

## Bone Health Flash!

August/September, 2020

Greetings, Bone Health SIG Members!

It's hard to believe that we are in the last quarter of 2020! What a year this has been thus far—adapting to the ever changing pandemic environment has brought forth both challenges and opportunities. As we head into the Fall Season, we felt it prudent to continue to address fall risk and reduction, as well as continuing to gather high quality evidence to support strength training, supplementation and the effects upon fractures, bone formation and overall health.

**Incidence and circumstances of falls among middle-aged women: a cohort study.** Wang, M., Wu, F., Callisaya, M.L. *et al Osteoporos Int* (2020).

**Leisure-Time Physical Activity, Falls, and Fall Injuries in Middle-Aged Adults.**

Caban-Martinez AJ, Courtney TK, Chang WR, et al. *Am J Prev Med.* 2015;49(6):888-901.

**Effect of twelve-month physical exercise program on patients with osteoporotic vertebral fractures: A randomized, controlled trial.** Evstigneeva, O, Lesnyak, I, Bultink EM, et al.

*Osteoporosis International* (2016)

**Effects of a 3 month weight bearing and resistance exercise training on circulating osteogenic cells and bone formation markers in postmenopausal women with low bone mass.** Pasqualini, L, Ministrini, S, Lombardini R, et al. *Osteoporosis International* (2019)

**Muscle and bone health in postmenopausal women: Role of protein and vitamin d**

**supplementation combined with exercise training.** Agostini, D, Donati Zeoaa, S, Lucertini, F et al. *Nutrients* (2018)

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