



THE STATE OF TEXAS

GOVERNOR



*To all to whom these presents shall come,
Greetings: Know ye that this official recognition is presented
to all observing*

Osteoporosis Awareness & Prevention Month

May 2026

Across our state, many Texans face tremendous challenges as a result of serious medical conditions such as osteoporosis, an illness that affects approximately 54 million people. Symptoms include bone weakness, fractures, and low bone mass, and the condition causes more hospitalizations than many commonly known ailments per year. While there is no known cure, early detection and preventative measures such as a calcium-rich diet and an active lifestyle can limit the impacts of osteoporosis.

In Texas, however, we know that it is not our challenges that define us, but rather how we rise above them. Caregivers, medical professionals, and researchers seek to better understand osteoporosis, while community-minded groups strive to educate patients and care providers alike. By so doing, their efforts help patients lead the fullest lives possible and ensure that no disease has the final say in Texans' lives.

Each year, a month is set aside in order to shed light on this condition and to show solidarity with affected patients and families. During this observance and hereafter, I join you in looking forward to the day when osteoporosis is relegated to the past.

First Lady Cecilia Abbott joins me in encouraging all Texans to observe Osteoporosis Awareness & Prevention Month with appropriate ceremonies and activities.



In testimony whereof, I have hereunto signed my name and caused the Seal of the State of Texas to be affixed at the City of Austin this the 9th day of April, 2026.

Greg Abbott
Governor of Texas