



# the OSTEOPOROSIS report

Q4 2022

## BHOFF News & Updates

**New York City Marathon: Sunday,  
November 6, 2022**



The Bone Health & Osteoporosis Foundation (BHOFF) 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 BHOFF 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 BHOFF'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 BHOFF CEO Claire Gill about how the campaign is raising awareness on the importance of bone scans.

## **WATCH NOW**

BHOFF 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!

BHOFF 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](#).

A banner for the Bone Health & Osteoporosis Foundation (BHOF) website. It features a background of a library with bookshelves. A circular stamp with the text "DOWNLOAD FOR FREE" is overlaid on the left. The BHOF logo is in the top right corner. Below the stamp, the text "Access resources all year round!" is displayed. A list of resources follows, each preceded by a right-pointing arrow icon: "Healthy Bones for Life Patient Guide", "Your Guide to a Bone Healthy Diet", "Safe Movement and Exercise Videos", "Yoga & Pilates Safe Movement Brochures", and "...and more!!!".

**BHOF**  
Bone Health & Osteoporosis  
FOUNDATION™

**DOWNLOAD FOR FREE**

**Access resources  
all year round!**

- ➔ Healthy Bones for Life Patient Guide
- ➔ Your Guide to a Bone Healthy Diet
- ➔ Safe Movement and Exercise Videos
- ➔ Yoga & Pilates Safe Movement Brochures
- ➔ ...and more!!!

[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.

[aging;’ you could have a common, yet treatable, disease](#) (Rio Grande Sun, November 2022)

[No one-size-fits-all solution to osteoporosis treatment](#) (ACR Convergence Today, November 2022)

[4 Ways To Build Strong Bones During Menopause](#) (Crunchy Tales, November 2022)

[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.

**WATCH NOW**

**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.

**DONATE TODAY**

## 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](#)



BHOFF 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 BHOFF website.

BHOFF 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.

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

## Advocacy

### 2022 Congressional Bone Health Champion Awards

[here](#) to learn more and listen to this episode.



### Exercise, Dance and Movement for Bone Health

On this episode of Bone Talk, former BHOFF 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,**

value of a mindfulness practice to help manage stress and promote healing. Her approach to mindfulness embraces the whole person, and she believes the mind, body, and soul are beautifully intertwined. [Click here](#) to learn more and listen to this episode.



The Healthy Bones, Build Them for Life® Patient Registry surveys patients and caregivers about how osteoporosis and low bone density impact their lives. The information is collected anonymously, combined, and analyzed by BHOF to map out the patient journey and show what patients need and want most. Sharing your experience with osteoporosis will guide and enhance the educational and awareness programs we offer, lead to better care and research about the disease, and help improve the bone health of future generations.

**LEARN MORE**

## BHOF Partners

**HealthWell Foundation**

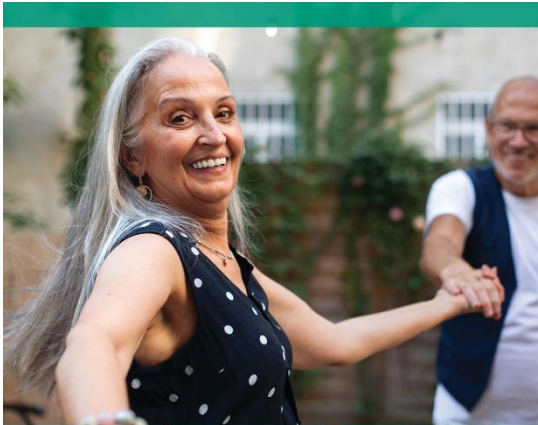
## Promote Bone Health, and Relieve Stress



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.

[READ MORE](#)

## Prevent Falls, Enjoy Life: Take the Falls Free CheckUp



**Prevent Falls. Enjoy Life.**

Take the Falls Free CheckUp



HEALTHWELL  
FOUNDATION®

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.

## TAKE THE CHECKUP

## Sunsweet Fact Sheet

**SUNSWET BHOFF**  
BONE HEALTH ORIGIN FOUNDATION

**NUTRITION & BONE HEALTH FACT SHEET**  
One of the best ways to prevent falls is to stay healthy. A healthy diet is an important part of staying healthy. The information in this fact sheet is intended to help you understand the role of nutrition in bone health.

**NEWER RESEARCH SUGGESTS THAT VITAMINS AND MINERALS SEEM TO WORK TOGETHER TO PROTECT THE BONE. INCLUDING:**

- Calcium:** The most important mineral for bone health. It is found in dairy products, leafy green vegetables, and some fish.
- Vitamin D:** Helps the body absorb calcium. It is found in fatty fish, egg yolks, and fortified foods.
- Vitamin K:** Helps the body use calcium for bone health. It is found in leafy green vegetables.
- Magnesium:** Helps the body use calcium for bone health. It is found in whole grains, legumes, and nuts.
- Phosphorus:** Helps the body use calcium for bone health. It is found in dairy products, meat, and fish.
- Sodium:** Helps the body use calcium for bone health. It is found in salt and some processed foods.
- Protein:** Helps the body use calcium for bone health. It is found in meat, fish, and dairy products.

**BONE BASICS**  
Bones are living structures. They are made of a combination of bone cells, minerals, and organic matter. The minerals in bones are calcium, phosphorus, and magnesium. The organic matter in bones is made of collagen and other proteins. Bones are constantly being broken down and rebuilt. This process is called bone remodeling. If the bones are broken down faster than they are rebuilt, the bones will become weaker and more likely to break.

**WHAT IS OSTEOPOROSIS?**  
Osteoporosis is a condition in which the bones become weak and brittle. This is because the bones are broken down faster than they are rebuilt. Osteoporosis is most common in women over the age of 50. It can also occur in men. Osteoporosis is a silent disease. It often goes unnoticed until a bone is broken. Osteoporosis can be prevented by eating a healthy diet and getting regular exercise.

**EAT HEALTHY TO BUILD AND MAINTAIN STRONG BONES**  
Eating a healthy diet is the best way to build and maintain strong bones. A healthy diet should include a variety of fruits, vegetables, whole grains, and lean proteins. It should also include calcium-rich foods and vitamin D-rich foods. A healthy diet should also be low in sodium and saturated fat.

**CLINICAL RESEARCH SPOTLIGHT: PHOSPHORUS AND BONE HEALTH**  
Phosphorus is an important mineral for bone health. It is found in dairy products, meat, and fish. Phosphorus helps the body use calcium for bone health. A study found that people who ate more phosphorus-rich foods had stronger bones. This suggests that phosphorus may be important for bone health.

**A SWEET TIP**  
Drink or use a device for better in your favorite recipes to:  
 ✦ Reduce the nutrients we need to eat less of: saturated fat, sodium, and added sugars.  
 ✦ Add the nutrients we need more of: calcium, vitamin D, and phosphorus.

THE BONE HEALTH AND OSTEOPOROSIS FOUNDATION (NHF) RECOMMENDS THE FOLLOWING DAILY AMOUNTS OF CALCIUM FOR BONE HEALTH	
WOMEN 19 AND OLDER	1,200 mg/day
WOMEN 50 AND OLDER	1,200 mg/day
WOMEN 71 AND OLDER	1,200 mg/day

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

BHOFF 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

**Menopause Cheat Sheet**  
before, during and after the pause

Bone Health Ambassador, BHOFF 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](#).

## 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 BHO**



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

## **PAN** Foundation

BHO 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)



questions. 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](mailto:eshenderson214@gmail.com) for the Zoom links. Feel free to share the meeting information with others who may be interested in joining!

**LEARN MORE**

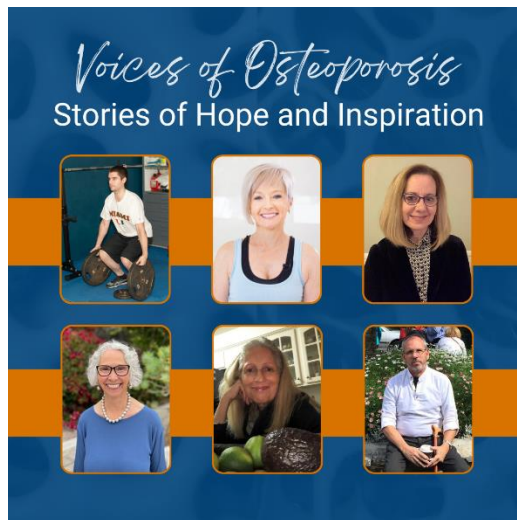
**Join the BHOF Online Community,  
Hosted by Inspire**



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.

**JOIN NOW**

**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](mailto:cmay@bonehealthandosteoporosis.org). You can read stories that others have shared by [clicking here](#).

**SHARE MY STORY**

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