pandemic**

NOF and a variety of other renowned 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.](#)

### ***Only You Can Prevent Falls***

Similar to what many of us learned about forest fire prevention – as kids -- from Smokey the Bear, there are simple, tried and true tips for preventing falls. In fact, approximately one third of all 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 in your safe haven. Visit <https://www.nof.org/patients/fracturesfall-prevention/> for excellent reminders about outdoor activity and a room-by-room inventory of easily preventable pitfalls.

### ***Falls Prevention Awareness Week***

The COVID-19 pandemic has impacted so many facets of our daily lives. The National Council on Aging reminds us that falling is NOT a normal part of aging and that there are steps you can take to reduce your risk. Falls Prevention Awareness Week – taking place Sept. 21-25 – will share information, resources, videos, etc. created to spread awareness about this important health message. Visit [Falls Prevention Awareness Week](#) to learn more.

### ***NOF's User-Friendly Tips***

#### **25 Easy "To Dos" to Prevent Falls**

Checklists are always a handy tool to ensure the job gets done. NOF's [25 Ways to Prevent Falls](#) is an excellent, easy-to-review resource to help ensure precautions are taken that will help keep your home fall-proof.

### **Fracture Prevention for Daily, At-Home Activities**

If you have osteoporosis, performing daily activities with care and caution is just as important as eating healthy and choosing the right exercise routine. NOF's handy, information-packed flyer highlights the safety basics for everyday actions. Visit [Fracture Prevention for Daily Activities](#) to learn more.

### **Bone Basics**

[Tips for Preventing Falls](#) covers outdoor and indoor safety precautions as well as physical changes we experience with aging and basic guidelines for averting falls.



***The National Osteoporosis Foundation thanks SunSweet for their sponsorship of the 2020 Support Group Curriculum.***