

BHOF News & Updates

The Bone Health & Osteoporosis Foundation Celebrates 40 Years!



We are excited to share that 2024 marks the 40th anniversary of the Bone Health & Osteoporosis Foundation (BHOFF)! Our mission has never been more critical given the fact that osteoporotic fractures are responsible for more hospitalizations than heart attacks, strokes, and breast cancer combined.

In the News

[Happy, Healthy Living at Any Age](#) (The Three Tomatoes, March 2024)

[We Can't Stop Staring At Sally Field's Transformation](#) (Nicki Swift, March 2024)

[How to Suppress Mineral Loss and Stimulate Anabolism in Postmenopausal Bones with Appropriate Timing of Exercise and Nutrients](#) (MDPI, March 2024)

[Why Vitamin D Is Not Enough for Strong Bones](#) (Deseret News, February 2024)

[Seniors Need to Know Their Osteoporosis Risk](#) (The Erwin Record, February 2024)

[The Protein Myth You Should Stop Believing About Your Bones](#) (Health Digest, February 2024)

[Osteoporosis, a Silent Disease, Affects All People](#) (Daily News, February 2024)

[The 3 Best Ways to Maintain Your Muscle Mass to Live Longer, According to Dietitians](#) (EatingWell, January 2024)



40 Faces of Osteoporosis Share Your Story

In commemoration of our 40th anniversary, we are conducting a search to select 40 inspiring osteoporosis patients representing various ages, genders, ethnicities, and regions of the U.S. to share their personal story/message via short videos.

[LEARN MORE](#)

Save the Date: May is Osteoporosis Awareness & Prevention Month



Did you know that people with osteoporosis cannot feel their bones getting weaker, and many people do not even know they have osteoporosis until they break a bone? May is Osteoporosis Awareness and Prevention Month, offering numerous opportunities for you to spread the word and make a meaningful impact. We'll provide a toolkit to help you share vital information on social media about preventing and managing osteoporosis. Look out for upcoming awareness events, webinars, and new interviews on the Bone Talk podcast. Sharing your personal story is also a powerful way to get involved. Together, by raising awareness and taking action, we can help prevent and manage this widespread condition. Stay tuned for more details and updates!

[LEARN MORE](#)

[Who Is At Risk For Osteoporosis And How Is It Treated?](#) (NEWS9, January 2024)

[The High Cost of Osteoporosis—Why Prevention Is Also Crucial From an Economic Point of View](#) (MedPage Today, January 2024)

[Bone Talk Podcasts](#)



Mastering the Movement- Mindset Connection for Personal Transformation



Joining BHOFF CEO Claire Gill on this episode of Bone Talk is Sonia Satra, founder of Moticise, a lifestyle wellness program integrating movement with mindset for lasting personal transformation. Sonia, an accomplished actress with a deep interest in mindset, explains how her acting career instilled resilience and adaptability, crucial for overcoming rejection. Discussing common challenges in transformation, Sonia highlights fear and self-doubt as significant hurdles. She advocates for reframing negative self-talk and utilizing empowering questions to unlock potential. [Click here](#) to learn more and listen to this episode.

Fall Prevention and Hip Protection with Natasha Williams

Anna Weatherley Designs Donates 20% of Purchases When You Designate BHOF



Exciting news! Anna Weatherley Designs is donating 20% of all purchases when you designate BHOF on the checkout page of their website: www.annaweatherley.com.

Anna Weatherley has been producing and designing hand-painted porcelain for over 26 years. Her designs are based on 17th and 18th century botanical art. This method of painting is a “dying art form,” and the product of long hours of work on each object. The fine shading, the small brush strokes, the intricate details are a result of a very time-consuming process.

Anna Weatherley designed an exclusive collection of hand painted porcelain that is only available at www.annaweatherley.com.

Advocacy.

Help Spread Awareness About Osteoporosis and Its Impact



We need your help to reinforce May as Osteoporosis Awareness & Prevention Month and spread awareness of osteoporosis and its impact.



On this episode we're joined by Natasha Williams, CEO of Phoenix Hipwear. As a member of BHOF's Corporate Advisory Roundtable, Natasha is a passionate advocate for hip protection and fall prevention. Natasha's journey into the world of osteoporosis started with her mother working at nursing homes and she recognized the significant need for innovative hip protection solutions. Some key topics discussed in this episode include the significant impact of hip fractures, the importance of preventing falls, innovations in hip protection, and empowerment through education and awareness. [Click here](#) to learn more and listen to this episode.

Nourishing Bones: Expert Insights on Nutrition, Vitamins, and Supplements With Dr. Howard Sesso



On this episode of Bone Talk, BHOF CEO Claire Gill interviews Dr. Howard Sesso, an expert in epidemiology and nutrition research. Dr. Sesso shares his personal motivation for studying the relationship between lifestyle factors and health outcomes, stemming from his father's experience with heart issues. He delves into the significance of evidence-based

This State Resolution Toolkit includes a sample introductory statement and sample resolution to be edited according to your state's data and the specific state Milliman report. Milliman, an independent actuarial firm, was contracted to analyze the state-by-state economic and clinical impact of osteoporotic fractures suffered by Americans insured by Medicare. These reports provide the latest and most detailed state-level review of the incidence of osteoporotic fractures, their health care impact and associated Medicare costs.

The Bone Health & Osteoporosis Foundation (BHOFF) is grateful to the individual donors and corporations who provide support for the National Bone Health Policy Institute, including Amgen Inc. and UCB, Inc.

LEARN MORE

Education

Exercising Your Bones By Rebekah Rotstein, NCPT

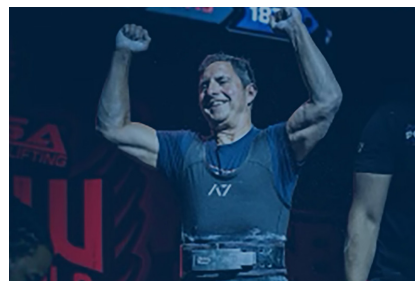


We're excited to highlight a three-part blog series offering valuable insights and practical tips for maintaining strong and healthy bones through exercise.

[Exercising Your Bones: Part 1 \(How Exercise Benefits Your Bones\)](#): Part 1 discusses how exercise benefits your bones, offering guidance on the right types of exercises to do, avoid injuries, and how to start if you're new to exercise or looking to enhance your routine.

research in understanding the impact of dietary supplements on bone health, particularly highlighting the insights from the Women's Health Initiative study. [Click here](#) to learn more and listen to this episode.

Building Resilience: Mike Mayo's Path to Stronger Bones



Mike Mayo, an osteoporosis patient and [contributor to the Bone Talk blog](#), joined BHOFF CEO Claire Gill on this episode of Bone Talk to discuss his inspiring journey of combating osteoporosis with the help of strength training. In the conversation, Mike shares his experience from denial to acceptance and engagement with his condition, highlighting the importance of lifestyle changes for bone health. His story is like so many others who never expected to deal with this type of diagnosis. [Click here](#) to learn more and listen to this episode.

Healthy Snacks for Healthy Bones



On this episode of Bone Talk, Lauren Harris-Pincus, MS, RDN, joins BHOFF CEO Claire Gill to discuss the nutrients we need for good bone health and some habits we can develop for

[Exercising Your Bones: Part 2 \(Alignment\)](#): Part 2 explores the crucial role of alignment and body positioning in supporting bone strength, emphasizing the importance of proper form, especially when adding weights to your routine.

[Exercising Your Bones: Part 3 \(Balance\)](#): Part 3 delves into balance training and its impact on injury prevention and fall prevention.

These articles offer practical advice and tips for maintaining strong and healthy bones, catering to those diagnosed with these conditions or anyone looking to improve their bone health. Remember, if you're trying something new, always talk to your healthcare provider first.

Maintain a Bone Healthy Diet



Calcium and vitamin D play crucial roles in maintaining bone health throughout life. These nutrients are essential not only for building strong, dense bones during youth but also for preserving bone density as you age. It's equally important to ensure an adequate intake of calcium and vitamin D if you're prescribed medication to prevent bone loss or fractures. These nutrients support the effectiveness of such treatments and can help prevent further bone deterioration. Additionally, maintaining a bone-healthy diet rich in nutrients like calcium, vitamin D, magnesium, and vitamin K can further support bone health and overall well-being.

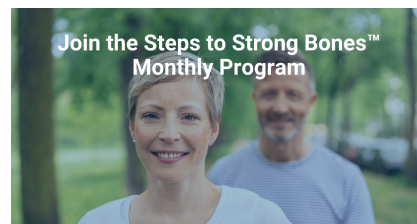
[LEARN MORE](#)

Get to Know MyPlate

stronger bones—fun and healthy snacking included! Lauren is a registered dietitian and nutrition communications specialist, author, speaker, and a dedicated advocate for healthy living. She's also a paid partner of BHOFF's long-term sponsor, Sunsweet Growers. With over 25 years of experience, Lauren is the founder and owner of Nutrition Starring You, where she shares recipes, product finds, and reviews, all to help others find the diet that's best for them. [Click here](#) to learn more and listen to this episode.

[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!

[SIGN UP NOW](#)

We appreciate all who were able to join us for the most recent session held earlier in March! It was wonderful to have everyone's participation as we discussed How Exercise Helps



Based on the [Dietary Guidelines for Americans](#), MyPlate is a visual representation of the five food groups that are part of a healthy diet: fruits, vegetables, grains, protein, and dairy. MyPlate offers practical tips on building a healthy plate, making it easier for you make everyday food choices. By emphasizing the importance of balancing food groups and portion sizes, MyPlate supports the overall goal of promoting health, reducing the risk of chronic diseases, and meeting nutrient needs.

Visit [MyPlate.gov](https://www.MyPlate.gov) and [MiPlato en Español](#) for easy-to-use tools and resources including:

- The [MyPlate Quiz](#)
- The [MyPlate Plan](#) that provides a personalized eating plan
- [Tip sheets and printable resources](#) and [graphics](#)
- [MiPlato en Español](#)
- More than 1,000 recipes in [MyPlate Kitchen](#)

LEARN MORE

BHOF is proud to be a USDA National Strategic Partner supporting [MyPlate.gov](https://www.MyPlate.gov), which offers tips and resources that support a healthy diet.

Prevent Diabetes & Bone Loss with Karen Kemmis, DPT, MS, PT, RN, GCS, CDCES, FADCES. If you weren't able to join, you can still access the resources from the program including the recording, slide presentation, and handouts.

GET RESOURCES

New Support Groups

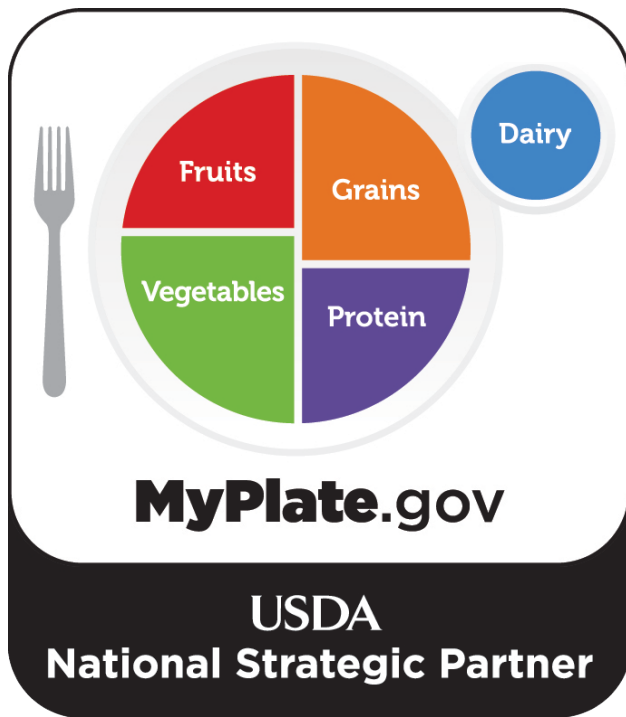


We are pleased to share that three new support groups have been recently created.

Bone Buddies in **Everett, Washington** is a support group for those concerned about bone loss and the risk of fractures. They will meet the first Thursday of each month at 1pm Pacific Time and the first meeting will take place on May 2, 2024. Meetings will take place at the Caral Gipson Center, 3025 Lombard Ave, Everett, WA 98201. For more information, please contact Elaine Henderson at eshenderson214@gmail.com.

The STA Strong Support Group in **St. Augustine, Florida** meets bi-monthly on the 2nd Wednesday of each month at River House, 179 Marine Street, St. Augustine, FL 32084. For more information, please contact the group leader at 904-315-0667 or NOFSTAUGUSTINE@gmail.com.

The Osteoporosis Support Group in **Houston, Texas** focuses on helping, supporting, and educating its members on the latest research on bone health and osteoporosis. This group is led by Dr. Kimberly James, physical therapist, and meets quarterly at Kingwood Branch Library, 4400 Bens View Lane, Kingwood Texas. Please call 713-



Understanding Osteoporosis Medications: Biologics & Biosimilars

WHAT IS A BIOLOGIC?
Many medications, such as aspirin, are made from chemicals. Biologic medications, such as insulin, are made from living sources that use cells or tissue (such as yeast, bacteria, or animal cells). The U.S. Food and Drug Administration (FDA) approves biologic medications to treat many different chronic conditions, including osteoporosis.

WHAT IS A BIOSIMILAR MEDICATION?
Biosimilars are a type of FDA-approved medication that are very similar in structure to an original biologic medication.

- When using living sources, it is natural to have some slight variations between batches of medications.
- Like loaves of bread made from the same recipe, no loaf is exactly the same but they are all the same type of bread. The same is true of biologics.
- This means that a biosimilar cannot be an identical copy of the original biologic drug.
- There is no difference in the safety or effectiveness of biosimilars and the original biologic.
- Biosimilar drugs are made by a different manufacturer and will have different names than the original biologic drug.

There are different types of medications available to treat and manage osteoporosis. The [Understanding Osteoporosis Medications: Biologics & Biosimilars](#) infographic, developed with support from Sandoz, explains the differences between biologics, biosimilars, and generics. There is no best medication for everyone and the one that works for you depends on many factors. Your health history and preferences are considerations. Discuss the best treatment for you with your healthcare provider.

DOWNLOAD NOW

804-9050 or email houosteosg@gmail.com for additional details on the group's meeting times and location. Please view and share the flier [found here](#).

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: April Schedule



Join the Bone Buddies Online Virtual Support Group this April! 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

Bone Health and HIV: What You Need to Know



People living with HIV experience bone loss, weakened bones and broken bones more often than the general population. Their fracture rates, for example, are 2 to 4 times higher. As people live longer with HIV, these risks will increase with age, just as they do for all people.

We offer several educational programs to help you, whether you are living with HIV or helping clients or patients living with HIV. For example, we have created a 1-hour on-demand virtual program tailored to the needs of people living with HIV, as well as their families and caregivers. We have also partnered with community organizations to develop an in-depth training program to empower case managers to provide bone health information and resources to their clients living with HIV.

LEARN MORE

American Bone Health, now part of the Bone Health & Osteoporosis Foundation, developed the *Bone Health & HIV for Health Care Professionals Training Course* partially funded by Suncoast Health Council & the Florida Department of Health.

Your Path to Good Bone Health

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, 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 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



[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

Educational Webinars



BHOFF regularly offers free, online 1-hour programs covering a variety of interesting and practical topics to combat bone loss and prevent broken bones. These webinars are streamed live and provide the opportunity to download helpful handouts and ask questions. *Why Healthy Bones Matter for People with Breast Cancer*, *Be Bone Strong®-Stepping Out Strong*, *Freedom from Fractures*, and *Beyond the Break* are some of the webinars coming up soon.

LEARN MORE

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



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

FOLLOW US



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