WHAT IS BONE?

Mature bone is composed of proteins and minerals. Approximately 60% of the weight of the bone is mineral, mainly calcium and phosphate. The rest is water and matrix, which is formed before the mineral is deposited, and can be considered the scaffolding for the bone. About 90% of the matrix proteins are collagen, which is the most abundant protein in the body. Collagen is very strong and forms bone, cartilage, skin, and tendons. ...There are two major kinds of bone, trabecular (spongy) and cortical. Trabecular bone gives supporting strength to the ends of the weight-bearing bone. The cortical (solid) bone on the outside forms the shaft of the long bone.

The bone stores 99% of the body's calcium and 85% of the phosphorus. It is very important to keep the blood level of calcium within a narrow range. If blood calcium gets too high or too low, the muscles and nerves will not function.

Quotations from—Education Committee of the American Society for Bone and Mineral Research (ASBMR).

FDA Approves New Injectable Osteoporosis Treatment for Postmenopausal Women

The U.S. Food and Drug Administration recently approved Prolia, an injectable treatment for postmenopausal women with osteoporosis who are at high risk for fractures.

Prolia works to decrease the destruction of bone and increase bone mass and strength. An injection of Prolia is recommended once every six months.

The safety and efficacy of Prolia was demonstrated in a three-year, randomized, double-blind, placebo-controlled trial of 7,808 postmenopausal women ages 60 to 91 years. In the study, Prolia reduced the incidence of vertebral, non-vertebral, and hip fractures in postmenopausal women with osteoporosis.

The most common side effects reported with Prolia include back pain, pain in the extremities, musculoskeletal pain, high cholesterol levels, and urinary bladder infections. Serious adverse reactions include hypocalcaemia (low calcium levels in the blood), [and] infections of the skin.

Manufacturer: Amgen
Consumer Inquiries: 888-INFO-FDA www.fda.org

Our group meets monthly at Methodist Richardson Medical Plaza 1. For more information, please contact either Jennie Image, 972-965-1467 or Elizabeth Kimbrough, 972-238-8413

OUR NEXT MEETING
Sat. August 14~Room 1
Pilates for Osteoporosis
Speaker: Cathy Moses Baldasserini

Cathy's Pilates exercises are designed to help build bone density of the spine and hips, improve posture and balance, and increase your flexibility and mobility. You will also learn how to avoid movements that increase the risk of fracture.

HELP! Our group is taking part in two Health Fairs in August. Do you have time to help out? We need nice ladies to sit at our booth, smile, and hand out brochures. I KNOW you can do that!

Call me, please. Jennie

PAYING FOR YOUR OSTEOPOROSIS MEDICATIONS: What You Need to Know.
This on line NOF publication includes:
- a list of drugs by brand name and type and how to contact the manufacturer
- how to choose a Medicare prescription drug plan
- how the Partnership for Prescription Assistance (PPA) can help you get access to medications if you are uninsured.
Go to www.nof.org

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For questions about any NOF programs and services, you can call toll free at 1 (800) 231-4222 or visit their Web site at www.nof.org.