



SPINE SPOTLIGHT

November



We are grateful for YOU—our incredible community of donors, partners, and champions.

Together, we've driven our mission forward, earned meaningful awards, and expanded essential resources for millions—an honor that belongs to everyone who makes our work possible.

Thank you for being an essential part of this journey!

eHealthcare LEADERSHIP AWARDS 2024

WINNER



The National Spine Health Foundation is honored to be recognized at this year's eHealthcare Leadership Awards, receiving:

- Mark Gothberg eHealthcare Organizational Commitment Award
- Best Overall Internet Site
- Best Social Media

These awards underscore our unwavering commitment to providing real solutions, real answers, and real hope; a testament to the dedication of our team and the trust of our community.

Our Impact in Action



"I was able to overcome my fears. Through education, dedication, and hard work, I learned how to effectively manage my scoliosis."

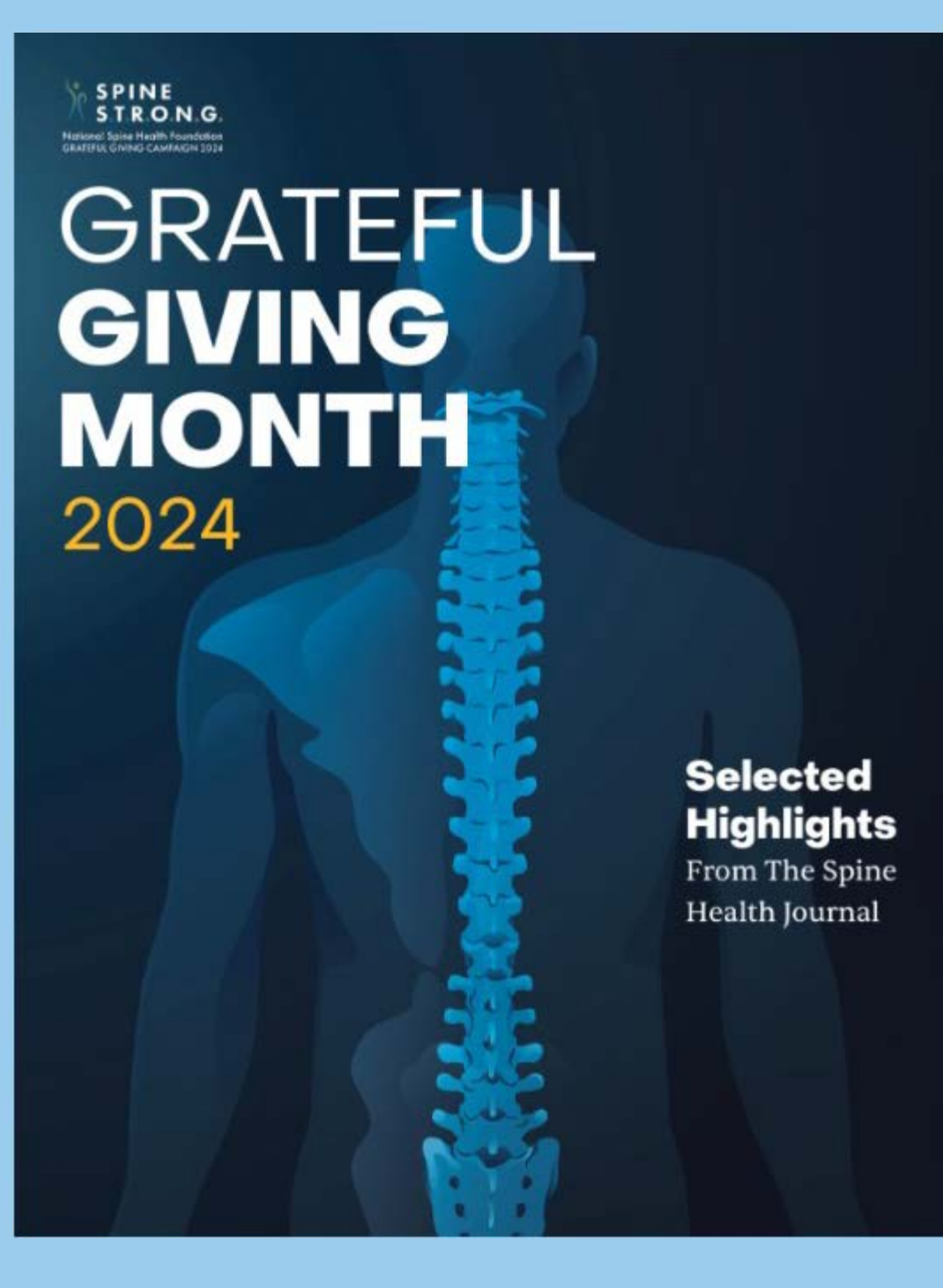
[Paige Fraser-Hoffman](#)

"Through advocacy, I can take this period of time that was very tough and a big struggle, and use it to do something good and help other people."

[Jenna Bendinelli](#)

"It's great to have the National Spine Health Foundation as a resource for people to figure out their next steps, and get back up off the mat."

[Eric Wood](#)



Stronger Futures Start Here

As we embrace the season of gratitude and reflection, we are reminded of the extraordinary power of generosity to spark change and create brighter futures.

Every donation made through December comes with a special gift: **Spine Health Journal Highlights**—a curated collection of expert insights to empower your wellness journey.

[Get Your Gift](#)



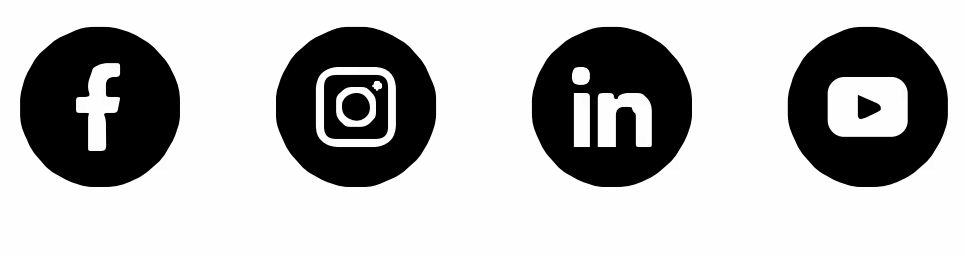
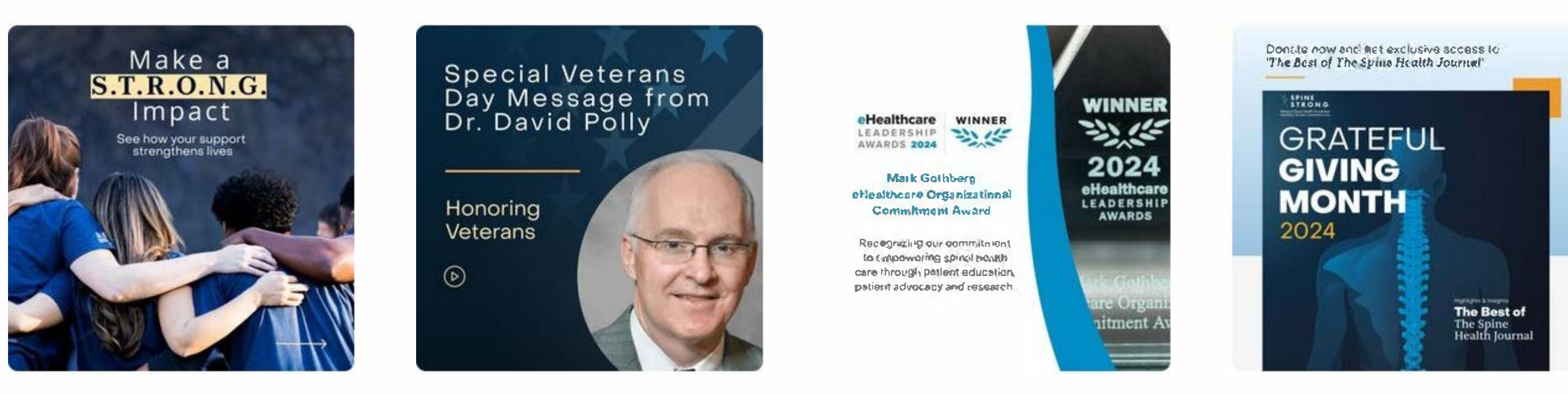
Paralyzed at 18. Mr. Universe Champion at 40.

At 18, Scott Smith woke up unable to walk, beginning a decades-long battle with chronic pain and multiple spine surgeries. Despite the challenges, his determination never wavered, and this year, he competed on the world stage at Mr. Universe.

Hear his incredible story of perseverance and triumph. 🏆

[Listen In](#)

@ spinehealthfoundation



The National Spine Health Foundation is a patient-centered, nonprofit organization focused on patient education, award-winning research and patient advocacy. 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. NSHF is a 501(c)(3) public charity.

