

Call to Action

2ND IOF WOMEN LEADERS ROUNDTABLE STRONG BONES, STRONG WOMEN

Toronto, Canada, June 2, 2006

Led by Her Majesty Queen Rania of Jordan, patron of the International Osteoporosis Foundation (IOF), we have gathered to recognize that **osteoporosis is a serious public health problem worldwide**, and to issue this Call to Action to individuals, health care professionals, and government officials worldwide.

We express our appreciation at progress that has been made since several of us first met in May 2002 at the 1st IOF Women Leaders Roundtable, held in Lisbon, Portugal. Specifically, we recognize and **applaud progress** in several countries and regions in relation to awareness, prevention, diagnosis and treatment, and government recognition of osteoporosis. We are heartened by these successful initiatives.

For us, these achievements show that it is possible to improve access to osteoporosis diagnosis, treatment and reimbursement, and by doing so reduce human suffering and lighten the economic burden on governments.

Nevertheless, in many countries, **serious problems remain**, and osteoporosis is often not adequately recognized by the women who themselves are at risk. People with the disease are not regularly diagnosed by health care professionals and they are too often denied reimbursement for treatment by health policy officials.

Specifically, we issue this **Call to Action** to encourage change by women throughout the world, health care professionals and government decision makers.

INDIVIDUALS:

We call on women worldwide to:

- Engage in a **“bone-friendly”** lifestyle including appropriate exercise programs, nutrition and attention to risk factors, and ensure that their family members also “invest in their bones” before a first fracture occurs
- Insist that their health care professionals provide the **best care** possible
- Speak out, as taxpayers and voters, to **insist that government officials make osteoporosis a priority**
- Support a local **osteoporosis patient society**

HEALTH CARE PROFESSIONALS:

We call on health care professionals to:

- Improve their **knowledge** about how their field of specialty relates to osteoporosis
- Spend the time to **advise patients** about osteoporosis prevention and treatment

GOVERNMENT HEALTH OFFICIALS:

- We call on government health officials to:
- Recognize osteoporosis as a **health priority**
- **Pay for bone density scans** and improve the availability of bone densitometry machines for people with osteoporosis risk factors **before the first fracture**.
- **By providing access to diagnostic tests** for women at risk, with **vertebral fracture**, government health officials will help reduce the risk of further fracture.
- **Pay for proven therapies** for people with osteoporosis **before the first fracture**.

