

## **May is National Osteoporosis Awareness and Prevention Month**

In conjunction with National Osteoporosis Awareness and Prevention Month, the Centers for Medicare & Medicaid Services (CMS) reminds health care professionals that Medicare provides coverage of **bone mass measurements** for beneficiaries at clinical risk for osteoporosis.

Osteoporosis, or porous bone, is a disease characterized by low bone mass and structural deterioration of bone tissue, leading to bone fragility and an increased risk of fractures of the hip, spine, and wrist. Both men and women are affected by osteoporosis. One out of every two women and one in four men over 50 will have an osteoporosis-related fracture in their lifetime. The good news is that osteoporosis is a disease that can be prevented and treated. Medicare's bone mass measurement benefit can aid in the early detection of osteoporosis before fractures occur, provide a precursor to future fractures, and determine rate of bone loss.

As a health care professional, you play a crucial role in helping your patients maintain strong, healthy bones throughout their life. CMS needs your help to ensure that all eligible Medicare beneficiaries take full advantage of the bone mass measurement benefit. Please join with CMS in spreading the word about prevention and early detection of osteoporosis and the bone mass measurement benefit covered by Medicare.

### **How Can I Help?**

National Osteoporosis Awareness and Prevention Month provides an excellent opportunity for health care professionals to help increase awareness, knowledge and understanding of prevention, early detection, and treatment of osteoporosis as well as strategies for managing the disease. You can help in a number of ways:

- 1) Stay abreast of the latest clinical guidelines for prevention, diagnosis, and treatment;
- 2) Become familiar with Medicare's coverage of bone mass measurements;
- 3) Talk with your patients about their risk factors for osteoporosis, prevention measures they can take to reduce their risk factors, and the importance of utilizing bone mass measurements; and
- 4) Encourage eligible Medicare patients to take full advantage of Medicare's bone mass measurement benefit.

Together we can help Medicare beneficiaries reduce bone fractures and maintain strong healthy bones.

### **For More Information**

- For more information about Medicare's coverage of bone mass measurements, please visit the CMS website <http://www.cms.hhs.gov/BoneMassMeasurement/>
- The Medicare Learning Network (MLN) *Bone Mass Measurements* Brochure – this tri-fold brochure provides fee-for-services health care professionals and their staff with an overview of Medicare's coverage of bone mass measurements.  
[http://www.cms.hhs.gov/MLNProducts/downloads/Bone\\_Mass.pdf](http://www.cms.hhs.gov/MLNProducts/downloads/Bone_Mass.pdf)
- To learn more about National Osteoporosis Awareness and Prevention Month, please visit The National Osteoporosis Foundation website <http://www.nof.org/>

“Osteoporosis – It's Beatable. It's Treatable.”

Thank you for your support.