Wishing you all a very happy, healthy new year
and may our bones get stronger!

NOF North Dallas Support Group

An osteoporosis diagnosis can be a shock ~ Libby’s story

I remember clearly, back 13 years ago. Just a few days previously I’d had my annual physical exam with my doctor; a full work up. The doctor said I was in good shape. I was eating right and exercising. I was not in the least bit concerned about my health.

It was a Sunday. I was busy outside, washing windows. I reached up to wack that pesky cobweb right up in the corner of the dining room window. At the same time, a car drove by. The driver gave the horn a friendly beep and passed on. Turning to respond, I fell sideways onto concrete. I rolled onto my back but couldn’t get up. The pain was excruciating. I lay there for more than 15 minutes, shouting for help. Where was that friendly driver now?! My husband found me, and with his help, I struggled to my feet. I went to work the following day. Yes, there was pain but surely it was just soreness that would go away? Two days later the pain in my hip was worse, much worse, and I decided to seek help. An X-ray revealed a cracked pelvis, and I was also given the stunning news that I had “thinning bones” and needed to see my regular doctor to discuss treatment.

Since then, I have been on three different medications, persevered through very unpleasant side effects, my bone density scores going back and forth. I have talked to several physicians and continue to search for a therapy that will improve, even arrest, my bone density. At times I have been close to tears. I have attended local osteoporosis support group meetings. It helps to share.

By Libby Gilbertson-Clark, 2009

May I write up your story? Let me know. Jennie, 972-965-1467

- Avocados contain 81 micrograms of the carotenoid lutein, which some studies suggest may help maintain healthy eyes. Plus they contain beta-sitosterol which is a natural plant sterol which may help maintain healthy cholesterol levels.

- One-fifth of a medium avocado (1 oz) has 50 calories and contributes nearly 20 vitamins, minerals and beneficial plant compounds that can contribute to the nutrient quality of your diet.

- Avocados, due to their mono and polyunsaturated fat content, are a healthy substitution for foods rich in saturated fat.

Source: www.avocados.org

Our Bone Buddy, Francine Ghaznavi is looking for work. She would particularly like to use her training as a CNA (Certified Nurse Assistant). She also has experience as a qualified substitute teach, as a library aid and special education aid (Plano ISD) and has worked extensively and compassionately with Alzheimer and assisted living residents. She welcomes your referrals - 469-467-9687 (home) 469-396-6261 (cell)

Access to Bone Density Testing Part of Health Reform

The House health reform bill includes a provision that would authorize a study of how Medicare reimbursement cuts for bone density testing affect patients.

NOF will continue to work to ensure that the remedy for reimbursement and the study remain part of the final health reform legislation signed by the President.

Quoted from NOF Bone Health Advocacy E-News, “Strong Voices For Strong Bones”, Fall 2009

Post script to our Community Walk last October. Advocacy E-News reports that, with 42 registered walkers, we raised $970 in support of NOF’s mission. In August, more than 350 women at a triathlon in Spokane, Washington raised $845! 😊