In the News

New Treatments for Osteoporosis
In a joint effort with the Pharmaceutical Research and Manufacturers of America (PhRMA), NOF recently released a report on new, innovative therapies being developed to treat osteoporosis. The report, *Medicines in Development for Osteoporosis*, examines the nationwide effects of the disease and explores how new medications can improve and save lives.

Osteoporosis patients often suffer from an imbalance between reabsorption of old bone and formation of new bone. Due to a greater understanding of this problem and its causes, some of the medicines in the development pipeline employ novel approaches to correct the imbalance and reverse the course of osteoporosis.

Learn more about the *Medicines in Development for Osteoporosis* Report

NOF's Peak Bone Mass Position Statement Published
NOF recently released a position statement providing evidence-based guidance and a national
implementation strategy to help children and adolescents achieve optimal bone health, known as "peak bone mass" early in life. Considered the first systematic review of its kind, researches found strong evidence supporting a positive effect of calcium intake and physical activity on bone accumulation and growth.

Visit our Peak Bone Mass Media Kit to access the full position statement as well as additional information on peak bone mass and bone health nutrition.

**Ask the Expert**

**Q:** With spring and warmer weather ahead; do I still need to take a vitamin D supplement?

**A:** Warmer and sunnier weather is on the way, but because of concerns about skin cancer, many people stay out of the sun, cover up with clothing and/or use sunscreen or sunblock to protect their skin. The use of sunscreen or sunblock is probably the most important factor that limits the ability of the skin to make vitamin D. Even an SPF of 8 reduces the production of vitamin D by 95 percent. Because of the cancer risk from the sun, most people need to get vitamin D from other sources, including eating foods rich in vitamin D and taking vitamin D supplements.

It's also very difficult to get all the vitamin D you need from food alone. Most people need to take vitamin D supplements to get enough of the nutrient needed for bone health, even in the sunnier spring and summer months.
Vitamin D plays an important role in protecting your bones and your body requires it to absorb calcium. If you don't get enough vitamin D, you may lose bone, have lower bone density and you're more likely to break bones as you age.

To figure out how much vitamin D you need, subtract the total amount of vitamin D you get each day from the recommended total daily amount for your age. Check to see if any of the other supplements you take, like multivitamins or calcium supplements, contain vitamin D.

If you're under age 50, you need 400-800 international units (IU) of vitamin D every day. If you're age 50 or older, you need between 800-1,000 IU daily. Only supplement for the shortfall in your diet. Ask your healthcare professional about your vitamin D levels and whether you are getting enough from sunshine/food sources.

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