



BHOF UPDATES

BONE HEALTH RESOURCES

**Interdisciplinary Symposium on
Osteoporosis (ISO2026)**

May 28–30, 2026

**Capital Hilton
Washington, D.C.**

Join the Bone Health & Osteoporosis Foundation (BHOF) for the [Interdisciplinary Symposium on Osteoporosis \(ISO2026\)](#)—the premier annual clinical conference dedicated to bone health—**happening May 28–30, 2026, at the Capital Hilton in Washington, D.C.**

This dynamic, three-day event brings together leading healthcare professionals across specialties to explore the latest advances in osteoporosis prevention, diagnosis, and treatment in an interdisciplinary setting.

Whether you practice in primary care, endocrinology, geriatrics,

ECHO SESSIONS



BHOF FLS Bone Health TeleECHO



**New Publication Highlights Impact
of BHOF's FLS ECHO Program**

The Bone Health & Osteoporosis Foundation (BHOF) is proud to announce the publication of a new article in Archives of Osteoporosis highlighting the success and impact of

orthopedics, women's health, or rehabilitation, ISO2026 offers:

- Cutting-edge clinical education
- Accredited CME sessions
- Interdisciplinary networking opportunities
- Pre-conference FLS workshops
- Industry insights and hands-on exhibits

Mark your calendar—registration opens in Fall 2025!

2025 Robert F. Gagel, M.D. Community Leadership Award

BHOF is proud to announce that [Tara Knight, DNP, FNP-C](#) has been named the recipient of the **2025 Robert F. Gagel, M.D. Community Leadership Award**, recognizing her exceptional commitment to advancing bone health at the community level.

Dr. Knight has demonstrated outstanding leadership through her work at Highland Hospital in Rochester, New York, where she developed and directs a **Fracture Liaison Service (FLS)** that has become a model of post-fracture care. Her efforts have led to significant improvements in osteoporosis screening, diagnosis, and treatment for patients at risk of secondary fractures.

its Fracture Liaison Service (FLS) ECHO program. The study, titled "[Enhancing Post-Fracture Care: Impact of the Fracture Liaison Service \(FLS\) ECHO](#)", explores how this innovative telementoring model helped increase knowledge, confidence, and implementation of best practices among healthcare professionals treating patients with fragility fractures.

Key findings demonstrate that participation in the FLS ECHO was associated with measurable improvements in provider confidence and practical outcomes, including increased FLS implementation and enhancements in post-fracture care processes.

We invite all clinicians, administrators, and bone health advocates to read the full article and learn more about how BHOF is advancing secondary fracture prevention through collaborative, expert-led learning.

FLS Bone Health TeleECHO Sessions

BHOF invites healthcare professionals to participate in the **FLS Bone Health TeleECHO (Extension for Community Healthcare Outcomes) Program**, a monthly interactive series designed to strengthen clinical knowledge and care coordination in osteoporosis and secondary fracture prevention.

Session Schedule:

Held the **second Thursday of each month**, 3:00 p.m. – 4:00 p.m. ET

In addition to her clinical achievements, Dr. Knight co-authored a recent article published in *Osteoporosis International*, titled "[Postmenopausal osteoporosis continuing education needed for healthcare professionals? A quality improvement project.](#)" The study focuses on one aspect of the osteoporosis care gap surrounding limited knowledge among healthcare professionals and how online education is readily available and can be utilized to help reduce this knowledge deficit.

The Robert F. Gagel, M.D. Community Leadership Award honors individuals who are transforming bone health at the local level through innovation, dedication, and a deep commitment to underserved communities. Dr. Knight embodies the spirit of this award and the broader mission of BHOFF.

In Memoriam: Dr. Robert Recker (1937–2024)

The Bone Health & Osteoporosis Foundation (BHOFF) mourns the loss of **Dr. Robert Recker**, a towering figure in the field of bone health and a longtime champion of osteoporosis research, education, and advocacy. Dr. Recker passed away on May 24, 2024, leaving behind a legacy of scientific leadership, clinical excellence, and service to the bone health community.

Format:

One-hour virtual sessions featuring case-based clinical discussions and expert-led presentations on topics central to bone health and Fracture Liaison Services (FLS).

Why participate:

- Earn **free CME/CE credit**
- Gain real-time feedback from bone health experts
- Learn best practices through peer case sharing
- Join a professional community committed to reducing secondary fractures

Explore Global Bone Health ECHO Opportunities

In addition to the FLS series, BHOFF shares access to the [Global Calendar of Bone Health ECHO Programs](#), featuring a wide range of virtual learning opportunities led by experts worldwide. These programs are ideal for professionals looking to broaden their expertise and contribute to a global network focused on osteoporosis and fracture prevention.

Visit the Global Calendar to:

- Browse upcoming ECHO sessions across different regions and specialties
- Register for topics of interest

A distinguished endocrinologist and researcher, Dr. Recker served as President of the National Osteoporosis Foundation (NOF) and made enduring contributions to the field through his work at Creighton University, where he led the Osteoporosis Research Center for more than four decades. His pioneering efforts in clinical research, including advancing the understanding of bone density, calcium metabolism, and osteoporosis therapeutics, have shaped the standards of care for patients worldwide.

Dr. Recker was widely respected for his commitment to interdisciplinary collaboration and mentorship. He was a guiding voice in national policy discussions and clinical guideline development, and he inspired generations of researchers and clinicians through his tireless advocacy and generosity of spirit.

We are deeply grateful for Dr. Recker's profound contributions to the mission of NOF and to the lives of patients, providers, and colleagues across the country. His impact on the bone health field will be felt for generations to come.

ADVOCACY UPDATES

- Connect with a global community of peers advancing bone health care

Enhance your impact—stay connected, keep learning, and share these resources with your care team.

BONE NEWS & EVENTS/OPPORTUNITIES



Falls Prevention: A Critical Component of Osteoporosis Care and Fracture Prevention

The Bone Health & Osteoporosis Foundation (BHOFF), in collaboration with Medscape, has developed a new CME activity focused on fall prevention as a critical component of osteoporosis care. This program provides healthcare professionals with practical, evidence-based strategies to reduce fall risk, preserve bone health, and support older adults in maintaining independence. The activity was released on July 31, 2025 and offers CME credit through July 31, 2026.



On Monday, May 19, 2025, twenty-one passionate participants from patient advocacy groups gathered with a shared goal: to shape the future of bone health policy. By employing a creative timeline exercise, we reflected on key events from the past, present, and future, and mapping out the landscape of policy, patient and community needs, public awareness, and technology. Next, we focused on the future state vision, where each participant imagined and articulated their vision of a successful future for bone health, and then shared these perspectives in smaller groups.

After hearing each team's ideas on where to focus our future policy efforts, we aligned on the top four priorities that will make a meaningful impact on bone health: FLS, Prevention, Public Awareness, and Coverage & Reimbursement. Concluding the workshop, we had a roadmap for collective action and will begin initiating this collaborative effort in 2025.

Key highlights include:

- The impact of falls on patient outcomes and healthcare utilization.
- Evidence-based interventions such as strength and balance training, mobility exercises, and multifactorial approaches.
- Application of the 4Ms framework—What Matters, Medication, Mentation, and Mobility—for integrating fall and fracture prevention into everyday clinical care.
- Tools to support an interdisciplinary, patient-centered approach to osteoporosis and fall prevention.

[Click here to access the session](#)

This project has been funded by the Centers for Disease Control and Prevention (CDC), under Award #6 NU48DP007769-01-02, with BHOF serving as the lead organization.

[Introducing Perry Academy](#)

Perry Academy is a new multidisciplinary learning platform designed to help healthcare professionals deliver compassionate, evidence-based perimenopause care. With CME/CEU-accredited tracks, expert-led courses, and practical tools, you'll gain the knowledge and skills to better support patients during midlife. Graduates receive a

BHOF is grateful to Amgen Inc. and UCB, Inc. for their support of this initiative.

The 2025 Centers for Medicare & Medicaid Services proposed rule came out on July 14th, and the BHOF policy team is working on our response for comments. To view the full proposed rule, [click here](#).

BHOF is grateful to Amgen Inc., Novo Nordisk, UCB, Inc., and Sandoz for their support of the National Bone Health Policy Institute.

BHOF RESOURCES

CVEEP Shares Summer Toolkit to Support Respiratory Health for Adults 50+

The Coalition for Vaccine Education and Equity Promotion (CVEEP) has launched its Summer Stay Updated campaign, a timely initiative that reminds healthcare professionals and community leaders that infectious respiratory diseases like COVID-19 remain a serious threat to adults age 50 and older—even during the summer months.

To support this effort, CVEEP is sharing a comprehensive communications toolkit designed to help organizations promote vaccination and respiratory health

“Perimenopause Certificate®” and are listed in the Perry-Certified Directory, connecting women with qualified providers.

[Learn more and enroll today.](#)

FDA-cleared Osteoboost wearable for low bone density has launched

Osteoboost, the first and only FDA-cleared, non-drug prescription treatment for low bone density, launched in May and is now available to order.

If you have low bone density, Osteoboost offers a new and innovative way to slow bone loss and strength where fractures are most likely: the lumbar spine and hips.

Osteoboost is the first FDA-cleared vibration treatment, based on a gold-standard clinical trial at the University of Nebraska, which studied postmenopausal women with osteopenia. For participants who used the device at least 3 times per week, Osteoboost significantly reduced bone loss in the spine by 85% compared to the sham/placebo treatment.

Osteoboost delivers gentle, targeted vibration through a comfortable device worn low around the hips. Each treatment lasts 30 minutes and can be done while walking or other daily activities, making it easy to integrate into your routine.

The Osteoboost app tracks sessions, and the company also includes a

awareness across their networks. The toolkit includes template newsletter content, social media graphics, and sample posts available in both English and Spanish. It also provides posters in both languages, along with educational resources that explain how vaccines support overall health and help reduce healthcare costs. In addition, the toolkit features patient-facing materials such as [Protect Your Summer Plans](#) and [Protect from COVID-19 Year Round](#), offering timely reminders and practical guidance for keeping communities safe during the warmer months and beyond.

Healthcare providers are encouraged to download and share these resources to help educate patients and communities about the importance of staying protected year-round.

Access the full toolkit and campaign materials through the Stay Updated landing pages:

- [Stay Updated Campaign Landing Page \(English\)](#)
- [Stay Updated Campaign Landing Page \(Spanish\)](#)

Clinical Excellence in Bone Health Starts Here: Explore BHOF's CME/CE Programs

The Bone Health & Osteoporosis Foundation (BHOF) is committed to supporting healthcare professionals with high-quality, evidence-based

personalized online exercise program focused on improving balance and fall prevention.

Over 1,500 physicians are already prescribing Osteoboost, and devices are now shipping to patients. A new recorded patient webinar [is available here](#), featuring a demonstration and insights from the clinical team.

This novel bone health solution can be used standalone or in conjunction with other treatments. Talk to your doctor and order today at [Osteoboost.com](#).

ORS Young Investigator Initiative (YII): Applications Now Open

The Orthopaedic Research Society (ORS) is pleased to continue the legacy of the Young Investigator Initiative (YII)—formerly operated under the U.S. Bone and Joint Initiative (USBJI)—with renewed commitment to supporting early-career researchers in musculoskeletal health. BHOF has been recognized as a valued and significant partner in past years, and we are excited to invite continued collaboration and engagement.

The YII Program offers mentored career development, proposal review, and grant-writing support to promising investigators pursuing research in bone, joint, and musculoskeletal health.

Program details and application information:

continuing medical education (CME/CE) designed to strengthen clinical expertise and improve outcomes in osteoporosis and bone health care.

Through the [BHOF Professional Learning Center](#), clinicians can:

- Explore a comprehensive library of **on-demand educational activities** focused on the latest advances in bone health
- **Earn CME/CE credits** while fulfilling licensure and certification requirements
- Stay informed on **emerging guidelines, research, and innovations** in osteoporosis prevention, diagnosis, and treatment

Whether you're building foundational knowledge or advancing specialized clinical skills, BHOF's education programs are designed to meet your needs and help elevate the standard of care for your patients.

Start learning today at the [BHOF Professional Learning Center](#).

FLS Certificate of Completion (2025–2027)

The Bone Health & Osteoporosis Foundation (BHOF) is pleased to offer the Fracture Liaison Service (FLS) Training and Certificate of Completion—an on-demand

- [Learn more about the 2025 program.](#)
- [Submit your application or share the opportunity.](#)

Note: Due to recent changes in federal funding timelines, the 2025 program has been rescheduled to take place in the fall. The YII will return to its regular spring schedule in 2026.

We encourage you to share this opportunity with your colleagues and networks who support emerging leaders in musculoskeletal research.

ReachMD Podcast: Menopause & Bone Health

The Bone Health & Osteoporosis Foundation (BHOF) is excited to share a new expert-led program on ReachMD: Menopause and Bone Health: Modern Approaches for Healthcare Providers.

Hosted by Claire Gill, CEO of BHOF and featuring Andrea Singer, MD, BHOF's Chief Medical Officer, this discussion explores the latest evidence-based strategies for assessing fracture risk, optimizing treatment, and guiding patients through menopause with a strong focus on osteoporosis prevention and care.

[Access the program here.](#)

Postmenopausal Osteoporosis: Closing the Care Gap

educational program designed to address the clinical challenge of fragility fractures through effective implementation of the FLS model of care.

This comprehensive training covers:

- **Common barriers and challenges** in clinical care
- **Strategies** for organizing, staffing, and structuring a successful FLS program
- **Best practices** for managing patients with osteoporosis and increased fracture risk

The program is based on expert-led presentations delivered at BHOF's Interdisciplinary Symposium on Osteoporosis (ISO2025) held in Washington, D.C. in April 2025. Participants who complete the program will receive a Certificate of Completion and continuing education credit for individual sessions, totaling up to 25 credit hours.

Healthcare professionals interested in additional content from the symposium may also access the ISO2025 Session Bundle, featuring 28 recorded sessions from the in-person event.

To register or learn more, please visit the [BHOF Professional Learning Center](#) or email

Are you up to date on how to prevent or reduce secondary osteoporotic fracture rates in your patients?

Authors: Tara M. Knight, DNPc, MSN, BSN, FNP-C

1.0 CME / ABIM MOC / CE

[Please click here to begin the course.](#)

Prolia® (denosumab) REMS

A REMS has been mandated for Prolia® to address the risk of severe hypocalcemia in patients with advanced chronic kidney disease, including those on dialysis. Healthcare professionals can access the Healthcare Provider Letter, Patient Guide, and updated Prescribing Information to support safe prescribing and monitoring. [Learn more about the Prolia® REMS Program.](#)

Connexence® (denosumab-bnht) REMS

A REMS has also been mandated for Connexence® (denosumab-bnht) to address the risk of severe hypocalcemia in patients with advanced chronic kidney disease, including those on dialysis. Healthcare professionals can access the Healthcare Provider Letter, Patient Guide, and updated Prescribing Information to support safe prescribing and monitoring. [Learn more about the Connexence® REMS Program.](#)

education@bonehealthandosteoporosis.org with questions.

Join BHOF as a Professional Member

Advance your clinical expertise and stay at the forefront of osteoporosis care by becoming a Professional Member of the Bone Health & Osteoporosis Foundation (BHOF). Membership provides exclusive access to BoneSource®, BHOF's professional portal for evidence-based education, clinical tools, and up-to-date resources.

As a BHOF Professional Member, you'll receive:

- **Expert-Led CME/CE Programs:**
Stay informed with innovative, on-demand learning designed to meet your continuing education needs.
- **Clinical Tools & Practice Guidelines:**
Access protocols, algorithms, and practical resources to support high-quality, patient-centered care.
- **Professional Networking Opportunities:**
Connect with a national community of peers, researchers, and leaders shaping the future of bone health.

Capture the Fracture® Best Practice Framework (BPF)

The International Osteoporosis Foundation (IOF) has developed Capture the Fracture®, a global program to facilitate the implementation of Post-Fracture Care (PFC) Coordination Programs, such as Fracture Liaison Services (FLS) for secondary fracture prevention.

The Capture the Fracture® initiative guides healthcare systems in implementing their own FLS, and provides a platform for the global exchange of existing projects and resources on FLS and local implementation strategies.

The Best Practice Framework (BPF) serves as the measurement tool for IOF to award 'Capture the Fracture Best Practice Recognition' in celebration of successful FLS worldwide. Applicants will be featured on the CTF's interactive map, and will be awarded the Capture the Fracture Best Practice Recognition logo.

[Please click here to complete the application](#) for Best Practice Recognition.

FROM OUR JOURNALS

BHOF membership equips you with the tools, knowledge, and connections to deliver better outcomes in osteoporosis prevention, diagnosis, and treatment.

Join today and make a lasting impact on bone health care. [Learn more about BHOF Professional Memberships here.](#)

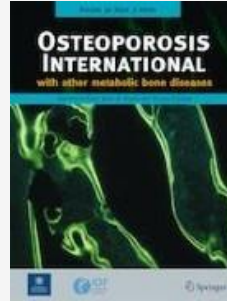
Vertebral Compression Fracture Bundle (VCF) 2023-2025

The Vertebral Compression Fracture (VCF) Education Bundle, available through BHOF's Professional Learning Center, offers valuable resources to enhance your ability to recognize and manage vertebral fractures in clinical practice. Developed with support from Medtronic, this educational series is designed to improve early detection and treatment of osteoporosis-related fractures, particularly in primary care settings.

Available topics:

- *Identifying Osteoporosis-Related Vertebral Fractures in Primary Care*
- *Management of Vertebral Compression Fractures in Primary Care*

These concise, evidence-based newsletters provide practical insights to support your fracture prevention and patient care efforts.



Postmenopausal osteoporosis continuing education needed for healthcare professionals? A quality improvement project

Tara Knight & Susan Eley

Summary

This study explores one aspect of the well-documented osteoporosis care gap, healthcare professionals' knowledge surrounding postmenopausal osteoporosis and how online continuing education could reduce knowledge deficiencies. With a large sample, findings clearly show the knowledge deficiency and offer insight on how online continuing education could help improve postmenopausal osteoporosis care.

Pregnancy vitamin D supplementation and bone mineral density of the mother: a post hoc analysis of the MAVIDOS randomised placebo-controlled trial

Rebecca J. Moon, Stefania D'Angelo, Elizabeth M. Curtis, Kate A. Ward, Keith M. Godfrey, Cyrus Cooper & Nicholas C. Harvey

Summary

[Access the VCF Education Bundle here through the BHOF Professional Learning Center.](#)

BHOF gratefully acknowledges Medtronic for its support of this important educational initiative.

BoneSource®: Your Go-To Resource for Excellence in Bone Health Care

BoneSource®, the Bone Health & Osteoporosis Foundation's (BHOF) dedicated professional portal, is designed to support healthcare providers in delivering high-quality, evidence-based care for patients at risk for or living with osteoporosis.

Developed specifically for clinicians, BoneSource® offers access to trusted education, clinical tools, and practical guidance to enhance decision-making and improve patient outcomes.

Key features include:

- **Continuing Education Opportunities:**
Stay current with accredited CME/CE programs covering the latest research and best practices in bone health.
- **Clinical Guidelines & Decision Tools:**
Access expert-vetted protocols, algorithms, and resources to support evidence-based management

The effect of pregnancy vitamin D supplementation on bone mineral density (BMD) in the mother immediately after delivery and at 4 years after delivery was assessed in a randomised placebo-controlled trial. The mothers' BMD did not differ between the two intervention groups.

The rise and fall of raloxifene use for osteoporosis, 1999–2022

Freddy F. Shogry, Kaleen N. Hayes, Sandra Kim, Andrea M. Burden, Mina Tadrous, Sulbh Aggarwal & Suzanne M. Cadarette

Summary

The relevance of raloxifene in current osteoporosis practice is not clear given concerns about its safety and the introduction of newer therapeutic options. We describe the rise and fall in raloxifene use among older females in Ontario, documenting that it remains an important therapeutic option for osteoporosis in select patients.

Optimizing region of interest size and placement for clinical opportunistic CT trabecular bone Hounsfield unit measurements

Janelle N. Sobecki, Diane Krueger, Perry J. Pickhardt, Neil Binkley & Paul A. Anderson

Summary

No formal guidance exists regarding optimal opportunistic computed tomography (CT) region of interest

of osteoporosis across various care settings.

- **Patient Care Resources:**
Download educational materials and adherence tools designed to enhance patient understanding, engagement, and communication.

Whether you're deepening your foundational knowledge or refining advanced clinical strategies, BoneSource® equips you with the tools to elevate care and advance your professional practice.

[Explore BoneSource® today](#) and strengthen your impact in osteoporosis care.

BoneFit™ USA

BHOF will be offering a BoneFit™ USA virtual training on [Saturday, September 13th, 2025](#). BoneFit™ is an evidence-informed exercise training workshop, designed for exercise practitioners, to provide training on the most appropriate, safe, and effective methods to prescribe and progress exercise for people with osteoporosis. The program will host two levels of trainings for exercise professionals—Basics trainings aimed at personal trainers and other exercise teachers, and Clinical trainings aimed at physical therapists and clinicians that incorporate

(ROI) size or placement to clinically obtain bone Hounsfield unit (HU) data. Using clinical CT scans, this study evaluated ROI size/placement and assessed HU reproducibility.

[**Trabecular bone score predicts distal femur screw pull-out strength better than DXA bone mineral density, CT Hounsfield units, and cortical density**](#)

James T. Bernatz, Kevin P. Sandhu, Diane Krueger, Gretta Borchardt, Keith A. Knurr, Neil C. Binkley, Joshua D. Roth & Paul A. Anderson

Summary

The purpose of the study was to evaluate trabecular bone score (TBS) technology for orthopedic application (TBSortho) as a predictor of a screw pull-out strength in a cadaveric model. This study finds that TBSortho correlates more strongly with the screw pull-out strength compared to cortical density, computed tomography (CT) Hounsfield units (HU), and dual-energy X-ray absorptiometry (DXA) bone mineral density (BMD).

[**Bone microstructure and TBS in diabetes: what have we learned? A narrative review**](#)

S. Ferrari, K. E. Akesson, N. Al-Daghri, E. Biver, M. Chandran, T. Chevalley, R. G. Josse, D. L. Kendler, N. E. Lane, P. Makras, C. Meier, Ambrish Mithal, A. Suzuki, S. Vasikaran, D. D. Pierroz, W. D. Leslie & International Osteoporosis

exercise recommendations into their practice.

BoneFit™ USA workshops entail five online modules as pre-course work via the BHOF online LMS, attendance at the one-day virtual course, and completion of a final online quiz. The training will consist of approximately six-to-eight hours of coursework. Upon passing the quiz, each BoneFit™ participant will receive a certificate of completion, be able to say they are “BoneFit™ Trained,” and appear in BHOF’s online [Find a BoneFit™ Professional](#) tool. You can view more [information on our website](#).

PATIENT RESOURCES

Public Health Professional Sub-site

The [Public Health Professionals Sub-Site](#) is a dedicated resource for public health professionals working to improve bone health and prevent osteoporosis across populations. Here, you’ll find evidence-based tools, strategies, and data to support community education, program planning, and policy development focused on lifelong bone health. This resource also features emerging research and materials to help you design impactful, population-based interventions and promote bone health equity in your community.

Foundation Committee of Scientific Advisors Working Group on Bone and Diabetes

Summary

This position paper, on behalf of the Bone and Diabetes Working Group of the International Osteoporosis Foundation, summarizes alterations in bone microarchitecture measured by HR-pQCT in diabetes. It also addresses the technical and clinical considerations of the trabecular bone score, particularly discussing the significance of this measurement in individuals with diabetes and the influence of abdominal fat.

Osteoporosis medication use over time in the United States and Canada

Kaleen N. Hayes, Andrew R. Zullo, Sarah D. Berry, Arman Oganisian, Sulbh Aggarwal, Michael Adegboye & Suzanne M. Cadarette

Summary

Over 12 years in the US and 26 years in Ontario, Canada, we found major differences in osteoporosis medications used. In both countries, osteoporosis medication initiation has not returned to pre-2008 levels; however, denosumab use is increasing. Future work should determine whether targeted screening or undertreatment drives these trends.

Rheumatoid arthritis and subsequent fracture risk: an

BHOF Consumer Webinar Series – On-Demand Recordings

BHOF is pleased to share recordings from its recent consumer webinar series, designed to educate and empower individuals on bone health and osteoporosis.

June 27, 2024 – How Men Can Take Action to Prevent Fractures

Speaker: Joshua Wing, APRN

July 9, 2024 – Understanding Osteoporosis as a Chronic Condition

Speaker: E. Michael Lewiecki, MD

July 24, 2024 – Osteoporosis Medications: Comparing Treatment Options and Introducing Biosimilars

Speaker: Kristi Tough DeSapri, MD

August 6, 2024 – Latest Developments in Osteoporosis Treatment

Speaker: Andrea Singer, MD

BHOF encourages you to share these resources with your patients and colleagues.

Thank you to Radius and Sandoz for their support of this webinar series.

Free Virtual Bone Health Webinars

The Bone Health & Osteoporosis Foundation (BHOF) offers free, live virtual webinars on topics such as posture, fall prevention, nutrition, and condition-specific bone health (including breast cancer and HIV).

individual person meta-analysis to update FRAX

John A. Kanis, Helena Johansson, Eugene V. McCloskey, Enwu Liu, Marian Schini, Liesbeth Vandenput, Kristina E. Åkesson, Fred A. Anderson, Rafael Azagra, Cecilie L. Bager, Charlotte Beaudart, Heike A. Bischoff-Ferrari, Emmanuel Biver, Olivier Bruyère, Jane A. Cauley, Jacqueline R. Center, Roland Chapurlat, Claus Christiansen, Cyrus Cooper, Carolyn J. Crandall, Steven R. Cummings, José A. P. da Silva, Bess Dawson-Hughes, Adolfo Diez-Perez, Alyssa B. Dufour, John A. Eisman, Petra J. M. Elders, Serge Ferrari, Yuki Fujita, Saeko Fujiwara, Claus-Christian Glüer, Inbal Goldshtein, David Goltzman, Vilmundur Gudnason, Jill Hall, Didier Hans, Mari Hoff, Rosemary J. Hollick, Martijn Huisman, Masayuki Iki, Sophia Ish-Shalom, Graeme Jones, Magnus K. Karlsson, Sundeep Khosla, Douglas P. Kiel, Woon-Puay Koh, Fjorda Koromani, Mark A. Kotowicz, Heikki Kröger, Timothy Kwok, Olivier Lamy, Arnulf Langhammer, Bagher Larijani, Kurt Lippuner, Fiona E. A. McGuigan, Dan Mellström, Thomas Merlijn, Tuan V. Nguyen, Anna Nordström, Peter Nordström, Terence W. O'Neill, Barbara Obermayer-Pietsch, Claes Ohlsson, Eric S. Orwoll, Julie A. Pasco, Fernando Rivadeneira, Anne-Marie Schott, Eric J. Shiroma, Kristin Siggeirsdottir, Eleanor M. Simonsick, Elisabeth Sornay-Rendu, Reijo Sund, Karin Swart MA, Pawel Szulc, Junko Tamaki, David J. Torgerson, Natasja M.

These sessions are designed to support both clinicians and patients with practical, evidence-based strategies for preventing fractures and promoting lifelong bone health.

View upcoming events and register [here](#).

Bone Health Quiz

As a clinician, you play a critical role in identifying patients at risk for osteoporosis and fractures. The [Bone Health Quiz](#) is a quick and engaging tool that helps individuals assess their risk factors. As they answer questions, key bone health facts appear alongside their responses. Any risk factors for weakened bones or fractures will be highlighted in red, signaling the need for further discussion with a healthcare provider.

Encourage your patients to take the Bone Health Quiz today and start the conversation about protecting their bone health.

[Click here](#) to take the Bone Health Quiz.

Bone Health Patient Awareness: Toolkit for Healthcare Providers

By sharing the information in this toolkit with your networks and patients, you can empower them to take proactive steps in safeguarding their bone health and preventing fractures. In this toolkit, you'll find sample social media posts, an email

van Schoor, Tjeerd P. van Staa, Joan Vila, Nicole C. Wright, Noriko Yoshimura, M. Carola Zillikens, Marta Zwart, Nicholas C. Harvey, Mattias Lorentzon & William D. Leslie

Summary

The relationship between rheumatoid arthritis (RA) and fracture risk was estimated in an international meta-analysis of individual-level data from 29 prospective cohorts. RA was associated with an increased fracture risk in men and women, and these data will be used to update FRAX®.

SUPPORT BHOF

Become a Champion for Bone Health!

As a healthcare professional, you know how critical it is to raise awareness about osteoporosis and bone health. Now, there's a new way you can help extend that impact beyond the clinic—by joining BHOF's new online fundraising initiative!

Introducing: Fundraise Your Own Way

BHOF is excited to launch [Fundraise Your Own Way](#), a flexible, easy-to-use platform that empowers you to create a fundraising page or team, share your story, and engage your network to support the cause.

template, infographics, and handouts that make it simple to spread awareness and encourage early intervention. Please join us in promoting better bone health and ensuring more people receive the care they need!

[Click here](#) to download the toolkit.

Why Healthy Bones Matter™ for the Black Community

You have the power to close the gap in osteoporosis care and prevention.

Why Healthy Bones Matter™ for the Black Community provides essential insights into how medical conditions, medications, and family history influence fracture risk. Black Americans are less likely to be screened for osteoporosis, less likely to receive treatment, and more likely to have chronic conditions that negatively impact bone health.

This program dispels common myths and equips both you and your patients with the knowledge to assess risk factors and take proactive steps for stronger bones.

[Click here](#) to access the course.

Spanish-Language Resources

These two Spanish-language one-pagers are designed to help you take control of your bone health. [Tomando El Control De La Salud De Sus Huesos](#) (*Take Charge of Your Bone Health*) provides easy-to-follow tips on preventing osteoporosis, building

Whether you're celebrating a birthday, honoring a patient or loved one, hosting an educational event, or simply passionate about prevention, this tool puts you in the driver's seat. You choose the "why" and "how"—we provide the platform and support to make it happen.

Be an Early Champion

We're looking for healthcare leaders like you to help us launch this new platform. As an early adopter, your role is simple but powerful:

- Create a fundraising page or team using our [step-by-step guide](#)
- Share your page with colleagues, friends, and patients
- Encourage others to create their own pages, too

Just as BHOF transformed its giving model years ago by embracing online donations (now the primary way our supporters give), we believe [Fundraise Your Own Way](#) can spark a new wave of awareness and engagement—and we need your help to get it started.

Your voice and leadership can help bring critical attention to osteoporosis prevention, treatment, and education, while also raising vital funds for our work. Start a page or team today and show others how to support BHOF, their way.

strong bones, and understanding your risk factors. [*Preguntas Para Hacerle A Su Medico Acerca De La Salud De Sus Huesos*](#) (*Questions to Ask Your Healthcare Provider*) helps you prepare for your next medical visit with important questions to guide a proactive conversation with your healthcare provider. These resources make it easier to stay informed and take steps toward stronger, healthier bones with culturally relevant resources for Spanish-speaking communities.

Huesos Saludables de por Vida

Esta presentación compartirá los fundamentos de la salud ósea y su importancia. Es la introducción perfecta a la prevención de la pérdida ósea, la prevención de fracturas, el ejercicio y la nutrición saludables para los huesos. ¡Tome medidas para mantenerse fuerte y independiente de por vida! Presione aquí para ver el seminario web.

Otros recursos:

- [Medicinas que pueden causar pérdida ósea y contribuir a la osteoporosis](#)
- [Tomando El Control de la Salud De Sus Huesos: Carga Osteogenica](#)
- [Osteoporosis – Le Puede Pasar](#)

Let's fundraise, educate, and make bone health a national priority—together.

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