Online communities offer support

The National Osteoporosis Foundation on lineSupport Community, at www.inspire.com connects patients, families, friends and caregivers for support and inspiration.

In addition, WebMD has developed an on line osteoporosis exchange community, www.webmd.com.

The site page introduction says, “Welcome to the WebMD Osteoporosis Exchange with experts from the National Osteoporosis Foundation who rotate their time here.”

**Both sites encourage members to speak with their healthcare providers for medical and treatment advice.

New tool helps identify broken bones in the spine

WASHINGTON, DC (February 22, 2011) — On February 4, 2011, the Optasia Medical SpineAnalyzer was cleared by the FDA. SpineAnalyzer is a tool that helps healthcare providers to identify broken bones in the spine. Patients with spinal fractures can then be treated for osteoporosis which reduces the risk for future fractures.

NOF welcomes any new FDA approved diagnostic options, such as Spine-analyzer™, that will help patients address this prevalent disease. NOF estimates 10 million Americans have osteoporosis and another 34 million are at risk for the disease.

Are Osteoporosis and Osteoarthritis Connected?

Many people confuse osteoporosis and osteoarthritis, probably because the words are similar, but they have little in common. The NOF website, www.nof.org says, “Although people can have both of these diseases, osteoporosis and osteoarthritis have very different causes and treatments. Osteoarthritis is just one of many diseases that affect the joints and surrounding tissues. These types of diseases are known as arthritis. Some forms of arthritis are associated with an increased risk for osteoporosis. One example is the second most common form of arthritis, which is rheumatoid arthritis (RA). Steroid medications used to treat rheumatoid arthritis, as well as the condition itself, can increase the chance of getting osteoporosis.”

Steps For Strong Bones®

T-shirts celebrating our group’s 2009 Community Walk, are available at this meeting. Please see our table display. Donation checks, requested minimum $10, should be made out to N.O.F.