

BHOF Updates and Timely News

Iris Apfel Joins BHOF ALC



BHOF Ambassador Iris Apfel.
*Photo courtesy of Ruvén Afanador for
Zenni Eyewear.*

In late January, BHOF welcomed renowned designer and fashion icon, Iris Apfel, to its Ambassadors Leadership Council. Ms. Apfel is 100 years old and is healthy, active, and continuously working to make the world a better place. Read more about BHOF's most eclectic ALC member here: [Legendary Designer and Fashion Icon, Iris Apfel, Joins the Bone Health and Osteoporosis Foundation's Ambassadors Leadership Council.](#)

The BHOF Team Welcomes Lindsey West as Chief Program Officer

BHOF "In the News"



On Jan. 24, Drs. Singer and Lewiecki were quoted and referenced in a Washington Post story entitled [Here are some ways to keep your bones in the best possible shape.](#)

The [Iris Apfel Joins the Bone Health and Osteoporosis Foundation's Ambassadors Leadership Council](#) article was shared in hundreds of publications during late January. The link above is from Citybiz Chicago on Jan. 28.

This MarketWatch (Feb. 17) story recommends [How to lower your risk of injury as you age](#) with getting a bone density test at the top of the list.

The Seattle Times addresses [What counts as weight-bearing exercise?](#) in this Feb. 21 feature.

Here is some solid advice on [The Best Ways to Build Stronger Bones, Say Experts](#) from Eat This, Not That! Online



In this new role, Ms. West will help execute BHOF's strategic plan while managing a significant portfolio of programs and related services. Please learn more about this exciting announcement [here](#).

Osteoporosis Awareness and Prevention Month is Quickly Approaching



The BHOF team has created a variety of resources supporting Osteoporosis Awareness and Prevention Month that are available on our site. This year's theme is "Exercise to Maximize Bone Health". The materials include a Digital Calendar, a series of energizing webinars, recommendations for how to get involved/support the month -- which features joining our Be Bone Strong team initiative -- and a user-friendly social media toolkit. [Check out our resources here](#).

BHOF Welcomes Stephanie Bean as an Online Community Moderator

Stephanie Bean is a Physical Therapist who graduated from University of the Sciences in

on Feb. 26.

[*A Diet Rich in Calcium and Vitamin D Can Improve Health and Add to Your Longevity*](#) was featured in Fitness Trainer Magazine on March 1. There were dozens of additional placements in online outlets nationwide.



Ask the Expert:

Kavita Patel, PT, DPT, CCI

Kavita Patel is a Physical Therapist Advanced Clinical Specialist at Kessler Rehabilitation Center (KRC) in Clifton, NJ. Kavita also serves as an Adjunct Professor at Rutgers University's Doctor of Physical Therapy program. Kavita has been a practicing clinician for more than 25 years.

What would you like people to know about your work as a physical therapist with a special interest in bone health?

My interest in bone health stems from personal experience. I have a strong family history of osteoporosis, and with close family having suffered fractures and bone stress injuries, I, too, was at risk. Therefore, I focused on studying interventions and strategies to improve my family's bone health. I now apply this knowledge to all my patients -- of all age ranges -- screening them for the risk of low bone density, fractures, and falls. I work closely with my patients to help them achieve their goals, whether it is to improve their posture, return to their favorite hobby or

Philadelphia and later received her Doctor of Physical Therapy degree from Temple University. About 15 years ago, she started looking more thoroughly into osteoporosis and how to treat someone with that diagnosis. A Physical Therapist Assistant she worked with previously had been to a class by Sara Meeks, PT, about osteoporosis, and introduced her to the idea that there are several differences and precautions that should be taken when treating someone with bone health issues. Since then, she has taken several classes to help her work with osteoporosis patients. She decided that she wanted to help spread the word about the importance of safe exercise after a diagnosis of osteoporosis or osteopenia! Stephanie looks forward to working as a volunteer moderator with the BHOF online community to help more people learn to stay active and in control of their lives. Learn more by [visiting here](#).

BHOF Adds the AHN Osteoporosis Support Group to Its Growing Roster

The AHN Osteoporosis Support Group -- headquartered in West Mifflin, PA -- meets quarterly to provide a space for people to gather together (virtually for now) to learn more about bone health. The group offers a safe space for people to share experiences and tips with others with a similar diagnosis. Each meeting has a different topic and main speaker, followed by open discussions among members and group leaders. The group is run by healthcare professionals of multiple disciplines who specialize in osteoporosis care. If you would like more information or to register for their next meeting, please send an email to osteoporosis@ahn.org. The AHN Osteoporosis Support Group teams looks forward to welcoming you. Check out the list/offerings of current BHOF Support Groups nationwide [here](#).

Must-Know Bone Health Info



Did you know that [A Diet Rich in Calcium and Vitamin D Can Improve Health and Add to Your Longevity?](#) This past March, in commemoration of

recreational activity, or just to remain active and independent with their activities of daily living. Upon discharge, each patient is provided with a comprehensive home exercise program matching their abilities which focuses on bone strengthening, balance and agility, and posture re-education.

Tell us about the type of patients you treat. What seems to be their most common health issue(s)?

I treat patients of all ages and with various conditions, mostly orthopedic conditions such as neck and back pain, sports injuries, work-related injuries, arthritis, pre- and post-joint replacements, balance impairments, and post-fracture management. Pain, limited functional abilities, and loss of independence are some of the main reasons people seek out a physical therapist. Sometimes it can be difficult walking, negotiating stairs, getting up from a chair, lifting groceries, or picking up their grandchildren that make people realize they need to see a physical therapist.

What are your patients most interested in learning about?

Most patients are concerned about being able to remain active and independent in all activities of daily living. They want to learn ways to move with less pain, become stronger, and minimize injuries. Many of my patients are interested in learning exercises that don't take too much time, can be performed anywhere, require minimal equipment, and are effective and fun at the same time. They don't want to spend hours in the day exercising. They also do not want "boring" exercises. This is where I love the challenge of finding the right exercises that address several components of strength, balance, posture, and weight-bearing in combination.

National Nutrition Month, BHOF shared must-know info about the importance of eating a well-balanced diet to build strong bones. Diets high in calcium and vitamin D help ensure good bone development, growth, and preservation, which can lead to a lifetime of active living.

NYRR and BHOF's Be Bone Strong Team



BHOF is an official charity partner of the 2022 TCS New York City Marathon. Meet our devoted Be Bone Strong team [here](#). Stay tuned to learn more details about our fundraising platform where individuals can walk, run, or ride in any local event to help support BHOF.

Join a Parkinson's Study Without Ever Leaving Your Home

Did you know that people with Parkinson's disease (PD) have a higher risk of fractures?

Help us find a solution.

The TOPAZ study will test if a medicine called zoledronate can prevent fractures in people with PD. A team of doctors who are experts in bone health and PD are leading the study. The use of zoledronate in this study is investigational.

You can join if:

- You have Parkinson's disease or Parkinsonism
- Are 60 years old or older

The study is done from your home!

- If you are eligible for the study, a nurse will come to your home to give you a short exam.
- You'll receive a one-time dose of the study

As a BoneFit™ master trainer for BHOF, will you please share your insights about the program?

This program is for physical therapists and fitness professionals, and teaches the latest evidenced-informed interventions for individuals with low bone density, including principles of resistance training, balance exercises, back extensor strengthening, aerobic exercise, and spine sparing strategies for safe movements. The program guides exercise trainers on safe and appropriate exercise instruction while enhancing a clinician's problem-solving and clinical decision-making skills to prescribe safe and appropriate therapeutic interventions -- all to achieve rehabilitation goals including preventing and/or managing fractures.

Please share your most important recommendations for "safe exercise".

- POSTURE IS EVERYTHING!
- Ensure good alignment and form during the performance of each exercise, in any position, whether you are lying down, sitting, in quadruped, or standing.
- Ensure good alignment and form while changing positions or poses, as well as when reaching for or returning weights to their starting positions.
- Incorporate proper breathing patterns.
- Don proper footwear.
- Clear your exercise space. Make it free of clutter. Keep items nearby to assist you with floor transfers and for balance activities (i.e., a sturdy chair).

BHOF Partners

treatment (either zoledronate or a placebo).

- During the study, the research team will contact you every four months to check if you have had any new fractures.

Earn \$100 upon enrollment and \$50 per year during the study.

If you would like to learn more about joining TOPAZ, [visit the website](#) or call the Parkinson's Foundation Helpline at 1-800-4PD-INFO (473-4636).

Patient Study Conducted By Ghent University (Belgium)

The University of Ghent (Department of Public Health and Primary Care) is currently conducting a study titled "Unmet needs and patient journey leverage points in osteoporosis care: The patient perspective", financed by Amgen. This is a qualitative study that aims to capture patient experiences and expectations with regard to their osteoporosis care in countries of six regions of the World Health Organization (WHO). The results of the study will be brought to WHO and other key stakeholders, and are expected to provide input into policy recommendations aimed at improvements in osteoporosis care representing the patient perspective. We are looking for patients who are willing to participate in a 30-minute interview. If you are interested and would like to learn more, please email Prof. Dr. Liesbeth Borgermans at Liesbeth.borgermans@ugent.be.

Education

Dr. Andrea Singer Examines Bone Health and the Cancer Survivor

This engaging discussion led by BHOF's Chief Medical Officer, Dr. Andrea Singer, addresses how treatment can affect your bones and how to best protect them. [Listen and learn here.](#)

BHOF's CEO, Claire Gill, and Fitness Expert, Carol Michaels, Chat About Enjoyable and Effective Exercise

HealthWell Foundation



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HealthWell Foundation recognizes the unmet needs of frontline healthcare workers during the public health crisis, and the importance mental health has on their ability to cope with the devastating impact the COVID-19 pandemic has had on the patients they serve.

In an effort to assist as many healthcare workers as possible, HealthWell has opened a fund to provide co-payment assistance toward behavioral health treatments for frontline healthcare workers who have been impacted by the COVID-19 public health crisis. Through the COVID-19 Frontline Healthcare Workers Behavioral Health Fund, HealthWell offers up to \$2,000 in financial assistance for a 12-month grant period to eligible healthcare workers, assisting in covering their out-of-pocket treatment-related copayments for prescription drugs, counseling services, psychotherapy, and transportation needed to manage COVID-19-related behavioral health issues.

Visit their [COVID-19 Frontline Healthcare Workers Behavioral Health Fund](#) to learn more.

Medical Fitness Network





In this episode of Bone Talk, Claire Gill is joined by Carol Michaels. Carol's exercise programs are designed to be enjoyable, effective, and fun. [Listen to this entertaining and informative podcast here.](#)

Claire Gill is Joined by Heidi Skolnik and Stephen Perrine to Discuss Their New Book, "The Whole Body Reset"

Listen to this engaging Bone Talk podcast, where Heidi and Stephen explain that we don't have to gain weight as we age, and describe how this science-based, tested, and proven weight-management plan developed by AARP can help stop -- and even reverse -- weight gain. [Listen and learn here.](#)

Physical Therapist Sara Meeks Shares Invaluable Information on Correct Approaches to Daily Movement

Sara Meeks, developer of the Meeks Method of Movement for Osteoporosis, spoke to the OsteoBoston support group in late February. Sara reviewed the process of proper alignment and correct approaches to daily movement, and discussed an article on "Bone Quality: the 9 Determinants of Bone Strength and Fragility". Sara is a well-respected pioneer for bone health with more than 50 years as a PT working with osteoporosis patients. Check out her invaluable resources:

- Shelly Gladstein's OsteoBoston YouTube channel: [Bone Quality: 9 Determinants of Bone Strength and Fragility](#) starring bone health expert Sara Meeks
- [Determinants of Bone Strength and Fragility](#)
- [Postural Correction Made Simple](#)
- [The Re-Alignment Routine](#)

BHOF thanks Shelly Gladstein, OsteoBoston Support Group Leader, for sharing these materials.

BHOF and the Medical Fitness Network have partnered to provide a health insurance resource that helps connect osteoporosis patients with qualified fitness and healthcare providers.

www.medfitnetwork.org

Menopause Cheat Sheet



Bone Health Ambassador, BHOF trustee, and award-winning author Barbara Hannah Grufferman is founder and editor of the Menopause Cheat Sheet, a weekly newsletter for women 45+ which delivers science-backed information about menopause and healthy aging, featuring a monthly spotlight on bone health and osteoporosis. Subscribe to the Menopause Cheat Sheet [here.](#)

NeedyMeds



For almost 25 years, national nonprofit NeedyMeds has been helping patients meet their healthcare costs, including but not limited to medications. NeedyMeds offers assistance free and anonymously through their website (NeedyMeds.org) and toll-free helpline (1-800-503-6897). However you decide to reach out to NeedyMeds, be sure you do. They're there to help.

PAN Foundation

Need Some Inspiration?



Check out this moving story, [When the Pro Becomes the Patient: The Accidental Advocate](#), from BHOF's Voices of Osteoporosis collection.

Advocacy Updates



State Resolutions

BHOF thanks the following states that have already officially proclaimed May as Osteoporosis Awareness and Prevention Month:

- [Georgia](#)
- [Illinois](#)
- [New York](#)

We expect more states to join on in the next few weeks.

Connect with BHOF

Call to Action: Join BHOF's Patient Registry

BHOF wants to hear from you about how we can best help you live a fulfilling, vital life and improve your bone health. Please visit [BHOF's Healthy Bones, Build Them for Life Patient Registry](#) to learn more.

PAN Foundation



BHOF is an Alliance Partner of the Patient Access Network (PAN), which provides educational resources to osteoporosis patients who request support from PAN for medical expenses.

www.panfoundation.org

Please Help Support BHOF

Your generosity throughout the year helps support BHOF's mission of preventing osteoporosis and broken bones, promoting strong bones for life, and reducing human suffering through programs of public and clinician awareness, education, advocacy, and research.

Click below to donate today!



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