Calendar

- **April 27 (Fri)** Health & Wellness Fair, Allen Sr. Rec. Center, 451 St. Mary Drive, Allen. 9 am to Noon. Our group has an information table.

- **May 12 (Sat)** 10-11 am Group meeting, Methodist Richardson Medical Plaza I, 403 W. Campbell, Road Richardson. Discussion.

- **May 23 (Wed)** Information & Wellness Fair, Plano Sr. Rec. Center, 401 W. 16th Street. 9 am to 1 pm. Our group has a table.

Glucocorticoid-induced osteoporosis

“Oral glucocorticoids are commonly prescribed for a wide variety of disorders, ... However, the use of these medications can result in rapid bone loss during the first 3 to 6 months of therapy, leading to increased risk of fragility fractures.”

“...the International Osteoporosis Foundation (IOF) and the European Calcified Tissue Society (ECTS) have published a guidance document which provides a framework for the development of national assessment and treatment guidelines.”

To read more, go to www.iofbonehealth.org 3.27.12

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**We are now on line!**

**Go to:** www.dallasbonebuddies.org

**FDA Approves First Ibandronate (Boniva®) Generics**

The FDA has approved the first generic versions of Boniva® (ibandronate), a once-monthly prescription tablet used for the prevention and treatment of osteoporosis in women after menopause.

Apotex Inc., Orchard Healthcare and Mylan Pharmaceuticals Inc. are the manufacturers that have gained FDA approval to make generic 150 milligram ibandronate tablets.

The generic versions are not available for patient use yet, but keep watching the NOF website—www.nof.org

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**Got that Spring fling feeling?**

Do you have “stuff” building up in your closets? Is it time—for a good clear out?! Please consider boxing up your gently used, or new, items and donating them for our big (hopefully) 202 group fundraiser, a GARAGE SALE. It’s only a few weeks away!

**Dates:** Friday, June 1st and Saturday, June 2nd.

**Time:** 9am-Noon both days. **Place:** Jennie’s house—7514 Vineyard Trail, Garland, 75044.

Please price your items as best you can. (Masking tape works well.)

**Drop off:** Next meeting, or anytime - just please let me know when you are coming!

Jennie - 972-965-1467.

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Above: Sheryl Brown, PT, MSPT, Manager of Rehabilitation Services at TX Health Presbyterian Hospital’s Finley Ewing CVC & Fitness Center introduces our excellent March 20 meeting speaker, Molly McHugh, PT, DPT.