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## BONESOURCE ALERT

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November/December 2021 Issue

### BHOF UPDATES

### BONE HEALTH RESOURCES



#### [Bone Health and Osteoporosis Foundation \(BHOF\) Rebranding](#)

The National Osteoporosis Foundation (NOF) officially changed its name to the Bone Health and Osteoporosis Foundation (BHOF). The new name strengthens our position as the leading, national health organization dedicated to promoting strong bones for life, preventing osteoporosis and broken bones, and reducing human suffering through programs of public and clinician awareness, education, advocacy, and research. Extensive research was conducted within the broader bone health community and among the general public to determine how the brand could better represent the needs of all Americans and raise awareness about the crisis in bone health.

“The renaming of our organization is a direct reflection of our renewed emphasis on

### ECHO SESSIONS



#### [BHOF FLS Bone Health TeleECHO](#)



Join us for the FLS Bone Health ECHO (Extension for Community Healthcare Outcomes) project sessions that take place the second Thursday of each month, from 3-4pm Eastern. These one-hour Tele ECHO Clinic sessions offer case-based clinical discussions on a wide range of topics of interest. By participating, you'll receive free CME, connect with experts in the field, share case studies, and much more!

prevention and prioritization of bone health at all stages of life," said Claire Gill, CEO, BHOF.

Dr. Robert Gagel, BHOF Board Chairman, agrees that the new name is representative of the expanded direction of the foundation. "By adding bone health to our name, we recognize that efforts to maintain bone mass must begin long before disease onset," said Dr. Gagel. "A lifelong commitment to bone health should be a priority for anyone who wishes to maximize their overall health and quality of life. Our programmatic initiatives and vision for the future reflect these values."

Visit [bonehealthandosteoporosis.org](http://bonehealthandosteoporosis.org) for additional information and to learn more about our history, mission, and programs.

### **Interdisciplinary Symposium on Osteoporosis (ISO2022)**

Please join experts in Bone Health for VIRTUAL educational and networking sessions at the Bone Health & Osteoporosis Foundation's (BHOF) Interdisciplinary Symposium on Osteoporosis (ISO2022).

ISO2022 will be held VIRTUALLY from May 5-7, 2022 (Thursday to Saturday).

Fracture Liaison Service (FLS) 101 and FLS Advanced Workshop to be held VIRTUALLY on Wednesday, May 4, 2022.

### **In Memoriam**

BHOF was deeply saddened to learn that Dr. Elliot Schwartz of Orinda, CA, passed away in November 2021. BHOF is honored to recognize Dr. Schwartz for his long-term dedication to the bone health community.

### **FLS Feedback Survey**

The Fracture Liaison Service (FLS) secondary fracture prevention program coordinated care model has been in operation for more than 15 years to close the secondary fracture prevention care gap

### **Upcoming FLS Bone Health ECHO sessions:**

#### **Thursday, January 13, 3-4 P.M. ET**

Topic: Geisinger HiROC: Lessons Learned since 2008

[Sign up here to join our email list](#) and receive information on FLS ECHO sessions as they are planned.

### **Bone Health TeleECHO**

Despite the availability of treatments proven to reduce fracture risk and the accumulating evidence that osteoporosis treatment can prolong life, osteoporosis remains underdiagnosed and undertreated. Only about 20 percent of patients with hip fractures receive treatment to reduce the risk of future fractures.

Each week, through the Bone Health TeleECHO, bone health experts and other clinicians from around the world come together to listen to a brief didactic in the latest topics in bone health and discuss complex cases around treating patients with osteoporosis and other bone disorders. The Bone Health TeleECHO aims to improve the care of patients with osteoporosis and reduce the osteoporosis treatment gap.

To register, please [click here](#).

### **MNI Great Lakes ECHO**

The Michigan Neurosurgical Institute (MNI) Great Lakes ECHO branch is one of the first ECHO providers in the state of Michigan. The Great Lakes ECHO brings better care to patients across the country using new methods made possible by modern technology.

To register, email:  
[MNIGreatLakesEcho@gmail.com](mailto:MNIGreatLakesEcho@gmail.com)

As part of an ongoing effort to improve the FLS model of care, the BHOF is currently exploring the various FLS programs (current and upcoming) in the United States, medical specialties, geographic locations, the obstacles/barriers, and how to continuously improve and progress these programs.

We would appreciate if you, as a valued healthcare professional in the BHOF community, would complete the survey at the link below:

<https://www.surveymonkey.com/r/BHOF-FLS>

### **BoneSource**

BoneSource®, BHOF's professional program, promotes excellence in clinical care for all healthcare professionals involved in the prevention, diagnosis, and treatment of osteoporosis. Through the BoneSource website, we offer a variety of programs, tools, and resources to meet the unique needs of healthcare professionals who provide bone health care. Join BHOF as a professional member to gain full access to BoneSource.

Visit [BoneSource®](#)

### **BHOF Professional Membership**

BHOF members are at the forefront of patient care and the first to receive breaking news, research updates, practice tools, patient education materials, and notification of public comment opportunities related to important government initiatives. Professional membership in BHOF will help build your practice, keep your team informed, provide CME credits, and allow you access to key osteoporosis experts.

For more information on professional membership, please [click here](#).

### **Own the Bone® Orthopaedic Bone Health ECHO®**

The Own the Bone® Orthopaedic Bone Health ECHO® aims to grow and share bone health knowledge and skills among orthopaedic providers in order to reduce the incidence of fragility fractures and positively impact bone health treatment.

Each month, a panel of experts will host participants on a videoconferencing platform (Zoom) to discuss current topics related to bone health and to initiate a dialogue around patient cases presented by participants. These "TeleECHO® clinics" are multidisciplinary and interactive, so participants are encouraged to learn and also share their knowledge and experiences. To register, please [click here](#).

### **Rare Bone Disease TeleECHO**

The Osteogenesis Imperfecta (OI) Foundation and the Rare Bone Disease Alliance are excited to announce the Rare Bone Disease Tele ECHO Series.

Now in its second year, the goal of this educational program is to build capacity to safely and effectively diagnose and treat rare bone diseases and disorders.

The Rare Bone Disease TeleECHO takes place the first Thursday of every month at 3:00 PM Eastern.

[Register here](#).

### **Osteogenesis Imperfecta (OI) TeleECHO**

The OI Foundation is excited to announce the OI TeleECHO Clinic Series. The educational program aims to build capacity to safely and effectively treat osteogenesis imperfecta.

**ADVOCACY UPDATE**

The Bone Health and Osteoporosis Foundation and the Black Women's Health Imperative worked together to address racial disparities in bone health. "Although Black men and women are generally less likely to suffer from osteoporosis and sustain a fragility fracture, they have higher hospitalization rates, higher death rates following fractures, and lower bone mineral density (BMD) screening rates." You can read the full article here: <https://ognsc.com/2021/10/18/its-time-to-address-racial-disparities-in-bone-health/>.

We need your help to reinforce May 2022 as National Osteoporosis Month and spread awareness of osteoporosis and its impact. The following toolkit includes a sample introductory statement and sample resolution to be edited according to your state's data and the specific state Milliman report. Here is the link to the Milliman Report which provides the state-specific information and critical numbers to assist you in completing the Proclamation. When you visit the link, you will find a map of the U.S. Simply click on your state and you will find the individual findings. Bring this important information to your local and state representatives and make bone health a priority!

[Senator Cardin](#) and [Rep. Walorski](#) are two of the four individuals who were selected as Congressional Bone Health Champion Award for "Outstanding Leadership, Advocacy and Commitment". To read about all our winners, please [click here](#).

BHOF is grateful to the individual donors and corporations who provide support for the National Bone Health Policy Institute, including Amgen Inc. and UCB, Inc.

The series takes place the second Wednesday of every month at 3:00 PM Eastern.

[Register here](#)

### **Strides For Strong Bones Spokane - San Diego**

Monthly meetings will be held the first Wednesday of each month at 5:30 pm beginning June 2, 2021.

For more information or curriculum schedule, [please click here](#).



### **Free On-Demand CME/CE Courses from Pri-Med**

#### **The Case of a 78-Year-Old Woman With Osteoporosis**

Time to meet your next patient! In this interactive case experience, you will be guided through the case of a patient presenting with history of low-trauma fracture via a series of questions and complementary learning opportunities. Earn up to 0.50 *AMA PRA Category 1 Credit*<sup>™</sup> and 0.50 ABIM Medical Knowledge MOC Point, or 0.50 AANP contact hour of continuing education, including 0.13 hour of pharmacology.

## EDUCATIONAL RESOURCES

### Professional Learning Center

BHOF is committed to supporting healthcare professionals and your continuing education needs.

BHOF provides a variety of continuing medical education programs for professionals. The [Professional Learning Center](#) offers a single place for you to participate in bone health education programs as well as track your participation to meet your licensure and professional requirements.

BHOF has recently upgraded our online professional Learning Management System (LMS), which will optimize the user/learner experience in continuing education.

Visit the [Professional Learning Center](#) to learn more and participate in sessions.

### FLS Training and Certificate of Completion 2021-2023

The BHOF Fracture Liaison Service ([FLS Training and Certificate of Completion](#)) addresses the clinical challenge of fragility fractures through the implementation of the FLS mode of care, including challenges and barriers in clinical care; strategies for organizing, staffing and structuring a successful FLS program; and clinical care of the patient with osteoporosis and increased risk of fracture.

The On-Demand program is based upon FLS session and presentations at BHOF's Interdisciplinary Symposium on Osteoporosis (ISO2021) that took place virtually in May 2021.

Those completing the program receive a Certificate of Completion and continuing education credit for individual sessions.

[Click here to watch](#)

### Latest Updates on Postmenopausal Osteoporosis: Diagnosis and Treatment

Join Pauline M. Camacho, MD, FACE, of Loyola University Medical Center, as she discusses the latest on the diagnosis and treatment of postmenopausal osteoporosis, including the latest guidelines regarding initial choice of agents, as well as duration and sequential use of drugs.

Earn up to 1.00 *AMA PRA Category 1 Credit*<sup>™</sup> and 1.00 ABIM Medical Knowledge MOC Point, or 1.00 AANP contact hour of continuing education, including 0.66 hour of pharmacology.

### **Rutgers University Interprofessional Education (IPE) event on Osteoporosis**

For almost 4 years, Rutgers University has been running an IPE (Interprofessional Education) event on Osteoporosis. Due to the pandemic, this was done virtually the last 2 years, as a 2-day event.

Students from Rutgers Physical Therapy, Pharmacy and Nursing schools are educated on bone health and osteoporosis, and instructed on screening tools to assess risk for osteoporosis, falls, and fractures. The students are to identify a participant to screen, identify their risks, set SMART goals and present their case to a small group.

Faculty for this event are licensed practitioners within the 3 disciplines who volunteered their time and encouraged interdisciplinary collaboration in the field of osteoporosis

The event faculty are:  
Dr. Anita Van Wingerden, PT, DPT



To register and participate, please [click here](#).

### **Nutrition for Bone Health Webinar Series**

The Nutrition for Bone Health Webinar Series is a FREE 2-part webinar series targeted to healthcare professionals and offered in-depth reviews of nutrition issues related to building and maintaining bone health throughout the lifespan.

#### Nutrition for Bone Health Throughout the Lifespan

**Faculty:** Shirin Hooshmand, PhD, RD

#### **Register Online**

#### Assessing Patient Calcium and Vitamin D Levels and Dietary Intake

**Faculty:** Sabrina E. Noel, PhD, RD

#### **Register Online**

#### PHYSICIANS

The Bone Health and Osteoporosis Foundation designates this activity for a maximum of 1.0 *AMA PRA Category 1 Credits™*.

#### NURSES AND NURSE PRACTITIONERS

The Bone Health and Osteoporosis Foundation designates this activity for a maximum of 1.0 continuing nursing education hours credit(s).

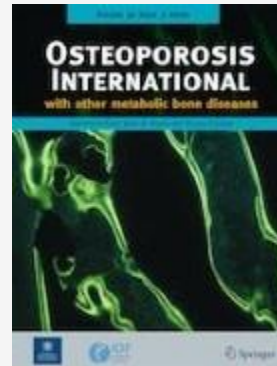
***This activity was supported by Professional Educational Grants from Sunsweet.***

### **Women's Bone Health Courses for NPs**

The Bone Health and Osteoporosis Foundation (BHOF) and National Association of Nurse Practitioners in Women's Health (NPWH) for the **Women's Bone Health Courses for NPs\*** held a 4-part webinar series targeted to nurse

Dr. Mary Wagner, PharmD, MS  
Dr. Kyeongra Yang, PhD, MPH, RN

## FROM OUR JOURNALS



#### **Treatment patterns and long-term persistence with osteoporosis therapies in women with Medicare fee-for-service (FFS) coverage**

**A.J. Singer, J. Liu, H. Yan, R.K. Stad, S.R. Gandra & A. Yehoshua**

#### **Summary**

Osteoporosis, a chronic disease, requires long-term therapy. In Medicare-insured women, denosumab persistence was higher than oral bisphosphonate persistence over up to 3 years of follow-up. Longer-term persistence was higher among women who persisted in the first year of therapy.

#### **Survival bias may explain the appearance of the obesity paradox in hip fracture patients**

R.M. Amin, M. Raad, S.S. Rao, F. Musharbash, M.J. Best & D.F. Amanatullah

#### **Summary**

practitioners and offered in-depth reviews of women's bone health issues.

Topics included:

1. Adolescent and Young Adult Bone Health
2. Protecting the Fragile Spine
3. Bone Health at Midlife
4. Diagnosis and Treatment of Osteoporosis in Women

To view the webinars, please click [here](#)

*\*This activity is made possible by support from Amgen and Medtronic*



BHOF will be offering a BoneFit™ USA virtual training on **February 6th** and **February 13th**. BoneFit™ is an evidence-informed exercise training workshop, designed for exercise practitioners, to provide training on the most appropriate, safe, and effective methods to prescribe and progress exercise for people with osteoporosis. BoneFit™ USA workshops entail four (4) online modules as pre-course work via the BHOF online LMS, attendance at a two-day LIVE course done virtually, and one (1) online module done in between sessions and completion of a final online quiz. Each day of the live online training will consist of approximately three to four hours of coursework. You can view more information on our website: <https://www.bonesource.org/bonefit-usa>.

To register, please go to the following link: <http://secure.nof.org/site/Calendar?id=100139&view=Detail>. *Space is limited!*

If you have any questions, please email [education@bonehealthandosteoporosis.org](mailto:education@bonehealthandosteoporosis.org)

Patients with low-energy hip fractures do not follow the obesity paradox as previously reported. In datasets where injury mechanism is not available, the use of age >50 years (as opposed to commonly used >65 years) as a surrogate for a low-energy hip fracture patients may be a more robust inclusion criterion.

[Long-term risk of subsequent major osteoporotic fracture and hip fracture in men and women: a population-based observational study with a 25-year follow-up](#)

S. N. Morin, L. Yan, L. M. Lix & W. D. Leslie

#### Summary

The risk of subsequent major osteoporotic and hip fracture following an initial fracture was increased in both sexes over 25 years, with modest time-dependent attenuation. This risk was highest in men, underscoring the importance of targeted treatment strategies particularly in this under-treated population.

[Opportunistic Use of Lumbar Magnetic Resonance Imaging for Osteoporosis Screening](#)

A. Kadri, N. Binkley, D. Hernando & P. A. Anderson

#### Summary

Magnetic resonance imaging (MRI) is a routine assessment before spine surgery. We found that the opportunistic use of MRI with the vertebral bone quality (VBQ) score has good diagnostic ability, with a threshold value of VBQ > 3.0, in recognizing patients who may need further osteoporosis evaluation.

**SUPPORT BHOF**

## **Healthy Bones/Healthy Communities**

The Healthy Bones/Healthy Communities training program engages a national medical cohort focused on osteoporosis and healthy bones, targeting the educational and support needs of family physicians, internists, and advanced practice providers. The content focuses on calcium and phosphate metabolism; bone biology; physiology, pathophysiology, and related disorders; and osteoporosis epidemiology, diagnosis, and management.

Through the program, our goal is to train a minimum of 10 family practice, internal medicine, and/or obstetrics/gynecology providers per community in 8-10 cities across the country.

The program began in 2019 and took place in-person in Houston, TX and Boston, MA.

In 2020, the program was implemented in a virtual format in Spokane, WA and Columbus, OH.

This year the program took place, virtually in Pittsburgh, PA.

BHOF thanks Amgen for its support of the Healthy Bones/Healthy Communities project!

Thank you to all who supported the Bone Health & Osteoporosis Foundation on Giving Tuesday. Your generosity helps support our mission of preventing osteoporosis and broken bones, promoting strong bones for life and reducing human suffering through programs of public and clinician awareness, education, advocacy and research.

If you missed any of our LIVE Bone Chats on Tuesday, you can access the recordings via the links below:

- [\*\*Generations of Strength: Bone Health and Osteoporosis in Families\*\*](#)
- [\*\*Cancer and Bone Loss\*\*](#)
- [\*\*Bone Density Tests and Beyond\*\*](#)
- [\*\*BHOF Support Groups: Meeting Needs in Communities\*\*](#)
- [\*\*Be Bone Strong: Running for Bone Health\*\*](#)
- [\*\*Public Policy and Bone Health\*\*](#)
- [\*\*Men and Osteoporosis: What You Need to Know\*\*](#)

Be sure to look for further updates on how to get involved with the bone health community.

**Donate**