

STATE OF MONTANA



Governor's 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 50 are going to experience a bone fracture in their lifetime, with a one-year mortality rate for hip fractures of approximately 25 percent; and

WHEREAS, regardless of age or health, individuals should ensure a bone healthy lifestyle, including regular weight-bearing and muscle strengthening exercise, a nutritious diet, and healthy habits; and

WHEREAS, in recent years thousands of people have increased bone density through osteogenic loading, which is available in Missoula and is being utilized worldwide; and

WHEREAS, October 20 is World Osteoporosis Day, marking a year-long campaign dedicated to raising global awareness of the prevention, diagnosis, and treatment of osteoporosis;

NOW, THEREFORE, I, Greg Gianforte, Governor of the State of Montana, do hereby proclaim October 20, 2022

OSTEOGENIC LOADING DAY

in Montana encourage all citizens to follow early prevention strategies, including osteogenic loading, to improve bone density and prevent fractures caused by osteoporosis.

GREG GIANFORTE
Governor