

 **May is for Bone Health: Don't Let Osteoporosis Catch You Off Guard**

Osteoporosis and fragility fractures are silent but serious threats—especially to your spine. Each year, over 1 million Americans experience vertebral compression fractures (VCFs), many without even knowing it until it's too late.



UNPARALLELED ACCESS TO WORLD-CLASS EXPERTS



The Hidden Break—A Silent Threat to Your Spine

In our latest **#SpineTalks** episode, experts breakdown:

- [What causes vertebral compression fractures](#)
- [How to treat them](#)
- [The best ways to prevent future damage](#)

Watch Now


Featured Article:
Take Action to Protect Your Bones

Vertebral fractures don't have to be part of aging. With early detection and proactive care, you can safeguard your spine and independence.

Here's how:

- Medication
- Balanced Nutrition
- Physical Activity
- Regular Screenings

Read Article



Understanding Spinal Compression Fractures and Preventing the Next

**STRONGER BONES.
BRIGHTER FUTURES.**

Donate Now

Support women living **#SpineS.T.R.O.N.G.**



Get Back To It
Real Stories of Healing and Recovery



Podcast Alert:
It Runs in the Family—But She Never Saw It Coming

Margaret Brown faced osteoporosis head-on—with resilience, knowledge, and determination. Her journey is a powerful reminder that while fractures may be common, recovery and prevention are possible at any age.

Listen for Inspiration

Now's the Time — Check Your Bone Health

Osteoporosis often shows no symptoms until a fracture occurs. Stay proactive — schedule a DXA scan to stay ahead of bone loss.

Get the Facts

What Your **Mother Should Know** About Osteoporosis



Over 50? Request a DXA scan.



*NSHF's **National Osteoporosis Awareness and Prevention Month** campaign was made possible in part by an educational grant provided by **Amgen**.*

The National Spine Health Foundation is the leading patient advocacy non profit in spinal healthcare, focused on award-winning patient education, patient advocacy and clinical research. Our mission is to empower patients to protect their spine health and take back their lives from debilitating spinal conditions. We give patients the tools they need to make informed decisions about their spine health and navigate their own treatment journeys with confidence. We believe patients deserve real solutions, real answers and real hope.