

Week. It promotes awareness of diseases that specifically affect women and encourage them to take preventive measures to ensure good health.

It is a time when we need to tell all the women in our lives, our mothers, our wives, our sisters, our daughters, our aunts, in my case, my children and grandchildren, and friends, how important it is to take time out for their health. It can be as simple as taking the stairs instead of an elevator, eating healthier or scheduling an appointment with a health care provider.

Mr. Speaker, as an OB-GYN physician for nearly 30 years, I cannot stress enough how important a good relationship with your doctor is in maintaining your health. Women need to have conversations with their physicians regarding family history. They clearly need to understand the importance of screening tests and how to manage chronic diseases.

I want all of America's women to take a moment to focus on promoting health and preventing disease and illness by taking very simple steps to improve their physical, mental, social and spiritual health.

And I thank the chairman for allowing me to address this issue.

Mrs. CAPPs. Mr. Speaker, I actually have no additional speakers, and so I would yield back the balance of my time, by urging our entire body to follow as we seem to be in unanimity here this evening discussing this legislation that we adopt this resolution unanimously in the House as well.

Mr. DEAL of Georgia. Mr. Speaker, I have no further requests for time and therefore, I would yield back the balance of my time and urge the adoption of the resolution.

The SPEAKER pro tempore (Mr. DANIEL E. LUNGREN of California). The question is on the motion offered by the gentleman from Georgia (Mr. DEAL) that the House suspend the rules and agree to the resolution, H. Res. 833, as amended.

The question was taken; and (two-thirds having voted in favor thereof) the rules were suspended and the resolution, as amended, was agreed to.

A motion to reconsider was laid on the table.

SUPPORTING THE GOALS AND IDEALS OF NATIONAL OSTEOPOROSIS AWARENESS AND PREVENTION MONTH

Mr. DEAL of Georgia. Mr. Speaker, I move to suspend the rules and agree to the resolution (H. Res. 265) supporting the goals and ideals of National Osteoporosis Awareness and Prevention Month, as amended.

The Clerk read as follows:

H. RES. 265

Whereas osteoporosis, a disease characterized by low bone mass, structural deterioration of bone, and increased susceptibility to fractures, is a public health threat for an estimated 44 million Americans;

Whereas in the United States, 10 million individuals already have the disease and al-

most 34 million more are estimated to have low bone mass, placing them at increased risk for osteoporosis;

Whereas one in two women and one in four men over age 50 will have an osteoporosis-related fracture in her or his remaining lifetime;

Whereas building strong bones during childhood and adolescence can be the best defense against developing osteoporosis later;

Whereas osteoporosis is often thought of as an older person's disease, but bone health is a concern for any age;

Whereas substantial risk has been reported in people of all ethnic backgrounds;

Whereas osteoporosis is responsible for more than 1.5 million fractures annually;

Whereas the Surgeon General of the Public Health Service says that caring for bone fractures from osteoporosis costs America \$18 billion annually;

Whereas the Surgeon General believes that bone health is critically important to the overall health and quality of the life of Americans; that it is in jeopardy and will only get worse if left unchecked; and that great improvements in the bone health status of Americans can be made by applying what is already known about early prevention, assessment, diagnosis, and treatment;

Whereas optimum bone health and prevention of osteoporosis can be maximized by a balanced diet rich in calcium and vitamin D; weight-bearing exercise; and a healthy lifestyle with no smoking or excessive alcohol intake; and

Whereas May 2006 would be an appropriate month to observe National Osteoporosis Awareness and Prevention Month: Now, therefore, be it

Resolved, That the House of Representatives supports the goals and ideals of National Osteoporosis Awareness and Prevention Month and urges the people of the United States to observe appropriate programs and activities with respect to osteoporosis, including talking with their health care professionals about their bone health.

The SPEAKER pro tempore. Pursuant to the rule, the gentleman from Georgia (Mr. DEAL) and the gentlewoman from California (Mrs. CAPPs) each will control 20 minutes.

The Chair recognizes the gentleman from Georgia.

GENERAL LEAVE

Mr. DEAL of Georgia. Mr. Speaker, I ask unanimous consent that all Members may have 5 legislative days within which to revise and extend their remarks on this legislation and to insert extraneous material on the bill.

The SPEAKER pro tempore. Is there objection to the request of the gentleman from Georgia?

There was no objection.

Mr. DEAL of Georgia. Mr. Speaker, I yield myself such time as I may consume. And I rise today in support of House Resolution 265, a resolution authored by Representatives BERKLEY and BURGESS, that establishes a National Osteoporosis Awareness and Prevention Month.

Osteoporosis is a disease characterized by low bone mass and structural deterioration of bone tissue which can lead to fragile bones and an increased susceptibility to fractures, especially the hip, spine and wrist.

Osteoporosis is a major health threat for an estimated 44 million Americans,

or a full 55 percent of people 50 years of age and older. In the United States, 10 million individuals are estimated to already have the disease and nearly 34 million more are at an increased risk for osteoporosis.

Of the 10 million Americans estimated to have osteoporosis, 8 million are women and 2 million are men.

Osteoporosis is often called a silent disease because it can progress very slowly over time without symptoms until a fracture occurs. The consequences of osteoporosis can be devastating, painful, costly and even deadly. Approximately 20 percent of hip fracture patients will die within a year after their fracture, usually from complications related to the fracture.

People tend to assume that osteoporosis is an inevitable part of aging. But for the most part, it is preventable. Prevention of osteoporosis should begin in early childhood and continue throughout life. Building a strong skeleton during childhood, adolescence and young adulthood can help people avoid osteoporosis later in life.

The National Osteoporosis Foundation recommends five steps that can optimize bone health and help prevent osteoporosis. First, eat a balanced diet rich in calcium and vitamin D to build and maintain strong bones. Foods rich in calcium include dairy products like milk and cheese and fish like salmon. Very few foods are rich in vitamin D, but milk is often fortified with vitamin D. Sunlight exposure to the hands, face and arms for 5 to 15 minutes, two to three times a week, helps the body produce its own vitamin D.

Second, engage in weightbearing exercise.

Third, don't smoke or drink too much.

Fourth, talk to your doctor about bone health.

And fifth, have your bone density tested and take medication as directed by a physician.

The activities of National Osteoporosis Awareness and Prevention Month encourage Americans to take the proper steps to protect themselves from osteoporosis, including talking with their health care professionals about their bone health.

Mr. Speaker, I urge my colleagues to support this important resolution.

I reserve the balance of my time.

Mrs. CAPPs. Mr. Speaker, I thank my colleague, the chairman of our committee.

I particularly want to thank my colleague, Congresswoman BERKLEY, for her work on raising awareness about osteoporosis. It has been a particular mission of hers and it is making a difference around the country, that women are stepping forward on this issue.

As we may know, osteoporosis affects around 10 million Americans, most of whom are over 55, and it is the cause of an estimated 1.5 million fractures annually.

It is often called the silent disease because this bone loss occurs without

any outward symptoms and, of course, 80 percent of all osteoporosis occurs in women.

The quality of life for those affected often takes a downward spiral, leaving those who suffer from osteoporosis unable to walk, to stand up or even to dress themselves.

National Osteoporosis Awareness and Prevention Month is celebrated each May, and becomes a chance for our Nation to become more familiar with the effects of this disease, and about the preventable steps that we can take to deal with it.

Unfortunately, too many people are not at all aware that osteoporosis can be prevented through diet and exercise, both of which help maintain bone density.

Research clearly shows us that the earlier women think about maintaining their bone mass and take the steps to do so, the better their health will be in the long run. And you know, these aren't difficult steps to take. Proper diet, including calcium, proper exercise, are good for very many reasons, but knowing that at the same time you are making yourself healthy, you are also preventing osteoporosis is an important message to get out to everyone. So I encourage the public to take advantage of National Osteoporosis Awareness and Prevention Month by speaking to their health care providers about their risks, and encouraging health care providers to proactively address this subject with their patients.

I proudly support this resolution, and I encourage my colleagues to do the same.

I now invite my colleague, Ms. BERKLEY, about whom I was speaking, who has now arrived, to speak for as long as she may wish to, 3 minutes or whatever.

Ms. BERKLEY. Mr. Speaker, I would like to thank the Congresswoman, Mrs. CAPPs. She is an extraordinary advocate for health care, not only for women, but for families, men, everyone in this country, to make it a healthier country to live in. And I am so grateful for her, for her friendship and for the remarkable mark she has made on this Congress and on this country.

I rise in strong support of House Resolution 265 and ask for its immediate passage.

Mr. Speaker, May was National Osteoporosis Awareness and Prevention Month. Osteoporosis and low bone density affect 44 million Americans over the age of 50. It is a disease in which the bones become more fragile and prone to breaking. Many of those affected are unaware they have osteoporosis and therefore, they are unable to take steps to prevent it.

Like many Americans, I had no idea I was at risk for developing osteoporosis. I thought I simply had bad posture. And it never occurred to me to be screened for osteoporosis. Yet, when I was running for Congress in 1998, I was diagnosed with this disease. Fortunately, within 10 months of the diagnosis, with proper treatment, I was able to stop my bone loss and my bones actually began to strengthen again.

My bill will help raise awareness about the prevention and treatment of this increasingly common disease and encourage those at risk to have a quick and painless bone density test.

While more Americans than ever before have been diagnosed with osteoporosis and are receiving treatment, much more remains to be done to raise awareness about the importance of healthy bones.

Often called the silent disease because it goes undetected in many Americans until they actually break a bone, osteoporosis affects more than 10 million individuals and an estimated 34 million men and women. And yes, Mr. Speaker, men are susceptible to osteoporosis too. They suffer from osteoporosis and have low bone mass which places them at an increased risk for developing this condition.

As of 2003, there were an estimated 3.6 million people who have been diagnosed with osteoporosis. In my home State of Nevada, over 300,000 men and women suffer from osteoporosis and low bone mass. One in two women, and one in four men age 50 and older will have an osteoporosis related fracture in their lifetime.

The consequences of osteoporosis are devastating and very painful. Hip fractures, which occur about twice as often in women as men, are more serious than people realize. Approximately 20 percent of the hip fracture patients over the age of 70 will die in a year after that fracture, usually from complications such as pneumonia or blood clots in the lungs.

Prevention, diagnosis and treatment are the keys to tackling osteoporosis and as a Nation, we must teach people of all ages how to take the necessary steps to keep their bones healthy and strong for a lifetime.

Those at risk who have not yet been tested for osteoporosis need to make an appointment with their physician to have a bone density test. The exams are quick and they are painless and they can be done in conjunction with a regular checkup.

Because of my personal experience with osteoporosis, I am committed to ensuring that my fellow Americans are aware of the importance of early detection and prevention. Men and women can reduce their chances of developing this disease. I encourage everyone to see their doctor and get screened for osteoporosis. It is very silent, but it is a deadly disease.

I urge all of my colleagues to support this resolution that will increase awareness of this disease. I thank my colleague and dear friend, Mrs. CAPPs, for working with me to ensure that this resolution becomes a reality. Thank you very much.

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Mrs. CAPPs. Mr. Speaker, I yield back the balance of my time.

Mr. DEAL of Georgia. Mr. Speaker, I yield back the balance of my time.

The SPEAKER pro tempore. The question is on the motion offered by the gentleman from Georgia (Mr. DEAL) that the House suspend the rules and agree to the resolution, H. Res. 265.

The question was taken; and (two-thirds having voted in favor thereof) the rules were suspended and the resolution was agreed to.

A motion to reconsider was laid on the table.

AMENDING TITLE 49, UNITED STATES CODE

Mr. LATOURETTE. Mr. Speaker, I move to suspend the rules and pass the bill (H.R. 5449) to amend title 49, United States Code, to modify bargaining requirements for proposed changes to the personnel management system of the Federal Aviation Administration.

The Clerk read as follows:

H.R. 5449

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled,

SECTION 1. REPEAL.

Paragraph (2) of section 40122(a) of title 49, United States Code, is repealed.

SEC. 2. EFFECTIVE DATE.

The amendment made by section 1 shall be effective as of April 1, 2006, including with respect to any proposed changes to the personnel management system of the Federal Aviation Administration that were transmitted to Congress, on or after that date and before the date of enactment of this Act, in accordance with the provisions of section 40122(a)(2) of title 49, United States Code, as last in effect.

The SPEAKER pro tempore. Pursuant to the rule, the gentleman from Ohio (Mr. LATOURETTE) and the gentleman from Illinois (Mr. COSTELLO) each will control 20 minutes.

The Chair recognizes the gentleman from Ohio.

Mr. MICA. Mr. Speaker, I would like to request the time in opposition.

The SPEAKER pro tempore. Is the gentleman from Illinois in opposition to the bill?

Mr. COSTELLO. Mr. Speaker, I support the bill.

The SPEAKER pro tempore. The gentleman from Florida will control the time in opposition.

Mr. LATOURETTE. Mr. Speaker, I ask unanimous consent that half of my time, 10 minutes, be yielded to Mr. COSTELLO, and that he be permitted to yield time.

The SPEAKER pro tempore. Is there objection to the request of the gentleman from Ohio?

There was no objection.

Mr. LATOURETTE. Mr. Speaker, I yield myself such time as I may consume.

Mr. Speaker, first I want to thank Speaker HASTERT for allowing us to have this debate tonight and also Majority Leader BOEHNER. There are some people on our side of the aisle that are not so happy that we are doing it, but I have to tell you that when you have 80 Republican Members of Congress supporting a piece of legislation, I think it is important to have the debate and have it now.