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# The OSTEOPOROSIS REPORT

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## In the News

### May is National Osteoporosis Month

Join us in celebrating National Osteoporosis Month this May by taking action to **Break Free from Osteoporosis!** Our **Break Free from Osteoporosis** campaign encourages everyone to get to know their risk factors for osteoporosis and make the lifestyle changes needed to build strong bones for life.

Also, be sure to check out our newly redesigned website: [www.nof.org](http://www.nof.org). The new design is optimized for easy navigation and provides information for patients, professionals and anyone interested in learning about prevention. With richer online content that is easier to navigate and share, we hope the website will be your go-to resource for the most up-to-date information on osteoporosis prevention, diagnosis and treatment.

### New Features on the Website include:

- **[Food for Thought Quiz](#)**: Find out how much you know about the best foods for your bones. After testing your knowledge, use our **Good for Your Bones Food**

## Osteoporosis Headlines

**[Building Bones Through Good Diet, Exercise, Calcium/Vitamin D](#)**, Miami Herald

**[10 Essential Facts about Osteoporosis](#)**, Everyday Health

**[First Osteoporotic Break Increases Subsequent Fracture Risk](#)**, Medscape (free log-in required)

## Healthcare Professionals: Register Now for ISO16

You can still register and join leaders in the bone health field attending the 2016 Interdisciplinary Symposium on Osteoporosis (ISO16).

Taking place in Miami, Florida from May 12-15, ISO16 offers the most up-to-date, clinically relevant and evidence-based information on the prevention, diagnosis and treatment of osteoporosis.

**Chart** for examples of the different types of foods you should eat for optimal bone health.

- [\*\*Your Guide to a Bone Healthy Diet Brochure:\*\*](#) This updated brochure explains the foods rich in calcium, vitamin D and other nutrients that are important for your bones and will help you make healthier food choices every day.  
*\*Special thanks to Sunsweet Growers, Inc. for their support underwriting the update and printing of this brochure.*
- [\*\*Clinical Trial Information:\*\*](#) Learn about clinical trials, how they work and why they are important. Sign up to receive more information from NOF as it becomes available.

**To celebrate National Osteoporosis Month, we're also offering the following:**

- **Free Webinar on Medications Available to Treat Osteoporosis:** Join us on Monday, May 23rd at 2PM Eastern for a free webinar with our partners at NeedyMeds.org. NOF Clinical Director, Dr. Andrea Singer, will discuss the recently released [\*\*Medicines in Development\*\*](#) report and provide information on current medications available to treat osteoporosis. [\*\*Check our website for registration details to be announced soon.\*\*](#)

Don't miss your chance to attend America's leading clinical conference on bone health. Onsite registration will also be available.

[Visit www.nof-iso.org to learn more and register.](http://www.nof-iso.org)

## NOF Partners



- **Medical Fitness Network:** NOF and the Medical Fitness Network have partnered to provide a new health resource that helps connect osteoporosis patients with qualified fitness and healthcare providers.

- **Next Avenue:** Please visit NOF's newest partner, NextAvenue, a public media site, providing news, information and advice for America's 50+ population.

[\*\*Check out this recent article with tips to fall-proof your home.\*\*](#)

- **Shop to Support NOF:** NOF has partnered to offer a new merchandise website with Break Free from Osteoporosis-branded premium items to celebrate National Osteoporosis Month 2016. [Shop now and a percentage of sales will benefit NOF.](#)

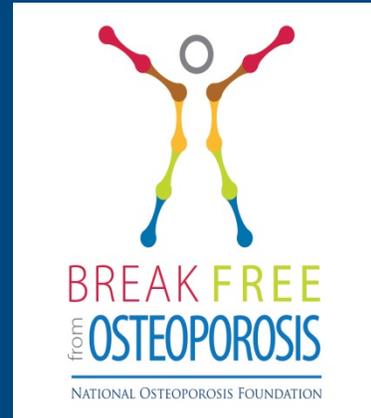
Visit the [National Osteoporosis Month page](#) of our new website for additional information and resources to help you *Break Free from Osteoporosis*.

## Ask the Expert

**Q: I'm confused by the recent media coverage about exercise and strong bones. Is it true that exercise doesn't help build strong bones?**

**A:** First, it is important to distinguish between building bone vs. preventing/delaying the bone loss that can happen with aging to help prevent falls and fractures. According to NOF's recent study on building Peak Bone Mass, there is strong evidence for the positive effect of physical activity, especially during the late childhood and peripubertal years - a critical period for bone building. Exercise helps build stronger bones both in density and architecture during this life stage.

During adult years, we shift our focus from building bone to maintaining bone and strength. Exercise, both weight-bearing and muscle-strengthening, improves balance, posture and mobility in everyday activities. Exercise increases muscle



strength and decreases the risk of falls and broken bones, which are both critical as we age.

So, while it's true that the science regarding exercise to help build bone in adults is inconclusive, the benefits of exercise for overall bone health and fracture prevention are clear.

Exercise is critical for overall health and disease prevention and it promotes good posture, strength, movement, flexibility and balance for those looking to keep their bones healthy and strong. For more information about how exercise helps you stay strong and prevents fractures, visit the NOF website -- [www.nof.org](http://www.nof.org).

- Heidi Skolnik, MS, CDN, FACSM  
President, Nutrition Conditioning, Inc.  
Trustee, National Osteoporosis Foundation



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