

# NATIONAL OSTEOPOROSIS MONTH 2021

GET BONE STRONG THIS MAY WITH A TIP EACH DAY

**MAY 1**  
NATIONAL  
OSTEOPOROSIS  
MONTH KICKS  
OFF TODAY




**MAY 2**  
**PEAK  
BONE MASS  
PRIMER**

**MAY 3**  
**THE ABCs OF  
OSTEOPOROSIS**




**MAY 4**  
**BONE BASICS:  
WHAT  
EVERYONE  
NEEDS  
TO KNOW**



**MAY 5**  
**OSTEOPOROSIS  
RISK  
FACTORS**



**MAY 6**  
**OSTEOPOROSIS:  
WHAT  
EVERY MAN  
NEEDS  
TO KNOW**




**MAY 7**  
**YOU ARE  
WHAT YOU  
EAT: BUILD  
STRONG  
BONES**




**MAY 8**  
**SIMPLE  
FACTS RE:  
CALCIUM &  
VITAMIN D**

**MAY 9**  
**SERVE MOM A  
BONE-HEALTHY  
BREAKFAST  
IN BED**



**MAY 10**  
**CALCIUM &  
VITAMIN D  
KEEPS BONES  
HEALTHY**

**MAY 11**  
**THE CALCIUM  
CALCULATOR**



**MAY 12**  
**BONE-HEALTHY  
INGREDIENTS**



**MAY 13**  
**BE A  
BONE-HEALTHY  
HOME CHEF**



**MAY 14**  
**KEEP  
OSTEOPOROSIS  
AT BAY:  
EXERCISE  
EVERY DAY**

**MAY 15**  
**WEIGHT-  
BEARING  
EXERCISES  
ROCK**



**MAY 16**  
**EXERCISE  
AND BE  
BONE  
HEALTHY**



**MAY 17**  
**MOVE SAFELY  
TO PREVENT  
INJURY**



**MAY 18**  
**SIMPLE  
STEPS TO  
PROTECT  
YOUR  
SPINE**



**MAY 19**  
**KEEP  
YOUR  
BALANCE**



**MAY 20**  
**STAND TALL,  
DON'T  
FALL**



**MAY 21**  
**THE DOs &  
DON'Ts OF  
DAILY  
ACTIVITIES**

**MAY 22**  
**MAKE YOUR  
HOME A  
FALL-SAFE  
HAVEN**



**MAY 23**  
**FIND A BONE  
HEALTH  
SPECIALIST  
NEAR YOU**

**MAY 24**  
**A TELEMEDICINE  
APPT  
"HOW TO"**



**MAY 25**  
**ASK YOUR  
DOCTOR  
THE  
RIGHT  
QUESTIONS**



**MAY 26**  
**TALK TO  
YOUR  
DOCTOR  
ABOUT  
MEDICATIONS**



**MAY 27**  
**TAKE GOOD  
CARE OF YOU**



**MAY 28**  
**PATIENT  
SUPPORT  
IS JUST  
A CLICK  
AWAY**



**MAY 29**  
**GET INSPIRED:  
PERSONAL  
STORIES  
OF HOPE**

**MAY 30**  
**MOTIVATING  
STORIES ABOUT  
LIVING WITH  
OSTEOPOROSIS**

**MAY 31**  
**HELP NOF HELP  
YOU! JOIN THE  
PATIENT  
REGISTRY**

VISIT  
**WWW.NOF.ORG/NATIONAL-OSTEOPOROSIS-MONTH**  
TO VIEW EACH DAY'S VALUABLE TIP