IN THE NEWS

NOF-Commissioned Study Finds No Increased Risk of Cardiovascular Disease with Calcium Supplementation.

To further investigate the claims linking calcium supplementation to increased heart disease risk, NOF commissioned a re-analysis of the Calcium and Vitamin D arm of the Women’s Health Initiative. The findings are reassuring in showing that supplemental calcium and vitamin D, when taken in recommended amounts, are safe without an increased risk of myocardial infarction, cardiovascular disease or cardiovascular death.


2013 Calendar

- Saturday, Feb. 9 meeting 10-11 am
  At Methodist Richardson Medical Center, (Bush/ Renner), 2821 E. Pres. Geo. Bush Turnpike. Speaker: JoAnn Carson, Ph.D. Professor of Clinical Nutrition, UT Southwestern Medical Center. Program coordinator, Benita Belsley

- Saturday, January 26 7:30 am to noon
  Baylor Garland Hospital, For Women For Life health and wellness event, at The Atrium, 300 N. 5th Street, Garland. Our group will have an osteoporosis information table. Health screenings and presentations begin at 8:30 a.m. To Register for this free Baylor Hospital event, search on line “Baylor Garland For Women For Life 2013”.

If you have a story or picture to share for this newsletter, please contact Jennie, at: jennieimage@txrr.com

Group contact information:
Leader, Elaine Henderson
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Health Fair gift donations

Elaine wants to continue to have our group represented at local health information fairs. These fairs are an opportunity to offer information about osteoporosis to the public and to increase group meeting attendance.

Some fairs request door prizes. I am seeking donations from the group of gift basket items, such as hand lotions, fancy soaps, costume jewelry, note pads, etc. All items must be brand new. Thank you! Jennie Image, 972-965-1467

Two books have been recommended by group members:
The Whole Body Approach to Osteoporosis, by chiropractor R. Keith McCormick, OC, and OsteoPilates by Karena Thek Lineback.

**NOF does not endorse or review books.

We are fam-mi-lee!