Our group is growing! We need your input to help it develop smoothly. Please plan to attend a special meeting on SATURDAY, JUNE 5th at 10:00 a.m. We'll meet in the Physician's Dining Room, adjacent to the cafeteria, in Methodist Richardson Hospital. More info? Phone Elizabeth: 972-238-8413.

NOF celebrates National Osteoporosis Awareness and Prevention Month with a new campaign and Webinar series

This May NOF will celebrate National Osteoporosis Awareness and Prevention Month in conjunction with a new campaign, called Healthy Bones, Build Them For Life®.

This exciting new campaign will focus on educating the ENTIRE population on the importance of bone health and osteoporosis prevention and treatment. The campaign will feature television Public Service Announcements, live patient education webinars, special events, grassroots outreach and more.

The first in the series of Webinar broadcasts is

**May 27, 2010**  
1:00 PM  
(Dallas time)

Duration: approx. 1 hour

It will address such questions as — When should I have a bone density test and why? What do my test results mean? What other tests should I have?

Felicia Cosman, MD will address many of these important questions and more. She will provide an overview of osteoporosis and many of the risk factors for the disease, including medicines and medical conditions that can cause bone loss. The webinar will conclude with a question and answer session.

To register, go to www.nof.org

**What Is A Webinar?**
Short for Web-based seminar, a webinar is a presentation, lecture, workshop or seminar that is transmitted over the Internet. A key feature of a Webinar is its interactive elements -- the ability to give, receive and discuss information.

**Osteoporosis Clinical Updates**

New Clinical Updates Now Available Online:

Four new titles have been added, including:

* Bariatric Surgery and Skeletal Health  
* Many Faces of Secondary Osteoporosis  

* Treating Postmenopausal Osteoporosis with Hormone Therapy  
* Reanalysis after the Women's Health Initiative  
* Diagnostic Dilemmas in the Use of BMD Testing

http://www.nof.org/cmexam/index.htm

**Walk, Jog or Run Your Way to Healthier Bones!**

Join NOF's fundraising and walking program, Steps for Strong Bones®, this May through October. Register as an individual or as a team at www.nof.org/steps

A member of our group forwarded this link to me~~

www.cooperaerobics.com Look for the article, “Bone Health Breakthrough” in the Wellness Insider section. Jennie