

NATIONAL OSTEOPOROSIS MONTH 2021

GET BONE STRONG THIS MAY WITH A TIP EACH DAY

MAY 1

NATIONAL OSTEOPOROSIS MONTH KICKS OFF TODAY



MAY 2

PEAK BONE MASS PRIMER

MAY 3

THE ABCs OF OSTEOPOROSIS



MAY 4

BONE BASICS: WHAT EVERYONE NEEDS TO KNOW



MAY 5

OSTEOPOROSIS RISK FACTORS



MAY 6

OSTEOPOROSIS: WHAT EVERY MAN NEEDS TO KNOW



MAY 7

YOU ARE WHAT YOU EAT: BUILD STRONG BONES



MAY 8

SIMPLE FACTS RE: CALCIUM & VITAMIN D

MAY 9

SERVE MOM A BONE-HEALTHY BREAKFAST IN BED



MAY 10

CALCIUM & VITAMIN D KEEPS BONES HEALTHY

MAY 11

THE CALCIUM CALCULATOR



MAY 12

BONE-HEALTHY INGREDIENTS



MAY 13

BE A BONE-HEALTHY HOME CHEF



MAY 14

KEEP OSTEOPOROSIS AT BAY: EXERCISE EVERY DAY

MAY 15

WEIGHT-BEARING EXERCISES ROCK



MAY 16

EXERCISE AND BE BONE HEALTHY



MAY 17

MOVE SAFELY TO PREVENT INJURY



MAY 18

SIMPLE STEPS TO PROTECT YOUR SPINE



MAY 19

KEEP YOUR BALANCE



MAY 20

STAND TALL, DON'T FALL



MAY 21

THE DOs & DON'Ts OF DAILY ACTIVITIES

MAY 22

MAKE YOUR HOME A FALL-SAFE HAVEN



MAY 23

FIND A BONE HEALTH SPECIALIST NEAR YOU

MAY 24

A TELEMEDICINE APPT "HOW TO"



MAY 25

ASK YOUR DOCTOR THE RIGHT QUESTIONS



MAY 26

TALK TO YOUR DOCTOR ABOUT MEDICATIONS



MAY 27

TAKE GOOD CARE OF YOU



MAY 28

PATIENT SUPPORT IS JUST A CLICK AWAY



MAY 29

GET INSPIRED: PERSONAL STORIES OF HOPE

MAY 30

MOTIVATING STORIES ABOUT LIVING WITH OSTEOPOROSIS

MAY 31

HELP NOF HELP YOU! JOIN THE PATIENT REGISTRY