

# State of South Carolina

## Governor's Proclamation

WHEREAS, an estimated 54 million Americans have osteoporosis or low bone mass, and studies suggest that approximately one in two women and up to one in four men age 50 and older will break a bone due to osteoporosis; and

WHEREAS, because bone weakening cannot be felt, osteoporosis is often called a silent disease and the breaking of a bone is often the first sign of osteoporosis; and

WHEREAS, osteoporosis and the broken bones it can cause are not part of normal aging, and care for our bones is important throughout our lives; and

WHEREAS, building strong bones begins in childhood and is essential to the prevention of osteoporosis which can be maximized by a balanced diet rich in calcium and vitamin D, weight-bearing and muscle-strengthening exercise, and a healthy lifestyle with no smoking or excessive alcohol intake; and

WHEREAS, timely bone health screening, diagnosis, and treatment can help prevent fractures leading to hospitalization and nursing home stays.

NOW, THEREFORE, I, Henry Dargan McMaster, Governor of the great State of South Carolina, do hereby proclaim May 2026 as

## OSTEOPOROSIS AWARENESS AND PREVENTION MONTH

throughout the state and encourage all South Carolinians to learn more about good bone health and ways to minimize osteoporosis.



A handwritten signature in black ink, reading "Henry D. McMaster".

HENRY DARGAN McMASTER  
GOVERNOR  
STATE OF SOUTH CAROLINA