



Bone Health: What You Need To Know: A Focus on Osteoporosis

By Leslie Sawin

Bone health and its challenges, osteopenia and osteoporosis are concerns for most older adults. Many Villagers are interested in knowing the status of their bone health: How to find out if you have bone health challenges; How to manage them if you do; How to keep up to date with the challenge of ever-changing tools for understanding individual bone health. Getting information and knowing about available resources in this area are key to helping members be comfortable with the topic, learn about the ever evolving treatments, supplements and new scientific thinking.

To address these issues, the Health and Wellness Committee is developing a multi-session program to be offered in 2027 to examine pertinent questions. The program goals are:

- To present the latest understanding of assessment options, treatment options and
- management strategies for bone health;
- To highlight current research in osteopenia and osteoporosis;
- To offer strategies for personally managing bone health issues and self-care
- recommendations in each area;
- To understand and support the complex decision-making that often arises with
- individual treatment choices

Session topics include diet, exercise, treatment management and decision making strategies for treating bone health issues. Up-to-date resources and research information support the coursework.

Two critical issues are at the heart of this program.

- 1. Bone Health Tests:** A specific focus of the program is bone quality tests. Bone health can be a component of several medical specialties including Endocrinology, OB/Gyn, Primary Care and Rheumatology. Each specialty tends to know about some of the available tests and have preferences about which tests to use. While a DEXA Scan is the most common option for measuring bone health, there are many other options which are continually changing. As one source noted: "The biggest mistake in bone health care is not choosing the wrong bone scan machine. Instead, it is assuming that one test or one score can give you the complete picture of your bone health." Our intent is to provide the best information about available bone tests and what they can and can't do.
- 2. Decision-Making Tools:** The program will work with decision-making and analyzing treatment options so Villagers will have tools for the complex decision-making that often arises in planning bone health treatment.



Be on the lookout for an announcement for when this program will start. We hope to see you there.