



Janet T. Mills  
GOVERNOR

STATE OF MAINE  
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Dear Friends,

On behalf of the people of Maine, I write this letter in support of Osteoporosis Awareness and Prevention Month, which is recognized during the month of May.

Osteoporosis is often called a silent disease because one can't feel bones weakening. Today, an estimated 54 million Americans have osteoporosis or low bone mass. In Maine, approximately 9,000 Medicare beneficiaries suffered over 10,500 osteoporotic fractures in 2016. Of those cases, 1,400 resulted in not just an initial fracture, but also a subsequent fracture resulting in estimated costs of over \$28.7 million.

Building strong bones begins in childhood and is essential to the prevention of osteoporosis. A diet rich in calcium and vitamin D, muscle-strengthening exercise, as well as a healthy lifestyle with no smoking or excessive alcohol intake are all key to optimizing bone health. Timely bone health screening, diagnosis, and treatment can also help prevent fractures leading to hospitalization and nursing home stays.

As Governor, I am grateful to the patients, medical providers and advocates in Maine and around the country who are working to increase awareness around osteoporosis and keep people healthy and strong.

Thank you,

Janet T. Mills  
Governor



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