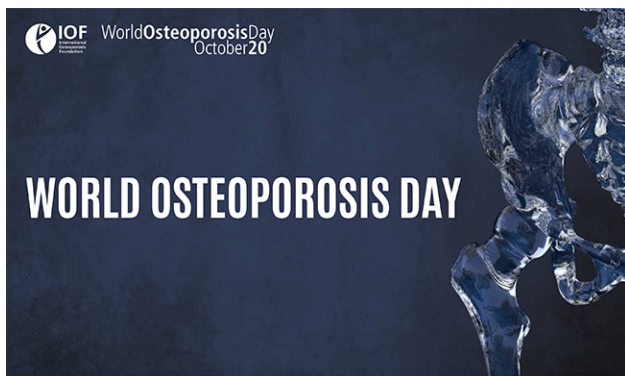


### BHOF News & Updates

#### World Osteoporosis Day is October 20th



Join us this World Osteoporosis Day to raise awareness and promote better bone health! In celebration of October 20, visit our website for osteoporosis information, helpful resources, and ready-to-share social media materials. You'll also find a schedule of engaging activities and virtual events designed for people with low bone density or osteoporosis. Enjoy fitness sessions and educational programs on strength training, healthy eating, myth-busting, and even a couple of dance classes. Plus, don't miss Ask the Experts – A Provider's Perspective, taking place October 20–24, 2025, in the online Bone Health and Osteoporosis Community hosted by Inspire. Learn from Patricia Donohue, NP, and Tara Knight, DNP, as they share what to expect during a bone health appointment and offer tips for your bone health

### In the News



#### [Falls, Fractures, and Bone Health](#)

(WRAL Fox50 News, September 2025) Jenni Tarma joined Fox50 to share information about osteoporosis, tips on how to prevent falls, and how to build and maintain bone strength.

#### [Menopause Hits Your Bones Hard. Research Suggests Testosterone Might Help.](#)

(Oprah Daily, September 2025)

#### [How to Prevent Osteoporosis in Your 40s and 50s — The Answers May Surprise You](#)

(Yahoo Health, September 2025)

#### [This Surprising Habit Could Raise the Risk of Breaking a Bone by 18%, New Study Says](#)

(Eating Well, September 2025)

#### [How to Protect Your Child's Health this School Year](#)

(KFOR News4,

journey. Celebrate with us, stay active, and take steps to protect your bones for life.

[LEARN MORE](#)

## 2024 BHOF Annual Report: 40 Faces of Osteoporosis



We are pleased to share our 2024 Annual Report, marking the Bone Health and Osteoporosis Foundation's 40th anniversary and four decades of progress in advancing bone health. This milestone year celebrated the strength of our community, featuring the [stories of 40 individuals](#) living with osteoporosis who shared their journeys to raise awareness and inspire action. As we look ahead, we remain committed to helping people build and maintain strong bones for life, and we hope this report shows the powerful impact of your support.

[READ MORE](#)

## Be Bone Strong™ Walking Clubs Are Launching Across the Country

August 2025)

[Men Ignore Bone Health Risks Until Fractures Strike, Survey Finds](#)

(WKYC NBC, August 2025)

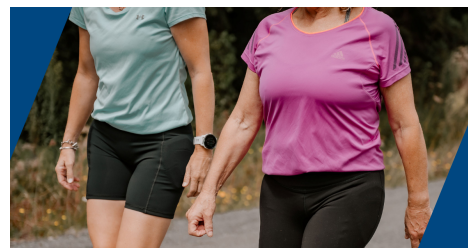
[Helping Kids Build Strong Bones](#) (QC Life, July 2025)

[After an Osteoporosis Diagnosis, I Increased My Bone Density Naturally —Here's Everything I Did](#) (Parade, July 2025)

## [Bone Talk Podcasts](#)



## Innovations in Hip Protection with Natasha Williams



On this episode of *Bone Talk*, BHOF CEO Claire Gill talks with Natasha Williams, CEO of Phoenix Hipwear and a member of BHOF's Corporate Advisory Roundtable. For more than a decade, Natasha has led innovations in hip fracture prevention, starting with a soft hip protector that became New Zealand's market leader and a preferred choice in U.S. senior care communities. Most recently, she and her team launched Phoenix Hipwear Active, designed for women 55+ who want to stay active through walking, hiking, biking, traveling, and pickleball while reducing their fracture risk. Claire and Natasha discuss this new product, the technology behind it, and how it's helping women protect their independence and live vibrant, active lives. [Click here to learn more](#) and listen to this episode.



Staying active is one of the best things you can do for your bone health, and walking is an easy, enjoyable, and effective way to build strong bones and help prevent osteoporosis. That's why BHOF, with your help, is launching 'Be Bone Strong'™ Walking Clubs in communities across the country! These local walking clubs will be open to everyone and led by enthusiastic community members who are passionate about healthy living and building connections. Walks are held weekly and designed to be fun, social, and accessible, whether you're already a regular walker or just getting started.

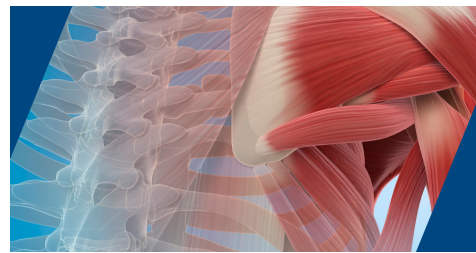
**LEARN MORE**

## BHOF Be Bone Strong™ Team to Run the 2025 NYC Marathon in November



The TCS New York City Marathon is one of the most iconic races in the world, drawing over 50,000 runners each year to its legendary 26.2-mile course through all five boroughs of New York City. The energy of the cheering crowds, the breathtaking cityscape, and the electrifying finish

## Sarcopenia and Aging: Understanding Muscle Loss and Bone Health



On this episode of *Bone Talk*, we explore the critical connection between bone health and sarcopenia, a condition that causes significant loss of muscle mass and strength beyond what's expected with normal aging. Our guest, Dr. Stuart Phillips, is a leading expert on skeletal muscle health and a Tier 1 Canada Research Chair at McMaster University, where he also directs two major research centers focused on exercise, nutrition, and aging. He shares insights from decades of research on how physical activity and nutrition affect muscle and body composition. Although osteoporosis often gets more attention, sarcopenia also has a major impact on mobility, independence, and quality of life. Dr. Phillips emphasizes that even small amounts of regular exercise can make a meaningful difference as we age. [Click here to learn more](#) and listen to this episode.

## Osteoporosis Management

## Latest Developments in Osteoporosis Management



in Central Park make this a bucket-list race for many. On November 2, 2025, our Be Bone Strong™ team will proudly take on this challenge, running not just for the thrill of the race but to raise awareness about osteoporosis and the importance of lifelong bone health. Every step they take will help fund critical programs that support those affected by osteoporosis and broken bones.

## SUPPORT THE TEAM

### In Memoriam: Dr. Robert Recker (1937–2024)



The Bone Health & Osteoporosis Foundation (BHOFF) mourns the loss of Dr. Robert Recker, a towering figure in the field of bone health and a longtime champion of osteoporosis research, education, and advocacy. Dr. Recker passed away on May 24, 2024, leaving behind a legacy of scientific leadership, clinical excellence, and service to the bone health community.

A distinguished endocrinologist and researcher, Dr. Recker served as President of the National Osteoporosis Foundation (NOF) and made enduring contributions to the field through his work at Creighton University, where he led the Osteoporosis Research Center for more than four decades. His pioneering efforts in clinical research, including advancing the understanding of bone density, calcium metabolism, and osteoporosis therapeutics, have shaped the standards of care for patients worldwide.



Recent advancements in osteoporosis treatment are focusing on enhancing bone formation, improving bone quality, and reducing fracture risk with greater precision. Researchers are exploring novel therapies that stimulate bone-building pathways while minimizing side effects traditionally associated with older medications. Additionally, there is increasing interest in combination and sequential treatment approaches, which involve strategically using anabolic and antiresorptive therapies to maximize bone density gains and maintain improvements over time. These developments, alongside progress in personalized medicine and diagnostic tools, offer promising new options for managing osteoporosis and improving long-term patient outcomes. *Thanks to Radius and Sandoz for their support and sponsorship of this webinar!*

## WATCH NOW

### Osteoporosis Medications: Comparing Treatment Options and Introducing Biosimilars



In this session, we conduct a



Dr. Recker was widely respected for his commitment to interdisciplinary collaboration and mentorship. He was a guiding voice in national policy discussions and clinical guideline development, and he inspired generations of researchers and clinicians through his tireless advocacy and generosity of spirit.

We are deeply grateful for Dr. Recker's profound contributions to the mission of NOF and to the lives of patients, providers, and colleagues across the country. His impact on the bone health field will be felt for generations to come.

## **Advocacy**

### **2025 Bone Health Policy Workshop**



On Monday, May 19, 2025, twenty-one passionate participants from patient advocacy groups gathered with a shared goal: to shape the future of bone health policy. By employing a creative timeline exercise, we reflected on key events from the past, present, and future, and mapped out the landscape of policy, patient and community needs, public awareness, and technology. Next, we focused on the future state vision, where each participant imagined and articulated their vision of a successful future for bone health, and then shared these perspectives in smaller groups.

After hearing each team's ideas on where to focus our future policy efforts, we aligned on the top 4 priorities that will make a meaningful impact on bone health: Fracture Liaison Service (FLS), Prevention, Public Awareness, and Coverage & Reimbursement. Concluding the workshop, we have a roadmap for collective action and will begin initiating this collaborative effort in 2025. [Click here](#) to find an overview of the workshop.

*Thank you to Amgen Inc. and UCB, Inc. for supporting this initiative.*

comparative review of osteoporosis treatments, focusing on both antiresorptive and anabolic agents. Our aim is to help you understand how these medications function, how they are selected, what a drug holiday entails, and how providers evaluate treatment success. Ultimately, the program will enhance your knowledge, promote adherence to treatment, and boost your confidence in managing care plans. *Thanks to Radius and Sandoz for their support and sponsorship of this webinar!*

## **WATCH NOW**

### **Understanding Medicare**



This YouTube video series from the National Council on Aging offers a clear and concise overview of key Medicare topics. These videos cover essential information about Medicare to help you or someone you care for better understand health care options.

## **WATCH NOW**

### **Osteoboost: A New FDA-cleared Option for Protecting Bone Health**

## Bone Health Wins in Senate HHS Appropriations Bill



The Senate Appropriations Committee passed its version of the fiscal year 2026 (which starts on 10/1/2025) funding bill for the Department of Health and Human Services (HHS) by a strong bipartisan vote of 26-3. The bill made news because it rejected proposals by the Trump Administration to drastically cut funding for and re-organize NIH, CDC and other health agencies and calls for reinstatement of terminated women's health research grants.

The bill, [S.2587](#), was written largely by 4 BHO Bone Health Champion Award recipients, Subcommittee Chair Sen. Shelly Capito (R-WV), Full Committee Chair Sen. Susan Collins (R-ME) and Ranking Democrats Sen. Tammy Baldwin (D-WI) and Sen. Patty Murray (D-WA).

The bill contains a number of important wins for bone health policy including CMS Post-Fracture Care, continued funding for CDC Chronic Disease Education and Awareness grants, and increased funding for bone health research at NIH. BHO had actively worked for inclusion of these provisions, including meetings and leading a coalition of over a dozen bone health, aging and women's health organizations in calling for these changes.

[READ MORE](#)

## CY 2026 CMS Physician Fee Schedule (PFS) and Other Changes to Part B Payment and Coverage Policies



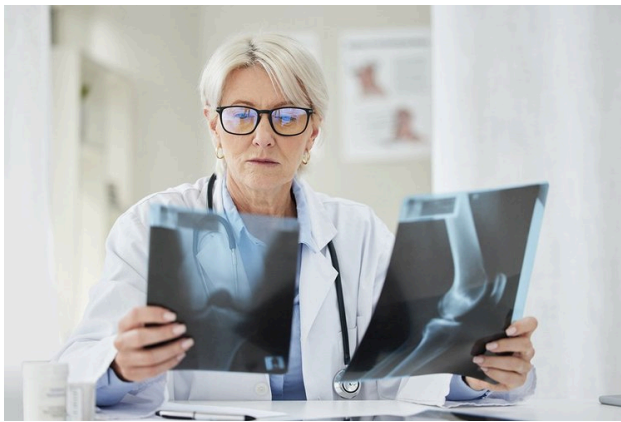
Living with low bone density can feel overwhelming. You eat well, exercise, and take your supplements... but unless you qualify for medications, it can feel like you're not doing enough.

That's why we're happy to share an important update: [Osteoboost has officially launched](#), and patients have begun receiving devices. Demand has been extraordinary and the Osteoboost team is quickly catching up on backorders to ensure this innovative medical device reaches everyone who needs it as quickly as possible.

Osteoboost is the first and only FDA-cleared, non-drug prescription treatment for low bone density. It's a wearable medical device that uses safe, gentle vibration therapy to target the hips and lumbar spine, the areas most vulnerable to fractures. In a randomized controlled trial, [published in JBMR® Plus](#), postmenopausal women who used Osteoboost at least 3x a week experienced an average **85% reduction in bone density loss in the spine**.

The treatment is designed for daily use at home in just 30 minutes and is supported by a companion app that tracks sessions. Inspired by NASA-funded research on astronaut bone loss, Osteoboost brings a rigorously tested technology into practical, everyday care.

We understand how important it is to feel confident in your treatment options. Osteoboost represents a new opportunity to take an active step in protecting bone health. To celebrate the launch, Osteoboost is exclusively



On September 12, 2025, the Bone Health and Osteoporosis Foundation (BHO<sup>F</sup>), together with 21 other leading patient advocacy and professional societies, submitted formal comments and recommendations to Centers for Medicare & Medicaid Services for consideration in the final Calendar Year (CY) 2026 Medicare Physician Fee Schedule (PFS) Proposed Rule. Incorporating the recommended codes would represent the most significant advancement in bone health policy in decades, leading to improved care, better outcomes, and reduced costs for the nearly two million Medicare beneficiaries affected. [Click here](#) to read the letter.

*The Bone Health & Osteoporosis Foundation is grateful to the individual donors and corporations, including Amgen Inc., Novo Nordisk, Organon, Sandoz, and UCB Inc., who provide support for the National Bone Health Policy Institute.*

## **Education**

### **Understanding Osteoporosis as a Chronic Condition**

offering our BHO<sup>F</sup> audience \$50 off (code **BHO<sup>F</sup>50**). The device [can be purchased here](#).

Learn more about Osteoboost and how to access a prescription from your healthcare provider at [Osteoboost.com](https://Osteoboost.com).

## **Connect with BHO<sup>F</sup>**

### **Find a Support Group in Your Community or Start One of Your Own**



Osteoporosis can be challenging, but you don't have to go through it on your own. Support groups offer a safe, understanding space to share stories, ask questions, and learn from others who truly get it. Explore virtual and in-person options on our [Building Strength Together® support group page](#) to find a group that fits your needs. If we don't have a Support Group in your area and you're interested in starting one, please review the [BHO<sup>F</sup> Support Group Network Overview](#). We also have an [Online Support Community](#), hosted by Inspire, which is another excellent resource.

### **Join Bone Buddies This October**





Osteoporosis is often misunderstood as a normal part of aging, but it is actually a chronic disease that weakens bones over time and increases the risk of fractures. Learn about how bones change with age, what causes bone loss to accelerate, and why osteoporosis requires long-term attention and care. Although there is no cure for osteoporosis, it can be managed effectively with the right care plan. This session explains the basics of how bones grow and break down, identify medical conditions and medications that may negatively impact bone health, and outline steps that individuals can take to protect their bones at every stage of life. *Thanks to Radius and Sandoz for their support and sponsorship of this webinar!*

## WATCH NOW

### How Men Can Take Action to Prevent Fractures



The risk of osteoporosis is often overlooked in men. Learn about key risk factors – family history, long-term steroid use, low testosterone or estrogen levels, and chronic illnesses such as kidney or lung disease, prostate cancer, and



Looking for support and information on your bone health journey? Join the Bone Buddies Online Virtual Support Group this October. Each session explores helpful topics like nutrition, exercise, treatment options, and everyday tips for living well with osteoporosis. It's a welcoming space to learn, ask questions, and connect with others who understand what it's like to manage low bone density.

## LEARN MORE

### Upcoming Events & Webinars



Find several upcoming events about topics such as the importance of posture and body mechanics to prevent fractures, safe movement, fall prevention, and more. Some upcoming programs include:

- Stepping Out Strong™ – Fall Prevention
- Why Healthy Bones Matter™ for People Living with Breast Cancer

autoimmune conditions like rheumatoid arthritis. This session will empower attendees to discuss bone density testing and personalized fracture prevention strategies with their healthcare providers. *Thanks to Radius for their support and sponsorship of this webinar!*

**WATCH NOW**

## Prevent Falls and Protect Your Bones



No matter your age, it's never too early or too late to take steps to prevent falls and protect yourself from broken bones. Each year, about one in three adults over 65 experiences a fall, and many of these result in serious fractures, often to the hip or wrist. Broken bones at any age can be painful, hard to heal, and can impact your independence. Talk with your healthcare provider if you have fallen, feel unsteady, or worry about falling. Many factors can increase your risk, including poor balance, weak muscles, foot pain, vision problems, certain medications, alcohol use, and hazards in the home. Explore our fall prevention resources to learn practical ways to stay safe, protect your bones, and maintain a healthy, active lifestyle.

**LEARN MORE**

## Menopause: A Time for Action

- Freedom from Fractures™ – Understanding Fracture Risk
- Healthy Bones for Life™ – Basics of Bone Health
- Eating for Healthy Bones™
- Beyond the Break™ – Manage Risk and Prevent Broken Bones

**FIND EVENTS**

## Empower Your Community: Become a Peer Educator



Join our Peer Educator Program and become a community leader in promoting bone health! As the backbone of our organization, Peer Educators receive comprehensive online training, including modules on bone health, nutrition, exercise, fall prevention, and more. With coaching and support, you'll be prepared to share vital information at workshops, health fairs, and screenings. By committing just one year and two activities annually, you'll gain valuable skills, expand your professional network, and make a lasting impact in the fight against osteoporosis. Sign up today and inspire healthier futures in your community!

**LEARN MORE**

*BHOF is grateful to Sandoz for their support of the BHOF Peer Educator Program.*

## Patient Registry



# Hormones *and* Healthy Bones



When women reach menopause, estrogen levels drop and can lead to bone loss. For some women, this bone loss is rapid and severe. Two major factors that affect your chance of getting osteoporosis are:

- The amount of bone you have when you reach menopause. The greater your bone density is to begin with, the lower your chance of developing osteoporosis. If you had low peak bone mass or other risk factors that caused you to lose bone, your chance of getting osteoporosis is greater.
- How fast you lose bone after you reach menopause. For some women, bone loss happens faster than for others. In fact, a woman can lose up to 20% of her bone density during the five to seven years following menopause. If you lose bone quickly, you have a greater chance of developing osteoporosis.

If you have menopausal symptoms, your healthcare provider may prescribe estrogen therapy (ET) or estrogen with progesterone hormone therapy (HT). In addition to controlling your menopausal symptoms, these therapies can also help prevent bone loss. Some women are advised not to take ET or HT because of the possible risks, so it's important to discuss the risks and benefits of your treatment options with your healthcare provider. For more information, download the [Hormones and Healthy Bones guide](#).

## 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, 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**

## Fundraise Your Own Way

BHOF Introduces New Online Fundraising Platform  
Start a Fundraiser – Learn How!



What inspired you to make your first gift to Bone Health and Osteoporosis Foundation (BHOF)? Inspire others by creating your own personalized fundraising page. It's quick and simple! Share your story, invite friends and family to give, and start the momentum by making the first gift yourself.

Whether you are celebrating a birthday, honoring a loved one, or raising awareness in your community, this flexible tool empowers you to make a difference. Your efforts help advance BHOF's mission and build a future where fractures are preventable and everyone can enjoy



## National Hispanic Heritage Month



This month, we celebrate the rich history, culture, and contributions of Hispanic and Latino communities. To support Spanish-speaking individuals on their bone health journey, explore our Spanish-Language Resources, including easy-to-follow one-pagers, helpful questions for your next medical visit, and a webinar on building strong, healthy bones for life.

### FIND RESOURCES

## Vaccines Are Updated to Protect You



As we approach the fall respiratory illness season, understanding which vaccines are needed and when is crucial to helping to protect ourselves and our loved ones. The viruses that cause COVID-19

long, independent, and active lives.

### GET STARTED

## Become a Sustainer



Make a lasting impact with a monthly gift to BHO. It's an easy way to support our mission — just set it and forget it. Become a Sustainer today!

### GIVE MONTHLY

If you would like to learn more, please contact:

[Nan Young, MPA](#)  
Director of Development  
[703-647-3005](tel:703-647-3005)

## Your Path to Good Bone Health



[Your Path to Good Bone Health](#) is a digital tool designed for patients and their care partners, offering support at

and flu change frequently, giving rise to new variants that can avoid our natural immune response and the protection provided by vaccines. As a result, COVID-19 and flu vaccines are updated regularly to provide continued protection. By staying up to date with the latest vaccine recommendations, we can significantly reduce the risk of severe illness, hospitalizations, and even deaths caused by these viruses. Visit [CVEEP.org/StayUpdated](https://cveep.org/StayUpdated) to learn more about the need for updated vaccines and access resources you can use to encourage your community to stay protected.

## LEARN MORE

### Are You at Risk for Osteoporosis? Take the Bone Health Quiz to Find Out!



The [Bone Health Quiz](#) is a quick and easy way to learn about your risk for osteoporosis and fractures. As you answer a few simple questions, you will see helpful facts about bone health. If any of your answers suggest a possible risk, they will be highlighted in red letting you know it is time to talk with your healthcare provider.

Take the quiz today and take the first step toward protecting your bones for life.

## TAKE THE QUIZ

any stage of their osteoporosis journey. This comprehensive resource serves as a roadmap, guiding you through key information and directing you to relevant resources to address your specific questions. Whether you're focused on prevention, have recently been diagnosed, or have been managing the disease for some time, this tool provides answers and support for each phase of your journey.

## FIND YOUR PATH

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

### 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](#).

## Eating Well to Support Your Bones



Eating a variety of nutrient-rich foods is essential for building and maintaining strong bones. A balanced diet that includes fruits and vegetables, whole grains, lean proteins, and dairy or fortified alternatives can provide many of the nutrients your bones need to stay healthy. Key nutrients for bone health include calcium, which supports bone strength, and Vitamin D, which helps your body absorb calcium effectively. Getting enough protein is also important as you age to support both bone and muscle strength.

Visit the [MyPlate Plan](#) to see how much you need from each food group to support lifelong bone health. Explore [MyPlate Kitchen](#) for simple, budget-friendly recipes that help make healthy eating easier every day.

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

## Menopause Cheat Sheet

### Menopause Cheat Sheet

before, during and after the pause

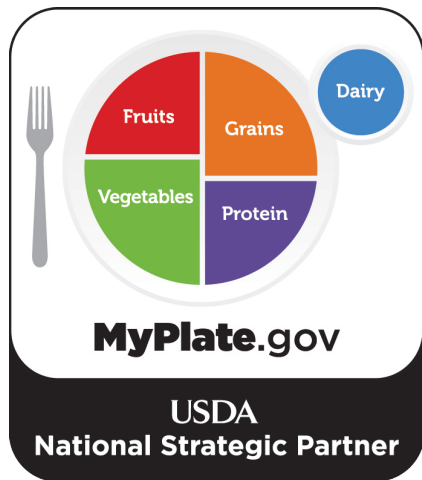
Bone Health Ambassador, BHOF trustee and award-winning author, Barbara Hannah Grufferman, is founder and editor of Menopause Cheat Sheet, a weekly newsletter for women 45+ which delivers science-backed information about menopause and healthy aging, featuring a monthly spotlight on bone health and osteoporosis. Subscribe to Menopause Cheat Sheet [here](#).

## NeedyMeds



For over 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.





## Bone Health and HIV: What You Need to Know



**Why Healthy Bones Matter™ for People Living with HIV:** BHOF is committed to educating Americans living with HIV about how to protect their bones. 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. [Click here](#) to sign up for this 1-hour virtual program.

**Bone Health & HIV Health Educator Training Course:** This continuing education activity is intended for use by health professionals who participate in the care of patients at risk for or suffering from HIV. Case managers in Florida will receive Love Your Bones toolkits for their clients while supplies last. [Click here](#) to learn more and sign up.

*The Bone Health & HIV training courses were originally developed by American Bone Health, now under the umbrella of BHOF, and funded in part by Suncoast Health Council & the Florida Department of Health.*

FOLLOW US



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