

From the office of the Mayor **Proclamation**

WHEREAS; OSTEOPOROSIS IS A PREVALENT CONDITION AFFECTING APPROXIMATELY 10 MILLION INDIVIDUALS IN THE UNITED STATES, WITH AN ADDITIONAL 43 MILLION PEOPLE HAVING LOW BONE MASS, PLACING THEM AT INCREASED RISK FOR FRACTURES; AND

WHEREAS; OSTEOPOROSIS-RELATED FRACTURES CAN LEAD TO SIGNIFICANT MORBIDITY, INCLUDING CHRONIC PAIN, DISABILITY, AND LOSS OF INDEPENDENCE, UNDERSCORING THE IMPORTANCE OF PREVENTIVE MEASURES AND EARLY INTERVENTION; AND

WHEREAS; A BALANCED DIET RICH IN CALCIUM AND VITAMIN D, REGULAR WEIGHT-BEARING AND MUSCLE-STRENGTHENING EXERCISES, AND A HEALTHY LIFESTYLE FREE FROM SMOKING AND EXCESSIVE ALCOHOL CONSUMPTION ARE ESSENTIAL COMPONENTS IN BUILDING AND MAINTAINING BONE HEALTH THROUGHOUT LIFE; AND

WHEREAS; OSTEOPOROSIS IS OFTEN ASYMPTOMATIC UNTIL A FRACTURE OCCURS, MAKING REGULAR BONE DENSITY SCREENINGS CRUCIAL FOR EARLY DETECTION AND MANAGEMENT TO PREVENT DEBILITATING OUTCOMES; AND

WHEREAS; IN 2016, OVER 13,000 MEDICARE BENEFICIARIES IN NEVADA EXPERIENCED MORE THAN 15,900 OSTEOPOROTIC FRACTURES, LEADING TO SUBSTANTIAL HEALTHCARE COSTS AND LONG-TERM COMPLICATIONS FOR AFFECTED INDIVIDUALS; AND NOW

THEREFORE; I, THE MAYOR OF THE CITY OF LAS VEGAS, COUNTY OF CLARK, STATE OF NEVADA, HEREBY PROUDLY PROCLAIM MAY, 2025, AS:

Osteoporosis Awareness & Prevention Month

IN THE CITY OF LAS VEGAS WE URGE ALL RESIDENTS AND VISITORS TO EDUCATE THEMSELVES AND TAKE PROACTIVE STEPS IN MAINTAINING BONE HEALTH THROUGH PROPER NUTRITION, REGULAR EXERCISE, AND ROUTINE SCREENINGS.



IN WITNESS WHEREOF:
BY THE POWERS GRANTED TO ME,
I HAVE HEREUNTO SET MY HAND
AND CAUSED THE SEAL OF THE
CITY OF LAS VEGAS TO BE AFFIXED
THIS 1ST DAY OF MAY, 2025

Shelley Berkley
HONORABLE SHELLEY BERKLEY
MAYOR, CITY OF LAS VEGAS