Raising Awareness

by AMY MANLEY

The Importance of Raising Awareness for Osteoporosis

Unfortunately, the condition known as Osteoporosis, is not as well-known as many would like to think. Actually, American Bone Health works each year to spread awareness regarding this disease in order to make it better known among the public, which could in turn offer those with Osteoporosis with more treatment options. By learning more about raising awareness for Osteoporosis, you can do your part in creating education regarding this debilitating disease.

Why Awareness is Needed

As mentioned, when awareness is created, there's a chance more treatment options can be created for those suffering with Osteoporosis. This is because a general understanding is created, which creates more donations, furthers research, and then better treatment options. While there are some effective treatment options for Osteoporosis, there has yet to be a cure found, which makes research and expansion on treatment an ongoing process.

Ways to Raise Awareness

There are several ways you can raise awareness for Osteoporosis, but the first step is properly educating yourself. How well do you know this disease? Are you familiar with just the term, or are you aware of the exact way it effects the body, the treatment options available, and why more treatment options are needed for those who suffer with Osteoporosis? If you aren't fully educated on the topic, you cannot spread this awareness to others. To properly create awareness, you must first educate yourself, and only then can you pass this education onto others.

Once you've educated yourself, the Internet offers the perfect opportunity for spreading awareness to others. Sharing information on Osteoporosis, about raising awareness, current research, and similar topics on social media platforms is one of the easiest ways you can spread this information to others. Sites like Facebook and Twitter are known for their sharing platforms, and once you share information on the topic, you're making it more likely that your friends will also share this information within their circles.

If you're interested in becoming even more involved, you may want to learn about the "Unbreakable Embrace Campaign". This campaign is specific towards Osteoporosis, and it helps created understanding, spread education, and collect much needed money for further research. Depending on your level of interest, you may even want to hold one of these campaigns within your local area, which is one of the most effective to spread awareness.

Taking photos of you and others with your arms linked together forming a chain is another way to spread awareness. This is the symbol of Osteoporosis, and you can share this photo with others to help others acknowledge the disease and be willing to learn more. You can also share this photos globally to the International

Osteoporosis Association as you part of creating awareness.

Conclusion

While it may not feel like you joining in to create awareness will make much of a difference, this couldn’t be further from the truth. When spreading the word and educating others, even one extra voice can make all of the difference in the number of people who get the message.