

BHOF News & Updates

Stronger Together: American Bone Health Joins Forces With the Bone Health and Osteoporosis Foundation



We are thrilled to share that American Bone Health (ABH) and the Bone Health & Osteoporosis Foundation (BHOF) have officially come together, uniting under the BHOF umbrella. This consolidation is a testament to a shared commitment to our mission, and it opens new

In the News

[Not just your grandmother's disease: A new look at bone health](#) (The Washington Post, October 2023)

[Osteoporosis, Fragility & Bone Health Edition – "Stiffen Up" Management of Osteoporosis](#) (Mayo Clinic Talks, October 2023)

[YMCA program showcased importance of bone health](#) (Richmond Times-Dispatch, October 2023)

[As a Dietitian I Learned the Hard Way Not to Ignore Your Bone Health](#) (Clean Plates, November 2023)

[Understanding the Sleep-Bone Link](#) (The Three Tomatoes, November 2023)

[The Best Natural Ways to Strengthen Bones According to Doctors](#) (Yahoo Life, November 2023)

[Tips to be Fit: Osteoporosis can begin affecting men after age 50](#) (The Philadelphia Tribune, November 2023)

[Health Beat: Your foot fracture may be an early sign of osteoporosis](#) (The Mountain Mail, November 2023)

[Why Doctors Recommend Women Eat](#)

horizons for delivering even more comprehensive and valuable services to you. As part of this transition, many key ABH programs will be added to those BHOFF already offers to members of our community interested in preventing osteoporosis and fractures, those who are managing their osteoporosis, and to care partners. We are excited about the future and look forward to sharing this new chapter with you!

LEARN MORE

New York City Marathon: Sunday, November 5, 2023



The Bone Health & Osteoporosis Foundation (BHOFF) was pleased to be named as an official charity partner of the 2023 TCS New York City Marathon held on Sunday, November 5. Nine 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 \$50,000!! Congratulations to the entire team!!**

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.

[More Sunflower Seeds — 4 Big Health Benefits](#) (Women's World, December 2023)

[8 Healthy Foods High In Calcium](#) (Forbes, December 2023)

Bone Talk Podcasts



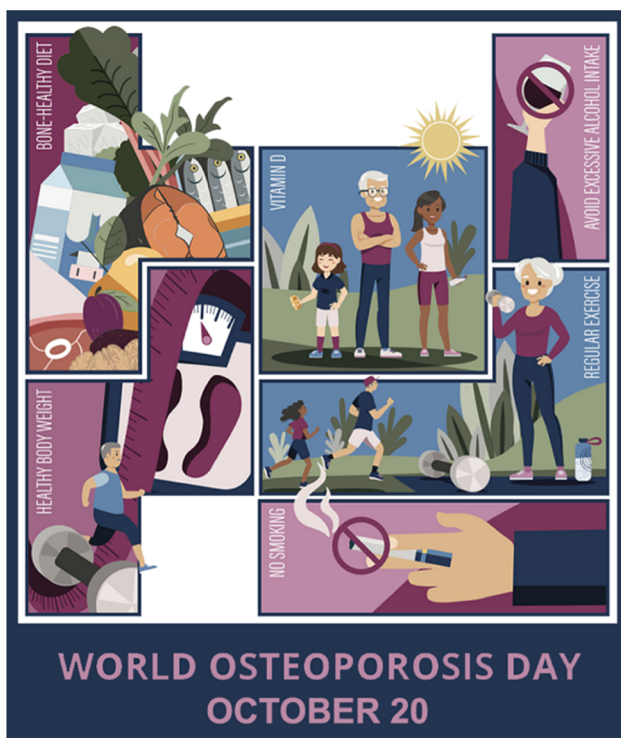
Rest, Rejuvenate, Thrive: The Power of Quality Sleep



On this episode of Bone Talk, we dive into the fascinating world of sleep, and its irreplaceable role in our well-being, with the incredible Dr. Whitney Roban. Dr. Roban is a renowned sleep expert, author, and the founder of Solve Our Sleep, a company that helps people of all ages to get well-rested. Her mission is to provide the sleep education and support we need to not only survive, but to thrive. [Click here](#) to learn more and listen to this episode.

Prunes: A Whole Food Approach to Supporting Women's Bone Health Through the Lifespan

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, at bonehealthandosteoporosis.org and bonetalk.org.



Tune in as we explore the remarkable benefits of prunes for overall wellness and bone health. BHOF CEO Claire Gill and Dr. Shirin Hooshmand, a registered dietitian and professor of nutrition at San Diego State University, discuss Dr. Hooshmand's research in nutritional factors that influence aging and how prunes can support bone health. [Click here](#) to learn more and listen to this episode of Bone Talk sponsored by Sunsweet Growers in honor of World Osteoporosis Day.

Fit Bones, Fit Life: A Conversation on Exercise and Bone Health With Dr. Pamela Peeke



On this episode of Bone Talk, BHOF CEO Claire Gill speaks with Dr. Pamela Peeke, a renowned expert in integrative and preventive medicine, as well as the Chief Medical Officer for Bone Health Technologies and CEO of the Peeke Performance Center for Healthy Living. The conversation explores the critical connection between physical activity, exercise, and bone health. Dr. Peeke also shares her insights on how we can build and maintain strong bones. [Click here](#) to learn more and listen to this episode.

The [Preparing for Your Visit With Your Doctor and Healthcare Team](#) booklet offers information to help you prepare for your visit and contains the following four sections: Preparing for Your Appointment, Finding a Specialist and Getting a Second Opinion, Questions to Ask Your Healthcare Provider, and What to Expect if You Are Diagnosed With Low Bone Density or Osteoporosis.

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.

The [BHOFF Quick Guide](#) provides some key facts about osteoporosis, simple steps you can take to protect your bones, and a list of support resources to help you connect with fellow osteoporosis patients or get involved in helping those suffering from the disease.

Episode 55 of Bone Talk, [Prunes: A Whole Food Approach to Supporting Women's Bone Health Through the Lifespan](#), explores the remarkable benefits of prunes for overall wellness and bone health. This podcast episode of Bone Talk was sponsored by Sunsweet Growers in honor of World Osteoporosis Day.

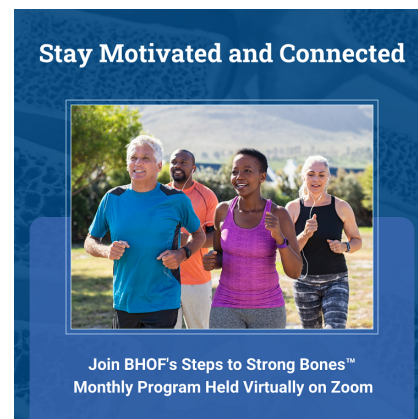
Giving Tuesday Highlights



A heartfelt thank you to all who supported the 2023 BHOFF Giving Tuesday campaign! This year more than \$6,500 was raised to support those impacted by osteoporosis. Your generous

Connect with BHOFF

Stay Committed to Your Fitness Goals: Join BHOFF's Steps to Strong Bones™ Monthly Program Held Virtually on Zoom



The Steps to Strong Bones™ monthly program is designed to help you stay motivated and committed to your fitness goals. To help keep you on track and motivated, BHOFF typically hosts these monthly Zoom meetings at 12pm ET on the first Monday of every month. If you'd like to participate (just once or more), click below to sign-up and we'll be sure to send you the link to the Zoom meeting every month. Join when you can! **Note: Due to the New Year, the next Steps to Strong Bones program will take place on Monday, January 8.**

SIGN UP NOW

Find an Osteoporosis Support Group in Your Area or Start One of Your Own

contributions will go a long way in raising awareness about bone health and providing support to those in need. It was so inspiring to see the bone health community come together to help make a difference.

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

Meet Ossy, our new osteocyte mascot!



We asked, you voted!! We're excited to share that we have named our new life-sized osteocyte mascot! Meet Ossy! Osteocytes are one of the four kinds of bone cells. Our new mascot is a fun and engaging way for us to raise awareness about bone health and osteoporosis, and its new name truly reflects its vibrant personality. Thank you for being part of this process.

Advocacy.

Find a Support Group in Your Area or Start One of Your Own



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 BHOF 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 BHOF can help.

LEARN MORE

Bone Buddies Virtual Support Group: January Schedule



Join the Bone Buddies Online Virtual

2023 Congressional Bone Health Champion Awards



BHOF is pleased to announce the 2023 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 2023 Congressional Bone Health Champion Award winners are:

- Senator John Barrasso (R-WY)
- Senator Tammy Baldwin (D-WI)
- Representative Susie Lee (D-NV)
- Representative Kat Cammack (R-FL)

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.

Support Group this January! Sessions cover topics ranging from diet, exercise, treatment, and more! 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.

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

Voices of Osteoporosis: Stories of Hope and Inspiration

[READ MORE](#)

Education

Turning the Page to Good Bone Health



Just like a well-crafted novel, our bones have their own story to tell, and it's up to us to ensure it's a tale of strength and resilience. A well-written book can transport you to different worlds, and a healthy body can take you on countless adventures. In the words of Louisa May Alcott, "She is too fond of books, and it has turned her brain." Well, you can never be too fond of good bone health! Learn about how to nurture your bones at all stages of life and find a recommended reading list to inspire your health journey.

[READ MORE](#)



BHOF is currently collecting written stories as part of a support initiative called *Voices of Osteoporosis: Stories of Hope and Inspiration*. If you have experienced osteoporosis as a patient or caregiver, we invite you to share your story. Your story could inspire others to learn how to protect their ability to live their best life and stay bone strong. It can also be a source of comfort to hear from others who have dealt with similar experiences.

[LEARN MORE](#)

Patient Registry



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.

Strength Training to Combat Osteoporosis



Mike Mayo is a true inspiration in the fight against osteoporosis! His story is a powerful reminder that it's never too late to take control of your bone health. From counting 15 bone breaks to proudly hanging a powerlifting medal, Mike's journey is both empowering and motivating. Read about how incorporating strength training into his overall plan contributed to his success!

[READ MIKE'S STORY](#)

Your Cold and Flu Season Survival Guide



Did you know that many commonly used fever reducers and multi-symptom cold and flu medicines contain a drug ingredient called acetaminophen? Acetaminophen is found in some over-the-counter pain relievers as well. Follow these four steps to use medicines with acetaminophen safely to avoid taking too much that can lead to liver damage:

[LEARN MORE](#)

Clinical Education

Opioid Use and Vertebral Compression Fractures

The Bone Health and Osteoporosis Foundation (BHOFF) hosted a free webinar on Opioid Use and Vertebral Compression Fractures.

Topic: Vertebral Compression Fractures, Augmentation, Opioids and Mortality

Speaker: Joshua Hirsch, MD
Vice Chair Procedural Services and Service Line Chief of
NeuroInterventional Radiology
Chief, Interventional Spine Service
Associate Departmental Quality Chair

[To access the webinar and obtain CME/CE credit, please click here.](#)

BHOFF thanks Medtronic for its support of this activity.

Vertebral Compression Fracture Bundle (VCF) 2023-2025

Thanks to support received from Medtronic, BHOFF's Professional Learning Center contains the [Vertebral Compression Fracture Bundle 2023-2025](#). This bundle includes informative activities on identifying, understanding, and managing vertebral fractures.

Newsletters on the following topic are available.

- *Identifying Osteoporosis-Related Vertebral Fractures in Primary Care*
- *Management of Vertebral Compression Fractures in Primary Care*

Always read and follow the medicine label.
Know if your medicines contain acetaminophen.

Take only one medicine at a time that contains acetaminophen.

- Ask your healthcare provider or a
- pharmacist if you have questions about dosing instructions or medicines that
- contain acetaminophen.

BHOF is a member of the Acetaminophen Awareness Coalition which leads the effort to promote the Know Your Dose campaign.

LEARN MORE

Questions about medication? Ask your pharmacist!



Pharmacists often play an important role in pain management, especially for those with chronic conditions like osteoporosis. Learn about the services pharmacists can offer, and how they can be easily approachable and available medical professionals. There is value and convenience in talking to your pharmacist, and sometimes, they can offer insights and services that you might not even know you need.

LEARN MORE

Exercising Your Bones: Part 1 By Rebekah Rotstein, NCPT

BHOF thanks Medtronic for its support of the Vertebral Compression Fracture Bundle!

Healthy Bones/Healthy Communities

The Healthy Bones/Healthy Communities training program began in 2019 and engages a national medical cohort focused on osteoporosis and healthy bones, targeting the educational and support needs of family physicians, internists, and advanced practice providers. The program has taken place either in-person or virtually in Houston, Boston, Spokane, Columbus, Pittsburgh, Raleigh/Durham, and Chicago, with each one creating an educational provider or patient resource that may be found on the BHOF website (see links below).

Through this program, the following resources were developed.

- [Osteoporosis: Know Your Bones: An Overview for Patients](#)
- [Osteoporosis: Healthcare Provider \(HCP\) Diagnosis & Treatment Factsheet](#)
- [Osteoporosis: What You Can Do to Protect Your Bones](#)
- [Protecting Your Bones and Improving Bone Health](#)
- [Osteoporosis Order Set](#)

An in-person program took place in San Diego, CA in November, 2023.

BHOF recently launched the latest Healthy Bones/Healthy Communities program that offers a variety of post-fracture care learning activities in partnership with select Fracture Liaison Service (FLS) program teams (in early/mid-stage program development) eager to learn and overcome barriers to advance best practices and grow their programs.

FLS programs face many challenges, and this program is designed to



You've been diagnosed with osteoporosis or osteopenia and told that exercise can help. But what type of exercise should you do? How do you know you won't be hurting yourself? How do you even begin? Or what if you're already an exercise devotee – what else can you do that you may have previously overlooked?

READ MORE

Exercising Your Bones: Part 2 (Alignment)

By Rebekah Rotstein, NCPT



The better aligned your skeleton is in a standing, weight-bearing position, the better ability to optimize the loading forces from both gravity and external resistance. In other words, body alignment plays a role in bone strengthening.

READ MORE

MyPlate Kitchen: A Recipe Website Designed to Help With Planning, Cooking, and

support interdisciplinary healthcare providers through education, creating new strategies, and collaboration focused on patient care management and developing the business acumen for a sustainable FLS program.

The first program took place in Burlington, VT in November 2023.

BHOF thanks Amgen for its support of the Healthy Bones/Healthy Communities project!

BHOF Partners

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, 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



BHOF and the MedFit Network have

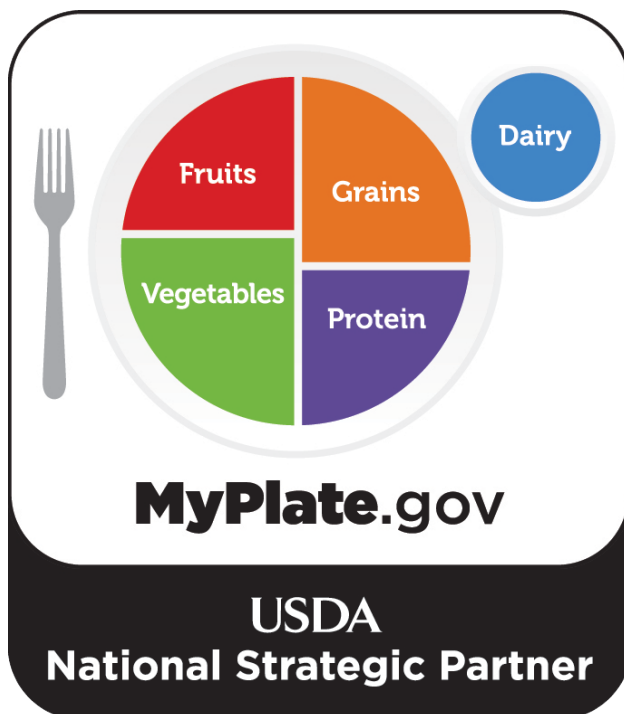
Grocery Shopping



MyPlate Kitchen

Recipes, Meal Planning, Grocery Shopping

MyPlate Kitchen is a recipe website that helps with healthy meal planning, cooking, and grocery shopping. A calcium-rich diet is key for bone health. The site 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! Make sure to browse the Category of “Get More Calcium” for helpful recipe ideas.



BHOF is proud to be a USDA National Strategic Partner supporting MyPlate.gov, which offers tips and resources that support a healthy diet.

[LEARN MORE](#)

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, 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](#).

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) and helpline (1-800-503-6897). However you decide to reach out to NeedyMeds, be sure you do! They're there to help.

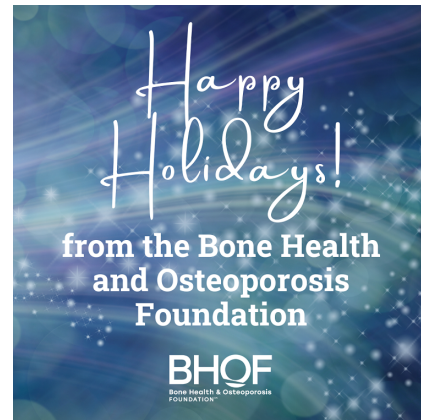
PAN Foundation



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

Your Path to Good Bone Health



[Your Path to Good Bone Health](#) is a digital knowledge roadmap that provides patients and care partners with the information they need to take control of their bone health, manage their osteoporosis, and prevent debilitating fractures. 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

**Insights Into Strength Training
From Brittany Pabon, Physical
Therapist and BoneFit-Certified
Trainer**



Strength training is an exercise that requires an increased form of resistance that makes your muscles work harder than they normally do. There are different forms of resistance, such as body weight, hand or ankle weights, cable column machine, gym machines, resistance bands, and kettlebells. The key is to know what you can safely do without hurting yourself.

[READ MORE](#)

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