



U.S. BONE AND JOINT DECADE (USBJD) AND SEATTLE PUBLIC LIBRARY HOST

"Fit to a T @ your library"

BONE HEALTH AND OSTEOPOROSIS AWARENESS PROGRAM TUESDAY, OCTOBER 25

Osteoporosis affects nearly 44 million Americans or 55 percent of people 50 years of age or older. Ten million Americans are estimated to have this condition with another 34 million estimated to have low bone mass. One out of every two women and one out of every 8 men over age 50 will have an osteoporosis-related fracture in their lifetime. The general public and media are invited to attend a timely and informative one hour session on osteoporosis awareness.

This education initiative is being launched in Seattle, as well as other cities across the country, in collaboration with the Public Libraries Association, the National Network of Libraries of Medicine, and the National Library of Medicine, in response to the Surgeon General's first-ever report on bone health and osteoporosis prevention. His report indicated that Americans need to take care of their bone health NOW or by 2020 half of all Americans will be at risk of fracture. The program is called *"Fit to a T."* The T-score is the measure of a person's bone density and susceptibility to fragility fracture.

WHO: The Seattle Public Library

WHAT: *"Fit to a T @ your library"*

SPEAKERS: A local osteoporosis patient
Susan M. Ott, MD, Associate Professor, Department of Medicine, University of Washington
Gail Kouame, Consumer Health Coordinator, National Network of Libraries of Medicine, Pacific Northwest Region
Sunyoung Yi, Consumer Health Librarian, The Seattle Public Library

WHEN: Tuesday, Oct. 25, 5:30 - 7:00 p.m.

WHERE: 1000 Fourth Ave., Seattle, WA

WHY: To raise awareness about osteoporosis prevention. Participants will be given an overview of this condition, the importance of self-assessment (or bone density) tests, relevant risk factors, preventive measures and recommended lifestyle modifications.

USBJD (2002-2011) is a multi-disciplinary initiative targeting the care of people with musculoskeletal conditions. It focuses on improving the quality of life as well as advancing the understanding and treatment of those conditions through research, prevention and education. For more information, please visit www.usbjd.org

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