

## Bone Health Resources

Bone Health article by Dr. Bryan Jick. FOWH website.

[www.huntingtonhealth.org/fair-oaks-womens-health/menopause-resources/bone-health-information/](http://www.huntingtonhealth.org/fair-oaks-womens-health/menopause-resources/bone-health-information/)

[www.bonehealthandosteoporosis.org/](http://www.bonehealthandosteoporosis.org/)

The Bone Health and Osteoporosis Foundation (BHO<sup>F</sup>) is “the leading national health organization dedicated to promoting strong bones for life, preventing osteoporosis and broken bones, and reducing human suffering through programs of public and clinician awareness, education, advocacy, and research.”

[www.optimalbonehealth.com/resources](http://www.optimalbonehealth.com/resources)

Dr Doug Lucas is double board-certified physician specializing in optimizing healthspan and bone health.

<https://saveourbones.com/>

“The Osteoporosis Reversal Program's revolutionary multi-pronged approach gets to the root cause of your bone loss, stops it, and helps you rebuild strong and healthy bones.”

OsteoStrong Training: <https://centers.osteostrong.me/>

Bone Coach - Kevin Ellis: <https://bonecoach.com/>

Stronger Bones Masterclass™ - free 50 minute introductory video.

Onero™ Academy. Onero™ is a high intensity resistance and impact exercise program to strengthen bone and muscle. <https://onero.academy/osteoporosis-exercises/>. Based on the LIFTMOR study. (available in Pasadena at Evergreen Physical Therapy - 626.683.8536).

FRAX - FRACTURE RISK CALCULATOR: <https://www.sheffield.ac.uk/FRAX/>

<https://www.bonehealthtech.com/>

OsteoBoost®: <https://www.osteoboost.com/>

"Live stronger, thrive longer. A revolution in bone health is on the way. Osteoboost is the first FDA-cleared drug-free prescription treatment for osteopenia in postmenopausal women." Osteoboost is a wearable medical device, worn low around the waist, that delivers targeted vibration therapy directly to the hips and spine – the areas most at risk of debilitating osteoporotic fractures.

## VIDEOS

<https://vimeo.com/267839997>

The Osteoporosis Risk Equation

<https://vimeo.com/272839372>

Does Estrogen Still Have a Role to Play in Osteoporosis Management?

<https://vimeo.com/272838730>

How to Put Out Fires: Understanding and Dispelling the Myths Held by our Patients, Panel Discussion on Vitamin D and osteoporosis

### Prunes for bone health?

“Consuming five to six prunes a day for 12 months resulted in preservation of bone at the hip.” - Mary Jane De Souza, distinguished professor of kinesiology and physiology.

[www.psu.edu/news/health-and-human-development/story/prunes-may-help-prevent-bone-loss-and-preserve-bone-strength/](http://www.psu.edu/news/health-and-human-development/story/prunes-may-help-prevent-bone-loss-and-preserve-bone-strength/)

### Statistics

- In the United States, osteoporosis affects over 10 million adults and is currently being underdiagnosed and undertreated.
- Approximately 300,000 hip fractures occur annually in the United States. With the aging population, the number of hip fractures is expected to double by the year 2050. It has been reported that over 90% of hip fractures in the elderly are a result of a fall but interestingly only 5% of all falls result in a hip fracture.
- The 1 in 6 lifetime risk of hip fracture is greater than the 1 in 9 lifetime risk of developing breast cancer.
- According to the International Osteoporosis Foundation (IOF), 1 in 3 women over age 50 will experience osteoporotic fractures, as will 1 in 5 men over the age of 50.
- 25% of Americans who experience a hip fracture enter a nursing home, 25% die in the year following the fracture and permanent disability occurs in 50%.
- The loss of function and independence among survivors of hip fracture is profound, with 40% unable to walk independently and 60% requiring assistance a year later.