



the OSTEOPOROSIS report

Q1 2023

BHOFF News & Updates

New Patient Pathway Website Tool



We are pleased to announce the launch of a new patient pathway online tool, [Your Path to Good Bone Health](#). This digital knowledge-roadmap provides patients and care partners with the information they need to take control of their bone health, manage their osteoporosis, and prevent debilitating fractures.

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.

FIND MY PATH

In the News

Keeping the Well in Well-thy Podcast: Unlocking the Secrets of Bone Health



Barbara Archer is joined by Claire Gill, CEO of the Bone Health and Osteoporosis Foundation, to discuss what osteoporosis is and how it can affect your overall health. They also talk about telltale signs to look for in bone health when aging, and lifestyle changes you can make to help maintain the bone density you have right now.

LISTEN NOW

BHOFF Trustee Barbara Hannah Grufferman's article, [10 Risks for Osteoporosis — and Its Early Warning Signs](#), was featured in AARP News to help readers learn about habits that can

2023 TCS New York City Marathon



The Bone Health & Osteoporosis Foundation (BHOFF) is pleased to be named as an official charity partner of the 2023 TCS New York City Marathon to be held on Sunday, November 5. Are you interested in participating? Join the BHOFF Be Bone Strong™ Team, led by Barbara Hannah Grufferman, to fundraise and raise awareness about bone health and osteoporosis.

To learn more about BHOFF's involvement in the NYC Marathon, [click here](#).

[Click here](#) to learn more about the BHOFF Be Bone Strong™ Team and get involved any time of the year.

Save the Date: May is Osteoporosis Awareness & Prevention Month



May is Osteoporosis Awareness and Prevention Month, and there will be many ways for you to get involved and make a difference. We will provide a toolkit so that you can share information on social media about the importance of preventing and managing osteoporosis. You will also be able to download a digital calendar that provides daily tips and resources for living a healthy, active life. Other items coming up include awareness month events

weaken your bones, and how to spot the changes early on.

BHOFF Ambassadors Leadership Council Member Joan Pagano shares some information on [slowing down bone loss](#) with a 3-prong approach of exercise, diet, and medication when required.

[Here's What Causes Hunchback and How to Prevent It](#) (U.S. News & World Report, March 2023)

[Why do people shrink as they age?](#) (ABC 7 Denver, March 2023)

[Bone density scans essential in battle against osteoporosis](#) (Vero News, February 2023)

[What To Expect When Getting A DEXA Scan](#) (Health Digest, February 2023)

[Boning Up](#) (Sacramento Magazine, February 2023)

[Men and Osteoporosis](#) (Diabetes Self-Management, February 2023)

[Strengthen the wrist to prevent a fracture](#) (The Three Tomatoes, February 2023)

[New economic model finds fracture liaison services are highly effective](#) (Medical Xpress, February 2023)

[Osteoporosis Support Groups and Resources](#) (Verywell Health, December 2022)

[Patients' Perspectives as a Catalyst for Action to Improving Osteoporosis Care](#) (December 2022)



How Osteoporosis Affects the Black Community

and webinars, and new interviews on the Bone Talk podcast. Sharing your own story can also be a great way to get involved. By taking action and raising awareness, we can all work together to prevent and manage this common condition. Stay tuned for materials and updates coming soon!

LEARN MORE

Advocacy

The Coalition to Strengthen Bone Health: Member Spotlight



Rev. Tammie Denyse is co-founder and president of [Carrie's TOUCH](#), a 501(c)3 nonprofit breast cancer organization established to enrich the lives of Black American women diagnosed with the disease. Carrie's TOUCH is a member of the [Coalition to Strengthen Bone Health](#), which brings together the voices and strengths of advocates in women's health, aging, family caregiving, and bone health. Coalition members are committed to raising awareness about the importance of bone health and the impact of osteoporosis and bone fractures on families and the broader community. They also help advance evidence-based policy solutions to improve bone health.

In this spotlight, Rev. Tammie shares her inspiring story while providing several insights into the link between cancer and osteoporosis.

MEET REV. TAMMIE



Joining us on this episode of Bone Talk is Dr. Nicole Wright, BHOF Board Member and associate professor in the Department of Epidemiology at the University of Alabama in Birmingham. Her research focuses on musculoskeletal epidemiology, osteoporosis outcomes research, and racial disparities in osteoporosis and its management. [Click here](#) to learn more and listen to this episode.

Rev Up Your Resolutions: Unleash Your Power Moves for a Full Year of Health



Did you set some New Year's resolutions and stop after just a couple of months? You're not alone! Some studies suggest that up to 80% of people quit their New Year's resolutions by mid-February. It's never too late to start over though! When it comes to your health, now is a great time to revisit your long-term objectives and reignite your "power moves" for a full year of health. [Click here](#) to learn more and listen to this episode.

Healthy Bones,
Build Them for Life®
PATIENT REGISTRY

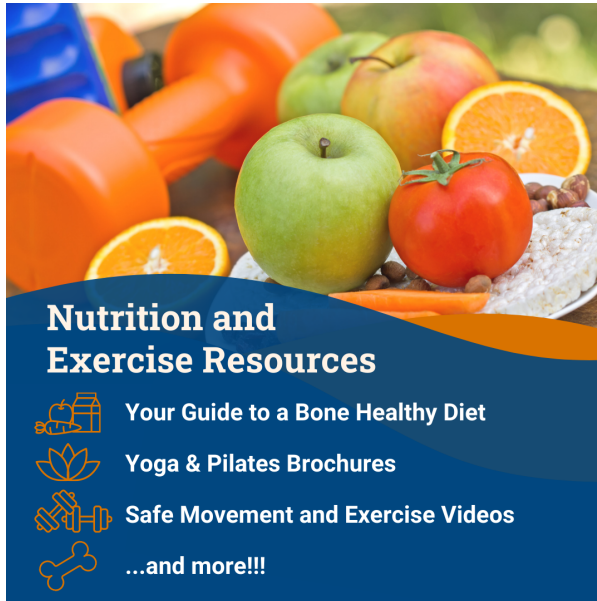
*Translating Your
Journey to Progress*



The Healthy Bones, Build Them for

Education

Nutrition and Exercise Resources



In honor of March's [National Nutrition Month](#), it's important to highlight the significance of bone health and how proper nutrition plays a vital role in developing and maintaining strong bones. This means learning about foods that are rich in [calcium](#), [vitamin D](#), and other nutrients that can help you make healthier food choices every day. Find these resources, and more, on the BHOF website:

[Your Guide to a Bone Healthy Diet](#) includes the daily calcium and vitamin D intake recommended for men and women, and shows you how to estimate your dietary calcium intake and determine how much you need to supplement to make up any shortfall. This booklet will help you learn about the role food plays in your bone health.

Find helpful [nutrition information on this page](#), including a nutrition guide, fact sheet, and a chart with examples of the different types of food you should be eating every day.

If you have osteoporosis and would like to do yoga and Pilates, this [yoga flyer](#) and this [Pilates flyer](#) can help make sure you know which exercises are recommended and which should be avoided.

Our [Safe Movement Brochure](#) has information on preventing fragility fractures. It contains helpful information on anti-fracture medicine, safe

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

Preparing for Your Visit With Your Doctor and Healthcare Team



This booklet offers information to help you prepare for your visit with your healthcare team. It contains the following four sections:

- Preparing for Your Appointment
- Finding a Specialist and Getting a Second Opinion
- Questions to Ask Your Healthcare Provider
- What to Expect if You Are Diagnosed With Low Bone Density or Osteoporosis

movement recommendations, and fall prevention. The book is in both English [and Spanish](#). For additional resources in Spanish, visit huesosanos.org.

For people with osteoporosis or an increased risk for fracture, preventing falls is a top concern. But it is also important to avoid unintentional injuries, especially those of the spine, which may occur with everyday activities. The [Safe Movement and Exercise Video Series](#) shows how simple changes can be made to help keep you healthy and active.

Bone Appétit: Delicious Recipes for Strong and Healthy Bones!



Are you looking for some tasty ways to boost your bone health? Look no further! We teamed up with top chefs to create delicious recipes packed with calcium and other essential nutrients for strong bones. Whether you're a foodie or just looking to spice up your diet, these menu options are sure to spark your creativity. The [criteria for bone healthy recipes](#) was developed by a registered dietician using the Food and Drug Administration's (FDA) guidelines for calcium-rich foods and other ingredients essential for bone health. We then asked chefs to create a recipe, or adapt an existing recipe, to meet the bone healthy criteria. From savory entrees to sweet treats, our recipes are easy to follow and bursting with flavor. So why wait? Start cooking up a storm and give your bones the nourishment they need to stay healthy and strong!

GET RECIPES

DOWNLOAD NOW

BHOF QUESTIONS TO ASK YOUR HEALTHCARE PROVIDER ABOUT YOUR BONE HEALTH
Bone Health & Osteoporosis Foundation

USE THIS HANDY CHECKLIST TO HELP YOU REMEMBER TO GET YOUR QUESTIONS ANSWERED AND MAKE THE MOST OF YOUR VISIT WITH YOUR HEALTHCARE PROVIDER. WRITE THE ANSWERS IN THE SPACE PROVIDED.

1. Do I have any risk factors for osteoporosis or broken bones (fractures)? _____
2. Am I getting enough calcium and vitamin D? _____
Amount of calcium I should get every day: _____
Amount of vitamin D I should get every day: _____
3. What kind of exercise can help me build strong bones? _____
4. Could any of the medications I take cause bone loss or increase my risk of falls? _____
5. Do I have any medical conditions that could cause bone loss? _____
6. Do I need a Bone Density Test? (also called a DEXA scan) _____
7. Are my Bone Density Test results normal? (if you have had this test)
 - What do the results mean? _____
 - If I have osteoporosis or low bone density, will good nutrition and exercise help keep my bones strong? _____
 - If I have osteoporosis or low bone density, do I need medication? _____
8. How can I prevent falls? _____

BONE HEALTH AND OSTEOPOROSIS FOUNDATION
251 10th St, Suite 600 • Arlington, VA 22202 • 703-697-3028 • www.bonehealthandosteoporosis.org

Many people find it helpful to take a list of questions with them when going to a medical visit. Print this handy checklist when you visit your healthcare provider for a bone health checkup. Write down the answers to the questions right on the form and keep it with your medical information.

PRINT CHECKLIST

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

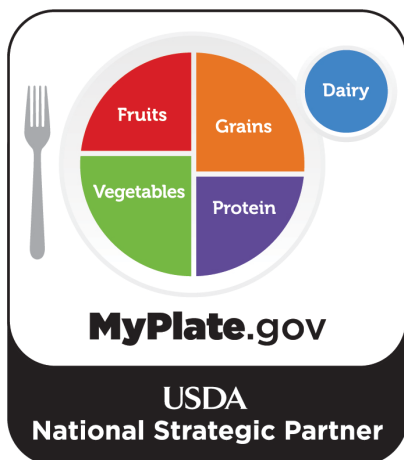
Maintaining Bone Health on a Plant-Based Diet

By Niamh Sosa, BHOF Intern



I decided to start eating a plant-based diet when I was fourteen. I read that [research shows](#) that meat and dairy products are contributing to our planet's climate crisis, while plant-based diets rich in fruits, vegetables, grains, and beans can help protect the planet. It's important that people who eat a vegetarian diet also get enough calcium to build and maintain strong bones. There are many options when it comes to getting enough calcium for people who don't consume dairy products, one of the most common sources of calcium.

READ MORE

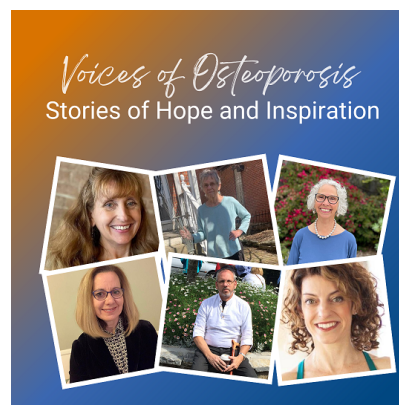


BHOF is pleased to be a MyPlate Strategic Partner, and we encourage you to visit [MyPlate Kitchen](#), a recipe website that helps with healthy meal planning, cooking, and grocery shopping. The site

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. You can read stories that others have shared by [clicking here](#).

SHARE MY STORY

BHOF Partners

HealthWell Foundation

features a large, searchable database of healthy and budget-friendly recipes, options to download cookbooks or build your own, options to save/print/share recipes via social media, and much more! Be sure to search recipes by nutrition focus to find recipes that help you get more calcium to support your bone health.

VISIT MYPLATE KITCHEN



Yogurt is a delicious and versatile ingredient that's packed with nutrients which can benefit our health in various ways. Yogurt is an excellent source of calcium, a mineral that plays a critical role in building and maintaining strong bones. Additionally, it contains other important nutrients like magnesium, phosphorus, and zinc. Regularly incorporating yogurt into your diet can help support your overall bone health. Choose plain and unsweetened yogurts with probiotics for maximum benefits. [Click here](#) to download the Yogurt 5 Ways list.

MORE YOGURT RECIPES

Connect with BHOF

Stay Motivated and Connected: Join BHOF's Steps to Strong Bones™ Monthly Program Held Virtually on Zoom



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



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



If you've been wanting to move more this year, there's no better time to start than now! Join the Steps to Strong Bones™ program to help you stay motivated and committed to your fitness goals. To keep you on track and motivated, BHOFF is hosting monthly Zoom meetings at 12pm ET on the first Monday of every month. This will be a time when you can connect with like-minded individuals and share your progress.

LEARN MORE

The Power of Support Groups



Support groups provide a way to learn more about osteoporosis and how to manage the disease directly from those in similar situations. They provide an opportunity to openly share information, feelings, and goals with peers to help you continue living a healthy, active, and independent life with osteoporosis. To find an in-person or virtual support group that meets your needs, [visit the Building Strength Together® support group page](#). We encourage interested clinicians and patients to start a BHOFF Support Group in your area to meet the needs of your community. Please contact Lindsey West, Chief Program Officer at lwest@bonehealthandosteoporosis.org to learn how BHOFF can help.

LEARN MORE

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](https://www.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



BHOFF 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



The Bone Buddies virtual online support group is open-to-all and meets on the second Saturday of each month at 10:00 am 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 10:00 am Central Time on Zoom for free exercise sessions.

A healthy eating discussion also takes place every third Thursday at 2:00 pm Central Time on Zoom. You can submit questions for a registered licensed dietitian, and she will then have an outline from the 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 for the Zoom links. Feel free to share the meeting information with others who may be interested in joining!

LEARN MORE

FOLLOW US

