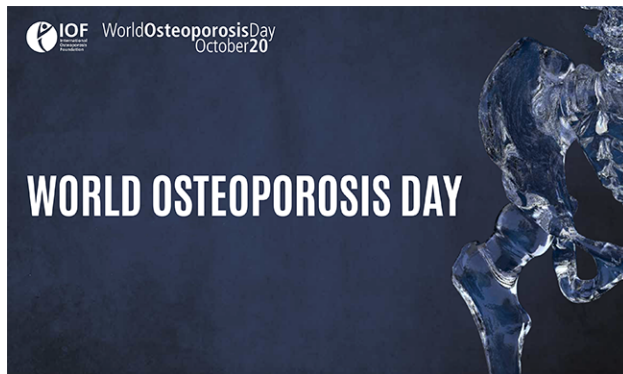


## BHOF News & Updates

### October 20th is World Osteoporosis Day



Join BHOF and organizations worldwide to raise awareness and promote better bone health! In honor of World Osteoporosis Day on October 20, get involved by downloading a user-friendly toolkit filled with osteoporosis information, support resources, and social media materials. You'll also find a schedule of special events and fitness programs designed for people with low bone mass or osteoporosis. Throughout the month, you will have the opportunity to take part in virtual events focused on building strong bones and safe movement. Free webinars and fitness classes will cover topics such as strength training, yoga for bone health, and osteoporosis in specific populations, such as those with HIV or breast cancer. Don't miss out on these opportunities to stay active and informed!

## In the News

[What Osteoporosis Experts Want You to Know \(HealthCentral, September 2024\)](#)

[Why Weight-Training is SO Good for You \(Weight Watchers Magazine, September 2024\)](#)

[Can Calcium Supplements Prevent Osteoporosis? \(Cleveland Clinic Health Essentials, September 2024\)](#)

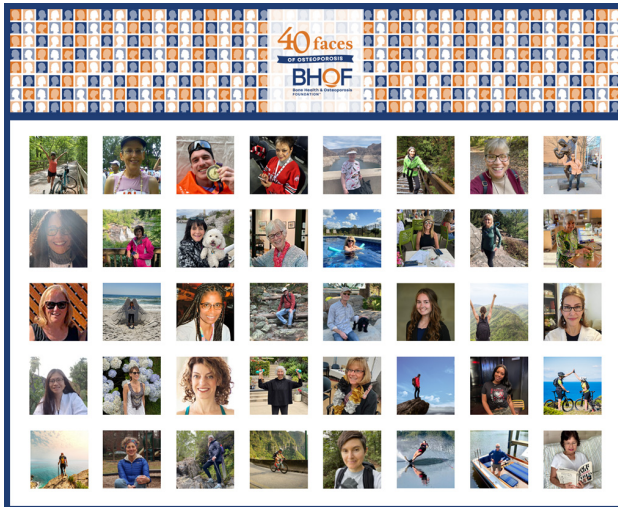
## Bone Talk Podcasts



**Sports Dietitian Reveals Her Playbook for Better Bone Health**

## LEARN MORE

### Celebrating 40 Years with 40 Inspiring Stories



As we continue to mark BHO's 40th anniversary in 2024, the ['40 Faces of Osteoporosis'](#) campaign is well underway, shining a spotlight on 40 individuals whose lives have been impacted by osteoporosis. Through this initiative, we aim to raise awareness of the challenges faced by those living with the disease and emphasize the critical importance of bone health. Each week, we have been sharing new videos, providing insight into the diverse experiences of those affected. These personal stories highlight that osteoporosis knows no boundaries and can touch anyone, at any stage of life. Join us in celebrating these powerful narratives as we continue our journey toward better bone health for all.

## FIND ALL VIDEOS

### Meet Susan, One of the 40 Faces of Osteoporosis



Angie Ashe, MS, RD, CSSD, joined us on *Bone Talk* to discuss how physical activity and nutritional intake directly affect bone health. Angie grew up as a competitive dancer and swimmer, and she realized the impact eating certain foods before a competition or meet had on her performance. After earning degrees in both Dietetics and Exercise Science at the University of Nebraska-Lincoln, she went on to complete her dietetic internship, got certified as a Registered Dietitian, and completed her Master of Science Degree in Nutrition & Physical Performance. [Click here](#) to learn more and listen to this episode.

### Walking with Purpose: Transformative Health Benefits with Joyce Shulman



On this episode of *Bone Talk*, BHO CEO Claire Gill is joined by Joyce Shulman to discuss the transformative power of walking and the benefits of community exercise. Joyce is the dynamic CEO and co-founder of 99Walks, a movement dedicated to improving women's wellness through walking. She's also the



Susan was diagnosed with osteoporosis at 47 after a period of unexplained back pain. Despite being younger than typical osteoporosis patients, her persistent pain led to a diagnosis of multiple spinal compression fractures. Her journey highlights the silent nature of osteoporosis and the importance of early detection. Following a hysterectomy and discovering hyperparathyroidism, Susan faced multiple surgeries and treatments. Now, she advocates for women to discuss bone health with their doctors, especially if they've undergone a hysterectomy. Susan's story is a powerful reminder that prevention and early intervention are crucial.

**WATCH NOW**

## 2023 BHOFF Annual Report: A Year of Progress

author of *Why Walk? The Transformative Power of an Intentional Walking Practice*. Joyce's passion for walking began in her youth and has grown into a lifelong commitment to health and community. Her work with 99Walks has empowered countless women to find strength, connection, and improved well-being through regular walking practices. [Click here](#) to learn more and listen to this episode.

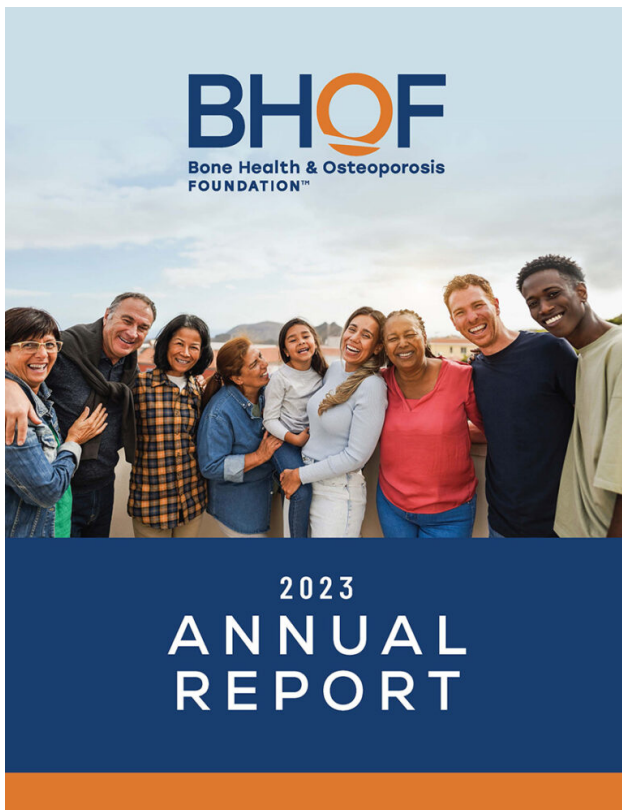
## Insights from National Dairy Council on the Role of Dairy Foods in Bone Health



This episode of *Bone Talk* reviews the crucial role dairy plays in supporting bone health. BHOFF CEO Claire Gill is joined by two distinguished experts from the National Dairy Council, Dr. Michelle Slimko and Dr. Christopher Cifelli, who share their extensive knowledge in nutrition research. Together, they dive into the essential nutrients found in dairy, the latest research findings, and why dairy is important for maintaining strong bones at every stage of life. [Click here](#) to learn more and listen to this episode.

## Connect with BHOFF

## Upcoming Events and Webinars



We are excited to share our 2023 Annual Report, highlighting the significant strides we've made toward our strategic goals. As many of you know, we joined forces with American Bone Health, enhancing their signature programs, reconnecting with peer educators, and making additional educational resources more accessible and free to the public. As the population ages, the number of osteopenia and osteoporosis diagnoses is expected to rise. We hope this report provides you with a clear picture of how your support is making a meaningful impact on bone health for all.

[READ MORE](#)

**Join the BHOFF Be Bone Strong™ Team**



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

- Get Your Balance Checked and Learn Simple Exercises You Can Do at Home
- Strength Training for Osteoporosis for Beginners
- Osteoporosis: Reduce Stress, Release Tension, Improve Posture and Bone Health
- Secrets to BoneSmart Posture, Strength, and Balance
- Eating for Healthy Bones™

[FIND EVENTS](#)

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



The 2024 TCS New York City Marathon will take place on Sunday, November 3, 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**

### Anna Weatherley Designs Donates When You Designate BHOFF



Time for some holiday shopping! Give or treat yourself to a gift of fine porcelain while benefiting BHOFF. Anna Weatherley Designs is donating 20% of all purchases when you designate BHOFF on the checkout page of their website [annaweatherley.com](http://annaweatherley.com).

Anna Weatherley has been producing and designing



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, BHOFF typically hosts these monthly Zoom meetings at 12pm 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 a Support Group



Support groups offer a valuable space to connect with others who are also managing osteoporosis, allowing you to gain practical insights and advice from peers who understand your journey. These groups create a welcoming environment to openly discuss experiences, share feelings, and set goals that help you stay active and independent. Whether you're seeking an in-person or virtual option, visit the [Building Strength Together® support group page](#) to find the right fit for you. Clinicians and

hand-painted porcelain for over 26 years. Her designs are based on 17th and 18th century botanical art. This method of painting is a “dying art form,” and the product of long hours of work on each object. The fine shading, the small brush strokes, the intricate details are a result of a very time-consuming process.

Anna Weatherley designed an exclusive collection of hand painted porcelain that is only available at [annaweatherley.com](http://annaweatherley.com).

## Advocacy

### **35 National Health Organizations Call on Medicare to Use 2025 Payment Rule to Improve Patient Care and Prevent Osteoporosis-Related Broken Bones**



There needs to be immediate action on providing appropriate post-fracture care for America’s seniors, said 35 diverse national patient and health professional organizations. These organizations joined together in urging the Centers for Medicare & Medicaid Services (CMS) to substantially improve care for the 10 million Americans with osteoporosis by reducing the over two million painful and costly fractures they suffer each year. The organizations asked CMS to include in its final 2025 Medicare Physician Fee Schedule (PFS) regulation a payment mechanism that adequately covers the costs of proven post-fracture care coordination services known as fracture liaison services (FLS). FLS is standard of care in many countries and in some U.S. leading health systems like Kaiser and Geisinger. More than 100 studies have demonstrated fracture liaison services reduce fracture risks and saves money, but due largely to faults in Medicare payment

patients are also encouraged to start a BHOFF Support Group in their community to provide local support and resources. Please contact Lindsey West, Chief Program Officer at [lwest@bonehealthandosteoporosis.org](mailto:lwest@bonehealthandosteoporosis.org) to learn how BHOFF can help.

**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**

### **Join the BHOFF Online Community, Hosted by Inspire**

policy, it is unavailable to most Medicare beneficiaries.

[LEARN MORE](#)

## Education

### Practical Tips for Strength Training with Osteoporosis



Sarah Avery, DPT, and Michaela Smith, an NASM-certified Personal Trainer, offer valuable insights for those living with osteoporosis, focusing on safe and effective ways to strengthen bones through exercise. This session reviews key topics including the definition and causes of osteoporosis, the impact of bone density on health, Wolff's Law—the foundation of bone strengthening, and the importance of axial loading. They also debunk a few myths, discuss how to apply the principle of progressive overload, and offer tips for creating a tailored strength training program. A demonstration also highlights proper loading techniques and addresses common pitfalls to help you avoid injury while building strength safely.

[LEARN MORE](#)

### Vaccines Are Updated to Protect You



The BHO Online Support Community, hosted by Inspire, provides a welcoming space to connect with others facing similar challenges, seek advice, and exchange knowledge about osteoporosis and bone health. Joining an online support community can be incredibly beneficial because it is a place where others may be going through similar experiences, offering a sense of comfort and understanding. You can ask questions, share information, and exchange tips and strategies for managing osteoporosis. Being part of such a community can help you stay motivated and informed about the latest developments in bone health. It can also provide emotional support, which is essential when dealing with a chronic condition. Additionally, the online community can be accessed anytime and anywhere, making it very convenient if you have a busy schedule or limited mobility.

[JOIN NOW](#)

### Patient Registry

Healthy Bones,  
Build Them for Life®  
PATIENT REGISTRY


*Translating Your  
Journey to Progress*



**COVID-19 and Flu viruses change to fool your immune system.**

**That's why vaccines are updated to protect you.**

Stay up to date on your COVID-19 and Flu vaccinations.



**CVEEP**  
Champions for  
Vaccine Education,  
Equity + Progress

Ever wonder why a flu shot is recommended each year but vaccines for other diseases like polio or measles are not? You're not alone and that's why as members of Champions for Vaccine Education, Equity and Progress (CVEEP), we are excited to share the new [Stay Updated campaign](#) to help provide information and explain the importance of receiving updated COVID-19 and flu vaccines.

**LEARN MORE**

**Osteoboost: New FDA Cleared Treatment for Low Bone Density**



[Osteoboost](#) is a new wearable vibration therapy device making waves in bone health circles. Osteoboost is the only FDA-cleared non-pharmaceutical prescription treatment for low bone density, and it's clinically proven to reduce the loss of bone density in postmenopausal women.

Clinical trial results were [recently published in JBMR® Plus](#), the prestigious peer-reviewed journal of the American Society for Bone and Mineral Research (ASBMR).

To learn more, listen and view the recent [in-depth Osteoboost webinar](#), where the company's top science and clinical experts explain the science of targeted vibration therapy. Preorders for the Osteoboost open soon—[register here](#) for updates and notifications.

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**

**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-](#)



To obtain a prescription for Osteoboost, please download and share our [healthcare provider flyer and prescription form](#) with your doctor.

**LEARN MORE**

## Exercise, Bone Health, and Arthritis



Brittany Pabon, DPT, recently joined us to provide valuable insights on staying active and maintaining bone health, even when dealing with joint and muscle pain. In her presentation, she explains the key differences between arthritis and osteoporosis and dives into some of the latest exercise recommendations for those living with osteoporosis. She also covers the importance of strength training, offering practical examples of exercises and tips on equipment to use for safe and effective workouts. Whether you're managing arthritis, osteoporosis, or both, this session is packed with useful information to help you stay strong and active.

**LEARN MORE**

## Explore Budget-Friendly Recipes with MyPlate Kitchen

[Menopausal Osteoporosis - Medicare Access Fund.](#)

## 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



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



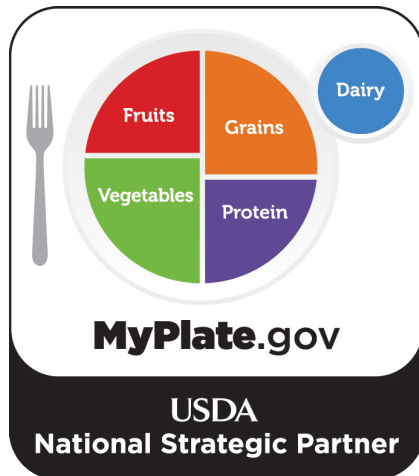
BHOF is an Alliance Partner of the Patient Access Network (PAN) which provides educational resources to osteoporosis patients who request support from PAN for medical expenses.

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

Looking for quick, affordable, and nutritious meal ideas? Visit MyPlate Kitchen to discover a wide range of recipes, from trending dishes to seasonal favorites, all designed to fit your budget. With 30-minutes-or-less meal options and a handy search tool to filter recipes by food groups or nutrients, MyPlate Kitchen makes healthy eating easier than ever. Explore their recipe resources today!

### LEARN MORE

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



## 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.

## LEARN MORE

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.

## Your Path to Good Bone Health

The screenshot shows the BHOF website interface. At the top, there is a navigation menu with links for Home, Preventing Osteoporosis, Newly Diagnosed, and Current Patients, along with a search icon. The main heading is "Your path to good bone health™". Below this, there is a "Welcome from Lindsey West" section with a video player icon and her name and title. The main content area is divided into three columns, each representing a different path:

- PATH 1:** "Am I at risk for osteoporosis?" with a sub-heading "RISK FACTORS". The text below states: "There are a variety of factors, both controllable and uncontrollable, that put you at risk for developing osteoporosis. Understanding your risks".
- PATH 2:** "I've just been diagnosed with osteoporosis. What's next?" with a sub-heading "I'VE BROKEN A BONE OR AM NEWLY DIAGNOSED". The text below states: "If you've been recently diagnosed with osteoporosis, you'll have lots of".
- PATH 3:** "How do I manage osteoporosis?" with a sub-heading "DEVELOPING A BONE HEALTH ACTION PLAN". The text below states: "Managing osteoporosis takes a whole-person approach. Develop a plan with your healthcare team as you enjoy life".

[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.

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

**FIND MY PATH**

FOLLOW US



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