

MAY IS NATIONAL OSTEOPOROSIS AWARENESS AND PREVENTION MONTH

All across the country – and in our own communities – nearly one in two women and one in four men aged 50 and older are at risk for osteoporosis. This bone-thinning disease has no symptoms until debilitating fractures occur. Fortunately, osteoporosis is preventable and treatable. Join the Florida Department of Health and the National Osteoporosis Foundation (NOF), the nation's leading voluntary health organization dedicated solely to osteoporosis and bone health, in celebrating May as National Osteoporosis Awareness and Prevention Month.

According to the NOF, the number of men and women age 50 and over in Florida who have been diagnosed with osteoporosis and/or low bone mass (osteopenia) was estimated at 3,014,600 in 2002. By 2010, this number was expected to increase to 3,772,400 and by the year 2020 the number is expected to increase to 4,715,900. The NOF indicates that an average of 24% of patients over the age of 50 who sustain an osteoporosis-related fracture will die within one year after the fracture.

Tips provided by the NOF to optimize bone health and help prevent osteoporosis include:

- Get the daily recommended amounts of calcium and vitamin D
- Engage in regular weight-bearing and muscle-strengthening exercise
- Avoid smoking and excessive alcohol
- Talk to your healthcare provider about bone health
- Have a bone density test and take medication, when appropriate

The NOF is celebrating National Osteoporosis Awareness and Prevention Month with the launch of a new campaign called Healthy Bones, Build Them for Life. As part of the campaign, the NOF is offering the first in a series of free live patient education webinars on May 27, 2010 at 2:00 p.m., E.T., entitled "How Strong are Your Bones?" The webinar series will be led by bone health experts who will cover a variety of osteoporosis related topics including risk factors, testing, nutrition, exercise, and treatment. To register for and participate in the live patient education webinar go to: <http://www.nof.org/noapm/>.

To learn more about osteoporosis and National Osteoporosis Awareness and Prevention Month visit the National Osteoporosis Foundation website at www.nof.org or the DOH website at www.doh.state.fl.us/Family/osteo.



FMA'S NEW GREEN DOCTOR OFFICE PROGRAM LOWERS OFFICE EXPENSES AND IMPROVES HEALTH

The FMA recently launched its new Green Doctor Office Program (GDOP) at MyGreenDoctor.org. The GDOP is an **easy-to-use, free** program that guides doctors' offices through creating a Green Team and making changes that can save their practices money by using energy, water, and other materials more efficiently. The program offers more than a hundred Action Steps that offices can take. There are seven workbooks that walk you through topics that include energy and water efficiency, solid waste and recycling, chemicals in the workplace, pharmaceuticals disposal, landscape management, renewable energy, and healthy foods. A big part of the program is sharing ideas with the office staff, families and patients; in this way, important improvements are possible for the health of the community. In just a few months, a practice can qualify to receive a GDOP Certificate from the FMA.

The program was written by FMA member Todd L. Sack, MD, and Sarah A. Boren, experts in office environmental issues and is administered by the FMA Environment & Health Section. There is no fee for using the program. To register for the GDOP or to learn more about the program, go to MyGreenDoctor.org. The "Quick Start Now" shows you how to get started today.

UPCOMING EVENTS MARK YOUR CALENDAR

June 9, 2010

Summer Quarterly Meeting

6:00 – 9:00 p.m.

Harry P. Leu Gardens

Special Guest Speaker

Madelyn Butler, MD

August 4, 2010

Board of Directors Meeting

6:00 – 8:00 p.m.

OCMS Office

August 13 – 15, 2010

Florida Medical Association Annual Meeting

Hilton Orlando Bonnet Creek