



June Was All About Awareness — and Action.

During **Men's Health Month**, we tackled a topic too often overlooked: osteoporosis in men. We also marked **Scoliosis Awareness Month** by sharing deeply personal stories from people who've lived with it—and come out stronger. Our Spinal Champions show what resilience looks like. Not just in treatment, but in taking back their lives.

June may be ending, but these stories—and what they teach us are inspiring.

Spine-Talks
UNPARALLELED ACCESS TO WORLD-CLASS EXPERTS

1 in 4 men over 50 will experience an osteoporosis-related fracture.

Osteoporosis Affects Men Too

Our latest #SpineTalks episode uncovers the hidden impact of osteoporosis on men's spinal health. Learn why it's often missed—and the steps men can take to protect their spine today.

It's time to change the conversation —let's start now.

Watch Here

Featured Article: *Crisis Hidden in Plain Sight*

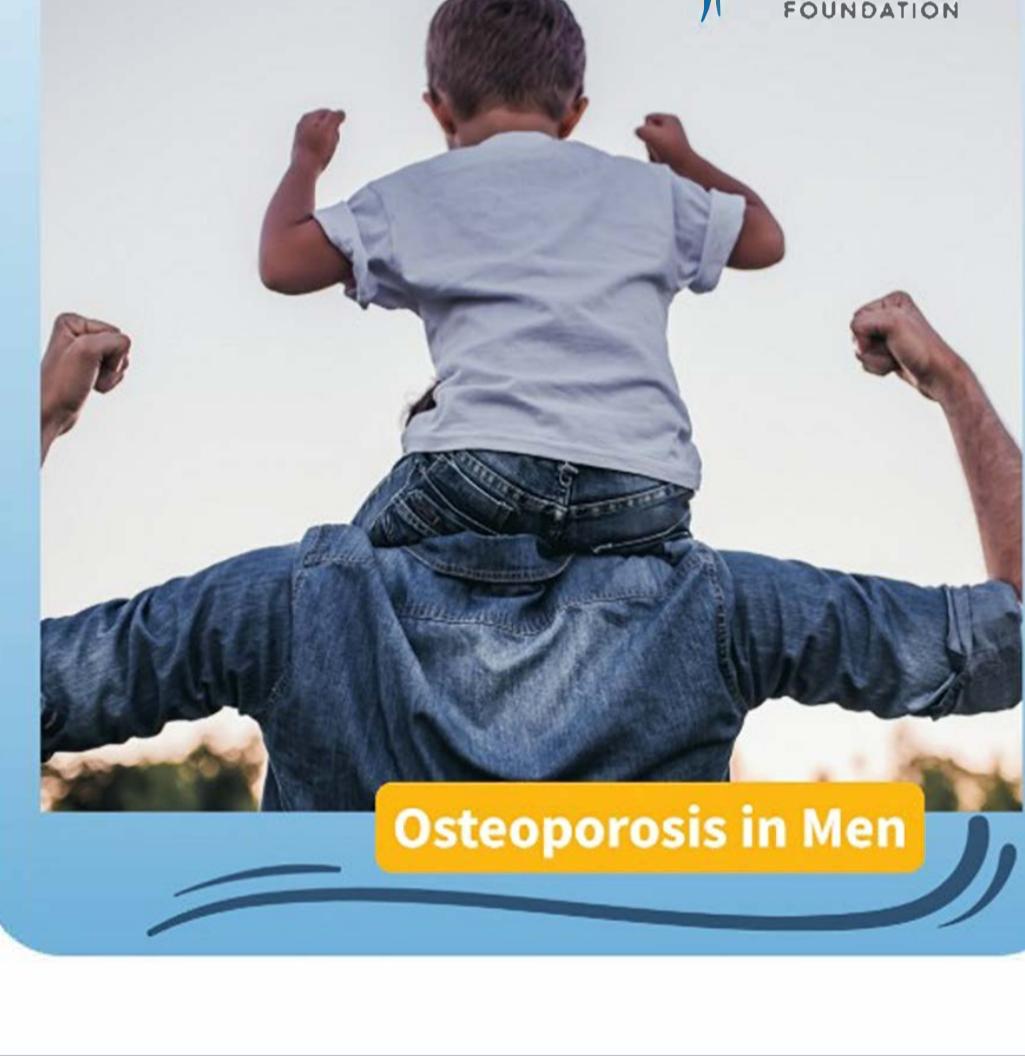
Millions of men live with undiagnosed low bone density—often until a serious fracture changes everything. Don't wait for symptoms to speak up.

Be your own best advocate:

- Talk to your doctor
- Schedule a bone scan
- Stay active and informed

Learn More

Built to Last: Protecting Men's Bones for Life



[Share this newsletter](#) with someone who needs to hear it—because strong bones save lives.

Get Back To It
Real Stories of Healing and Recovery

Scoliosis Awareness Month

Meredith Montana, Peggy Provenzano, and Stella Kinander

Podcast Alert:

Real Stories. Real Strength.

In honor of **Scoliosis Awareness Month**, we're featuring three powerful patient stories that show how early action can lead to life-changing outcomes.

Hear Their Stories

Don't Wait—Protect Your Bones

Osteoporosis can progress without symptoms until it's too late. Early detection is key to preventing serious fractures and long-term issues.

A quick DXA scan can reveal risks early—and protect your future.

Get the Facts



BE A HERO FOR MEN

Support prevention and possibility.

Donate Now

#SpineS.T.R.O.N.G.



NSHF's men's health awareness campaign is made possible through an educational partnership with Radius Health.

R A D I U S ®

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.