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BONESOURCE ALERT

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September 2021 Issue

NOF UPDATES

BONE HEALTH RESOURCES



NOF Rebranding

Please mark your calendar for October 20, 2021, which is World Osteoporosis Day, at 12:00 pm ET, when **NOF will be making a major announcement**. Via a webinar, you'll hear from NOF's CEO, Board Chairman and President about the results from our 18+ month Rebrand process to determine how we can grow and innovate to meet the needs of all of our audiences. We are excited to share our news and to continue to work with you to bring an end to osteoporotic fractures. Information about registering for the announcement webinar will be available on the NOF main website – www.nof.org and our website for

ECHO SESSIONS



NOF 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!

healthcare professionals – www.bonesource.org in early October.

BoneSource

BoneSource®, NOF'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 NOF as a professional member to gain full access to BoneSource.

Visit BoneSource®

NOF Professional Membership

NOF 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 NOF 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](#).

ADVOCACY UPDATE

The National Bone Health Policy Institute has been busy sharing Medicare policy recommendations to cut costs and improve care. On September 1, our press release on men's health in regards to our recent report was posted on Fox (<https://www.foxnews.com/health/osteoporosis-fractures-men-study>). "This study verifies that it's not just women who are at risk of osteoporotic fractures," Claire Gill, CEO of the National Osteoporosis

Upcoming FLS Bone Health ECHO sessions:

Thursday, October 14, 3-4 P.M. ET

Speaker: Lisa Ceglia, MD
Topic: Co-Morbid Conditions and Osteoporosis

Thursday, November 11, 3-4 P.M. ET

Speaker: Kathy Williams, EdD
Topic: Healthy Bones Program and Implementing an Osteoporosis Program

Thursday, December 9, 3-4 P.M. ET

Speaker: Christine Jablonski, MD
Topic: Orlando Health's FLS Program

[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

Foundation, which commissioned the study, said in a [statement](#) posted Monday, August 30th.

On the heels of the Milliman Report's state-based data addressing the differences in the economic and clinical impact of fractures suffered by Americans on Medicare, the National Osteoporosis Foundation (NOF) needs 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.

to patients across the country using new methods made possible by modern technology.

To register, email:
MNIGreatLakesEcho@gmail.com

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.

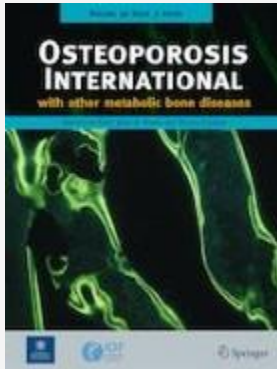
The Rare Bone Disease TeleECHO takes place the first Thursday of every month at 3:00 PM Eastern.

[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

FROM OUR JOURNALS



[Bone-loading exercises versus risedronate for the prevention of osteoporosis in postmenopausal women with low bone mass: a randomized controlled trial](#)

Nancy Waltman, Kevin A. Kupzyk, Laura E. Flores, Lynn R. Mack, Joan M. Lappe & Laura D. Bilek

Summary

This randomized controlled trial compared changes in bone mineral density (BMD) and bone turnover in postmenopausal women with low bone mass randomized to 12 months of either risedronate, exercise, or a control group.

Postmenopausal women with low bone mass should obtain adequate calcium and vitamin D and participate in bone-loading exercises. Additional use of BPs will increase BMD, especially at the spine.

[Cost-effectiveness of 3 versus 6 years of zoledronic acid treatment before bisphosphonate holiday for women with osteoporosis](#)

S. Nayak & S. L. Greenspan

Summary

We evaluated the cost-effectiveness of recurrent periods of 3 versus 6 years of zoledronic acid treatment prior to 3-year

to safely and effectively treat osteogenesis imperfecta.

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](#).

BONE EVENTS & OPPORTUNITIES



ASBMR Annual Meeting October 1-4, 2021

The ASBMR Annual Meeting is the world's largest and most diverse meeting in the bone, mineral and musculoskeletal research field, attracting more than 3,000 attendees from more than 70 countries, including clinicians and researchers, representing all career levels and specializing in a variety of disciplines.

[Click Here to Register](#)

bisphosphonate holidays for US postmenopausal women with osteoporosis and femoral neck BMD T-scores between – 2.5 and – 3.5. We found that cycles of 3 years of treatment followed by holidays is likely to be the more cost-effective option.

[Examining effects of habitual physical activity and body composition on bone structure in early post-menopausal women: a pQCT](#)

L. E. Flores, S. Nelson, N. Waltman, K. Kupzyk, J. Lappe, L. Mack & L. D. Bilek

Summary

After menopause, bones decline in structure and can break more easily. Physical activity can strengthen bones. This study investigated how activity and body composition can impact bone structure in post-menopausal women. Higher levels of physical activity were positively associated with bone structure at the lower leg..

[Early changes in bone turnover and bone mineral density after discontinuation of long-term oral bisphosphonates: a post hoc analysis](#)

K. Saag, F. Cosman, T. De Villiers, B. Langdahl, B.B. Scott, A.E. Denker, A. Pong & A.C. Santora

Summary

This post hoc analysis of a randomized, double-blind study of postmenopausal women with osteoporosis found that there were early increases in bone turnover markers and decreases in bone mineral density after discontinuation of long-term alendronate. These findings might help guide treatment decisions, including monitoring after alendronate withdrawal.

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™ and 0.50 ABIM Medical Knowledge MOC Point, or 0.50 AANP contact hour of continuing education, including 0.13 hour of pharmacology.

[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™ and 1.00 ABIM Medical Knowledge MOC Point, or 1.00 AANP contact hour of continuing education, including 0.66 hour of pharmacology.

[Click here to watch](#)

SUPPORT NOF

OSTEOPOROSIS ARTICLES

[Osteoporosis management: Use a goal-oriented, individualized approach](#)

Journal of the American Geriatrics Society

Smita Nayak MD, Andrea Singer MD,
Susan L. Greenspan MD

Key Points

Secondary fracture prevention intervention after osteoporotic fracture is very likely to be cost-saving for Medicare beneficiaries, resulting in improved health outcomes and lower costs.

Why Does this Paper Matter?

Few patients receive osteoporosis treatment after a fracture; expansion of use of secondary fracture prevention intervention would be beneficial.

[Osteoporosis management: Use a goal-oriented, individualized approach](#)

The Journal of Family Practice

Jude des Bordes, MBChB, DrPH, Nahid Rianon, MD, DrPH

Summary

Recommendations for care are evolving with increasingly sophisticated screening and diagnostic tools and a broadening array of treatment options.

**EDUCATIONAL
RESOURCES**

Professional Learning Center

NOF is committed to supporting healthcare



Autumn is a season known for change and its physical beauty. For the National Osteoporosis Foundation (NOF), it is an incredibly busy time. September 20-24 is Falls Prevention Week, and we need to prevent falls in order to avoid the broken bones that are caused by osteoporosis.

In the United States each year, approximately 2 million broken bones are suffered by people with osteoporosis. For many people, these falls and resulting fractures can be life-threatening. They can rob people of their independence and have a terrible impact on their quality of life. We can and must do more to help prevent debilitating osteoporotic fractures.

The work we do to support patients and caregivers and to teach healthcare providers how to prevent, diagnose and treat osteoporosis would not be possible without donors like you. We know you have many organizations seeking your support, and we are extremely grateful that you make NOF one of your priorities for giving.

Donate

professionals and your continuing education needs.

NOF 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.

NOF 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.

Bone Fit™ USA



The National Osteoporosis Foundation is hosting a Bone Fit™ USA workshop LIVE virtually on October 17 and October 24, 2021.

Bone Fit™ is an evidence-informed exercise training workshop, designed for healthcare professionals and exercise specialists to provide training on the most appropriate, safe and effective methods to prescribe and progress exercise for people with osteoporosis. Bone Fit™ was created and launched by Osteoporosis Canada in 2010. Learn more about the program at www.bonefit.ca.

[Bone Fit™ Basics workshop](#)

Aimed at exercise and fitness professionals working in the community with uncomplicated osteoporosis clients.

Registration Cost \$200

Sunday October 17, 2021 1pm to 4pm EST

Sunday, October 24, 2021 10am to 12:30pm EST

Bone Fit™ Clinical workshop

Developed for rehabilitation professionals working in a clinical environment with simple or complex osteoporosis clients.

Registration Cost \$350

Sunday October 17, 2021 1pm to 4pm EST

Sunday, October 24, 2021 10am to 2pm EST

To register, visit <https://bit.ly/3kh7QWp>