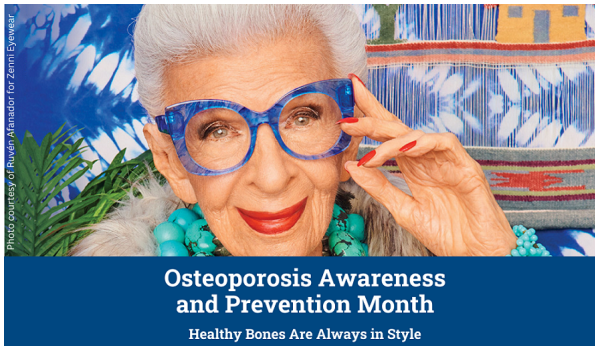


## BHOF News & Updates

### Osteoporosis Awareness & Prevention Month Highlights



Osteoporosis Awareness and Prevention Month in May was a great success! A broad range of activities and educational opportunities helped raise awareness about the importance of bone health. "Healthy Bones Are Always in Style" was the theme, and you can [view all of the resources and materials](#) on the BHOF website. Below are some additional highlights from the month.

### Podcast With Iris Apfel

Iris Apfel is an amazing businesswoman, interior designer, and fashion icon. On this episode of Bone Talk, we hear all about her colorful career, her legendary style, and her own journey with osteoporosis. Her personal experience has made her

## In the News

### [PSA on Broken Bones Due to Osteoporosis / Low Bone Density](#)

(May 2023) Osteoporosis and low bone mass are diagnosed with a bone density test. The most common bone density test is a dual-energy X-ray absorptiometry (DXA) scan that is quick, safe, and easy. This is used to diagnose osteoporosis BEFORE you break a bone, help to estimate your chances of breaking a bone in the future, and monitor the effectiveness of osteoporosis treatments. [Click here](#) to watch the PSA.

BHOF Ambassadors Leadership Council Member Joan Pagano shares some information on banishing bra bulge [with some example exercises](#).

[The 'silent' disease of osteoporosis affects 10 million Americans](#) (The Washington Post, June 2023)

[Bad breaks: Prevention and treatment of osteoporosis and bone loss](#) (Costco Magazine, June 2023)

a staunch advocate for osteoporosis and bone health awareness, and a generous donor to BHOF. We are very grateful for her support and her willingness to help educate others about the importance of good bone health.

## LISTEN NOW

### Osteoporosis Awareness and Prevention Month Webinars



**Risk Assessment & Diagnosis:** On this webinar, Dr. Kristi Tough DeSapri, Internist, discusses risk factors associated with osteoporosis, including lifestyle choices, genetics, and certain medical conditions. She also reviews diagnostic tools and how to interpret results. This webinar emphasizes patient education and empowerment, and provides strategies for improving bone health and preventing fractures. Finally, Dr. DeSapri discusses which types of healthcare providers treat osteoporosis, and when to talk to your primary care physician about a potential referral to a specialist.

## WATCH NOW



[The FOOT Plan: Osteoporosis Therapy Update and Outcomes](#)  
(Naturopathic Doctor News & Review, June 2023)

[Hip fracture burden to nearly double worldwide by 2050](#)  
(Science Magazine, June 2023)

[Osteoporotic Fragility Fractures](#)  
(MedPage Today, June 2023)

[Breaking the Silence on Bone Conditions](#) (Radiology Today Magazine, June 2023)

[Be well: Keep your bones strong to prevent osteoporosis](#) (Fox News, May 2023)

[6 Foods and Drinks That Support Bone Health \(Besides a Glass of Milk\)](#) (Real Simple, May 2023)

[5 ways men can focus on their bone health this May and beyond](#)  
(Borger News-Herald, May 2023)

[How to Cope With Bone Pain from Cancer](#) (SurvivorNet, April 2023)

### Bone Talk Podcasts



**Understanding Osteoporosis and Bone Health in the Asian American, Native Hawaiian, and Pacific Islander (AANHPI) Community**



**Medication & Treatment:** On this webinar, BHOFF's Chief Medical Officer, Dr. Andrea Singer, discusses osteoporosis medication and treatment options. She reviews some of the latest developments in osteoporosis treatments, including types of medications and lifestyle changes. You will also learn about some of the associated benefits and risks, and gain insight into speaking with your healthcare provider about treatment planning and osteoporosis management.

**WATCH NOW**

## Join the BHOFF Be Bone Strong™ Team



The 2023 TCS New York City Marathon will take place on Sunday, November 5, and BHOFF is excited to have been named an official charity partner. Are you interested in participating? Join the BHOFF Be Bone Strong™ Team, led by Barbara Hannah Grufferman, to fundraise and raise awareness about bone health and osteoporosis.

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.

**LEARN MORE**

## Advocacy.

Dr. Steven Ing specializes in Endocrinology, Diabetes and Metabolism, with a special focus on Metabolic Bone Disorders, Calcium Disorders and Osteoporosis. He practices primarily in Columbus, Ohio, and is affiliated with Ohio State University Wexner Medical Center. We are excited to highlight Dr. Ing's work with osteoporosis in the Asian American community. [Click here](#) to learn more and listen to this episode.

## Thrive During Midlife: Self-Care Tips from The Midlife Whisperer™



Dr. Ellen Albertson, aka The Midlife Whisperer™, is a psychologist, registered dietitian, health and wellness coach, Reiki master, and mindful self-compassion teacher. With over 30 years of experience in counseling, coaching, and healing, she brings a holistic approach to her transformational work. Her latest book, [Rock Your Midlife: 7 Steps to Transform Yourself and Make Your Next Chapter Your Best Chapter](#), is a must-read for anyone seeking to unlock their full potential. [Click here](#) to learn more and listen to this episode.

## Fifteen States Take Action to Combat Osteoporosis and Strengthen Bone Health



Fifteen states across the nation have taken steps through legislation and executive action to tackle the costly and growing problem of osteoporosis. Arizona, [California](#), [Connecticut](#), [Illinois](#), [Kentucky](#), [Maine](#), [Michigan](#), [New Hampshire](#), [New Jersey](#), [New York](#), [Oklahoma](#), [Pennsylvania](#), [Virginia](#), [West Virginia](#), and [Wisconsin](#) have passed, introduced legislation, or made gubernatorial proclamations calling for steps to raise awareness, take action and declare May 2023 as Osteoporosis Awareness and Prevention Month. The states responded to a nationwide effort launched by the Bone Health and Osteoporosis Foundation (BHOFF) to inspire states to get the word out about this debilitating disease and its extremely high associated costs.

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.

[READ MORE](#)

### Education

## From Invitations to Osteoprevention: Celebrate with Strong Bones

## Vertebral Compression Fracture Bundle (VCF) 2023-2025

Fractures are the most frequent and serious complication of osteoporosis. Education is crucial to helping health professionals understand the impact of vertebral fractures, implement appropriate treatment, and make referrals for interventional techniques when indicated. [This bundle](#) includes informative activities on the identifying, understanding, and management of vertebral fractures for healthcare professionals. Newsletters on the following topics are available:

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

[Click here](#) to learn more about vertebral fractures.

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

## Join the BHOFF Online Community, Hosted by Inspire



BHOFF works to ensure that everyone affected by osteoporosis has a place to turn for support. As a result, BHOFF and Inspire partnered to create a safe and





This summer, you are cordially invited to learn about the many ways to love your bones! RSVP for good bone health and give your frame the gift of healthy lifestyle choices. It's a season full of invitations, celebrations, graduations, weddings, and other special occasions. As excitement peaks in light of these milestones, it's important to be aware of a foundation that helps make it all possible—healthy bones. Here are a few quick tips to keep in mind:

- Get the calcium and vitamin D you need every day. When attending special events, be sure to choose healthy food options and stay safe in the sun.
- Do regular weight-bearing and muscle-strengthening exercises. Dancing can be great for improving muscle tone and strength.
- Don't smoke and don't drink too much alcohol.
- Talk to your healthcare provider about your chance of getting osteoporosis, and ask when you should have a bone density test.

**READ MORE**

## MiPlato Toolkit: Get Customizable Meal Plans, Meal Tips and Recipes



secure online osteoporosis support community. The BHO 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



BHO 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**

## My Bones, My Life: How I'm Taking Charge of My Health After a Devastating Diagnosis

**By Stacey Schalde**

Downloadable in [Spanish](#) and [English](#), the MiPlato toolkit includes samples and customizable meal plans, meal tips, and recipes to create healthier versions of cultural favorites! The toolkit shows how MyPlate can be the foundation for healthy, budget-conscious eating that reflects cultural foodways. It is an actionable, easy-to-use resource developed jointly by McCormick Science Institute, Hass Avocado Board, Grain Foods Foundation, and Egg Nutrition Center. BHO of is pleased to be a MyPlate National Strategic Partner.

**LEARN MORE**

## New Online Resource: Your Path to Good Bone Health



[\*Your Path to Good Bone Health\*](#) is a new 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.

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

**FIND MY PATH**



At age 53, I was diagnosed with severe osteoporosis. I was completely blindsided and devastated with this diagnosis as it was not on my radar of health issues to be concerned about. My diagnosis came from chasing a pulled muscle. After six weeks of physical therapy and no improvement, I had some imaging done which showed mild degenerative disc changes with small protrusions. This result led to a bone density scan.

**READ MORE**

## Living with Hope, and Never Giving Up

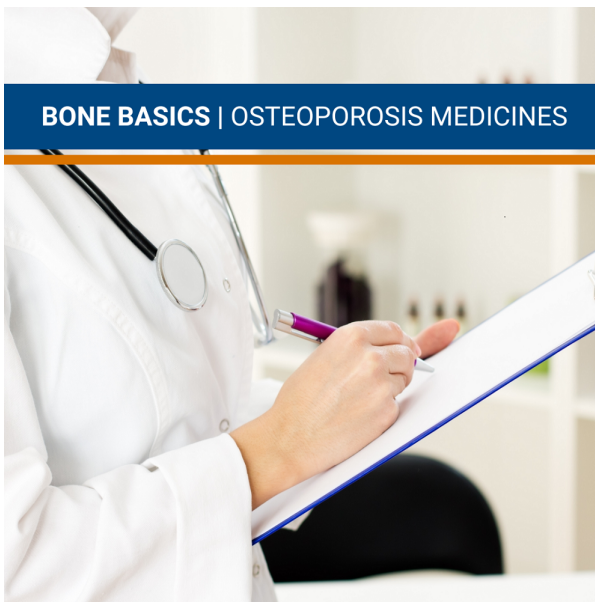
**By Jackie Duda—  
Carrying On Strong With  
Osteoporosis**



The Build Better Bones website is a project of the International Osteoporosis Foundation (IOF) Rehabilitation Working Group. Some of the information and tools on this site have been integrated into the new online resource, Your Path to Good Bone Health. We invite you to check out the animated exercise demonstrations, the home safety section, and the printable Calcium Rich Foods which is available in multiple languages.

[VISIT WEBSITE](#)

## Bone Basics: Osteoporosis Medicines



This helpful guide provides information on what causes fragile bones, predicting fracture risk, when to consider treatment with an osteoporosis medicine, and details on specific FDA-approved medicines.



Back in 2015, after my first DEXA, my primary care provider announced, “You have osteopenia. Your bones are thinning.” I was only 52. I dismissively waved my hand, more concerned about the multiple health conditions I was juggling and a weakening pelvic floor and left hip that had rendered me mobility challenged and exhausted. I also have Crohn’s, Hashimoto’s Thyroiditis, P.O.T.S., and Ehlers-Danlos Hypermobility. I was using a mobility scooter to go the distance whenever we shopped or did activities with the family. “I’ll take more calcium and Vitamin D,” I assured her, and would try to be more active. It didn’t work.

[READ MORE](#)

## 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,



**DOWNLOAD NOW**

## **Your Path to Better Bones and a Stronger Body at Any Age**



On this episode of GRUFFtalk: How to Age Better, host Barbara Hannah Grufferman chats with Lindsey West, Chief Program Officer of the Bone Health and Osteoporosis Foundation (BHOFF) about the importance of bone health throughout life with a focus on common risk factors, such as age, gender, family history, medical conditions, certain medications, and lifestyle choices that may contribute to bone loss. The most important focal point of this episode is the discussion about a new tool BHOFF has created to help three distinct communities navigate information about bone health called “Your Path to Good Bone Health.” This tool, which has been many years in the making, will help put you on the right path based on your current bone health status.

**WATCH NOW**

## **Connect with BHOFF**

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

combined, and analyzed by BHOFF 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**

## **BHOFF Partners**

### **HealthWell Foundation**



HEALTHWELL  
FOUNDATION®

HealthWell Foundation recognizes the unmet needs of frontline health-care workers during the public health crisis and the importance mental health has on their ability to cope with the devastating impact the COVID-19 pandemic has imparted on the patients they serve.

In an effort to assist as many health-care workers as possible, HealthWell has opened a fund to provide copayment assistance for behavioral health treatments for frontline health-care workers who have been impacted by the COVID-19 public health crisis. Through the COVID-19 Frontline Health-Care Workers





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, BHOF typically hosts these monthly Zoom meetings at 12 p.m. ET on the first Monday of every month. Please note that due to the Fourth of July holiday, we have rescheduled the next Steps to Strong Bones™ presentation for **Monday, July 10, at 12:00 p.m. ET.**

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**

## Find an Osteoporosis 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

Behavioral Health Fund, HealthWell offers up to \$2,000 in financial assistance for a 12-month grant period to eligible health-care workers to assist in covering their out-of-pocket treatment-related copayments for prescription drugs, counseling services, psychotherapy, and transportation needed to manage COVID-19 related behavioral health issues. Visit their [COVID-19 Frontline Healthcare Workers Behavioral Health Fund](#) to learn more.

## 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](http://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

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](mailto:lwest@bonehealthandosteoporosis.org) to learn how BHOF can help.

## LEARN MORE

### Bone Buddies Virtual Support Group: July Schedule



Join the Bone Buddies Online Virtual Support Group this July! Sessions cover topics ranging from diet, exercise, treatment, and more!

The Bone Buddies virtual online support group is open-to-all and typically meets on the second Saturday of each month at 10:00 a.m. Central Time on Zoom. On the weeks when they don't have the support group meeting, the group meets on all the other Saturdays at 10:00 a.m. Central Time on Zoom for free exercise sessions.

A healthy eating discussion also takes place every third Thursday at 2:00 p.m. Central Time on Zoom. You can submit questions for a registered licensed dietitian, and she will then have an outline from the questions. She will also answer your questions when you attend the meeting.

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.

Please email Elaine Henderson at [eshenderson214@gmail.com](mailto:eshenderson214@gmail.com) for the Zoom links. Feel free to share the meeting information with others who may be interested in joining!



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](http://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](http://www.panfoundation.org)

**LEARN MORE**

FOLLOW US



251 18th Street S, Suite 630, Arlington, VA, 22202 | Tel: 1 (800) 231-4222  
Bone Health and Osteoporosis Foundation © 2023 All rights reserved.

[Donate](#) | [Forward to a friend](#) | [Visit our website](#) | [View in browser](#) | [Unsubscribe](#)

POWERED BY  
**blackbaud**