

BHOF News & Updates

May is Osteoporosis Awareness & Prevention Month



Bone health is influenced by many factors, including genetics, lifestyle, and age, but there are steps people can take to support their bones at every stage of life. This May, we're highlighting the theme **Building Better Bones Together** and focusing on what it means to take action. Osteoporosis often develops without symptoms, and many people don't realize their bones are weakening until a fracture occurs. Increasing awareness and understanding your personal risk can help you take earlier, more informed steps. Throughout the month, we'll share practical resources, expert insights, and simple ways to support bone health, whether your focus is prevention, managing osteoporosis, or helping a loved one stay strong and independent. Join us

In the News

[Biosimilars and Osteoporosis](#)
(HealthyWomen, March 2026)

[What's the Connection Between Frozen Shoulder and Menopause?](#)
(HealthCentral, March 2026)

[Women's Health Is Chronically Understudied, Underfunded](#) (The State Journal, January 2026)

Bone Talk Podcasts



**Stronger Together:
Navigating Osteoporosis
as a Family**

this May as we work together to raise awareness and support lifelong bone health.

LEARN MORE

BHOF Launches Career Center



We're excited to announce the launch of the BHOFF Career Center, developed in partnership with Naylor Association Solutions. Whether you're exploring your next career opportunity or seeking qualified professionals, the BHOFF Career Center connects talent across the bone health community.

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Running for Stronger Bones



The BHOFF Be Bone Strong™ team is gearing up for another exciting year, bringing together a dedicated group of runners who are turning miles into momentum for bone health. In 2026, team members will once again take on major marathon stages, including the TCS New York City Marathon and the TCS Sydney Marathon, while raising awareness about osteoporosis and the importance



Helen and Michelle, a mother and daughter navigating osteoporosis together, join BHOFF CEO Claire Gill on the latest episode of Bone Talk. What began as a fall at a summer concert became a turning point that reshaped how their family thinks about bone health. Michelle initially believed her arm could not really be broken after what seemed like a minor fall, but X-rays confirmed the fracture and forced her to reconsider something she had long associated with much older women. Together, Helen and Michelle discuss the role of family history, the importance of self-advocacy, and why bone health should be part of family conversations long before a fracture occurs. [Click here to learn more](#) and listen to this episode.

After the Fall: Understanding Hip Fractures and Recovery With Dr. Jaimo Ahn

of protecting bone health across the lifespan. Each runner plays a role in advancing this mission, helping to start conversations, support education efforts, and fund programs that expand access to bone health resources. From training runs to race day, this team represents more than endurance. It is a shared commitment to stronger bones and healthier futures.

LEARN MORE

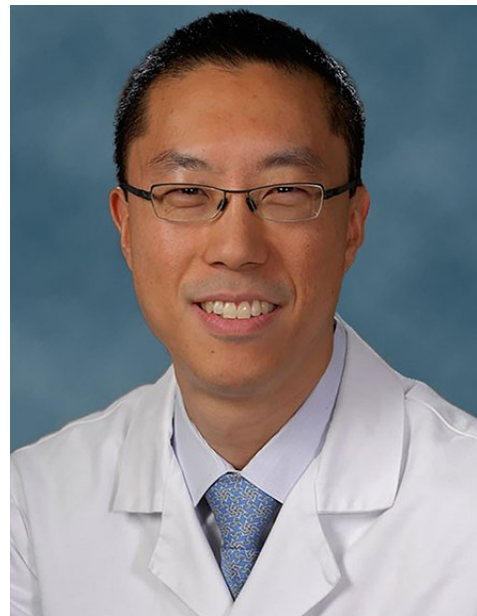
BHOF Peer Educator Program Expands Reach and Impact Nationwide



BHOF team members recently attended the HHS National Conference on Women's Health to share information about the impact of the [BHOF Peer Educator Program](#). The program trains volunteers to deliver community-based bone health education through webinars and outreach. Between 2024 and 2026, these efforts reached more than 6,000 participants nationwide. The results are promising: participants reported stronger osteoporosis knowledge and clear intentions to adopt bone-healthy habits. These findings show that peer-led education can be a scalable way to increase awareness and help prevent fractures among women and girls.

Advocacy

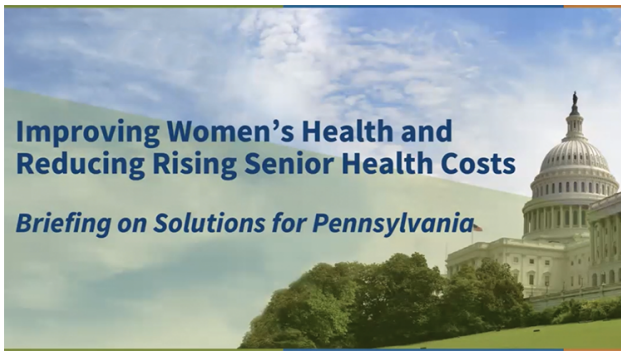
Improving Women's Health and Reducing Rising Senior Health Costs in Pennsylvania



On this episode of Bone Talk, BHOF CEO Claire Gill sits down with Dr. Jaimo Ahn, an orthopedic trauma surgeon specializing in hip, pelvic, and complex fracture care, to discuss why hip fractures are far more serious than many people realize—and what patients and families need to know immediately after a fall. Dr. Ahn explains that hip fractures are rarely “just a broken bone.” Aging naturally weakens bone over time, and subtle changes in balance or walking are often early warning signs that someone is at high risk. A single fall can instantly change a person's life, and even with successful surgery, nearly half of patients never fully regain their prior level of function. [Click here to learn more](#) and listen to this episode.

Connect with BHOF

Find a Support Group



BHOF recently hosted a virtual briefing for Pennsylvania state representatives focused on osteoporosis and rising healthcare costs for older adults. The conversation highlighted how fractures, particularly hip fractures, can lead to serious long-term consequences and drive increased medical spending. The program also explored opportunities for earlier intervention, expanded access to screening and treatment, and policy approaches that prioritize prevention before fractures occur. The briefing reinforced the role of bone health in helping people stay independent and reducing avoidable strain on the healthcare system.

WATCH NOW

Education

Healthy Habits in Midlife Can Help Protect Your Bones and Prevent Breaks as You Age



When people think about bone health, they often focus on older age, but research shows that the choices you make in midlife can have a lasting impact on your risk of fractures many years down the road. A recent long-term study adds to what



Support groups offer a valuable space to connect with others who are also managing osteoporosis, allowing you to gain practical insights and advice from peers who understand your journey. These groups create a welcoming environment to openly discuss experiences, share feelings, and set goals that help you stay active and independent. Whether you're seeking an in-person or virtual option, visit the [Building Strength Together® support group page](#) to find the right fit for you. Clinicians and patients are also encouraged to start a BHOF Support Group in their community to provide local support and resources.

LEARN MORE

Bone Buddies Virtual Support Group: April Schedule



Join the Bone Buddies Online Virtual Support Group this April for open, supportive conversations about living with osteoporosis. Each session explores practical topics like nutrition, movement, and treatment in a relaxed, welcoming environment. It is a chance to learn, share experiences,

we already know about how lifestyle habits affect bone health and fracture risk. Nearly 13,000 men were followed for several decades, and the results found that midlife habits, including physical activity levels and body weight, were strongly linked to hip fracture risk decades later. In fact, these early lifestyle factors helped predict fracture risk up to 50 years later. While the study focused on men, the message applies to everyone. Bone health is built and maintained over time, and midlife is a critical window to support it.

READ MORE

Take the Bone Health Quiz

Are you at risk for osteoporosis?



Take the Bone Health Quiz

Are you at risk for osteoporosis or fractures? The Bone Health Quiz is a quick and easy way to learn about your bone health. As you answer the questions, important bone health facts will appear, helping you understand your risk factors. If any concerns arise, they'll be highlighted in red, signaling that it's time to talk to your healthcare provider.

Take the quiz today and take charge of your bone health!

TAKE THE QUIZ

Protect Yourself and Your Loved Ones: Adults Ages 50+ Are Recommended to Get Vaccinated Against Pneumococcal Disease

and connect with others who understand what it means to manage bone health day to day.

LEARN MORE

Join the BHOF Online Community, Hosted by Inspire



The BHOF Online Support Community, hosted by Inspire, provides a welcoming space for individuals to connect with others facing similar challenges, seek advice, and exchange knowledge about osteoporosis and bone health. Through ongoing conversations and shared experiences, members can gain practical insights, ask questions, and find encouragement from people who understand. Whether you are looking for guidance or simply a place to feel supported, this community is available whenever you need it.

JOIN NOW

Empower Your Community: Become a Peer Educator



Pneumococcal vaccines are recommended for all adults 50+.

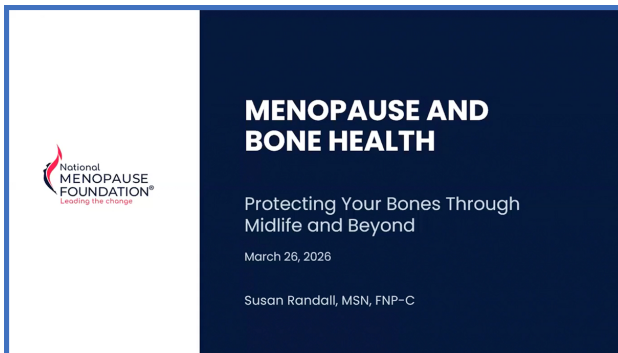
Learn how to stay protected against serious illness.



As we age, protecting our health becomes essential to maintaining independence, staying active, and continuing to do the things we love. For adults ages 50 and older, pneumococcal disease can pose serious health risks, leading to infections such as pneumonia, bloodstream infections, and meningitis that may result in hospitalization and lengthy recovery periods. The good news is that as soon as you turn 50, you can take an important step to protect yourself against pneumococcal disease: getting vaccinated.

[READ MORE](#)

Menopause and Bone Health: Protecting Your Bones Through Midlife and Beyond



Menopause is a critical time for women's bone health. As estrogen levels decline, bone loss can accelerate, increasing the risk of osteoporosis and fractures. Understanding these changes—and

Join our Peer Educator Program and become a community leader in promoting bone health! As the backbone of our organization, Peer Educators receive comprehensive online training, including modules on bone health, nutrition, exercise, fall prevention, and more. With coaching and support, you'll be prepared to share vital information at workshops, health fairs, and screenings. By committing just one year and two activities annually, you'll gain valuable skills, expand your professional network, and make a lasting impact in the fight against osteoporosis. Sign up today and inspire healthier futures in your community!

[LEARN MORE](#)

BHOF is grateful to Sandoz for their support of the BHOF Peer Educator Program.

Patient Registry

Healthy Bones,
Build Them for Life®
PATIENT REGISTRY

*Translating Your
Journey to Progress*



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](#)

what you can do about them—can help protect your health for years to come. This informative webinar is brought to you by the Bone Health & Osteoporosis Foundation and the National Menopause Foundation to explore the connection between menopause and bone health.

WATCH NOW

Calcium and Vitamin D: A Strong Foundation



Calcium helps build and maintain bone, while vitamin D helps your body absorb it effectively. Together, they play an essential role in keeping bones strong over time. Getting enough of both through your diet, and sunlight or other sources of vitamin D, can help support bone health at every stage of life.

READ MORE

Upcoming Events & Webinars



Find several upcoming events about topics such as the importance of posture and body mechanics

Have You Included BHOF in Your Estate Plans?



A gift in your estate plan provides you with an incredible opportunity to recognize your heroes who are living and pay tribute to those who have passed. To learn more about becoming a member of the Founder's Circle by including BHOF in your estate plans please visit bhof.myplannedgift.org. I am standing by to help your kindness and theirs resonate for generations to come.

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BHOF Partners

HealthWell Foundation



HEALTHWELL
FOUNDATION®

The HealthWell Foundation is a leading independent non-profit dedicated to improving access to health care for America's underinsured. When health insurance is not enough, the foundation fills the gap by assisting with copays, premiums, deductibles, and out-of-pocket expenses. In 2022, HealthWell awarded more than \$896 million in grants through their Disease Funds,

to prevent fractures, safe movement, fall prevention, and more. Some upcoming programs include:

- Beyond the Break™
- Why Healthy Bones Matter™ for People with Breast Cancer
- The Pelvic Floor, Core Strength, and Bone Health: Understanding the Missing Link

FIND EVENTS

Your Path to Good Bone Health



[Your Path to Good Bone Health](#) is a digital tool designed for patients and their care partners, offering support at any stage of their osteoporosis journey. This comprehensive resource serves as a roadmap, guiding you through key information and directing you to relevant resources to address your specific questions. Whether you're focused on prevention, have recently been diagnosed, or have been managing the disease for some time, this tool provides answers and support for each phase of your journey.

FIND YOUR PATH

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

and since 2004 they have helped more than 822,000 patients afford essential treatments and medications. [Click here](#) to sign up for email or text alerts to receive instant notifications of HealthWell's diverse portfolio of disease funds in real-time, including the [Post-Menopausal Osteoporosis - Medicare Access Fund](#).

Medical Fitness Network



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

Menopause Cheat Sheet

Menopause Cheat Sheet

before, during and after the pause

Bone Health Ambassador, former 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 over 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) 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



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

FOLLOW US



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