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**GFWC & GFWC/CT Partners with National Osteoporosis Foundation**

The National Osteoporosis Foundation (NOF) was formed in 1984. Organized with a goal to correctly diagnose, treat and prevent osteoporosis, NOF is the leading consumer/community-focused health organization for the prevention of osteoporosis/broken bones, promotion of strong bones for life and the reduction of human suffering through awareness, education, advocacy and research.

Because osteoporosis a disease of the bones, it is important to know some basics about your bones. Learn why bone health should be on the top of your wellness list. Your bones won't tell you if they are weak. In fact many have osteoporosis and never know it. You're never too old or too young to improve the health of your bones. Whatever your age, the habits you adopt now can affect your bone health for the rest of your life. This is a life-long condition, while not curable; it can be treated and managed.

Dr. Lubna Pal, MD at an NOF event presented fascinating research on the relationship of wrinkles and bone density. She hypothesized that in the same way that eyes are the window to the soul the skin could be a real-life window to the skeleton. Are the changes in proteins that cause low bone density the same as the ones that cause wrinkles? Her study suggests that the depth and onset of wrinkles at a young age may be an early indicator of risk factors leading to osteoporosis later in life.

As part of their 25<sup>th</sup> Anniversary, NOF has introduced a special Anniversary Pearls of Strength® bracelet. This bracelet is made of black fresh-water, cultured 8-9mm pearls with peacock overtones. Funds raised from the sale of these bracelets at \$25.00 each help promote programs. To learn more about NOF, the bracelet and salon events go to [www.nof.org](http://www.nof.org).

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