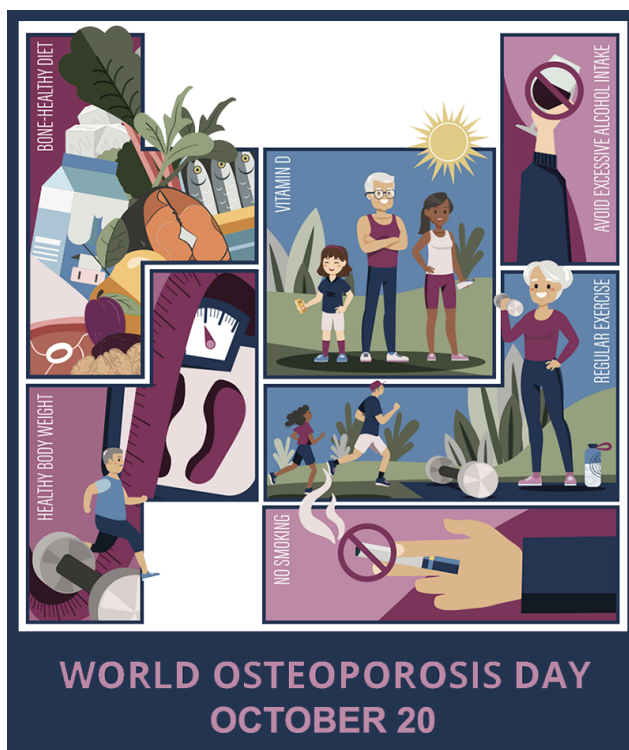


BHOF News & Updates

October 20th is World Osteoporosis Day



Join BHOF and organizations across the globe in raising awareness and sharing resources to promote better bone health! Show your support during the month of October, and ESPECIALLY on October 20, to get involved and spread the word! Download a user-friendly toolkit with everything you need to get

In the News

[Iris Apfel Has Turned 102](#) (Amo Mama, September 2023)

[Osteoporosis management in primary care](#) (The Nurse Practitioner, September 2023)

[5 Best Fitness Tips for Men to Prevent Bone Loss After 60](#) (Eat This, Not That!, September 2023)

[What You Should Know About Bone Health and Your Risk For Osteoporosis](#) (Pittsburgh Magazine, August 2023)

[Elderly Falls Aren't Accidents. Here's How to Prevent Them.](#) (Hadassah Magazine, August 2023)

[Hydration and Bone Health](#) (The Three Tomatoes, August 2023)

[How to Stop Muscle Cramps Fast, According to a Doctor](#) (Arizona Daily Sun, August 2023)

[Healthy Bones Celebrates 25 Years](#) (West Essex Tribune of Livingston, August 2023)

[Is a Healthy Sex Life Possible Post-Osteoporosis Diagnosis?](#)

information about osteoporosis, find support, and share on social media. You will also find a list of special events and sample fitness programs across the U.S. designed for people with low bone mass or osteoporosis.

LEARN MORE

Support the BHOF Be Bone Strong™ Team



The [2023 TCS New York City Marathon](#) will take place on Sunday, November 5, and BHOF is excited to have been named an official charity partner. Osteoporosis is a major public health threat for an estimated 54 million Americans. Studies show that one in two women and up to one in four men over age 50 will break a bone due to osteoporosis in their lifetime. In the U.S., more than 2 million broken bones are caused by osteoporosis annually. Our Be Bone Strong™ team is working hard to raise much-needed funds to help BHOF improve patient care, support those who have broken bones due to osteoporosis, and educate the public about this chronic but preventable disease.



Advocacy.

Capitol Hill Briefing: Women's Bone Health Throughout the Lifespan

(Giddy, July 2023)

[Is Your Medication Causing Osteoporosis?](#) (Happy Bones, Happy Life Podcast, July 2023)

[Weight-bearing Exercises can Improve Bone Health](#) (MorningStar Living, July 2023)

Bone Talk Podcasts



Nourishing Your Bones with Vital Nutrients



On this episode of Bone Talk, BHOF CEO Claire Gill talks with Dr. Connie Weaver about vital nutrients that promote good bone health. Dr. Weaver is a Distinguished Research Professor at San Diego State University's School of Exercise and Nutritional Sciences. She has been involved in NIH and USDA funded-research studies of diet interventions for over 30 years, and has also been involved in creating guidelines for best practices in human nutrition research, programs for children, nutrient recommendations, and food policy guidance. Tune in to hear Dr. Weaver tell us about key



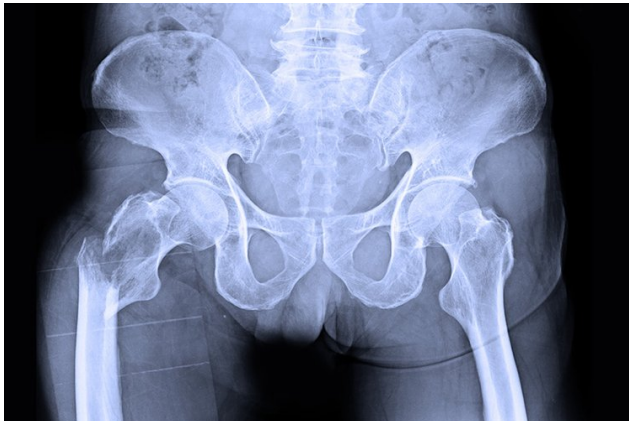
Please join us on Wednesday, October 25, from 12-1 pm ET for a Capitol Hill lunch briefing on the importance of women's bone health throughout the lifespan.

Speakers: Andrea F. Singer, MD, FACP, CCD, MedStar Georgetown University Hospital and Claire Gill, CEO, BHOF

Address: Rayburn House Office Building, Room 2060, 45 Independence Ave SW, Washington, DC 20515

RSVP NOW

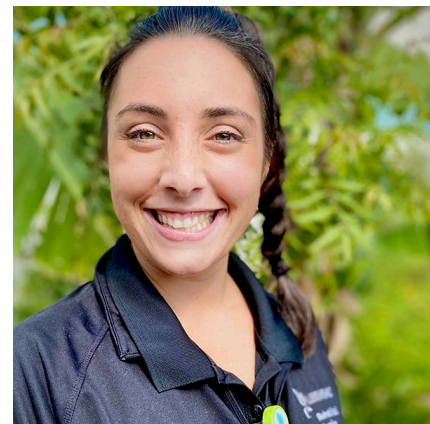
CMS-1784-P Comments Letter



The Bone Health and Osteoporosis Foundation (BHOF) and the American Society for Bone and Mineral Research (ASBMR) were recently joined by leading national bone health, women's health, family caregiver, and aging patient advocacy organizations in submitting comments on a proposed rule updating and refining payment policies under the Physician Fee Schedule for calendar year 2024. Together, they asked that the Centers for Medicare & Medicaid Services (CMS) recognize, prioritize, and address the

nutrients that are needed for bone health, foods that provide these necessary nutrients, substitutes for meat and dairy as sources of nutrients, and more. [Click here to learn more](#) and listen to this episode.

Maintaining Independence with Osteoporosis: Tips and Insights from a BoneFit-Certified Physical Therapist



Joining us on this episode is Brittany Pabon, a Physical Therapist at Lee Health, Outpatient Rehabilitation Services at Cape Coral Hospital in Florida. Brittany is a BoneFit Trainer certified through BHOF. BoneFit is an evidence-based exercise training workshop designed for healthcare professionals and exercise specialists to provide training on the most appropriate, safe, and effective methods for working with people who have osteoporosis. Brittany tells us about how working with a physical therapist can help you maintain your independence with osteoporosis, when it might be time to see a physical therapist, and what an evaluation may look like. [Click here to learn more](#) and listen to this episode.

significant care gap in secondary prevention of osteoporotic fractures.

[READ MORE](#)

Education

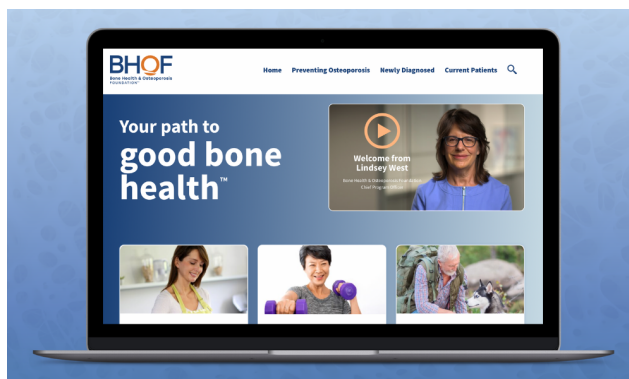
Prevent Falls and Broken Bones



No matter your age, it's never too early or too late to take steps to protect yourself from broken bones. Each year about a third of all persons over age 65 will fall. Many of these falls result in a broken bone, often the hip or wrist. Broken bones at any age can be painful, difficult to heal, and cause life-long challenges affecting your activities and independence. Fortunately, there are simple things you can do to prevent falls.

[READ MORE](#)

Your Path to Good Bone Health



[Your Path to Good Bone Health](#) is a digital knowledge-

Can bone loss be reversed? Let's discuss!



Low bone density or osteoporosis can wreak havoc with your bones, increasing your risk of fracturing if you fall. So, you want to do two things: 1) maintain or increase your bone density; and 2) practice balance and strength-training so you don't fall to begin with. In this episode of Gruff Talk, BHOFF Trustee and host Barbara Hannah Grufferman talks with bone health expert and BHOFF Ambassadors Leadership Council member Rebekah Rotstein about how to move to improve bone health, ways to increase bone density, the different kinds of tests that are available to assess bone health, and much more.

[WATCH NOW](#)

Join the BHOFF Online Community, Hosted by Inspire

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.

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

FIND MY PATH

Medication and Treatment



The results of your bone density test, combined with all available clinical information, including your personal preference and previous experience with medications, can help with deciding to start, continue, or change medication to make your bones stronger and reduce the risk of breaking bones.

LEARN MORE

Strong Bones & Me



BHOF is proud to support the Global Healthy Living Foundation's new global initiative, *Strong Bones & Me*, to support people in better understanding their bone health and osteoporosis, including fractures,



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

ALL IN THE FAMILY... My Husband and I Are on the Osteoporosis Journey Together



Years ago, Rika van Dam never imagined that she would one day be diagnosed with osteoporosis, let alone that she and her husband would both be diagnosed within two years of each other. She shares with us about their experiences and talks about how they have tried to see the positive side of doing this as a couple. She says, "we're hopeful about building better and stronger bones together."

prevention, and post-fracture care. This initiative aims to raise awareness, provide education, foster global collaboration, and provide an avenue for you to share your experiences.

LEARN MORE

Nourish to Flourish: Lunchbox Edition



Packing bone-healthy lunches doesn't have to be overwhelming. With a little advance planning and creativity peppered in, you and your family can enjoy deliciously satisfying meals that are good for your bones. Here are a few things to keep in mind as you start planning your menu:

- **Make use of the weekend:** Take a few hours and do all the chopping, roasting, and boiling you can ahead of time.
- **Buy quality food storage containers:** Containers of all sizes will be indispensable for compactly storing leftovers, prepped ingredients, sauces, and more.
- **Stock up:** Fill up your freezer with ingredients for various meals, such as peas, soups, berries, ground beef, seafood, and so on.
- **Plan on a full belly:** Creating a meal plan or grocery shopping shouldn't be done on an empty stomach.
- **Involve the whole team:** Including the entire family in your meal prep efforts and listening to their input will encourage them to be conscious of their eating habits.
- **Cut yourself some slack:** The best-laid plans often get off track, so don't worry if you don't always get things right. Practice and routine will win out eventually.

READ MORE

Voices of Osteoporosis: Stories of Hope and Inspiration



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

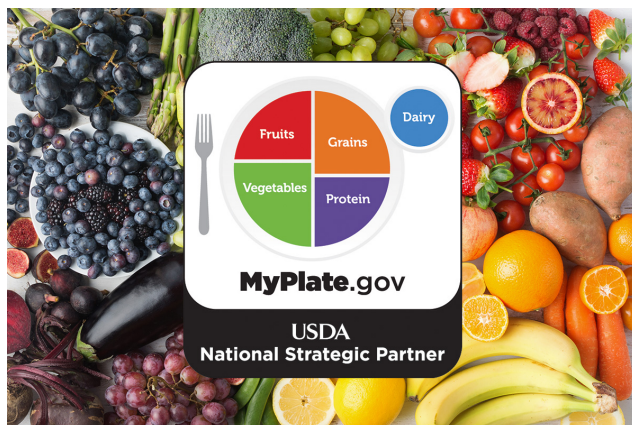
Patient Registry



The Healthy Bones, Build Them for Life® Patient Registry surveys patients and caregivers about how osteoporosis and low bone density

READ MORE

Learn How to Eat Healthy With MyPlate



BHOF is proud to be a USDA National Strategic Partner supporting MyPlate.gov, which offers tips and resources that support a healthy diet. Take the [MyPlate Quiz](#) for a quick self-assessment. [MyPlate Kitchen](#) serves up recipes with nutrition-focused search filters, such as Get More Calcium, as well as recipe videos and other helpful resources. The [Healthy Eating on a Budget](#) section provides useful information for creating a shopping plan, shopping smart, and preparing healthy meals to stretch food dollars while making wise decisions about what to eat.

LEARN MORE

Connect with BHOF

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

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.

LEARN MORE

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



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, BHOE typically hosts these monthly Zoom meetings at 12 pm 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

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 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 BHOE Support Group in your area to meet the needs of your community. Please contact [Lindsey West, Chief Program Officer](#) to learn how BHOE can help.



BHOE 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, BHOE 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



LEARN MORE

Bone Buddies Virtual Support Group: October Schedule



Join the Bone Buddies Online Virtual Support Group this October! 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

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

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