

# PROCLAMATION

**WHEREAS**, osteoporosis is the weakening condition of the bones which occurs when you lose too much bone, make too little, or both; and

**WHEREAS**, *American Bone Health* and the *International Osteoporosis Foundation* report that worldwide one in two women and one in four men over the age of 50 are going to experience a bone fracture in their lifetime. Furthermore, 25 percent of hip fracture patients die within a year, leading to the question, can osteoporosis be prevented; and

**WHEREAS**, a first step, regardless of age or health, is to ensure a bone healthy lifestyle including regular weight-bearing and muscle strengthening exercise, a nutritious diet and avoiding unhealthy habits; and

**WHEREAS**, October 20 is World Osteoporosis Day and marks a year-long campaign dedicated to raising global awareness of the prevention, diagnosis, and treatment of osteoporosis, aiming to make osteoporosis and fracture prevention a health priority by reaching out to health care professionals, the media, policy makers, and the public at large; and

**WHEREAS**, in recent years thousands of people have experienced increased bone density from osteogenic loading- which is a system of four devices that trigger the body's natural adaptive response to stimulate significant growth of new bone. Osteogenic loading is available in Missoula and is being utilized worldwide.

**NOW, THEREFORE**, I, Jordan Hess, Mayor of the City of Missoula, in the State of Montana, hereby recognize the 20th day of October, 2022 as:

## OSTEOGENIC LOADING DAY

**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the great seal of the City of Missoula, in the State of Montana, to be affixed at Missoula, Montana, this 17th day of October, in the year two thousand twenty-two.



A handwritten signature in black ink, appearing to read "Jordan Hess".

Jordan Hess  
Mayor