

Lunch and Learn Lecture on OSTEOPOROSIS February 25, 2016:

"Fit to a T," a lecture about osteoporosis and bone health, presented by the US Bone and Joint Initiative, will be given on Thursday, February 25, 2016, from 12 noon to 12:50 PM, in the Kiowa Room of the Main Interior Building, 1849 C St NW, Washington, DC, 20240. The Kiowa room is in the basement, on the Credit Union side, near the Sodexo Cafeteria cash registers. Live streaming of this lecture is available to those who cannot attend in person via this link: <https://www.doi.gov/events>.

The Safety, Health, and Environmental Branch of the Office of Facilities and Administrative Services is pleased to provide this informative lecture because osteoporosis is a silent disease that is prevalent, very disabling, and can be averted with knowledge and action. If people in their 30s and 40s maintain the "bone bank balance" they built in their teens and 20s, the disability of Osteoporosis could be averted. Without exercise and a proper diet to build up bone strength and mass, by the time an individual reaches 50 years of age, the risk of breaking a bone because of osteoporosis is 50 % for women and 25 % for men. A broken bone at that age can be a life changer; seniors who fracture their hip because of osteoporosis have a 24% increase of dying within one year following their fracture. Quality of life is forevermore changed as the senior adjusts their life to using a cane or walker.

Fortunately, there is a way to diagnose this frightening problem and it is called "Bone Mineral Density Scan" (also known as the "DXA scan" or "Dual X-ray Absorbiometry.") This gives you a "T score," which the US Bone and Joint Initiative hopes will become as common a measure of health as your cholesterol level or blood pressure.

This lecture will address the prevention, diagnosis, and treatment options available for Osteoporosis, a disease that is 4 x more common than heart disease and 6 x more common than breast cancer, yet gets little attention from Americans.

The presenter is Eileen Ronsheim, a Family Nurse Practitioner who is passionate about public education on bone health. Trained by the US Bone and Joint Initiative to give this lecture, she is a full time Nurse Educator at the Spine Center of Medstar Georgetown University.

For more information on bone health in general, and osteoporosis in particular, visit the web site of the US Bone and Joint Initiative at: [Http://www.usbji.org](http://www.usbji.org)

For anyone who needs special accommodations for this lecture, such as sign language interpretation, please contact the organizer, Barbara Hayden, RN, by phone at 202-208-7057, or by E-mail at barbara_hayden@ios.doi.gov.