

We're here to  
help North Carolina  
stand firm.



NC Osteoporosis  
FOUNDATION



*Strong Bones for Life.*

Taking the lead  
against a serious  
health challenge  
that affects us all.



The North Carolina  
Osteoporosis Foundation  
(NCOF) promotes  
osteoporosis awareness,  
advocates for prevention  
and supports  
community-based efforts  
throughout the state.

## Osteoporosis progresses silently, but its impact is costly.

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- Osteoporosis, or porous bone, is a disease characterized by low bone mass and structural deterioration of bone tissue. It leads to bone fragility, and an increased susceptibility to fractures of the hip, spine, and wrist.
- One in every two women and one in four men over 50 will have an osteoporosis - related fracture in his or her lifetime. It can strike people of any age, race or ethnic background.
- Nationally, as many as 20% of people with hip fractures die within one year, 50% cannot walk again without aid, and 25% require extended long-term care.
- Osteoporosis currently threatens the health and quality of life of more than 1.27 million people in North Carolina. By 2020, that number will approach 2 million.
- In North Carolina, we estimate that medical costs related to osteoporotic fractures exceeded \$450 million in the year 2000 alone – a figure expected to rise to \$800 million by 2025.
- Between 2000 and 2009, North Carolinians suffered almost 400,000 osteoporotic fractures, resulting in medical costs of more than \$5 billion.
- Osteoporosis has no cure, but it can be treated and even prevented. It is never too late.

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These are the reasons we're here.

# Working to share knowledge and strengthen outreach across North Carolina.



Through grants to a range of local organizations throughout North Carolina, NCOF empowers communities to promote prevention and improve patient outcomes.

## NCOF works to reduce the physical, personal and financial effects of osteoporosis.

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- We advocate for preventive policies and programs, encourage knowledge sharing and develop partnerships to promote healthy lifestyles.
- We motivate North Carolina community leaders, health care professionals, and citizens and aid them in taking action.
- We create, support and promote osteoporosis education and treatment through community-based education programs.
- We work to effect change among North Carolina insurance providers in the diagnosis and treatment of osteoporosis.

Through outreach efforts such as a Speaker's Bureau, our educational materials, website, and participation in a range of professional and community events, the Foundation is raising awareness, changing attitudes and improving behaviors throughout our state.

We also offer financial support that enables community-based and government organizations to raise awareness and improve prevention efforts in local and targeted ways. Past recipients have included hospitals, health education centers, universities and cooperative extension centers.

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Coming together to  
spread the word about  
treatment, prevention  
and education.



Everything that the  
NCOF does is designed  
to support the efforts of  
community leaders,  
healthcare professionals  
and the people of  
North Carolina.

## The time to address the coming wave of osteoporosis cases and costs is now – Is your community ready?

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It's only by working together, and encouraging outreach at the grassroots level that we will be able to prevent new cases of this disease, help those with the disease to manage it, and reduce its impact on our citizens and our economy.

To that end, we serve as a clearinghouse for information on prevention and treatment and as the go-to source for up-to-date information on establishing education programs and setting up outreach efforts.

We actively seek out partnerships with organizations, agencies and individuals who share our goal of reducing osteoporosis' impact in North Carolina. We encourage community leaders to contact us about creating strong and successful ties.

And we welcome financial support from organizations, agencies and individuals who want to assist our efforts to increase awareness, educate people about prevention and promote the need for early recognition of this disease.

Find out how we can support your efforts, and you can support ours. Because when we all stand together, we can all stand stronger.

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Visit [ncosteoporosisfoundation.org](http://ncosteoporosisfoundation.org)

The NC Osteoporosis Foundation  
can be found at

[www.ncosteoporosisfoundation.org](http://www.ncosteoporosisfoundation.org).

Additional information can be  
found at The National Osteoporosis  
Foundation website, [www.nof.org](http://www.nof.org).

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