
Bone Health Flash!

October 2020

Greetings, BoneHEADS!

In lieu of sharing research this month, I am sharing resources from the National Osteoporosis Foundation that you can share with your patients and clients, as well as your team to bring awareness and provide some suggestions for actionable items to commemorate World Osteoporosis Day on Oct. 20.

The leadership team for the BHSIG will be meeting this month to discuss future projects and participation in CSM, webinars and study groups. We will report any information and opportunities in the next Bone FLASH.

- A handy, digital countdown checklist, which features tips on diet, exercise, falls prevention and upcoming webinars. Click here to download the checklist: <http://www.nof.org/wp-content/uploads/World-Osteoporosis-Day-Countdown.pdf>
- On Oct. 13 at 1PM ET, Claire Gill and Payal Sahni of the New York State Osteoporosis Prevention & Education Program will conduct a live webinar focusing on exercise and other preventive practices. It is a must-attend event for everyone! Zoom link and registration: https://zoom.us/webinar/register/WN_q91Ju2LmQvmAvtENT20GdQ
- The Impact of Osteoporosis and Fractures on the African American Community webinar will be held on Oct. 19 at 12PM ET. This informative, virtual event will address bone health disparities in the African American community and share common misconceptions, risk factors, cost of fractures and prevention methods. Zoom link and registration: https://zoom.us/webinar/register/WN_ofstn5LEQ82c8DQJCNH8Dw

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Please submit any articles or information for the Bone Health SIG FLASH to: Lisa Hamilton, Vice Chair at lisahamiltonpt@gmail.com