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# Health Hints

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## National Health Issue: Sally Field Addresses Members Of Congress About Osteoporosis

(NAPSA)—Postmenopausal osteoporosis, a disease in which bones become brittle and more prone to fractures, threatens more than 44 million Americans age 50 and older. It is estimated that 10 million individuals already have the disease, and nearly 34 million have osteopenia (low bone mass), a condition that puts them at risk for osteoporosis. Eight out of 10 people affected by osteoporosis are women.

Two-time Academy Award-winning actress and osteoporosis advocate Sally Field is spearheading an awareness campaign, encouraging women to protect themselves against fractures so they can remain active and reduce their risk of a debilitating injury.

Recently, Field spoke at a breakfast briefing on Capitol Hill to ask women in Congress to help spread the word to constituents in their home states about this disease, which will cause one in two women over age 50 to have an osteoporosis related fracture in her lifetime.

“Any woman can find herself at



**Academy Award-winning actress Sally Field visited Capitol Hill to ask the women of Congress to learn more about bone health as part of her “Rally With Sally” osteoporosis awareness campaign, available on [www.BoneHealth.com](http://www.BoneHealth.com).**

risk for osteoporosis,” said Field who was diagnosed with the disease two years ago. Her progression of osteoporotic bone loss has stopped after a year on a prescription medication. In addition, she exercises regularly and eats a calcium-rich diet. “We can start to shift the odds in our favor by rallying together and challenging

ourselves—and each other—to take care of our bone health.”

Field is also urging women to learn more about the *Rally With Sally For Bone Health*<sup>SM</sup> campaign, sponsored by Roche and Glaxo-SmithKline (GSK) and sign up to take the “*Start Right, Stay Strong*” Challenge. The Challenge includes tips on how women can keep their bones healthy by:

- Getting a bone mineral density (BMD) test
- Getting adequate calcium and vitamin D
- Exercising to build strength, flexibility and balance
- Taking their osteoporosis medication as directed

To receive more information about osteoporosis and the *Rally With Sally* campaign, please call toll-free 877-BoneHealth (877-266-3432) or log onto [www.BoneHealth.com](http://www.BoneHealth.com).

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