

# THE OSTEOPOROSIS REPORT

A QUARTERLY  
NEWSLETTER  
FROM THE  
NATIONAL  
OSTEOPOROSIS  
FOUNDATION

## The NOF Research Grants Program is making an impact on the field of osteoporosis

A primary focus for the National Osteoporosis Foundation (NOF) is ensuring that adequate funding is available to support scientific research on osteoporosis prevention, diagnosis and treatment. In addition to advocating for increased federal funding for the National Institutes of Health (NIH) and other centers of bone research, NOF raises private funds from donors, which makes it possible to offer grants to scientists who are just starting their research careers. Over the past 20 years, the NOF Research Grants Programs, the nation's first privately funded grant program for osteoporosis research, has provided more than \$2.3 million in donor-supported funding to encourage young investigators as they begin their research careers in bone health science.

This year, there was record-breaking interest in the program. NOF received a total of 113 letters of intent and 86 proposals for funding consideration. The NOF Research Grants Program awards three one-year grants of \$50,000 each to qualified investigators for the support of clinical or basic research related to the fields of epidemiology, pathogenesis, diagnosis and treatment of osteoporosis. One can see from these numbers that there is a need for additional research funding at NOF and that there is stiff competition for the available grants.

The objective of the NOF Research Grants Program is to provide an incentive for young researchers to establish a career in osteoporosis research and progress in their careers to become the next generation of leading bone scientists. NOF funding has had a substantial impact on the

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The NOF Research Grants Program awards three one-year grants of \$50,000 each.



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07 FALL 2007

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## The NOF Research Grants Program is making an impact on the field of osteoporosis

career development of young scientists, with more than 100 federal grants awarded to this cohort of researchers. Many past grantees have used NOF funding to complete pilot projects that have led to more extensive applications to other funding bodies. Many NOF awardees have received several multi-year grants from the NIH.

Eligible candidates must have an M.D., Ph.D. or equivalent degree, be within four years of completion of the postdoctoral training period, and be affiliated with U.S.-based not-for-profit academic or research institution. All applications are reviewed by two outside scientific reviewers, who have expertise in the technical and methodological areas addressed in the grant application and are members of NOF's Science and Research Committee.

NOF gratefully acknowledges the donations that support osteoporosis research and enhance our understanding of this disease. With continued donor support, NOF is committed to finding a cure. For information on how you can make a difference, call NOF at (800) 231-4222. ■

### NOF proudly announces its 2007 Research Grants Program Award Winners:

#### LILIAN I. PLOTKIN, PH.D.

University of Arkansas For Medical Sciences  
*Project Title: The Role of Connexin 43 in the Anabolic Effect of Parathyroid Hormone*

#### FRANCIS H. SHEN, M.D.

University of Virginia  
*Project Title: Use of Bioactive Materials to Repair Osteoporotic Vertebral Body Fractures*

#### MARCELLA DONOVAN, M.D.

Columbia University Medical Center  
*Project Title: Bone Quality in Chinese American Women*

## Handout on Health: Osteoporosis

The National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) has developed a booklet about osteoporosis entitled *Handout on Health: Osteoporosis*. The publication is written for those who have osteoporosis, their families, and others interested in learning more about the disease. The booklet discusses:

- Osteoporosis and its impact
- Causes of the disease, including less-than-optimal bone growth during childhood and adolescence, and reduced estrogen production in women
- Risk factors for osteoporosis
- How the disease is diagnosed and treated
- How to prevent falls and fractures

The booklet also describes the various emotional, functional, physical and social effects of osteoporosis and provides tips on coping with the disease. Text boxes give readers quick access to important information, such as when to talk to your doctor about osteoporosis, risk factors for fractures, preventing falls among seniors, and recommended calcium and vitamin D intakes.

The booklet concludes with a section about current research on osteoporosis supported by NIAMS and other components of the U.S. Department of Health and Human Services' National Institutes of Health.

To order copies of *Handout on Health: Osteoporosis*, contact the NIH Osteoporosis and Related Bones Diseases~National Resource Center at (800) 624-BONE (2663), or view the publication online at [www.niams.nih.gov/bone](http://www.niams.nih.gov/bone). ■

# Letter from the Executive Director



Dear Friends,

I have been the executive director of the National Osteoporosis Foundation for a little over one year now and wanted to include a brief message in this issue of *The Osteoporosis Report*.

I am taking this opportunity to look back on the past year and forward a few years within the organization. What I have seen in this past year is the need to propel NOF to be a patient-centered organization and the primary source of information and education for individuals who suffer from osteoporosis, those newly diagnosed with the disease, and for the healthcare professional looking for a resource for their patients with osteoporosis. Our programs, communications and projects must reflect this mission. We must be the resource that you, your families, the public and the media turn to for credible, honest and valuable information about the prevention, diagnosis, treatment and research of osteoporosis.

That's a tall order; but one I know that the staff of this organization can accomplish with the direction of our 29-member Board of Trustees and your involvement and participation.

What I see in the next few years of the organization are education and awareness campaigns, conferences for healthcare professionals and researchers, media campaigns, advocacy on the federal and state levels, and a broad increase in awareness of osteoporosis as a serious and painful disease, especially as the baby boomer generation turns 60. We will continue to provide information to you, our donors and members that you will find valuable and useful.

Please join me, the staff of NOF and the volunteer Board of Trustees in pursuing the goal of this organization to make bone health a reality and lifelong priority for all individuals.

Sincerely,



Leo Schargorodski

## Chicken Pasta Skillet

- 1 lb. boneless skinless chicken breasts, cut into small pieces
- 1 medium green pepper, sliced
- 1 small onion, sliced
- 1 ½ cups water
- 2 cups rotini pasta, uncooked
- 1 can (680 mL) tomato sauce
- 1 cup KRAFT Mozzarella Shredded Cheese

**1** Spray large fry pan with cooking spray. Add chicken; cook and stir on medium-high heat 5 min. Add green pepper and onion; cook and stir an additional 3 to 5 min. or until chicken is cooked through and vegetables are tender. **2** Add water. Bring to boil; reduce heat to medium-low. Stir in pasta, making sure pasta is covered with water; cover. Simmer 15 min. or until pasta is tender.

**3** Stir in sauce. Sprinkle with cheese; cover. Reduce heat to low; continue cooking 5 min. or until cheese is melted and mixture is heated through.

### SUBSTITUTE

Substitute 1 lb. Italian sausage, crumbled, or lean ground beef instead of chicken or use Kraft 4 Cheese Italiano Shreds instead of mozzarella.

Used with permission of Kraft Foods.  
kraftcanada.com

YIELD 4 SERVINGS | CALORIES 450 | TOTAL FAT 10.9 grams | SODIUM 893 milligrams | CARBOHYDRATE 47.7 grams  
DIETARY FIBER 5 grams | PROTEIN 40.6 grams | CALCIUM 22% DV | IRON 21% DV

## Exercises for the Spine

In the last issue of *The Osteoporosis Report*, the article, “Protecting the Spine from Kyphosis,” discussed changes that can occur in the spine (backbone) when people have osteoporosis. These changes tend to come about over time due to fractures (broken bones) in the vertebrae, the bones which form the spine. As a result, the spine starts to bend or curve forward, and a person’s posture can appear stooped or hunched. This forward curvature of the spine is called kyphosis.

When people become more forward bent as they develop kyphosis, they tend to stiffen and lose the ability to straighten their spines. Figure 1 (see Page 5) shows that bending forward compresses (squeezes) the front of the spine and this makes it more likely to have a spinal fracture. It also shows that leaning or bending backward separates the spine and reduces the chance of a fracture. Note the area of “strain” (in Figure 1) may cause muscle discomfort. This figure shows that a person with osteoporosis can gently lean back to comfortably stretch out and strengthen the back.

Try the following two exercises to keep your spine more limber and flexible. This will help maintain the ability to straighten the spine. Exercises such as these can cause changes to the quality of bone that can not be measured, but can make the bone stronger.

### Head Presses (Figure 2)

#### Purpose:

- To reduce tightness in your spine and the muscles of the neck and upper back.
- To help get your head positioned over your shoulders rather than stooped forward.

#### Directions:

- 1) Sit with your mid and lower back well supported in a chair.

- 2) Move your head straight back as far as possible.
- 3) Keep your chin level with the floor and look straight ahead. Do not tilt your chin or forehead.
- 4) Hold your head back in this position for 3 or 4 seconds.
- 5) Then relax back into your normal posture for a second or two. Now repeat 5 times.

### Standing Back Bends (Figure 3)

#### Purpose:

- To stretch your spine and muscles for greater flexibility and movement.

#### Directions:

- 1) Stand with your feet shoulder-width apart and your buttocks against a counter or heavy table that won’t move.
- 2) Place your hands at your waist. Pinch your shoulder blades back as if you are trying to squeeze a pencil between the shoulder blades. Then lean back slightly but stay comfortable.
- 3) Your head should stay in its normal position with the underneath part of the chin level to the ground and with your eyes looking straight ahead.
- 4) Hold for a slow count of 5.
- 5) Then relax back into your normal posture. Now repeat 5 times.
- 6) Repeat several times daily. ■

*NOF thanks Richard Baldwin, PT for contributing this article. Mr. Baldwin is owner and director of Downeast Rehabilitation Associates in Rockport, ME. He is the osteoporosis support group leader of the NOF Coastal Support Group and an NOF health professional member.*

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FIGURE 1

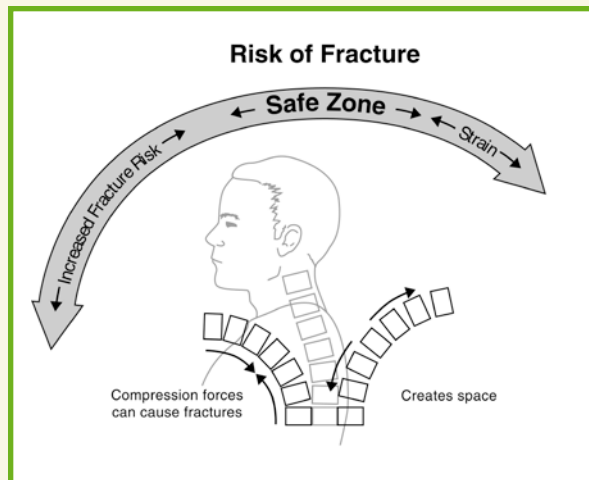


Photo adaptation of an illustration from Neck & Arm Pain, 2nd Ed.

FIGURE 2

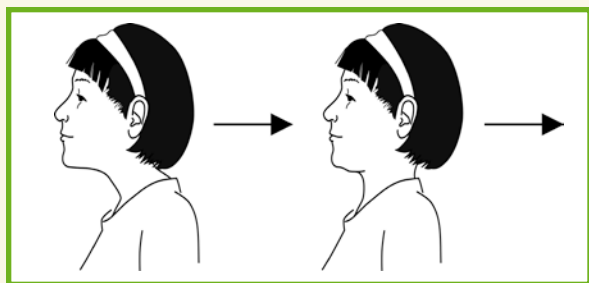
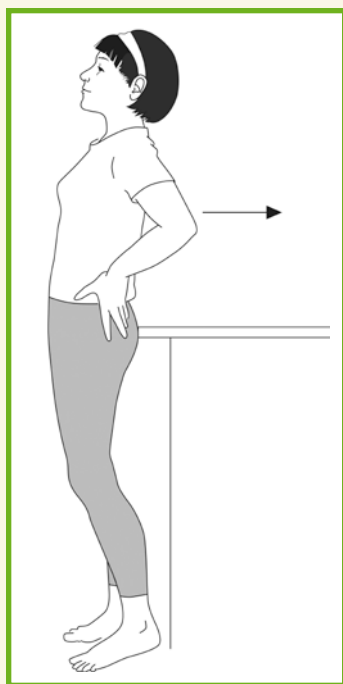


FIGURE 3



# How To Make a Special Gift

When some people think about making a donation to a charity that is personally important to them, their first thought is to write a check or mail a cash gift. For many people, that is the first and only thought that comes to mind because that is the method they were taught by past generations.

However, what if someone wanted to make a “special” gift to support the mission of the National Osteoporosis Foundation that goes beyond their previous donations? They might need to consider taking a different approach.

Numerous NOF donors have made this kind of gift through their assets instead of their income. Many of these same donors are retired. For them, current income is usually dependent on the size of their retirement income, social security and investments.

Rather than writing a check from one’s current income, looking to assets for flexibility to make a special gift presents additional options. For example, if someone has stock that has appreciated over time (at least one year), they will owe capital gains taxes; therefore transferring those assets to NOF is a tax advantageous way of making a charitable gift. By making a gift of those appreciated assets one can increase the value of the donation by avoiding the capital gains tax and getting an income tax deduction for the contribution. Of course, to do this correctly ownership of the stock must be transferred instead being sold. This is especially helpful if the donor can identify an asset that is not generating income, but poses a tax liability.

Before the end of 2007, many older Americans (age 70 ½ or older) can also use money from their Individual Retirement Accounts to make direct tax-free donations of up to \$100,000; this is possible because of the Pension Protection Act of 2006. However, insurance policies, stocks and other investments can provide the assets to make a special donation to help NOF and its vision of making bone health a reality and lifelong priority for all individuals. For more information, call Bob Bennett at (800) 231-4222 or email [Bob@nof.org](mailto:Bob@nof.org). ■

## FDA Approves First Once-Yearly Osteoporosis Medication

In August, the U.S. Food and Drug Administration (FDA) approved zoledronic acid (Reclast®) for the treatment of osteoporosis in postmenopausal women. It is the first and only once-a-year osteoporosis medication. Zoledronic acid is a bisphosphonate that is given as an intravenous (IV) infusion.

Zoledronic acid increases bone strength and reduces fractures in the hip, spine and non-spine areas (such as the wrists, arms and ribs). In one major study, it reduced the risk of spine fractures by 70 percent and hip fractures by 41 percent.

A healthcare professional administers zoledronic acid as an IV dose of 5 mg in a doctor's office or other outpatient setting. It takes 15 minutes for the infusion. Patients need to have a blood test (serum creatinine) to confirm that kidney function is normal prior to each dose.

Zoledronic acid is a product of Novartis. The toll-free customer service number is (888) 669-6682. ■

## Osteoporosis and Diabetes: Is There a Link?

As if people with diabetes don't already have enough to worry about.

It now appears that people with diabetes have higher risks of hip fractures, although the exact explanation for this occurrence requires more study. Recently, *Osteoporosis International* published an article<sup>1</sup> that reported the results of a large investigation that examined the results of 80 different studies of osteoporosis and hip fractures in individuals with diabetes. The purpose was to discover the possible connections between diabetes and bone health.

According to the results of this article, people with diabetes have increased risks for hip fractures but the reason for this is not yet fully known. What we do know is that low bone mineral density (BMD) does not entirely explain the increased risks. The findings about BMD and fracture risks in diabetics suggest that:

- People with Type 1 diabetes, the more serious form of the disease, have *lower* bone mineral densities and an increased risk of hip fractures.
- People with Type 2 diabetes, often occurring in overweight individuals, have *higher* bone mineral densities and an increased risk of hip fractures.

- But, people with Type 1 diabetes have even more hip fractures than people with type 2 diabetes.

Why do these two groups, each with differing BMD levels, seem to be at risk for more fractures than people without diabetes? This article's findings suggest several possible explanations.

**Body Mass Index (BMI).** BMI is a relationship between weight and height that estimates whether or not a person is overweight. People with Type 2 diabetes usually have higher BMDs and higher BMIs while people with Type 1 have lower BMDs and lower BMIs. Some research suggests that having a higher BMI, or weighing more, may help to prevent fractures. So, this may explain why people with Type 1 diabetes appear to have more hip fractures than do people with Type 2.

**Diabetes Complications.** People with either type of diabetes are at risk for a variety of health problems such as vision, heart, circulation, kidney and nerve problems. These complications may have negative effects on bone metabolism, bone mineral loss, blood supply to the bones and bone strength. Specialized lab tests, in addition to BMD tests, can be used to detect some of these changes to the bones.

**Falls.** Several conditions affecting both types of diabetes may increase falls and other injuries, including

- 1) low blood sugar levels, which can cause dizziness;
- 2) poor vision which can make it difficult to see; and
- 3) numbness in the legs and feet which can affect balance.

**Medication.** Medicines prescribed for diabetes or for other health conditions may have actions or side effects which impact bone health or increase fracture risk.

Questions still remain, but what seems clear is that people with diabetes should talk with their healthcare professional about their bone health. ■



<sup>1</sup>Vestergaard, P. (2007) Discrepancies in bone mineral density and fracture risk in patients with type 1 and type 2 diabetes—a meta-analysis. *Osteoporosis International* 18:427-444

## I was recently diagnosed with osteoporosis; can I regain bone mineral density that has been lost?

The amount of bone mineral density (BMD) that a person with osteoporosis can regain varies from person to person. However once a significant amount of bone density has been lost, it is hard to replace. For many people, the goal of treatment is to stabilize bone density at the current level and prevent any further bone loss. If you have low bone mass, you can get the most bone health benefits by following these steps:

**Exercise.** Bone is living tissue that responds to exercise by becoming stronger. Weight bearing exercise, such as walking, dancing and running, and resistance exercise, such as lifting weights can help you improve and maintain your BMD. Exercise also improves muscle strength and balance which can help to prevent falls that may result in broken bones.

**Eat a Healthy Diet (and Take Supplements if Necessary).** Calcium and vitamin D are important for keeping bones strong and healthy (see NOF recommendations below). If you are getting the recommended amounts, keep up the good work. If you haven't been getting enough of these vitamins and minerals, try adding them to your daily routine. This change may help you to slow or prevent further bone loss.

**Quit Smoking and Drinking Excessive Alcohol.** Quit unhealthy health habits such as smoking and excessive alcohol use (for example, drinking more than two alcoholic drinks daily). These changes may help people increase BMD and prevent further bone loss.

**Avoid Medications that May Cause Bone Loss.** If you are able to stop taking a medication that may cause bone loss, your BMD may increase at first. You can also ask your healthcare provider about prescribing the lowest

possible dose for your health condition. *Always* talk to your healthcare provider before making any changes to your medications.

**Take Osteoporosis Medications as Prescribed.** Your healthcare provider may prescribe a medication for your osteoporosis. There are several medications which can slow bone loss; these are called antiresorptive medications. When you first start taking them, you stop losing bone as quickly as you did before, but you still make new bone at a normal pace. These medicines can increase BMD by small amounts in some people and stabilize bone density in others. For people with severe osteoporosis who are at risk for broken bones, there is one osteoporosis medication which actually speeds up your rate of bone formation. This is called an anabolic medication and can lead to greater increases in BMD. Talk to your healthcare provider to find out if an osteoporosis medication is right for you.

*To order additional information on exercise, calcium, vitamin D, medications that may cause bone loss and osteoporosis medications, contact the National Osteoporosis Foundation at: (800) 223-9994 or visit [www.nof.org](http://www.nof.org). ■*

### NOF's Calcium and Vitamin D Recommendations:

.....  
Adults under age 50 need 1,000 mg of calcium daily, and adults age 50 and over need 1,200 mg of calcium daily. Also, adults under age 50 need 400–800 IU of vitamin D<sub>3</sub> daily, and adults age 50 and over need 800–1,000 IU of vitamin D<sub>3</sub> daily.

## Men, Osteoporosis and Medicare Coverage: New Federal Legislation

There are many common myths about osteoporosis, such as: “only older people get osteoporosis,” “it is an inevitable part of the aging process,” and “it is only a women’s disease.” Contrary to popular belief, osteoporosis does not only affect women; osteoporosis can occur at any age; and osteoporosis can be prevented and treated.

Another myth about osteoporosis is that Medicare covers bone density tests for all people at risk for osteoporosis.

Well, this is not true. Many men do not fit into the current coverage categories under the Medicare program. This puts Medicare beneficiaries who are at a clinical risk for osteoporosis, including men with reduced levels of testosterone, in danger of missing or delaying their diagnosis and treatment for osteoporosis. Reduced testosterone in men, similar to the effects of reduced levels of estrogen in postmenopausal women, can increase their risk of bone loss, osteoporosis and fractures. Additionally, many men and women are at risk for osteoporosis because of a medical condition or a medical treatment that can cause bone loss. These risk factors range from gastrointestinal diseases to the drugs used for the treatment of asthma, arthritis or cancer.

To correct this shortfall in Medicare coverage, Representative Michael Burgess (TX) introduced the “**Medicare Osteoporosis Measurement Act of 2007**” (H.R. 2340). This legislation would expand Medicare coverage of bone density testing to *all* individuals with a clinical risk for osteoporosis.

You can help! Encourage your Representative to support Medicare coverage of bone density for all who are at risk for osteoporosis through the NOF Bone Health Advocacy Network at: [www.nof.org/advocacy](http://www.nof.org/advocacy). ■

## Strong Voices for Strong Bones Advocacy Training Event

**If you are in the New England region, mark your calendars for Thursday, November 1st!** The National Osteoporosis Foundation is partnering with the Rhode Island Osteoporosis Coalition to bring the “**Strong Voices for Strong Bones Advocacy Training Meeting**” to the New England region this fall with a free, day-long training event in Providence, Rhode Island. NOF invites all who are interested—health care professionals (including nurses, physical therapists, physicians, and social workers), women and men who have osteoporosis, and family and friends of people with osteoporosis—to become advocates on behalf of the 34 million Americans at risk for osteoporosis and the 10 million who already have the disease.

NOF will bring together New England residents who are dedicated to advancing osteoporosis on the public health policy agenda. This exciting event offers the opportunity to learn from experts and take part in interactive workshops. Participants will meet men and women who share a passion for preventing, treating and ultimately ending osteoporosis. The training will help attendees build and strengthen their skills so that they can communicate more effectively with lawmakers in their state and on Capitol Hill. Through this one day program, NOF staff, state leaders and expert speakers will share information on osteoporosis policy achievements and critical areas in need of action.

This is a call to action to make bone health and osteoporosis prevention, detection and treatment a public policy priority! NOF is committed to building strong advocates for osteoporosis and bone health issues and providing participants an opportunity to be more active in the fight against osteoporosis. **Join us in Providence!**

For more information on this event please call: (800) 231-4222. To become an NOF Bone Health Advocate, visit the NOF Web site at: [www.nof.org/advocacy](http://www.nof.org/advocacy). ■

# NOF's World Osteoporosis Day Celebration

Did you know that one-in-two women and one-in-four men over age 50 will break a bone due to osteoporosis? Preventing falls is important at any age, but especially for those who have osteoporosis, because their bones are more fragile and easily broken. In recognition of World Osteoporosis Day on October 20th, check out the October issue of *Woman's Day* magazine and help NOF "Beat the Break" by following this safety checklist for preventing falls in and around the home:

- **Floors.** Remove loose wires, cords, and throw rugs. Minimize clutter. Make sure rugs are anchored and smooth.
- **Bathrooms.** Install non-skid tape in the tub or shower.
- **Lighting.** Make sure halls, stairways, and entrances are well lit. Install a night light in your bathroom. Turn lights on if you get up in the middle of the night.
- **Kitchen.** Install non-skid rubber mats near the sink and stove. Clean up spills immediately.
- **Stairs.** Make sure treads, rails, and rugs are secure.

Visit [www.nof.org](http://www.nof.org) for tips and safety information on fall prevention. *Woman's Day* is helping NOF "Beat the Break" during World Osteoporosis Day by encouraging readers to prevent falls. This is part of a year-long program to educate women about the importance of bone health, which also includes a Strong Women Stand Tall essay contest and the Steps for Strong Bones program. Visit [www.nof.org](http://www.nof.org) and [www.womansday.com](http://www.womansday.com) to find out more!

NOF has also teamed up with *Ladies' Home Journal* magazine in conjunction with Roche/GSK to launch a new bone health program, called the "Start Right, Stay Strong Challenge." The program highlights the importance of bone health, exercise and nutrition for women across the country through in-mall walking events and online resources. The "Start Right Stay Strong Challenge" events kick off on September 8th and takes place in 10 cities across the country culminating on October 20th—World

Osteoporosis Day. Each event includes a one-mile mall walk, a fitness expert who leads the group in easy stretches, educational booths and materials on bone health and osteoporosis, and the opportunity to have a heel scan (to measure bone mineral density) from a medical professional. Walkers can also enter to win a three-month membership to a local gym, which includes five personal training sessions. The events are a great way to take action to improve your bone health!

Visit [www.lhj.com](http://www.lhj.com) for more information and check out the September and October issues of *Ladies Home Journal* magazine for additional details on the "Start Right, Stay Strong" events.

NOF is grateful for the support and promotion from its partners and is thrilled about the interest generated for these events surrounding World Osteoporosis Day! Visit [www.nof.org](http://www.nof.org) if you are interested in planning a community event to celebrate World Osteoporosis Day. ■

## "Stay Right, Stay Strong Challenge" Mall Walks:

.....  
SEPTEMBER 8

New York City, NY

SEPTEMBER 15

Orlando, FL and Washington, DC

SEPTEMBER 22

Charlotte, NC

OCTOBER 6

Chicago, IL and Miami, FL

OCTOBER 13

Los Angeles, CA and Seattle, WA

OCTOBER 20

Dallas, TX and Detroit, MI

# NOF Support Groups Help People with Osteoporosis



Members of the NOF Southside Osteo Support Group in Greenwood, IN participate in a program of "Music and Low Impact Exercise." The support group celebrated its 10th anniversary in September.

## What It Means to Participate in a NOF Support Group:

"When a support group was formed in my home town, I joined. A whole world opened up for me, and I learned how to help myself. I learned about exercise, medication, nutrition and much more."

*NOF Citrus County Osteoporosis Support Group, Hernando, FL*

"We share our thoughts, ideas, joys and woes, and we also have wonderful speakers."

*NOF Newport Support Group, Newport, RI*

"I have met many wonderful people and made friends through this group. It's good to know I'm not alone in facing this disease."

*NOF Newport Support Group, Newport, RI*

"The NOF support group has been a great source of current information to help me understand the disease. Personally, it has allowed me the knowledge I need to support and help my wife in coping with this disease."

*NOF Southside Osteo Support Group, Greenwood, IN*

Many people face unexpected changes in their lives when they are diagnosed with osteoporosis. They may initially feel alone or worried when learning they have osteoporosis, and understanding more about the disease becomes a priority. NOF's Building Strength Together® support group program provides members and their families with important information about the disease and support from others in a similar situation.

NOF currently sponsors 84 support groups in 34 states and plans are underway to expand this network. Each support group is unique, and across the country members range in age from 25 to 93. The smallest support group has four members, and the largest has over 90. To find a support group in your area, visit [www.nof.org](http://www.nof.org). NOF provides a list of each city across the country that has a support group.

Many of NOF's support group leaders are volunteers with osteoporosis, while others are health professionals. They help provide free access to timely information and local support to the many people affected by osteoporosis. NOF depends on volunteers to serve as support group leaders and appreciates their ongoing efforts.

To learn more about the Building Strength Together® program or to start a support group, call NOF's Support Group Coordinator at (800) 231-4222. ■



NOF proudly announces Cole Water Corp. as our newest *Friend of NOF...Standing Tall For Strong Bones* partner. Look for Cole Spring Water in a Target store near you.

# Paul G. Rogers Champion Circle

NOF established the **Paul G. Rogers Champion Circle** in 2006 in recognition of the Honorable Paul G. Rogers and his lifelong commitment to this nation's health care, especially the field of bone health and osteoporosis.

This society recognizes those who carry on Paul's commitment to health care by making annual gifts totaling \$1,000 or more to benefit NOF. Charter Members are those who make a donation or pledge of \$5,000 or more before the end of 2007.

The Benefactor, Patron, Sustainer and Ambassador levels are recognition for annual giving in 2007 of \$1,000 or more, \$5,000 or more, \$10,000 or more and \$25,000 or more respectively. ■



Hon. Paul G. Rogers, Founding  
Chairman of the National  
Osteoporosis Foundation

## Charter Members

Anonymous (3)  
Madeline Anbinder  
Bob & Vaneeda Bennett  
Dr. & Mrs. Francis J. Bonner, Jr.  
Bess Dawson-Hughes, M.D.  
Deborah T. Gold, Ph.D.  
Grace S. Gold  
Laurel Himmelblau  
Ethel LeFrak  
Mrs. Betty Ann Leith  
Lois Joy Lester  
Mildred Bland Miller  
Susan and Keith Randall  
Leo Schargorodski  
Dr. Burton Spiller  
Piper and Kinne Sutton

## Benefactor Level for 2007 (\$1,000–\$4,999)

Anonymous (4)  
Linda Costello  
Esther I. Falk  
Ilene & Philip Giaquinta  
Mr. & Mrs. Jacob Kainen  
Michael Kleerekoper, M.D. &  
Dorothy Nelson, Ph.D.  
Cynthia Nowlan  
Mr. & Mrs. David Pfeifle  
Lawrence G. Raisz, MD  
Susan & Keith Randall  
Mr. & Mrs. Robert Reisman  
Paul G. Rogers  
Susan & James Siler  
Randon & Audrey Woodard

## Patron Level for 2007 (\$5,000–\$9,999)

Anonymous (2)  
Dr. & Mrs. Francis J. Bonner, Jr.  
Mildred Bland Miller

## Sustainer Level for 2007 (\$10,000–\$24,999)

Mrs. Betty Ann Leith  
Judy & Charles Black

## Ambassador Level for 2007 (\$25,000–\$49,999)

Anonymous



Standing Tall For You®

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WASHINGTON DC 20037-1202  
(800) 223-9994  
WWW.NOF.ORG

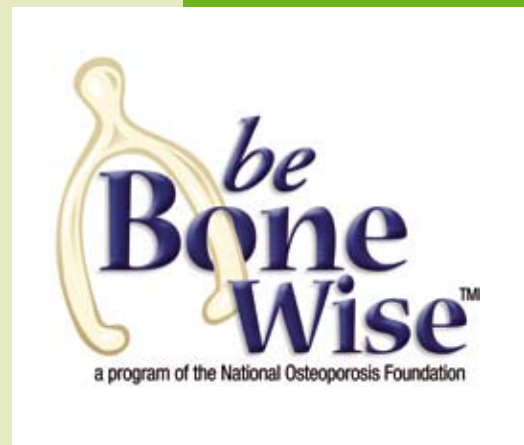
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# RESOURCES

## Help Support NOF's *be Bone Wise*™ Program

This fall, NOF introduced its new program, *be BoneWise*™, to encourage people to support NOF through their local retailer. Participating in the program is easy. When paying for a bill at the checkout counter, one would simply tell the clerk they would like to make a donation of \$1, \$3 or \$5 to NOF. The clerk will then add the donation to their shopping bill and participants would receive a *be Bone Wise*™ card to personalize and have posted in the store that shows their support for NOF. Stores or markets currently not participating can call NOF to find out how to take part in the *be Bone Wise*™ program for free. Corporations, schools, community groups, and organizations can participate, too! For more information call NOF at (800) 231-4222. It's fast, it's easy, and all donations help support NOF's programs of awareness, public and professional education, advocacy, and research.



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