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National Resource List on Good Bone Health to Prevent Osteoporosis

General Information

MedlinePlus

<https://medlineplus.gov/healthtopics.html>

MedlinePlus includes links to carefully researched websites, interactive slideshows, drug information, a medical encyclopedia, and the latest news on osteoporosis, from the National Library of Medicine (NIH) (in English and Spanish).

Healthfinder

<https://healthfinder.gov/>

healthfinder® links to carefully selected information and Web sites from over 1,500 health-related organizations (in English and Spanish)

NOAH (New York Online Access to Health)

<http://www.noah-health.org/>

NOAH provides access to high quality full-text consumer health information in English and Spanish that is accurate, timely, relevant and unbiased (in English and Spanish).

U.S. Government Resources

National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIH)

<https://www.niams.nih.gov/>

NIAMS is the primary NIH organization for research on osteoporosis and other musculoskeletal health issues. The section called "Health Information" provides consumer and patient information.

Osteoporosis and Related Bone Diseases— National Resource Center (NIH)

<https://www.bones.nih.gov/>

The National Resource Center is dedicated to increasing awareness, knowledge and understanding about the prevention, early detection and treatment of osteoporosis and related bone diseases.

Centers for Disease Control and Prevention: Bone Health

<https://www.choosemyplate.gov/tools-supertracker>

Information for both adults and children about bone health and osteoporosis from the Centers for Disease Control and Prevention.

National Institute on Aging

<https://www.nia.nih.gov/>

The National Institute on Aging leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life.

ClinicalTrials.gov

<http://clinicaltrials.gov>

ClinicalTrials.gov provides regularly updated information about federally and privately supported clinical research in human volunteers. ClinicalTrials.gov gives you information about a trial's purpose, who may participate, locations, and phone numbers for more details.

Organizations

United States Bone and Joint Initiative

<http://www.usbji.org/>

The US Bone and Joint Initiative is part of a global, multi-disciplinary initiative targeting the care of people with musculoskeletal conditions--bone and joint disorders. Its focus is on improving your quality of life as well as advancing the understanding and treatment of those conditions through research, prevention and education.

National Osteoporosis Foundation

<http://www.nof.org>

The goals of this organization are to prevent osteoporosis, to promote lifelong bone health, to help improve the lives of those affected by osteoporosis and related fractures, and to find a cure.

American Academy of Orthopedic Surgeons

<http://orthoinfo.aaos.org/>

AAOS will serve the profession, champion the interests of patients, and advance the highest quality musculoskeletal health.

Arthritis Foundation

<http://www.arthritis.org/>

The Arthritis Foundation supports the more than 100 types of arthritis and related conditions with advocacy, programs, services and research (in English and Spanish).

American College of Rheumatology

<http://www.rheumatology.org/>

The American College of Rheumatology is the professional organization of rheumatologists and associated health professionals. The “patients and public” section of the website has consumer-friendly information.

International Osteoporosis Foundation

<http://www.osteofound.org/>

The International Osteoporosis Foundation is an international non-governmental organization whose mission is to advance the understanding of osteoporosis and to promote prevention, diagnosis and treatment of the disease worldwide.

Own the Bone

<https://www.ownthebone.org/>

The Own the Bone program provides a simple, easy-to-use tool to enable hospitals, medical centers, and practices to establish a Fracture Liaison Service.

Health Check Tools

One Minute Osteoporosis Risk Test

(International Osteoporosis Foundation)

http://www.osteofound.org/osteoporosis/risk_test.html

With thanks to the National Network of Libraries of Medicine for original preparation of this reference tool.

(Revised March 2020)