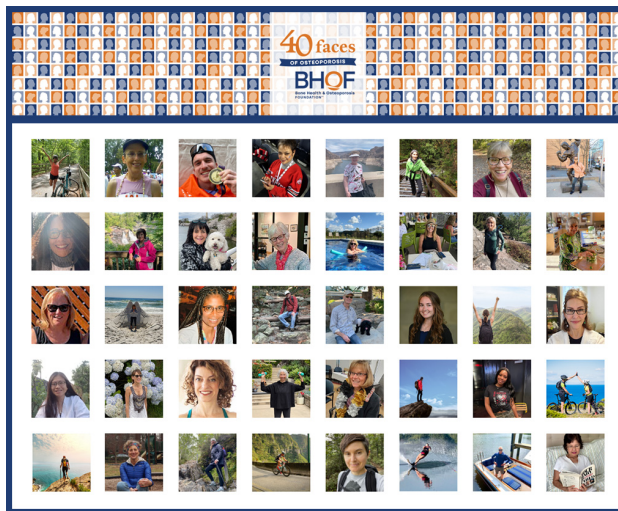


BHOF News & Updates

40 Patient Stories to Commemorate 40 Years



BHOF is marking its 40th anniversary in 2024 with an inspiring initiative: the [‘40 Faces of Osteoporosis’](#) campaign. This campaign will highlight the personal stories of 40 individuals who have been affected by osteoporosis or low bone mass, aiming to raise awareness about the impact of this chronic disease and emphasize the importance of prioritizing bone health. These stories will be featured throughout the year via a series of personal videos. Each narrative will provide a unique perspective on living with osteoporosis, underscoring the significance of

In the News

[The Importance of Bone Health](#) (Focus Atlanta, June 2024)

[Work it Out!](#) (Fox5 DC, June 2024)

[Guys, Get Up To Date on Your Health Screenings for Men’s Health Month!](#) (Wellness360, June 2024)

[How to Strengthen Your Bones Through Physical Activity](#) (D1SoftBallNews, June 2024)

[Tackling osteoporosis and keeping your bones as healthy as possible](#) (KENS5, June 2024)

[What Doctors Wish Patients Knew About Osteoporosis](#) (American Medical Association, May 2024)

[Osteoporosis is on the Rise: What to Know](#) (NewsMax Health, May 2024)

[Bone Up on Bone Health](#) (Senior Planet, May 2024)

[OrthoInfo.org Offers Osteoporosis Awareness and Prevention Resources for Patients](#) (Austin Daily Herald, May 2024)

[Unbreakable You: Boost Your Bone Health with Dr. Margaret Nachtigall](#)

bone health across all stages of life. Osteoporosis can affect anyone, regardless of age, race, gender, or background. By sharing these stories, the campaign aims to shed light on the diverse experiences of those living with the disease and inspire a collective effort towards better bone health for all.

WATCH NOW

Osteoporosis Awareness & Prevention Month Highlights



Osteoporosis Awareness and Prevention Month in May was a wonderful success! In addition to the launch of the [‘40 Faces of Osteoporosis’](#) campaign, we hosted a variety of activities and educational opportunities to highlight the importance of bone health. Our social media toolkit, webinars, and "Ask the Expert" session on the [BHOFF Online Support Community](#) engaged many participants. Additionally, both virtual and in-person events provided valuable insights, while new podcasts and resources were also made available. Explore all the materials and resources on the BHOFF website.

FIND RESOURCES

Osteoporosis Awareness and Prevention Month Webinars

(Age Better Podcast, April 2024)

[10 Ways to Support Health Bones](#)
(Prevention.com, April 2024)

[3 Things That Put Your Bone Health At Risk](#) (Women’s Health, April 2024)

Bone Talk Podcasts



Three-Part Podcast Series: The Importance of Good Nutrition and Physical Activity for Bone Health



Tune in to this exclusive three-part series of the Bone Talk podcast sponsored by Sunsweet Growers Inc. Three nutrition experts joined BHOFF CEO Claire Gill to share their experiences, perspectives on bone health nutrition research, and recommendations for how to incorporate bone-supporting foods and lifestyle habits. Listen here:

- [Prunes: A Whole Food Approach to Supporting Women’s Bone Health Through the Lifespan](#)
- [Healthy Snacks for Healthy Bones](#)
- [Sports Dietitian Reveals Her Playbook for Better Bone Health](#)

Nutritional Approaches to Bone Health with Dr.



Freedom from Fractures™ How medicines, medical conditions, and family history can affect the risk of fractures.

In this webinar, Peer Educator Kathlene Camp discusses the critical role of strong bones in overall health. She explains how bone health issues often go undetected until a fall leads to a fracture, significantly impacting quality of life, especially for older adults. The webinar also emphasizes that you can make a difference at any stage of life. Learn about achieving optimal bone health, understanding personal fracture risk, and helping loved ones avoid fractures. You will also find information on the Fracture Risk Calculator™ and effective fall prevention strategies.

WATCH NOW

John Neustadt



Dr. John Neustadt joins BHOFF CEO Claire Gill on this episode of Bone Talk to delve into the crucial role of nutrition in bone health and osteoporosis prevention. He shares invaluable insights and practical tips on how to optimize bone health through dietary strategies and holistic approaches. Dr. Neustadt is a distinguished naturopathic doctor, author, entrepreneur, and member of BHOFF's Corporate Advisory Roundtable. He's also the founder and president of the dietary supplement company Nutritional Biochemistry, Inc. With a passion for integrative and functional medicine, he's authored several books, including *Fracture Proof Your Bones, A Comprehensive Guide to Osteoporosis*. [Click here](#) to learn more and listen to this episode.

Capture the Fracture, a Global Program Addressing Osteoporosis and Secondary Fracture Care



On this episode of Bone Talk, BHOFF CEO Claire Gill sits down with Dr. Philippe Halbout, CEO of the International Osteoporosis Foundation (IOF) to discuss the groundbreaking



Beyond the Break™ *How to manage your risk to prevent more broken bones.*

In this webinar, Peer Educator Tamika Powe explains how a broken bone is often a sentinel event, signaling that bones may be weak and indicating a higher risk of future fractures. The session also discusses how to manage and reduce your risk to prevent additional fractures.

WATCH NOW

Join the BHO Be Bone Strong™ Team

Capture the Fracture global program. Capture the Fracture is a global initiative that provides recognition, resources, training, and tools to support Post-Fracture Care Coordination Programs (Fracture Liaison Services) worldwide. It has the goal of facilitating and supporting the implementation of coordinated multidisciplinary models of care for secondary fracture prevention. Since 2020, they've been able to train 71 mentors in 14 countries. [Click here](#) to learn more and listen to this episode.

Connect with BHO

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



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, BHO 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! **Please note that we will not be having a session in July, but we hope to see you at our next session on Monday, August 5, at 12:00 p.m. ET.**

SIGN UP NOW

BHOF Is an Official Charity Partner of the
2024 TCS New York City Marathon



The 2024 TCS New York City Marathon will take place on Sunday, November 3, and BHOF is excited to have been named an official charity partner. Are you interested in participating? Join the BHOF Be Bone Strong™ Team, led by Barbara Hannah Grufferman, to fundraise and raise awareness about bone health and osteoporosis.

To learn more about BHOF's involvement in the NYC Marathon, [click here](#).

[Click here](#) to learn more about the BHOF Be Bone Strong™ Team and get involved any time of the year.

LEARN MORE

Walking Through Bone Health with BHOF CEO Claire Gill

Find a Support Group



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 BHOF Support Group in your area to meet the needs of your community. Please contact Lindsey West, Chief Program Officer at lwest@bonehealthandosteoporosis.org to learn how BHOF can help.

LEARN MORE

Bone Buddies Virtual Support Group: July Schedule



Join the Bone Buddies Online Virtual Support Group this July! 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



Step out with Joyce Shulman and BHOF CEO Claire Gill as they discuss why bone health should be a top priority as we age. Listen to this Walk and Talk podcast episode on the 99 Walks app, iTunes, and Spotify!

LISTEN NOW

Advocacy.

19 States Take Action to Combat Osteoporosis and Strengthen Bone Health

can also be a great way to meet others who are dealing with low bone density.

LEARN MORE

Join the BHOF Online Community, Hosted by Inspire



The BHOF 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



Osteoporosis Awareness and Prevention Month is commemorated annually in May. In support of the month, nineteen states have taken steps through legislation and executive action to raise awareness about the growing osteoporosis crisis. Arkansas, Arizona, Colorado, Connecticut, Hawaii, Idaho, Massachusetts, Michigan, Minnesota, North Carolina, New Mexico, New Jersey, New Hampshire, Pennsylvania, South Dakota, Tennessee, Virginia, Wyoming, and West Virginia have introduced, passed legislation, or made gubernatorial proclamations calling for engagement to raise awareness about the importance of bone health throughout the lifespan. Our commitment to advancing bone health and fighting osteoporosis remains stronger than ever.

LEARN MORE

Education

I've just been diagnosed with osteoporosis. What are my treatment options?



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.

LEARN MORE

BHOFF 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



There are many medications available to treat osteoporosis and reduce the risk of fracture. They fall into two basic categories: antiresorptives and anabolics. Throughout life, we lose old bone and form new bone, called *bone remodeling*. Antiresorptive drugs work by slowing the resorption or breakdown part of remodeling. Anabolics work by stimulating the formation part of the process. More bone is formed than is taken away. The result is stronger bone that is less likely to break.

LEARN MORE

Understanding Osteoporosis Medications: Biologics & Biosimilars Webinar



Join BHOF Chief Medical Officer, Andrea Singer, MD and Cate Lockhart, PharmD, PhD, Executive Director of the Biologics and Biosimilars Collective Intelligence Consortium for an informative webinar on Monday, July 8, at 3:00 p.m. ET about osteoporosis medication and treatment options. You will learn about weighing the associated benefits and risks of medications and gain insight into speaking with your healthcare practitioner about treatment planning and osteoporosis management. The differences between biologics and biosimilars will also be discussed.

funds in real-time, including the [Post-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

Menopause Cheat Sheet



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) 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

SIGN UP NOW



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

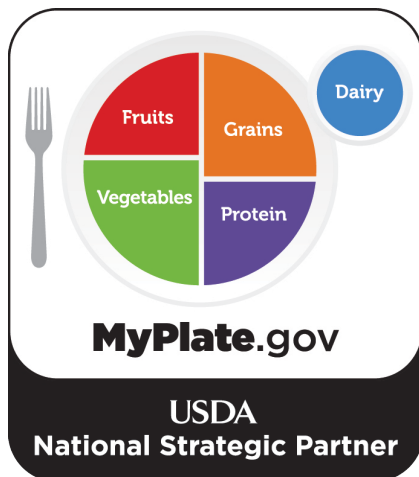
Learn About the MyPlate Plan



The MyPlate Plan shows your food group targets – what and how much to eat within your calorie allowance. Your food plan is personalized, based on your age, sex, height, weight, and physical activity level. If you have questions, remember to talk with your health care provider about an eating pattern and physical activity program that is right for you.

LEARN MORE

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



Does Exercise Help Bones?



Justine Bernard, DPT, from Elements Fitness & Wellness Center in Washington, DC, recently joined us for the “Does Exercise Help Bones?” presentation focused on progressing your exercise program. Watch it now and find a number of helpful resources about developing a plan, moving safely, and exercising to stay healthy.

[LEARN MORE](#)

Bone Health and HIV: What You Need to Know



People living with HIV experience bone loss, weakened bones and broken bones more often than the general population. We offer a variety of educational programs to help you, whether you are living with HIV or helping clients or patients living with HIV.

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. As people with HIV live longer than they have in previous decades, their fracture risk increases, as it does for all people. People living with HIV experience bone loss, weakened bones

and broken bones more often than the general population. Their fracture rates, for example, are 2 to 4 times higher. As people live longer with HIV, these risks will increase with age, just as they do for all people. [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, in the areas of primary care, endocrinology, geriatrics, gynecology, internal medicine, obstetrics, orthopedics, osteopathy, pediatrics, physiatry, radiology, rheumatology and physical therapy. This includes case managers, physicians, nurse practitioners, registered nurses, pharmacists, physician assistants, technologists, researchers, public health professionals and health educators with an interest in osteoporosis and bone health. 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 BHOE, and funded in part by Suncoast Health Council & the Florida Department of Health.

Upcoming Events & Webinars



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.

FIND EVENTS

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.

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

FIND MY PATH

FOLLOW US



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