Agency for Healthcare Research and Quality (AHRQ) has a research program focused on medication use by women, including the use of antibiotics, contraceptives, drugs to prevent or treat osteoporosis, and hormone replacement therapy to ease the symptoms of menopause. AHRQ also supports studies focused on medication safety, the cost of medications, and other related topics. Examples of recent findings from these studies include the following:

According to this report, not enough scientific evidence exists to establish whether bisphosphonates (the most commonly used osteoporosis drugs) are better at preventing fractures than estrogen, calcitonin, or raloxifene. The report also indicates that many osteoporosis patients stop taking their medications as prescribed. Some stop because they do not have osteoporosis symptoms; others stop because of medication side effects or because dosing is too frequent. Not taking medications as prescribed increases the risk of bone fractures.

From—Comparative Effectiveness of Treatments to Prevent Fractures in Men and Women with Low Bone Density or Osteoporosis, Comparative Effectiveness Review No. 12, 2007; online at http://www.effectivehealthcare.ahrq.gov

OSTEOPOROSIS WILL NOT WIN!

---

Support Group meeting
*Saturday, October 16*
10 a.m.
at Baylor Senior Health Center, 800 N. Shiloh Road, Garland (turn at Westwood Drive).

Guest speaker: Janet Wasson, RN, osteoporosis educator for Lilly Pharmaceuticals (Evista® and Forteo®).

Janet will give a brief overview of osteoporosis treatments and then she will demonstrate how the Forteo® injection pen is used. She will be happy to take questions. Janet said that osteoporosis education “is her passion”!

All meetings are free. Everyone is welcome, even if you do not live in Garland! For questions, please call Jennie, 972-965-1467.

---

Have you heard about Healthways SilverSneakers Fitness Program? Check with your local fitness center or visit www.silversneakers.com

---

GROUP VOLUNTEER, CLARA, HAS A CALLING TO HELP OTHERS

I was born in Memphis, TN but grew up in a little town out side of Houston called Huffman, TX for most of my life. I moved to Dallas with my husband for his career in life and for me to go to Texas Woman's University. I am now half way through with my studies but yet I felt I had a calling to do more then just get a diploma. I love to help others, from volunteering at a Boy's and Girl's Club, building homes with Habitat for Humanity, and helping people understand osteoporosis. I am working on a thesis about a proper workout structure for children and adolescents, to help them build stronger bones and to avoid bone loss from lack of nutrition and the taking of medication. I am going to school to become a Physical Therapist and hopefully gain my D.P.T.

— Clara Clark

Thank you, Clara, for your help with our group.