



THE CITY OF SAN DIEGO

Public Library

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Pacific Beach/Taylor Branch Library and U.S Bone and Joint Decade to Host “Fit to a T @ Your Library”

Bone Health and Osteoporosis Awareness Program to be Held Oct. 17

SAN DIEGO – Osteoporosis affects nearly 44 million Americans or 55 percent of people 50 years of age or older. An estimated 10 million Americans have this condition with another 34 million estimated to have low bone mass. According to the Surgeon General, Americans need to take care of their bone health now, or by 2020 half of all Americans will be at risk of fracture.

In response to these staggering statistics, the Public Library Association, the National Network of Libraries of Medicine and the National Library of Medicine are launching “Fit to a T @ your library” – a new educational program focusing on bone health and osteoporosis prevention for men and women in their mid-40s and older.

Fit to a T is being introduced in select American cities and communities, including San Diego, during the 2005 United States Bone and Joint Decade National Awareness Week (Oct. 12-20). A free, one-hour presentation will take place Monday, Oct. 17, at 7 p.m., at the Pacific Beach/Taylor Branch Library, located at 4275 Cass St.

Speakers at the event will include:

- Kathleen Kadlec, registered nurse, local resident and osteoporosis patient
- Dr. Diane Schneider, former associate professor of Clinical Medicine at the University of California, San Diego
- Kelli Ham, consumer health coordinator, National Network of Libraries of Medicine
- Melissa Martin of the San Diego Public Library’s I Can! Center

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**Library and U.S Bone and Joint Decade to Host “Fit to a T @ Your Library”
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“The program is called Fit to a T because the T-score is the measure of a person’s bone density and susceptibility for fracture,” says Dr. Diane Schneider. “Attendees will be given an overview on osteoporosis prevention; the importance of self-assessment (or bone density) tests; relevant risk factors; preventive measures; and recommended lifestyle modifications.”

Fit to a T is one of many programs being offered during the United States Bone and Joint Decade (2002-2011). The decade is a multi-disciplinary initiative targeting the care of people with musculoskeletal conditions. It focuses on improving the quality of life, as well as advancing the understanding and treatment of those conditions through research, prevention and education. For more information, visit <http://www.usbjd.org/> or <http://www.fit2-t.org/> .

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