

THE OSTEOPOROSIS REPORT

A QUARTERLY NEWSLETTER FROM THE NATIONAL OSTEOPOROSIS FOUNDATION

NOF Names Schargorodski Executive Director

The National Osteoporosis Foundation (NOF) has named Leo Schargorodski as Executive Director. Mr. Schargorodski officially began his duties on September 18, 2006.

With more than 30 years experience in the not-for-profit, charitable, association and foundation fields, Mr. Schargorodski joins NOF as the organization is poised to launch new and existing education, public awareness and osteoporosis prevention programs nationwide. Immediately prior to joining NOF, Mr. Schargorodski served as Executive Director of the American Nurses Foundation and Chief Development Officer for the American Nurses Association, a position he held since 1998. While at the American Nurses Foundation he raised and administered over \$5 million in federal and private educational grants annually, directed a \$30 million capital campaign and managed their national Nursing Research Grants Program with over 950 recipients.

“It has been my pleasure to serve the American public by coordinating the volunteer efforts of medical and health professionals. In addition, I have worked with thousands of citizens volunteering their time, hard work and contributions toward the amelioration or elimination of health diseases. This position with the National Osteoporosis Foundation allows me to once again facilitate a positive impact on the nation’s health,” said Mr. Schargorodski.

His previous voluntary health agency experience includes working for such organizations as the American Diabetes Association and the March of Dimes Birth Defects Foundation. He served as Executive Director for the American Diabetes Association Research Foundation and awarded



Leo Schargorodski, new Executive Director of NOF

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Standing Tall For You®

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\$16 million annually for diabetes research. Over a span of 17 years he served on the central staff and then as Executive Director for the March of Dimes Birth Defects Foundation in Buffalo, N.Y.; Miami, Fla.; and Washington, D.C. where he received the “C” Flag award from President Ronald Reagan and won an Emmy Award for a public service campaign. Mr. Schargorodski’s background includes a focus in the areas of fundraising, strategic and operation planning, grant solicitation, marketing and fiscal management.

“The Board is pleased to welcome Leo to NOF’s team,” said the Hon. Daniel A. Mica, Chairman of the Board of Trustees. “His background and experience will be valuable assets in building on NOF’s strong record of achievements

and leading it to an even stronger, more vital future. With more than 44 million Americans, aged 50 and older, either with or at risk for osteoporosis, the role of NOF has never been more critical.”

Mr. Schargorodski’s predecessor, Judith Cranford, resigned last year, effective August 31st, 2006. The Board of Trustees recognized her invaluable contributions in steering the organization over the last five years and thanked her for her significant accomplishments in advancing NOF’s mission.

As Executive Director, Mr. Schargorodski will lead NOF by increasing awareness, advocacy, public and health professional education and research of osteoporosis and related fractures.

Linking Up: An Online Community for Peer Support

Over the years, NOF had heard from hundreds of individuals with osteoporosis who were unable to participate in NOF’s Building Strength Together® osteoporosis support groups across the country.

In response, NOF developed the Linking Up program as a virtual support group for men, women ages 20–50 and women ages 51 and older. Upon enrollment, members can contact each other by phone, fax, mail or email to share their stories and to support each other as they live with osteoporosis.

As the Linking Up program has grown to more than 450 individuals across the country, here’s how the program has helped some members:

“My diagnosis of osteoporosis came as quite a shock to me, as I was not yet 50 years-old. I knew little about the disease, so in the year following my diagnosis, I struggled to learn everything I could about osteoporosis. In the midst of this frightening time, I received an email from another Linking Up member. She had similar questions

about osteoporosis and asked if I’d like to begin corresponding. I jumped at the chance to finally have someone to share my thoughts and fears with!”

“In June 2005, I wrote an email the members of Linking Up asking a simple question about exercise and chiropractic treatment. Much to my surprise, 20 women answered me. How wonderful it is to connect with other women who understand!”

“I can’t imagine trying to cope with osteoporosis all by myself. I am grateful to be part of such an outstanding group of ladies! We are dedicated advocates of NOF’s osteoporosis prevention, treatment and awareness programs.”

Visit www.nof.org or call (800) 223-9994 to learn more about Linking Up and to find an NOF Support Group in your area. Free Linking Up membership applications can be printed from NOF’s Web site.

NOF thanks the Linking Up buddies for sharing their thoughts!

Tips for Fall Prevention

A TWO-PART SERIES

This is the second article in a two-part series on tips for fall prevention.

Each year almost one-third of all people who are 65 years and older experience a fall, and three out of four of these falls occur indoors. As such, it is important to identify the major hazards in the home and find ways in which to “fall proof” the home. Here are some safety tips to help prevent falls and the fractures that can result from falling.

Indoor Safety Tips

- Keep all rooms free from clutter, especially the floors.
- Wipe up spills that occur on wooden or tiled floors immediately.
- Keep floor surfaces smooth but not slippery.
- Wear supportive, low-heeled shoes.
- Avoid walking around in socks, stockings or scuffs.
- Check that all carpets or area rugs have skid-proof backing or that they are tacked to the floor, including the carpeting on stairs.
- Keep all stairwells well-lit with handrails on both sides. Consider placing fluorescent or brightly colored tape on the edges of the top and bottom steps.
- Keep electrical cords and telephone lines out of walkways.
- Install grab bars on bathroom walls beside tubs, showers and toilets. If you are unstable on your feet, consider using a plastic chair with a back and nonskid leg tips in the shower.
- Use a rubber bath mat in the shower or tub.
- Keep a flashlight with fresh batteries beside your bed and consider placing a night light in your bedroom and/or hall, particularly between your bedroom and bathroom.
- Use at least 100 watt bulbs in your home to ensure ample light.
- Add ceiling fixtures to rooms lit by lamps only, or install a lamp that can be turned on by a switch near the room entrance. Another option is to install voice or sound activated lamps.
- Reorganize work areas and storage to minimize the need for stooping or excessive reaching. If you must use a stepstool, make sure that it is sturdy and has a hand-rail and wide steps.
- Avoid sitting in chairs that have wheels.
- Make certain that the nighttime temperature in your home is not lower than 65 degrees. Prolonged exposure to cold temperatures may cause body temperatures to drop, leading to dizziness and falling. Many older people do not recover from lowered temperatures as quickly as younger people.
- Use caution in getting up too quickly after eating, lying down or resting. To help avoid dizziness when getting out of bed, sit on the side of the bed for a minute or two before getting up and standing.

Life Style Behaviors

Certain life style behaviors can make a person more susceptible to a fall. Here are some other tips to help keep you safe.

- Use caution in drinking alcoholic beverages, as alcohol can slow reflexes and may cause confusion, dizziness and/or disorientation.
- Do not do things in a hurry. Accidents are more likely to happen when you do things in haste.
- Be aware that the use of multiple medicines can increase your risk of falling. Never change or skip medications without first talking with your healthcare provider.
- Stay alert and focused when in public places.

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Tips for Fall Prevention

- Participate in weight-bearing exercise regularly to help maintain bone density and muscle strength. Physical training can improve balance and coordination and reduce the risk of falls. Increased muscle mass may even help prevent fractures if a fall occurs.
- Eat a balanced diet. Good nutrition with an adequate daily intake of calcium and vitamin D are important to bone health at all ages.
- Wear glasses or a hearing aid if needed.
- Talk to your doctor if you are having balance problems or walking unsteadily. A consultation with a physical therapist for a specific exercise program, an evaluation for the need for an assistive device and a blood test to measure your vitamin D level (25-hydroxyvitamin D) may all help reduce the risk of falls.
- Wear appropriate shoes both indoors and out.

Other Safety Considerations

- Consider purchasing a portable phone that you can take with you from room to room. It provides security because not only can you answer the phone without rushing for it, but you can also call for help should an accident occur.
- Arrange with a family member or friend for daily contact. Always have at least one person who knows where you are.
- Give some thought to contracting with a monitoring company that will respond to your call 24 hours a day if you live alone.

For more information on making your home fall safe, contact NOF for a free copy of our brochure, *Living with Osteoporosis*. You can call NOF toll free at (800) 231-4222 to request this brochure.

Fight Osteoporosis and Receive Income for Life

NOF is pleased to announce a new way donors can support the organization while receiving added value for their charitable contribution. As of January, 2007, NOF can now offer charitable gift annuities to donors living in most states. Registrations are still pending in a few states, but this is a limited restriction that will change over the coming months.

For those of you who are unfamiliar with a charitable gift annuity, there are several key elements to keep in mind. For instance, a charitable gift annuity is a contract between a donor and NOF whereby the donor provides an agreed upon amount of money (e.g.: \$10,000, \$15,000, etc.) and NOF agrees to make regular payments to the individual for a lifetime. These payments are based on a percentage of the initial amount, calculated according to age, number of lives involved (could be two) and the recommended rates that

are provided by an outside agency that advises charities on this issue. Payments may be made monthly, quarterly or yearly, based on the terms of the contract.

In addition to the benefits of receiving payments throughout the year, there are also tax advantages for those who itemize that will benefit the donor both initially and over a term of years. From the very beginning the donor knows the amount to be received over the course of every year and the tax advantages for each year. Once the donor no longer needs the income from the charitable gift annuity the remainder becomes the property of NOF.

To receive additional information about charitable gift annuities, please contact Bob Bennett at (202) 223-2226 or write to us at: National Osteoporosis Foundation, 1232 22nd Street, NW, Washington, DC 20037.

ASK THE *expert*

I just read that strontium helps bone density. Is this a new drug or a new treatment for osteoporosis?

Strontium is a mineral that is present in some foods we eat, and it is available as a dietary or nutritional supplement as well. While some supplement companies are promoting the benefits of this mineral, and a few studies have shown that strontium may help increase bone density, more studies are needed before any conclusions can be made.

The mineral forms of strontium are not the same as strontium ranelate, which is a drug sold in Europe and

other countries to treat osteoporosis. Chemically, strontium ranelate consists of a combination of strontium and ranelic acid. Strontium ranelate is *not* available in the U.S. since it has not been approved by the U.S. Food and Drug Administration (FDA).

In summary, strontium is not a new drug or a new treatment for osteoporosis. It is a mineral that is available as a dietary supplement, and strontium ranelate is a drug that is not FDA-approved for use in U.S. It is important to note that a dietary supplement does not substitute for a medication that has been approved by the FDA for the treatment of osteoporosis. Additionally, dietary supplements are not FDA-regulated or tested like drugs, nor are their health claims approved by the FDA. It is unknown whether the strontium available as a nutritional supplement is absorbed in substantial enough doses to have any effect on bone.

2006 Community Events to Benefit Bone Health

NOF thanks the many individuals, groups and businesses throughout the country that helped increase awareness of osteoporosis while also raising money for the organization. A number of fundraising events were held in 2006 ranging from bike-a-thons to poker tournaments that benefited NOF and helped support our programs for advocacy, research, education and awareness. Below are a few of the events that were held during 2006 in support of NOF:

- Halloween Bone Run Walk 'n Roll in Vineland, N.J. hosted by the Rehabilitation Hospital of South Jersey. Boxing legend, Joe Frasier, attended the Run Walk as a special guest and watched as 700 individuals participated in the various races and activities.
- Stroll for Strong Bones in Gig Harbor, Wash. hosted by NW Women's Physical Therapy
- Bike For Bones in Limerick, Pa. hosted by RSZ Orthopaedics
- The 9th Annual Borough of Laurel Springs 5K Run (part of Laurel Springs Day) in Laurel Springs, N.J.
- Osteoporosis Fun Fair hosted by the Northern Virginia Osteoporosis Support Group and Sequoia Health and Fitness in Herndon, Va.

- OsteoChallenge 2006 hosted by the Penn State Dairy Science Club in University Park, Pa., which increased participation in the 5th year of this event—breaking their previous donation record.
- The 2nd Annual Poker Tournament at Georgia State University hosted by the Delta Phi Lambda sorority

You can help support NOF by hosting an event in your city or taking part in an event that is already planned. For event information, e-mail events@nof.org and put *osteoporosis events* in your subject line.



Excited Bike for Bones participants.

Strong Voices for Strong Bones Advocacy Training Meetings

Beginning in late 2005 and continuing throughout 2006, NOF hosted four “Strong Voices for Strong Bones Advocacy Training Meetings,” to educate individuals about advocating for osteoporosis and bone health with local, state and federal government representatives. These regional meetings, which were planned in consultation with state and local civic leaders, were held in New Jersey, Colorado, Michigan, and Georgia.

The intensive, full-day workshops focused on training attendees to effectively communicate with lawmakers about osteoporosis-related issues. The training included an overview of state and federal legislative processes and information about NOF’s public policy priorities. Interactive sessions explored tips and techniques for building positive relationships with elected officials and allowed participants an opportunity to practice how they would approach their legislators on osteoporosis issues. NOF resources, such as the Advocacy Action Center on NOF’s Web site, were also highlighted to encourage participants

to advocate for osteoporosis research, prevention, education and access to quality care. Attendees were asked to complete a “five-minute action plan” to outline the next steps they would take as advocates for bone health.

Each session also included a medical update by a local physician on the current state of osteoporosis prevention and treatment, which highlighted information and findings from the 2004 Surgeon General’s report on bone health and osteoporosis. In addition, each of the workshops featured a state and regional issues panel discussion that focused on local efforts related to osteoporosis education, prevention, and treatment. More specific information about the program from each meeting is available on the Advocacy News and Updates section of the NOF website (www.nof.org/advocacy/updates/index.htm).

Overall, more than 200 people participated in the training meetings, and their momentum has continued. For example, the training in Michigan led to discussions about how the state can ensure the consistency and quality of bone densitometry testing, and the Michigan Coalition for Bone Health created an Advocacy Workgroup to further advocacy efforts around osteoporosis at the state and federal levels. In New Jersey, the state’s Inter-agency Council on Osteoporosis spearheaded numerous activities during Osteoporosis Awareness and Prevention Month in May.

The “Strong Voices for Strong Bones Advocacy Training Meetings” are one component of NOF’s grassroots program to advance public health policies to benefit those with or at risk for osteoporosis. Another component is the Bone Health Advocate program which aims to recruit and train new volunteers interested in making osteoporosis a national priority. If you would like to become a part of the program, you can sign up on the NOF website (www.nof.org/advocacy/boneadvocates/index.asp) or contact the Public Policy Department at (202) 223-2226 or grassroots@nof.org.



Georgia Lieutenant Governor Mark Taylor and Nellie Duke, Chair, Ga. Osteoporosis Initiative at the Georgia Advocacy Training Meeting.

Treatment for Osteoporosis in Men Approved by FDA

The U.S. Food and Drug Administration recently approved risedronate sodium (Actonel®) tablets 35 mg once a week for the treatment of osteoporosis in men. Actonel had been previously approved for the prevention and treatment of osteoporosis in postmenopausal women as well as for the prevention and treatment of osteoporosis that results from long-term use of steroid medications in both men and women.

The approval of Actonel for men is based on a two-year, placebo-controlled, double-blind clinical trial of 284 adult men with osteoporosis. Men who were treated with Actonel 35 mg once per week experienced significant improvements in lumbar spine bone mineral density, as well as significant reductions in bone turnover markers which measured rates of bone remodeling. High rate of bone remodeling may be associated with worsening osteoporosis. Adverse effects were generally similar between men receiving Actonel and men receiving placebo and included constipation and back pain.

Two million men in the U.S. already have osteoporosis, and another 12 million are at risk. Most osteoporotic men develop the disease later in life and at older ages than women. Half of the men diagnosed with osteoporosis have age-related bone loss. With an aging population and increasing life expectancy, age-related cases of male osteoporosis are expected to increase. Most of the rest of the men with this disease have secondary osteoporosis which is caused by factors such as oral steroid use, low levels of testosterone (hypogonadism), excessive alcohol use and certain underlying diseases such as rheumatoid arthritis and inflammatory bowels.

Actonel is a product of Proctor & Gamble Pharmaceuticals and sanofi-aventis U.S., and is marketed by the Alliance for Better Bone Health. The toll-free Proctor & Gamble Pharmaceuticals customer service number is (800) 448-4878.

- ¼ cup fresh lemon juice
- ¼ cup low-sodium soy sauce
- 1 tablespoon peeled, grated gingerroot
- 2 teaspoons sugar
- 2 cloves garlic, minced
- 1 (10-ounce) package firm tofu, drained and cubed
- 1 cup chopped onion
- 2 tablespoons vegetable oil
- 2 cups shredded Chinese cabbage
- 1 cup fresh bean sprouts
- 1 cup diced sweet red pepper
- 1 cup sliced fresh mushrooms
- ¼ cup sliced green onions
- 2 teaspoons cornstarch
- 6 cups cooked brown rice (cooked without salt or fat)

*Released by permission from
Cooking Light Cookbook 1995*

Chinese Vegetable Stir-Fry

- 1 Combine first 5 ingredients in a medium bowl, stirring well. Add tofu and chopped onion. Cover and marinate in refrigerator 2 to 3 hours. Drain tofu and onion, reserving marinade.
- 2 Drizzle oil around top of wok, coating sides. Heat at medium (350 degrees) until hot. Add tofu and onion; stir-fry 10 minutes or until tofu starts to brown and onion is tender. Remove tofu mixture from wok; set aside; and keep warm.

- 3 Add cabbage, bean sprouts, red pepper, mushrooms, and green onion to wok; stir-fry 2 to 3 minutes or until vegetables are crisp-tender. Combine reserved marinade and cornstarch, stirring well. Add marinade mixture to vegetables; stir-fry 3 minutes or until thickened. Add tofu mixture, and stir-fry 30 seconds or until thoroughly heated. To serve, spoon 1 cup rice onto each individual serving plate. Top evenly with vegetable mixture.

YIELD 6 SERVINGS | CALORIES 339 | PROTEIN 10.6 grams | FAT 8.9 grams (Saturated Fat 1.6 grams) | CARBOHYDRATE 4.9 grams
FIBER 5.4 grams | CHOLESTEROL 0 milligram | IRON 4.3 milligrams | SODIUM 291 milligrams | CALCIUM 107 milligrams



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FOUNDATION

Standing Tall For You®

1232 22ND STREET NW
WASHINGTON DC 20037-1202
(800) 223-9994
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RESOURCES

NOF's Pearls of Strength™ Bracelet

NOF is introducing the Pearls of Strength™ bracelet made of genuine, freshwater, white, cultured 8–9 mm pearls joined together on a strand of silk thread knotted between each pearl with a sterling silver clasp. Each pearl bracelet is only \$25 (including taxes and shipping). Funds raised from the sale of the Pearls of Strength™ bracelet help NOF promote our programs of awareness, education, advocacy and research. Available for U.S. residents only. If you have any questions or need additional information, call (202) 223-9994 or send an email to events@nof.org (please put Pearls of Strength™ in the subject line).



Sending flowers or gifts to a friend or loved one?

FTD.com has created a special Web site, www.ftd.com/nof, that donates a portion of each online purchase to NOF. So now, when you are sending a special gift online, your purchase will also help support NOF in the fight against osteoporosis. (Not valid through FTD.com.)

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Contributors: Bob Bennett; Roberta Biegel; Karen Canova; Betty Hawkins; Kris House; and Sandra Lockhart, RN.