



## *A Proclamation by the Governor*

**WHEREAS**, osteoporosis is a serious bone-thinning disease that occurs when the body loses more bone mass than it replaces; and

**WHEREAS**, prevention must begin during the critical bone-building years of childhood and adolescence by eating a calcium-rich diet and by pursuing a healthy, active lifestyle; and

**WHEREAS**, osteoporosis affects men and women of all races. But white and Asian women, especially older women who are past menopause, are at highest risk; and

**WHEREAS**, the State of Nevada encourages both men and women to fight osteoporosis by maintaining a healthy diet, staying active, engaging in weight-bearing exercises, knowing their risks, and understanding the treatment options available that can help prevent bone loss or strengthen already weak bones; and

**WHEREAS**, there is a common misconception among Americans that osteoporosis is a disease that only happens to elderly people, but in truth there is no existing cure and therapies are limited once a bone has fractured; no one is too young or too old to take measures to prevent osteoporosis;

**NOW, THEREFORE, I, JOE LOMBARDO, GOVERNOR OF THE STATE OF NEVADA**, do hereby proclaim the week of May 10-16, 2026, as

### **OSTEOPOROSIS PREVENTION AND AWARENESS WEEK IN NEVADA**



**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the Great Seal of the State of Nevada to be affixed at the State Capitol in Carson City, this 4th day of May, 2026

  
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By the Governor: Governor

  
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Secretary of State

  
By Deputy