



spotlight on health

Mrs. America Delegates Become Fracture Fighters

(NAPSA)—Many know her as America's favorite TV wife and mother, Mrs. Carol Brady on "The Brady Bunch." But Florence Henderson has taken on a new role as an outspoken advocate for osteoporosis education. After being diagnosed with the disease, she has become a tireless campaigner for osteoporosis prevention and treatment, and today she is leading a group of "Fracture Fighters" as part of the Mrs. America Act Now Alliance.

Recently honored with the "Woman of Spirit Award" during the 25th anniversary of the "Mrs. America Pageant," Ms. Henderson joined the newly crowned Mrs. America and all 50 pageant delegates signed the Mrs. America Act Now Alliance pledge to become "Fracture Fighters," taking a personal stand to fight this debilitating disease in their home states. These Fracture Fighters are now working in their communities teaching women how to assess their personal risk, persuading them to talk to their doctors about the disease and encouraging them to Act Now to make lifestyle changes that will help them keep their bones healthier and their lives active.

"I am truly moved that these beautiful and accomplished women from all across the country are motivated to talk to the women in their lives about osteoporosis screening and treatment," said Henderson. "If we can convince one woman to talk to her doctor about her risk for osteoporosis before a fracture occurs, we'll be making a difference."

"A woman's outer beauty is closely tied to her inner health, so taking steps to prevent a fracture is vitally important," said Nicole Brink, a spinal surgical specialist and recently crowned Mrs. America and newly crowned Mrs. World 2002.



Recently honored with an award at the Mrs. America Pageant for her tireless work in educating, empowering and helping women take steps to protect their bones, Henderson is now being joined by the Mrs. America "Fracture Fighter" delegates to encourage women to be screened, diagnosed and treated before a fracture occurs.

Every 20 seconds, osteoporosis causes a fracture. Forty percent of women over the age of 50 will suffer a fracture from osteoporosis. This disease is the second largest health issue facing women, but it is not an inevitable part of aging—it is preventable and treatable. Yet, fractures from osteoporosis still threaten more than 28 million women. And despite proven prescription medications, few women take the simple step of talking to their doctors about the disease.

"Osteoporosis is a silent disease that is often left undetected. Women past menopause should talk to their doctors about their risk for osteoporosis, bone mass screening and medications that can prevent and treat the disease," Henderson said. "I've been taking medication to help reverse bone loss and I'm living proof that you can build healthier, more fracture-resistant bones if you take the right steps."

For more information about osteoporosis, log on to www.fracturefighters.com.