Mother/Daughter Health Makeover

NOF’s Prevention magazine is starting a new column called "The Mother/Daughter Health Makeover." They are currently looking for mothers and daughters who are in some way affected by osteoporosis. They are looking for a mother in her 50s-60s who is currently living with osteoporosis. The daughter should be concerned about developing osteoporosis or have a warning sign that she could be at risk of the disease, such as a fracture, a "diagnosis" of low bone density, etc. Selected individuals will have their profiles featured in the magazine – including a little bit of their story, their symptoms, what they do to counteract bone loss, as well as an interview with an expert about what women need to know at every age to keep their bones strong. Do you, or does someone you know, fit this profile?

If you’re interested or have any questions, please contact Bea Duque Long, NOF Grassroots Policy Associate, at 202.721.8373.

Calendar

Sat. Aug 6: Sr Awareness event, Richardson Civic Ctr, 9:30 am-12:30 pm
Sat. Aug 13: Richardson meeting, 10 am, Rm 1 Speaker: Andjelka Pavlovic, Exercise Physiologist, TWU
Sat. Aug 20: First meeting at Presbyterian Hospital, Dallas 10-11 am Speaker: Janalou Phelan, Hospital Dietitian
Sat. Aug 20: St. Barnabus Health Fair (Richardson) 10 am-1 pm **

The ‘drug holiday’ issue

During a recent support group leaders conference call with NOF, Elizabeth Kimbrough, our group co-leader, asked about drug holidays and how holidays may vary depending upon the drug.

Judy Chandler, Health Education Specialist replied, “Drug holidays are currently not standard and there are no guidelines at this time. We hope to learn more about them and be able to provide more information about implementing drug holidays—research needs to support [their use].

Why join a Support Group?

NOF sponsors osteoporosis support groups throughout the country. The many benefits of joining a support group include:

* Learning more about the disease and treatment choices
* Receiving free brochures and educational materials
* Feeling a sense of caring and understanding
* Not feeling alone in dealing with the disease
* Improving coping skills by learning how others handle the disease
* Exchanging information about community resources, including healthcare providers who treat osteoporosis
* Finding hope and encouragement

If you live some distance from Richardson, and would like to start a group in your area, please call Jennie, phone 972-965-1467 or e-mail - jennieimage@txrr.com

Right now it’s up to the individual healthcare provider and the patient.”

Susan Randall, Senior Director of Science and Education added, “Some drugs do not stay in the system and are not appropriate for holidays, like teriparatide (Forteo®).”