

## BHOF News & Updates

**Bone Health and Osteoporosis Foundation (BHOF) Awarded Multi-Year Grant to Increase Bone Health Awareness from the Centers for Disease Control and Prevention (CDC)**



We are excited to share that we have been awarded a major three-year grant by the Centers for Disease Control and Prevention (CDC) to launch a national campaign to educate and raise awareness about

## In the News

[What Really Helps Keep Bones Strong](#) (Consumer Reports, November 2024)

[Exercises Every Woman Should Do To Support Bone Health, Per Doctors](#) (Women's Health, November 2024)

[Has Menopause Made You Ache All Over? There's a Name for That.](#) (The New York Times, November 2024)

**Building Strong Bones: A Lifelong Approach to Bone Health with Dr. Andrea Singer**

osteoporosis. The project's goals are to improve understanding of osteoporosis, increase public, health professional and public health professional awareness about osteoporosis and best practices in bone health, and to build the infrastructure for improvements in bone health through partnerships with healthcare providers, professional organizations, and public health entities.

[READ MORE](#)

## Partnership with Delta Phi Lambda Sorority (DPhiL)



We are thrilled that [Delta Phi Lambda Sorority \(DPhiL\)](#) has partnered with us to raise awareness about osteoporosis and promote bone health! Through this partnership, DPhiL and BHOH will work together to amplify the importance of bone health, especially within underrepresented communities. This joint effort will include a series of national campaigns, educational workshops, and fundraising events to spread knowledge about osteoporosis risk factors, prevention strategies, and treatment options. Together, we're building a stronger, healthier future!

[LEARN MORE](#)

## Celebrating 40 Years with 40 Inspiring Stories



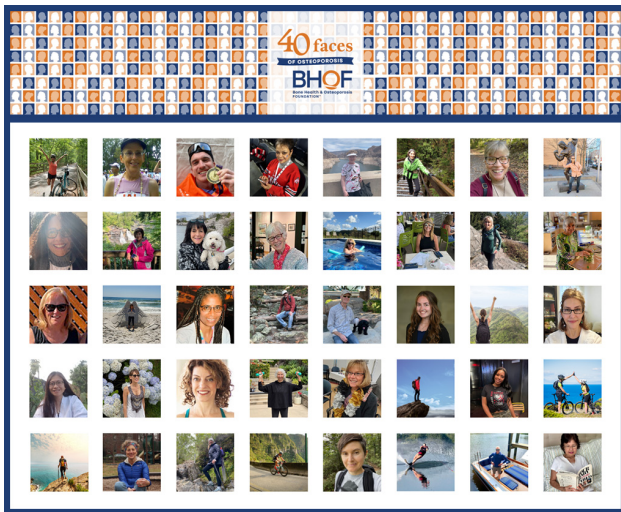
BHOH Chief Medical Office Dr. Andrea Singer joined Heather Maurer, CEO of the National Association of Nurse Practitioners in Women's Health, on the Her Health Matters Podcast to discuss the importance of bone health across all ages. Dr. Singer emphasizes building peak bone mass during adolescence, assessing risks in midlife, and osteoporosis prevention and management. They discuss shared decision-making in treatment, as well as lifestyle factors like diet, exercise, and avoiding smoking and alcohol for optimal bone health.

[LISTEN NOW](#)

## Bone Talk Podcasts



## Kids & Bone Health: Building Strong Bones for Life



In honor of BHOFF's 40th anniversary in 2024, the ['40 Faces of Osteoporosis'](#) campaign showcases the stories of 40 individuals whose lives have been impacted by osteoporosis. This initiative aims to raise awareness of the challenges faced by those living with the disease and emphasizes 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.

## FIND ALL VIDEOS

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



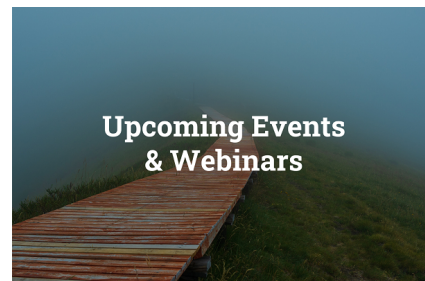
Diagnosed in 2021 after fracturing his L2 vertebrae, Sam's journey included a comprehensive treatment plan with vitamin D, calcium, medication, and lifestyle changes like weightlifting and a gluten-free diet due to celiac disease. As a medical professional, Sam emphasizes that osteoporosis can affect anyone, regardless of age or gender. Today, he continues to live life fully, thanks to these interventions and



BHOFF CEO Claire Gill delves into the crucial role of bone health during childhood with guest Dr. David Weber, MD, Medical Director at the Center for Bone Health at The Children's Hospital of Philadelphia. Together, they explore how early habits in nutrition, physical activity, and lifestyle play a pivotal role in setting up children for lifelong bone health. [Click here](#) to learn more and listen to this episode.

## Connect with BHOFF

### Upcoming Events and 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. Some upcoming programs include:

- Healthy Bones for Life™
- Why Healthy Bones Matter for the Black Community
- Stepping Out Strong™ - Prevent Falls
- Eating for Healthy Bones

lifestyle adjustments. Sam's story is a powerful reminder to stay active, eat well, and prioritize bone health!

## WATCH NOW

*BHOF is grateful to Amgen Inc. and UCB, Inc. for their support of the 40 Faces of Osteoporosis campaign.*

## New York City Marathon: Sunday, November 3, 2024



The Bone Health & Osteoporosis Foundation (BHOFF) was pleased to be named as an official charity partner of the 2024 TCS New York City Marathon held on Sunday, November 3. Nine runners joined the BHOFF Be Bone Strong™ Team, led by Barbara Hannah Grufferman, to fundraise and raise awareness about bone health and osteoporosis. We are excited to share that their months of training paid off and they [exceeded their fundraising goal](#) of \$40,000!! Congratulations to the entire team!!

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.

## World Osteoporosis Day Highlights

## FIND EVENTS

### Empower Your Community: Become a Peer Educator

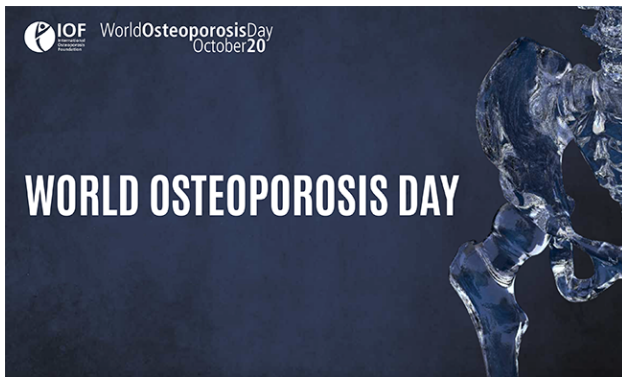


Join our Peer Educator Program and become a community leader in promoting bone health! As the backbone of our organization, Peer Educators receive comprehensive online training, including modules on bone health, nutrition, exercise, fall prevention, and more. With coaching and support, you'll be prepared 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

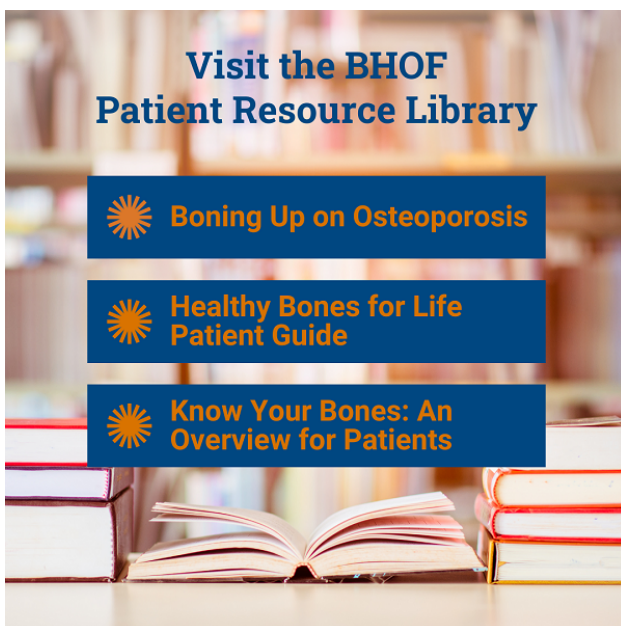
*BHOF is grateful to Sandoz for their support of the BHOFF Peer Educator Program.*

### Find a Support Group



World Osteoporosis Day, observed annually on October 20th, inspires people of all ages to take charge of their bone health. BHOF [highlighted various events and shared valuable resources](#) to promote understanding of bone health, including ways to prevent, manage, and treat osteoporosis.

Find these resources, and more, at [bonehealthandosteoporosis.org](http://bonehealthandosteoporosis.org):



This updated edition of [Boning Up on Osteoporosis](#) contains information about prevention, risk factors, diagnosis and treatment of osteoporosis. It also includes important information about living with osteoporosis, safe movement and exercise for daily living.

The [Healthy Bones for Life Patient Guide](#) is meant to serve as a training guide. It will help you understand what osteoporosis is doing to your body, understand treatments, build your confidence in treating this disease and identify sources of support throughout the course of treatment.



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 patients are also encouraged to start a BHOF Support Group in their community to provide local support and resources.



## Bone Buddies Virtual Support Group: January Schedule



Join the Bone Buddies Online Virtual Support Group this January! 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: Know Your Bones: An Overview for Patients](#) provides a basic overview of osteoporosis, what happens at the cellular level (general prevention), and treatment strategies including diet/nutrition, medication options and exercise.

## Giving Tuesday Highlights



A huge THANK YOU to everyone who supported the 2024 BHOFF Giving Tuesday campaign! This year, your incredible generosity helped raise over \$12,000 to support those affected by osteoporosis. Your contributions play a vital role in raising awareness about bone health and providing much-needed support for these initiatives:

- [Peer Educator Program](#)
- [Support Groups](#)
- [Educational Resources](#)

It's truly inspiring to see the bone health community unite to make a difference.

If you missed Giving Tuesday, there's still time to make an impact. During this holiday season—and throughout the year—your support helps BHOFF advance its mission to promote strong bones for life, prevent osteoporosis and fractures, and alleviate suffering through education, advocacy, research, and awareness programs.

**DONATE TODAY**

**Anna Weatherley Designs**

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**



The BHOFF 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.

## 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 hand-painted porcelain for over 26 years. Her designs are based on 17th and 18th century botanical art. This method of painting is a “dyeing 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

## 2024 Congressional Bone Health Champion Awards

JOIN NOW

## 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.

LEARN MORE

## 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



BHOF is pleased to announce the 2024 recipients of our national award to recognize Members of Congress who have demonstrated outstanding leadership, advocacy, and commitment to protect and improve the bone health of Americans. The awards are presented annually by BHOF to highlight the importance of bone health and the osteoporosis crisis in the U.S., and the work by national leaders to advance improvements in bone health and osteoporosis policy.

The 2024 Congressional Bone Health Champion Award winners are:

- Senator Maggie Hassan (D-NH)
- Senator Lisa Murkowski (R-AK)
- Representative Lisa Blunt Rochester (D-DE)
- Representative Julia Letlow (R-LA)

BHOF is grateful to the individual donors and corporations who provide support for the National Bone Health Policy Institute, including Amgen Inc. and UCB, Inc.

[READ MORE](#)

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](#)

## 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 -](#)



## Education

### Understanding Osteoporosis Medications: Biologics & Biosimilars

**WHAT IS A BIOLOGIC?**  
Many medications, such as aspirin, are made from chemicals. Biologic medications, such as insulin, are made from living sources that use cells or tissue (such as yeast, bacteria, or animal cells). The U.S. Food and Drug Administration (FDA) approves biologic medications to treat many different chronic conditions, including osteoporosis.

**WHAT IS A BIOSIMILAR MEDICATION?**  
Biosimilars are a type of FDA-approved medication that are very similar in structure to an original biologic medication.

- When using living sources, it is natural to have some slight variations between batches of medications.
- Like loaves of bread made from the same recipe, no loaf is exactly the same but they are all the same type of bread. The same is true of biologics.
- This means that a biosimilar cannot be an identical copy of the original biologic drug.
- There is no difference in the safety or effectiveness of biosimilars and the original biologic.
- Biosimilars drugs are made by a different manufacturer and will have different names than the original biologic drug.

BHOF Chief Medical Officer, Andrea Singer, MD, and Cate Lockhart, PharmD, PhD, Executive Director of the Biologics and Biosimilars Collective Intelligence Consortium, presented an informative webinar on osteoporosis medication and treatment options. This session covered the benefits and risks associated with various medications, provided insights into effective communication with healthcare practitioners about treatment plans, and explained the differences between biologics and biosimilars.

### WATCH NOW

Additionally, the Understanding Osteoporosis Medications: Biologics & Biosimilars infographic, developed with support from Sandoz, is a patient resource that explains the differences between biologics, biosimilars, and generics. It's important to remember that there is no one-size-fits-all medication; the best option for you depends on multiple factors, including your health history and personal preferences. Always discuss treatment options with your healthcare provider.

### DOWNLOAD NOW

*BHOF extends sincere gratitude to Sandoz for supporting this educational initiative.*

### Nourishing Your Bones: The Essential Role of Calcium,

[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

## Vitamin D, and Protein



Board Certified Nutrition Specialist Elizabeth Quinn dives into the critical roles of calcium, vitamin D, and protein in keeping your bones strong and healthy. In this insightful presentation, she covers how much of these nutrients you need, how to get them from food, supplement options, and tips for overcoming absorption challenges. Gain a deeper understanding of how these nutrients work together to support your bones and overall health!

[LEARN MORE](#)

## Older Adults Are at Increased Risk of Severe RSV

to NeedyMeds, be sure you do! They're there to help.

**PAN Foundation**

**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)





# Older Adults Are at Increased Risk of Severe RSV

Protect Yourself and Your Loved Ones This Respiratory Season

Protect yourself and your loved ones this respiratory season. RSV can be very serious for older adults and causes hospitalizations and death each year. Vaccines are available to help protect older adults against RSV, and the Centers for Disease Control and Prevention (CDC) recommends RSV vaccination for all adults 75 and over and those 60-74 years of age with certain medical conditions. Additionally, most private and public health plans cover RSV vaccines at no cost to the individual.

**LEARN MORE**

## The Connection Between Nutrition and Bone Health

### THE CONNECTION BETWEEN NUTRITION AND BONE HEALTH

Diet can play critical roles in building and maintaining good bone health for people at every life stage from infancy through older adulthood. Building your child's "bone bank" is the starting point for their education. Investing in good nutrition now will pay off with stronger bones in the future.

**Too many Americans fall short of getting the important nutrients they need every day and that can lead to bone loss, low bone density and even broken bones.**

### CALCIUM-RICH FOODS

In addition to building bones and keeping them healthy, calcium enables blood vessels, muscles, the heart, and the brain to beat. About 99% of the calcium in the human body is in the bones and teeth.

Fortunately, there are many foods that are good sources of calcium (and other healthy nutrients). Dairy foods, such as milk, yogurt, and cheese are high sources of calcium.

For those with lactose intolerance, lactose-free dairy offers the same nutrients as milk, just without the lactose. Fortified soy milk can match the nutrients in dairy milk, and other plant-based milks may also be fortified with calcium. Be sure to read the label. Cheese such as Cheddar, Colby, Monterey Jack, Swiss, and Brie are good sources of calcium. Eggs, fish and some varieties of fish (like salmon, sardines, and fortified yogurt) have even less lactose because of the straining process. Certain green vegetables and other foods like figs, sardines, and canned salmon are calcium sources. Some plant, seaweed, tofu, and plant-based milks, cereals, snacks, breads and bottled water have added calcium.

Many people ask how much calcium they should be getting from food or supplements. Start by reviewing the Daily Calcium Recommendations to learn the total amount of calcium you need each day. The recommended amounts can be found on the National Institutes of Health site here: <https://ods.od.nih.gov/factsheets/Calcium-Consumer/>.

### BONE BASICS

Bones are living, growing tissue. They are built through a continuous process of older and younger bone being replaced. As we age, the remodeling process can become imbalanced and our bones become weaker. It's your job to make sure that the bone remodeling process is balanced and our bones stay healthy. Consistent, appropriate physical activity and calcium intake are key to maintaining bone health.

### WHAT IS OSTEOPOROSIS?

Osteoporosis is a bone disease that occurs when the body loses too much bone, making bones brittle and weak. It's often called the "silent disease" because it usually has no symptoms. When bones become fragile, they may break more easily or heal at a slower rate after being broken. In the hip, spine, or wrist, one kind of bone break, but other places can lead to disability. Fracturing a rib can cause serious pain. In addition to eating right, your healthcare provider may recommend calcium and vitamin D supplements. A hip fracture may lead to long-term disability.

### EAT HEALTHY TO BUILD AND MAINTAIN STRONG BONES

Eating a well-balanced diet with plenty of fruits, vegetables, and protein may provide enough of the nutrients needed to build and maintain strong bones. Check out the MyPlate Plan to learn how much you need from each food group.

One of the most important nutrients for bone health are calcium and vitamin D. Calcium is also needed to build the bones. Vitamin D helps the body absorb calcium. Calcium and vitamin D supplements may help you get what you need. Other nutrients in a healthy diet also help to maintain bone health throughout the lifespan.

### IMPORTANCE OF VITAMIN D

Vitamin D plays an important role in protecting your bones by helping your body absorb calcium. Calcium must be absorbed to build strong bones, and adults need it to keep their bones strong and healthy. Your muscles need it, too.

The best sources of vitamin D are sunlight, fish, and fortified foods. Vitamin D is found naturally in some dairy products, orange juice, plant-based milks, and nondairy creamers. Check the label to see if vitamin D has been added to a product. People with certain medical conditions may need to take vitamin D supplements to support bone health. You can find information on Vitamin D supplements here: <https://ods.od.nih.gov/factsheets/Vitamin-D-Consumer/>.

### OTHER IMPORTANT NUTRIENTS

Sources of other important nutrients that may be important for bone health are:

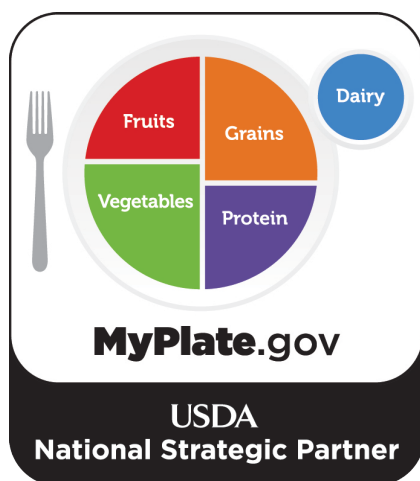
- VITAMIN K:** Sources include dark green leafy vegetables like kale, collard greens, spinach, broccoli, Brussels sprouts, and kale.
- PHOSPHORUS:** Sources include milk, dried grains (wheat), lentils, protein, meat, poultry, seafood, nuts, and soybeans.
- MAGNESIUM:** Sources include spinach, leafy greens, lentils, protein, meat, poultry, seafood, nuts, and soybeans.
- VITAMIN C:** Sources include red peppers, sweet peppers, oranges, grapefruit, kiwi, strawberries, and blueberries.

Good nutrition is essential for building and maintaining strong bones at every stage of life. We're excited to share this new resource we created with the National Dairy Council, a fellow member of the MyPlate National Strategic Partnership Program. It

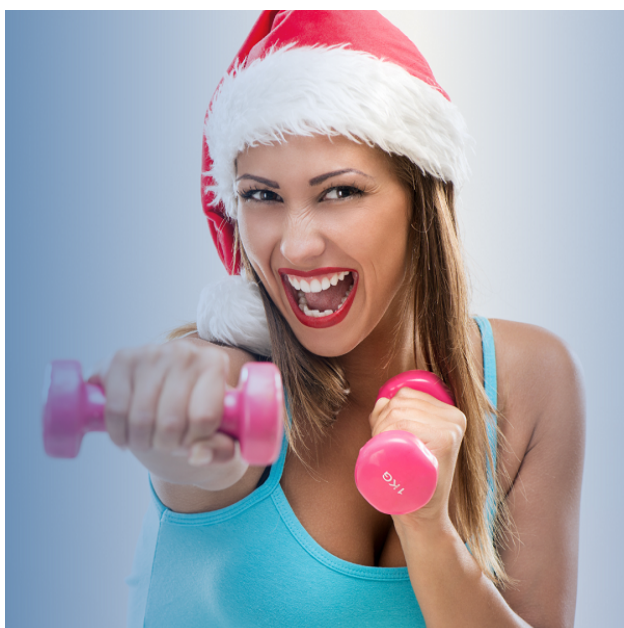
explores the role of key nutrients like calcium and vitamin D, explains how they support bone health, and provides practical tips to include them in your meals. Whether you're focused on supporting your child's growing "bone bank" or maintaining your own bone strength as you age, it's never too early—or too late—to start.

**DOWNLOAD NOW**

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



## Short on Time, Big on Benefits: Exercises and Tips for the Holiday Hustle!



The holidays are a whirlwind of parties, gatherings,

and seasonal to-dos, often leaving us feeling “short on time.” But staying active doesn’t need to fall by the wayside, especially for bone health! Even small, consistent movements can benefit both physical and mental well-being. This holiday season, we’re offering a “Quick Moves” Exercise Series designed to make fitting in fitness easy, fun, and impactful—even on the busiest days. Join us to learn exercises for those with osteoporosis who want to safely maximize benefits in minimal time, helping you stay on track with your health goals and keep your bones strong!

**LEARN MORE**

*Remember, if you’re trying something new or have questions, always talk to your healthcare provider first.*

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



**Why Healthy Bones Matter™ for People Living with HIV:** BHOH 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.

FOLLOW US



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