

Proclamation



Jane Castor, Mayor

WHEREAS, bone is a rigid organ that constitutes part of the vertebrate skeleton that provides structure and support for the body, and **Osteoporosis** (porous bone) is a disease in which the density and quality of bone are reduced, becoming more fragile, weak and brittle, and Osteopenia occurs when the bones are weaker than normal, but do not break as easily as with Osteoporosis; and

WHEREAS, affecting approximately ten million women and men in the United States, the loss of bone occurs silently and progressively, and often there are no symptoms until the first fracture occurs, but once the bones have weakened, some signs may appear including back pain, loss of height over time, a stooped posture, and a bone that may break much easier than expected; and

WHEREAS, risk factors for Osteoporosis include **sex**, women are more likely to develop the disease; **age**, the risk increases as you get older; **race**, those who are white or Asian have a greater risk; **family history**, having a parent or sibling with osteoporosis increases the probability; and **body frame size**, small body frames in both men and women are risk factors as the smaller frames have less bone mass to draw from; and

WHEREAS, bone loss prevention can be accomplished through lifestyle changes, good nutrition that includes foods that are high in calcium and vitamin D, regular exercise such as strength and weight bearing, keeping an appropriate weight whereby one is not too thin nor overweight, and screenings, especially for women over 65 years, postmenopausal women younger than 65 years old, men older than 50 years of age with risk factors and anyone who has broken a bone after age 50; and

WHEREAS, common screening for bone density or measurement includes a central dual-energy X-Ray (DEXA or DXA) scan at the hip and lumbar spine, and peripheral DXA and quantitative ultrasound (QUS) performed at the lower forearm and heel; and

WHEREAS, locally, Amgen Capability Center (ACC Tampa) collaborates to enhance the ability of Amgen researchers and physicians to push the boundaries of science to transform medicine, and the organization participates in events that bring awareness and wellness to the community including valuable health screenings, and on Saturday, November 16, 2019, the organization is hosting a Multi-Specialty Health Care Provider Event highlighting osteoporosis and screening awareness.

NOW, THEREFORE, I, Jane Castor, by virtue of the authority vested in me as Mayor of the city of Tampa, Florida, do hereby proclaim Saturday, November 16, 2019 as

“OSTEOPOROSIS AWARENESS DAY”

in the city of Tampa, Florida, and urge all citizens to join me in doing their part in supporting the efforts to raise awareness about osteoporosis and osteopenia, and in taking necessary steps to reduce the risk and severity of the disease.





Mayor