The Bone Health & Osteoporosis Foundation (BHOF) was pleased to be named as an official charity partner of the 2022 TCS New York City Marathon held on Sunday, November 6. Twelve runners joined the BHOF Be Bone Strong™ Team, led by Barbara Hannah Grufferman, to fundraise and raise awareness about bone health and osteoporosis. We are excited to share that their months of training paid off and they exceeded their fundraising goal of $30,000!! Congratulations to the entire team!!

To learn more about BHOF’s involvement in the NYC Marathon, click here.

In the News

Healthy Women recently launched The #YesYouScan! Campaign, and Britt Waters of Good Morning Washington spoke with BHOF CEO Claire Gill about how the campaign is raising awareness on the importance of bone scans.

WATCH NOW

BHOF Trustee Barbara Hannah Grufferman’s article on bone health, You vs. Your Bones, appeared in the December issue of AARP The Magazine, which has a circulation of 22.8 million!

BHOF Ambassadors Leadership Council Member Joan Pagano shares information on stretching for osteoporosis that involves both limbering and lengthening exercises. (The Three Tomatoes, November 2022)

Aches, pain and bone breaks are not just normal ‘signs of
Click here to learn more about the BHOF Be Bone Strong™ Team and get involved any time of the year.

World Osteoporosis Day Highlights

World Osteoporosis Day takes place annually on October 20th to encourage everyone, no matter their age, to become active in taking charge of their bone health. BHOF shared many important resources to help everyone understand the importance of good bone health, including how to prevent, manage, and treat osteoporosis. Find these resources, and more, all year round on the BHOF website.

Boning Up on Osteoporosis contains information about prevention, risk factors, diagnosis, and treatment of osteoporosis. It also includes important information about living with osteoporosis, safe movement, and exercise for daily living.

In an aging America, osteoporosis is a looming public health crisis (The Hill, October 2022)

E. Michael Lewiecki, MD: When is Osteopenia Osteoporosis? (Rheumatology Network, October 2022)

Eating 5 to 6 prunes a day may prevent bone loss, osteoporosis (Medical News Today, October 2022)

Should You Buy Milk Fortified With Vitamin D? (MSN, October 2022)

How to improve bone health (Siloam Springs Herald-Leader, October 2022)

Ask the Expert

Creating an Exercise Plan for Healthy Bones
The Healthy Bones for Life Patient Guide is meant to serve as a training guide. It will help you understand what osteoporosis is doing to your body, understand treatments, build your confidence in treating this disease, and identify sources of support throughout the course of treatment.

The Bone Basics series provides concise information about a variety of topics related to osteoporosis and bone loss.

A highlight of World Osteoporosis Day included many members of our community doing the Osteo-a-Gogo dance, originally choreographed by NYC Principal Dancer Tiler Peck to help raise awareness about osteoporosis.

BHOF CEO Claire Gill Recognized as a Champion of Women’s Health

We’re excited to share that BHOF CEO Claire Gill has been recognized by the Society for Women's Health Research as a Champion of Women's Health! Congratulations Claire!

BHOF’s CEO Claire Gill recently interviewed exercise expert Amy Van Liew about the most frequently asked questions we receive on exercise for bone health. They also talk about how exercise, physical activity, and safe movement all play an important role in building and maintaining bone health throughout our lives.

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Shop with AmazonSmile and Support BHOF

Did you know that you can support BHOF through your
Giving Tuesday Highlights

Thank you to all who supported the BHOF Giving Tuesday campaign! This year more than $6,500 was raised to support the BHOF-sponsored Building Strength Together® Support Group Program!

It was so amazing to see our community come together to raise awareness and make a difference in the lives of people affected by osteoporosis. Your contributions will help those who want to join a support group, make new connections, and get emotional support while accessing important resources to help manage their health. We appreciate your generosity!

If you missed the opportunity to donate on Giving Tuesday, it’s not too late to show your support. During this holiday giving season, and all year round, your generosity helps support BHOF’s mission of promoting strong bones for life, preventing osteoporosis and broken bones, and reducing human suffering through programs of public and clinician awareness, education, advocacy, and research.

New Patient Pathway Website Tool

everyday online purchases? Amazon.com has a charitable program called AmazonSmile, a simple and automatic way for you to support BHOF every time you shop, at no cost to you. When you shop at AmazonSmile, you’ll find the exact same low prices, vast selection, and convenient shopping experience as Amazon.com, with the added bonus that the AmazonSmile Foundation will donate 0.5% of the purchase price to BHOF.

SHOP NOW

Develop an "Attitude of Gratitude" for Both Physical and Emotional Wellbeing

Research has shown that having an “attitude of gratitude” is not only good for us emotionally, but physically too! An attitude of gratitude means making the conscious habit of expressing appreciation on a regular basis for big and small things alike. When we do this, and practice it, it becomes a healthy habit. Click
BHOF is putting the finishing touches on a new patient pathway website tool – Your Path to Good Bone Health. It is designed to help you to learn about actions you can take to prevent and manage osteoporosis and avoid broken bones through quick reads, videos, and podcasts. The site is scheduled to go “live” in January 2023, and the link will be featured in future newsletters and on the BHOF website.

BHOF recognized that the care pathways for osteoporosis patients undergoing diagnosis and treatment are complex, depending on the progression of the disease and where the patient is in their treatment journey. This first-of-its-kind tool is intended to help you learn about your bone health and make informed decisions with your healthcare provider.

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

Advocacy

2022 Congressional Bone Health Champion Awards

Exercise, Dance and Movement for Bone Health

On this episode of Bone Talk, former BHOF Board Member Heidi Skolnik talks with exercise expert Penelope Wasserman about why alignment is so important for preventing osteoporosis, how to progress once you have good alignment, and how dance, a weight-bearing exercise, can be great for bone health. Click here to learn more and listen to this episode.

Cultivating a Mindfulness Practice: Learning to Be Present in Each Moment

Colleen Avis, an integrative life coach, joins us to discuss the
BHOF is pleased to announce the 2022 recipients of our national award to recognize Members of Congress who have demonstrated outstanding leadership, advocacy, and commitment to protect and improve the bone health of Americans. The awards are presented annually by BHOF to highlight the importance of bone health and the osteoporosis crisis in the U.S., and the work by national leaders to advance improvements in bone health policy.

The 2022 Congressional Bone Health Champion Award winners are:

- Senator Shelley Moore Capito (R-WV)
- Senator Patty Murray (D-WA)
- Representative Michael Burgess (R-TX)
- Representative Linda Sánchez (D-CA)

To read the full press release, click here.

BHOF is grateful to the individual donors and corporations who provide support for the National Bone Health Policy Institute, including Amgen Inc. and UCB Inc.

**Education**

How Mindfulness, Meditation, and Yoga Can Help Strengthen the Body,
Promote Bone Health, and Relieve Stress

Mindfulness meditation is a mental practice that can help you learn to focus more on the present. And just like physical exercise, it has benefits for both your mind and your body that can leave you feeling great. Pair that with yoga, a physical practice that naturally promotes mindfulness, and you have an unbeatable combination for better whole-self health.

Prevent Falls, Enjoy Life: Take the Falls Free CheckUp

HealthWell Foundation recognizes the unmet needs of frontline health-care workers during the public health crisis and the importance mental health has on their ability to cope with the devastating impact the COVID-19 pandemic has imparted on the patients they serve.

In an effort to assist as many health-care workers as possible, HealthWell has opened a fund to provide copayment assistance for behavioral health treatments for frontline health-care workers who have been impacted by the COVID-19 public health crisis. Through the COVID-19 Frontline Health-Care Workers Behavioral Health Fund, HealthWell offers up to $2,000 in financial assistance for a 12-month grant period to eligible health-care workers to assist in covering their out-of-pocket treatment-related copayments for prescription drugs, counseling services, psychotherapy, and transportation needed to manage COVID-19 related behavioral health issues. Visit their COVID-19 Frontline Healthcare Workers Behavioral Health Fund to learn more.

Medical Fitness Network
There’s so much about life to enjoy as we age. We need to stay healthy and take steps to prevent falls so we can enjoy our family, friends, and the things we love. Falls are the number one cause of injury in adults aged 65 and older, and can lead to serious health problems. Many of these falls are preventable. You can take control by assessing your fall risk. Take the Falls Free CheckUp and discuss the results with your doctor. Prevent falls, enjoy life.

**Sunsweet Fact Sheet**

We are excited to partner with Sunsweet to share a new resource on the essential role of a healthy diet in building and maintaining bone health. The *Nutrition and Bone Health Fact Sheet* highlights how vitamins and minerals work together to improve overall bone health, and offers simple tips for adding these vitamins and minerals into your diet.

**The Bone Health and Osteoporosis Foundation Becomes a MyPlate National Strategic Partner**

BHOF and the MedFit Network have partnered to provide a free online directory to connect those with osteoporosis to qualified fitness professionals. [www.medfitnetwork.org](http://www.medfitnetwork.org)

**Menopause Cheat Sheet**

Bone Health Ambassador, BHOF trustee and award-winning author, Barbara Hannah Grufferman, is founder and editor of Menopause Cheat Sheet, a weekly newsletter for women 45+ which delivers science-backed information about menopause and healthy aging, featuring a monthly spotlight on bone health and osteoporosis. Subscribe to Menopause Cheat Sheet [here.](https://www.bhof.org/menopausecheatsheet)

**NeedyMeds**

For almost 25 years, national nonprofit NeedyMeds has been helping patients meet their healthcare costs including, but not limited to, medications. NeedyMeds offers assistance for free and anonymously through their website ([NeedyMeds.org](http://NeedyMeds.org)) and helpline (1-800-503-6897). However you decide to reach out to NeedyMeds, be sure you do! They’re there to help.

**PAN Foundation**
Healthy eating is important at every stage of life. The benefits add up over time, bite by bite. Download the *Small Changes Matter. Start Simple with MyPlate Today* brochure for tips on how to make healthy food choices for meals, beverages, and snacks.

**DOWNLOAD NOW**

**Connect with BHOF**

The Bone Buddies virtual online support group is open-to-all and meets on the second Saturday of each month at 10:00am Central Time on Zoom. On the weeks when they don’t have the support group meeting, the group meets on all the other Saturdays at 10:00am Central Time on Zoom for free exercise sessions.

A healthy eating discussion also takes place every third Thursday at 2:00pm Central Time on Zoom. You can submit questions for a registered licensed dietitian, and she will then have an outline from the

BHOF is an Alliance Partner of the Patient Access Network (PAN) which provides educational resources to osteoporosis patients who request support from PAN for medical expenses. [www.panfoundation.org](http://www.panfoundation.org)
She will also answer your questions when you attend the meeting.

Group meetings are a fun, relaxing way to learn new information about bone health and managing osteoporosis. It can also be a great way to meet others who are dealing with low bone density.

Please email Elaine Henderson at eshenderson214@gmail.com for the Zoom links. Feel free to share the meeting information with others who may be interested in joining!

Join the BHOF Online Community, Hosted by Inspire

BHOF works to ensure that everyone affected by osteoporosis has a place to turn for support. As a result, BHOF and Inspire partnered to create a safe and secure online osteoporosis support community. The BHOF Support Community offers a place to meet others, ask questions, and share information about osteoporosis and bone health online.

Share Your Story: Submit a Guest Post for the Bone Talk Blog
Have you experienced osteoporosis as a patient or caregiver? If so, we invite you to share your story. We’ve developed Voices of Osteoporosis: Stories of Hope and Inspiration as a support initiative to give a voice to those who want to share their story with others. Sharing your story can be an educational source of comfort for those who may be experiencing challenges associated with their own journey. If you’re interested in submitting a guest post for the Bone Talk blog, please email Carina May at cmay@bonehealthandosteoporosis.org. You can read stories that others have shared by clicking here.

SHARE MY STORY