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Get Those Joints Jumping!

Mississippi Museum of Natural Science Offers a Unique Look at Bones

Jackson, Miss. – Want to keep moving? Every move you make depends on the 206-odd bones in your body, yet you hardly notice them until something goes wrong. *Bone Up On Bones*, a new interactive science exhibit opening on January 19, 2008 at the Mississippi Museum of Natural Science, takes an inside look at the human skeletal system, the connection between bone health and overall well-being, and how to keep bones healthy and strong throughout one's lifetime. From an eight-foot sculpture of a femur, to impressive bone illustrations, to a puzzle that challenges visitors to connect the anklebone to the shinbone, *Bone Up On Bones* offers a unique blend of education and art.

The 2,000 sq. ft. exhibit uses over a dozen hands-on exhibit components, computer stations, fiber optic displays, and videos to offer a comprehensive look at bone structure and health. In the exhibit, visitors will be able to:

- Learn how joints act as shock absorbers by manipulating prosthetic joints
- Watch X-rays of bones in motion and get an inside look at the human body in action
- Assess their risk for osteoporosis and print out their own "action plan"
- Assemble a skeleton puzzle
- View a video of an actual hip replacement surgery
- Visitors will also learn interesting facts about bones, including bones' ability to rebuild themselves (it is estimated that the human skeleton is completely replaced every two years).

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Osteoporosis is a serious medical condition that currently affects over 40 million Americans. The exhibit explains that it is never too early or too late to start tending to one's bones. "Bone health is a very important issue, but many people think they do not need to worry about it until they get older," explains museum director Libby Hartfield. "Our goal with this exhibit is to help young visitors understand at an early age how to maintain healthy bones, and help older visitors learn how to minimize their risk of osteoporosis."

Bone Up On Bones was created and is toured by the Oregon Museum of Science and Industry. The exhibit was funded by a donation from Regence BlueCross/BlueShield of Oregon (Regence BCBSO). The exhibit runs at the Mississippi Museum of Natural Science through May 11, 2008. Regular Museum admission applies. The museum is located at 2148 Riverside Drive in Jackson. For details, call 601.354.7303 or visit www.msnaturalscience.org.

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Museum Hours

Monday-Friday: 8:00 am to 5:00 pm
Saturday: 9:00 am to 5:00 pm
Sunday: 1:00 pm to 5:00 pm

Admission

Adults—\$5
Children ages 3-18—\$3
Senior Citizens 60 and over—\$4
Children under 3—FREE; Members—FREE

