

BHOF News & Updates

World Osteoporosis Day: Build, Protect and Strengthen Your Bones for Life



World Osteoporosis Day is coming up on October 20, and BHOF is joining organizations around the world to encourage people of all ages to take action for stronger bones. This year's theme, Build, Protect and Strengthen Your Bones for Life, highlights the importance of lifelong bone health, from building strong bones early in life to protecting against osteoporosis and fractures and preventing future fractures. Visit the BHOF website throughout October for bone health information, helpful resources, ready-to-share social media materials, and a full schedule of

In the News

[The Unexpected Way to Heal a Broken Bone](#) (The Epoch Times, September 2026)

[When Do Women Really Need a Bone Scan?](#) (New York Times, September 2026)

[How Does the Body Respond to the Decline in Reproductive Hormones?](#) (Experience Life, September 2026)

[The 9 Best Strength-Training Exercises to Build Bone Health in Mid-life and Beyond](#) (MSN Health & Fitness, August 2026)

[Exercises Every Woman Should Do to Support Bone Health, Per Doctors](#) (Women's Health, August 2026)

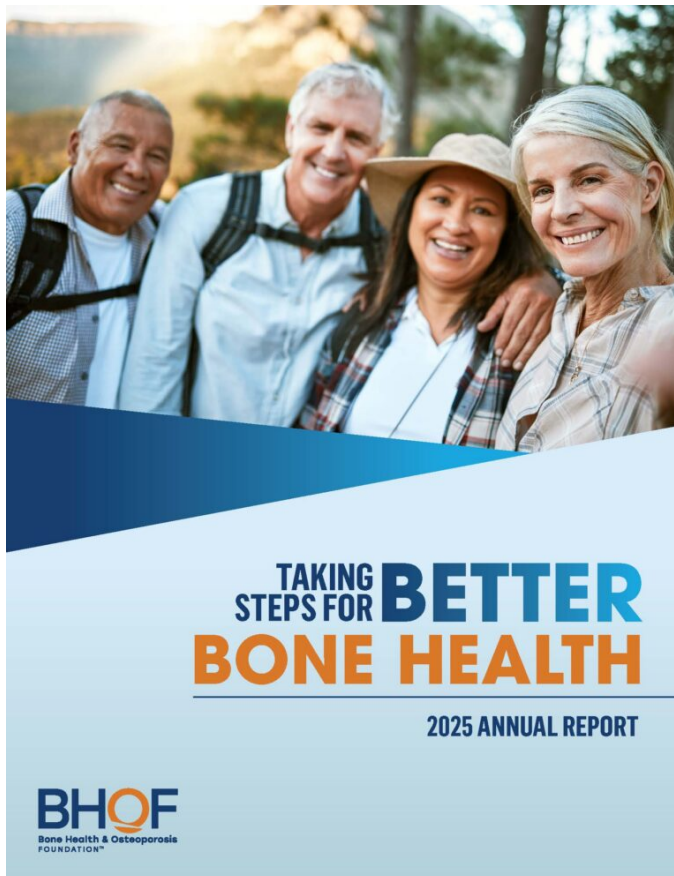
[Adding Enough Dairy to Your Daily Diet Can Benefit Your Health During Menopause](#) (Glamour, July 2026)

[It's Never Too Late to Improve Your Health! These 10 Simple Changes Are Worth Making](#)

virtual activities. Join us for fitness classes and educational programs on topics like strength training, healthy eating, osteoporosis myths, and more. From October 19–23, bring your questions to our special “Ask the Experts” program in the online Bone Health and Osteoporosis Community hosted by Inspire.

[LEARN MORE](#)

2025 BHOF Annual Report



We are pleased to share the 2025 BHOF Annual Report, highlighting the progress made over the past year to improve bone health and osteoporosis care. The report reflects BHOF’s ongoing work in education, advocacy, research, awareness, and support for people with osteoporosis and those at risk. It also recognizes the many partners, healthcare professionals, supporters, and members of the bone health community who help make this work possible. Explore the report to see what we accomplished together in 2025 and how BHOF continues to advance better bone health for all.

[READ MORE](#)

[After 50](#) (Yahoo! Health, July 2026)

[Bone Talk Podcasts](#)



A Man's Journey with Osteoporosis: Diagnosis, Education, and Preventing Fractures



Osteoporosis is often thought of as a disease that only affects women, but this episode of Bone Talk challenges that misconception. BHOF Vice President of Science & Education Ami Patel is joined by Joshua Wing, a board-certified nurse practitioner specializing in orthopedic surgery and bone health, and Michael Lavacot, a Bone Health and Osteoporosis Foundation patient advocate whose osteoporosis was discovered before he experienced a fracture. Michael shares his personal journey from denial to becoming a passionate advocate for patient

BHOF Be Bone Strong™ Team to Run the 2026 NYC Marathon in November



On Sunday, November 1, 2026, our Be Bone Strong™ team will take on 26.2 miles through all five boroughs of New York City as part of the TCS New York City Marathon. Along the way, team members will be raising awareness about osteoporosis and the importance of lifelong bone health while raising funds to support BHOF's programs and resources for people affected by osteoporosis and broken bones. Every mile helps bring greater attention to bone health and supports our work to help people build and maintain strong bones for life.

SUPPORT THE TEAM

Get Moving With a Be Bone Strong™ Walking Club

education, while Josh explains why early diagnosis and timely treatment are critical for preventing fractures and protecting long-term bone health. Together, they highlight the importance of recognizing risk factors, asking questions, and taking action before a broken bone changes your life. [Click here](#) to learn more and listen to this episode. ***This episode is made possible with support from Radius.***

Understanding Biosimilars: A Patient's Questions Answered



For people living with osteoporosis, making decisions about treatment can sometimes feel overwhelming. There are different types of medications, different ways they are given, and new treatment options continue to become available. One term that patients may increasingly hear from their doctors, pharmacists, or health plans is "biosimilar." But what exactly is a biosimilar? Is it the same medication? Does it work the same way? Is it as safe? And what should a patient know if their doctor or insurance company recommends switching from a biologic medication they are already taking to a biosimilar? This episode approaches those questions from the patient perspective. Sally Fullman



Our Be Bone Strong™ Walking Clubs are a great way to support your bone health through regular weight-bearing exercise while connecting with others in your community. Open to everyone, the clubs meet weekly for moderate-paced walks lasting about 30–60 minutes. Whether you're a regular walker or just getting started, you can get moving, stay motivated, and build healthy habits alongside others. Interested in bringing a Be Bone Strong™ Walking Club to your community? Learn how to start a club or find one near you.

LEARN MORE

Advocacy

Improving Medicare Coverage for Osteoporosis and Post-Fracture Care

helps guide the conversation by asking the kinds of questions patients may have when they encounter biosimilars as part of their osteoporosis care. Answering those questions is Dr. Naga Yalla, an endocrinologist and Associate Professor of Medicine at Washington University School of Medicine. [Click here](#) to learn more and listen to this episode. ***This episode is made possible with support from Sandoz.***

Connect with BHO

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 Support Group Network](#)



BHOF's comment letter to CMS on the CY 2027 Medicare Physician Fee Schedule Proposed Rule is now available, with 19 Coalition member organizations signing on. The letter supports CMS' proposed osteoporosis quality measures while urging CMS to take the next step by establishing a clear payment pathway for comprehensive post-fracture care, including the proposed G-codes for Fracture Liaison Services. The strong Coalition participation demonstrates continued support for improving access to coordinated evidence-based care following an osteoporotic fracture. [Click here](#) to read the full letter.

Education

Take Steps to Prevent Falls and Broken Bones



Falls can happen at any age, but the risk and potential consequences increase as we get older. The good news is that there are steps you can take to reduce your risk. From improving strength and balance to reviewing medications and making your home safer, small changes can help prevent falls and protect your bones. Explore our fall prevention resources and

[Overview](#). We also have an [Online Support Community](#), hosted by Inspire, which is another excellent resource.

Connect With Bone Buddies This October



Looking for practical information and a supportive community? Bone Buddies is our online support group for people living with osteoporosis or low bone density. Regular Zoom meetings offer opportunities to learn, ask questions, and connect with others who understand the day-to-day experience of managing bone health. Programs include exercise classes, nutrition and pharmacy Q&As, and other informative sessions covering topics that can help you live well and stay informed. Additional resources are also available to view and download. Join Bone Buddies this October and connect with a community focused on better bone health.

LEARN MORE

Empower Your Community: Become a Peer Educator

practical tips to help you stay safe, active, and independent.

[LEARN MORE](#)

Calcium and Vitamin D for Strong Bones



Calcium and vitamin D play an important role in building and maintaining strong bones throughout life. Calcium helps build and protect bones, while vitamin D helps your body absorb calcium and supports the muscles needed to help prevent falls. But how much do you need, and are you getting enough? Learn about recommended daily amounts, calcium-rich foods, sources of vitamin D, and what to consider when choosing a supplement.

[READ MORE](#)

Bone Health and Osteoporosis National Indicator Report



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.

Visit the BHOF Career Center



Whether you're exploring your next career opportunity or seeking qualified professionals, the BHOF Career Center



BONE HEALTH AND OSTEOPOROSIS

NATIONAL INDICATOR REPORT

A PUBLIC HEALTH SURVEILLANCE
AND INDICATOR ANALYSIS

PREPARED BY THE BONE HEALTH AND
OSTEOPOROSIS FOUNDATION (BHOFF)



This first-of-its-kind national public health report examines osteoporosis and fracture burden across the United States, including gaps in screening, diagnosis, treatment, health equity, and access to care. The report also highlights opportunities for healthcare systems, public health professionals, policymakers, and advocates to strengthen prevention, improve post-fracture care, and advance bone health nationwide.

[LEARN MORE](#)

The BONEUP project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$375,000.00 with 100 percent funded by CDC/HHS during year two. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

National Hispanic Heritage Month

connects talent across the bone health community. Job seekers can explore opportunities in clinical care, research, nursing, allied health, healthcare leadership, and more.

You'll also have access to optional career tools, including resume support and coaching services, designed to help you stand out in a competitive market.

For employers, the BHOFF Career Center offers a targeted platform to reach professionals committed to advancing bone health and osteoporosis care.

No matter where you are in your professional journey, the BHOFF Career Center is here to support your next move.

[LEARN 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, 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.



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](#)

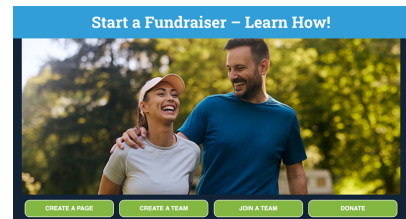
Vaccines Are Updated to Protect You



Knowing which vaccines are recommended and covered for you, as well as where to get vaccinated, can help make staying protected simple. Vaccine recommendations vary based on factors like your age, health conditions, and vaccination history, so talk with

[LEARN MORE](#)

Fundraise Your Own Way



Celebrating a birthday or special occasion, honoring a loved one, or looking for another way to support better bone health? Create your own personalized BHOFF fundraising page, share your story, and invite friends and family to support your efforts. Every fundraiser helps advance BHOFF's work to prevent osteoporosis and broken bones and help people live active, independent lives.

[LEARN MORE](#)

Become a Sustainer



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

[GIVE MONTHLY](#)

a healthcare provider or pharmacist about which vaccines are right for you. Vaccines are available in many healthcare and community settings, including doctor's offices, clinics, pharmacies, community health centers, and local and state health departments. For most people, recommended vaccines are covered at no cost through private insurance, Medicare, Medicaid, or the Vaccines for Children (VFC) program. Visit cveep.org to learn which vaccines are recommended for you, understand your coverage, and find a vaccination location.

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 first step toward protecting your bones for life.

TAKE THE QUIZ

Upcoming Events & Webinars

If you would like to learn more, please contact:

[Nan Young, MPA](#)

Director of Development
703-647-3005

BHOF Partners

HealthWell Foundation

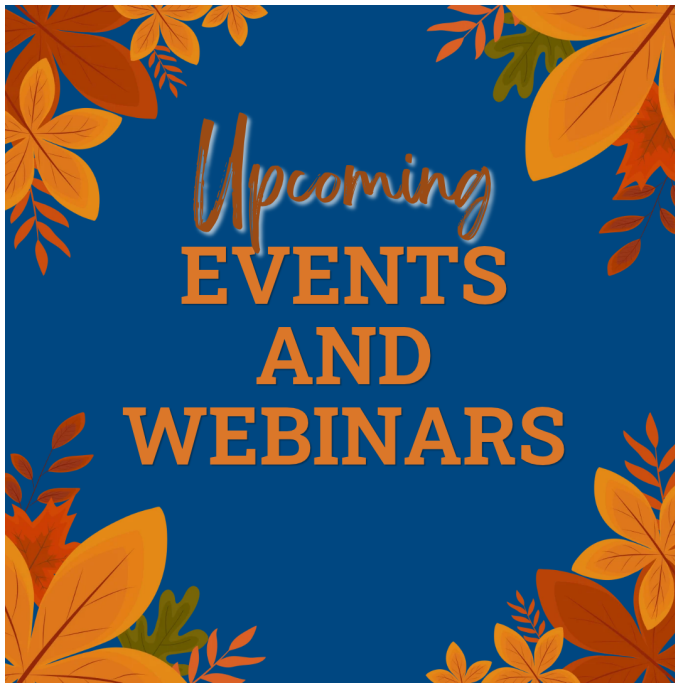


HEALTHWELL
FOUNDATION®

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





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:

- Why Healthy Bones Matter™ for People Living with Breast Cancer
- Healthy Bones for Life™ – Basics of Bone Health
- Posture Power™
- Eating for Healthy Bones™

FIND EVENTS

Bone Health and HIV: What You Need to Know



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, former 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.

PAN Foundation

Why Healthy Bones Matter™ for People Living with HIV: BHOFF 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 BHOFF, and funded in part by Suncoast Health Council & the Florida Department of Health.

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 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



BHOFF is an Alliance Partner of the Patient Access Network (PAN) / Patient Advocate Foundation which provides educational resources to osteoporosis patients who request support from PAN for medical expenses.

www.panfoundation.org

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

FOLLOW US



251 18th Street S, Suite 630, Arlington, VA, 22202 | Tel: 1 (800) 231-4222
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