

**PRESIDENT'S ANNUAL REPORT 2019/2020**

Welcome everyone to my first Annual Report as your President.

We have had another interesting year, learning more about self management and how to be more involved in our treatments. Our financial membership stands at 116. 47 members have attended meetings as some stage during the year and have no doubt benefited from our high quality speakers. Our newsletters do not do justice to the information learned first hand. Some of our members are in the workforce many live out of Melbourne and for others travelling is no longer possible due to poor health. We welcome four of our county members who regularly attend meetings. Those who are able to attend appreciate being able to discuss with others managing their condition and experiences with various health professionals. Our library of books, DVD's etc. on the subject of osteoporosis is available to all attending members.

Our five bi-monthly General meetings continue to be held in a very comfortable and spacious room on the 4th Floor in Ross House, 247 Flinders Lane, Melbourne. A new lift has recently been installed. We are also represented at gatherings/meetings arranged by the Ross House Association. Our six-bi-monthly committee meetings are still held at Glen Iris in St James' church hall.

Our speakers this year were Prof. Gordon Lynch, Prof. of Physiology who spoke on muscle injury and repair and the importance of Strength Training, Pia Batten and Nicole Shue, Accredited Exercise Physiologists from Kieser informed us of the need for Balance and Strength Training for osteoporosis. In October, Mark Pacitti told us of his organization 'Dancing with the Black Dog' and his personal effort. Dr Jane Scheetz and Elaine Levine from CERA (Centre for Eye Research Australia) spoke about vision loss, glaucoma and age related macular degeneration

In May we visited the Baker IDI Institute and heard about the research into a high salt diet and osteoporosis. Our annual luncheon at the William Angliss restaurant in September was enjoyed by all who attended.

Our website continues to attract, from which requests for information are followed up. We also have our own Facebook page which is well supported by followers both here and overseas. Our bi-monthly newsletters continue to be sent to all financial members with copies of the Minutes of the previous General Meeting. We also forward to members who have given us their email address additional information received from various organizations both within and outside Australia in order to keep up-to-date with the latest research and thinking on osteoporosis. Our newsletter is also emailed to 28 people in the health sector who have requested it.

A Petition for our 'Fracture Liaison Service Project' has been sent to many medical practitioners, and our members have sheets to be signed also by themselves, friends, and their medical supports. They will be given to Hon. David Davis who will table them in parliament and present them on our behalf to the Health Minister Hon. Jenny Mikakos MLC. We hope that some badly needed funds are given to support this project in hospitals and relieve osteoporosis sufferers from secondary fractures.

I would like to thank the endocrinologists, rheumatologists, physiotherapists and exercise physiologists for their support who are available to give advice to us when necessary. I would also like to express appreciation to the Department of Health & Human Services who enable us to take part in the Seniors Week Celebration as an awareness exercise and also for the financial help we receive from them through their Grants Program.

Our close relationship with Osteoporosis Australia, Musculoskeletal Australia and Australian Institute for Musculoskeletal Sciences is greatly valued. We also have links with the International Osteoporosis Foundation in Switzerland, the National Osteoporosis Society in America, Osteoporosis Canada and the Royal Osteoporosis Society in the UK from which we receive the latest news regarding research.

Many thanks to Bruce Brown, our Website Manger, for keeping our site up-to-date; Beryl Logie, Vice-President, Minute Secretary and Newsletter Editor; Bill Logie for looking after our sound system at meetings; other office bearers, Karen Mills Secretary and Facebook Manager, Andrea Priest Treasurer, and Committee Members, Janeene Barry, Jane Keenan, Beryl Noonan, Judith Spriggs and Helen Lechte. Thank you all for assisting me this year.

*Leonie Cartledge*

*President: 21.4.2020*