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BoneSource<sup>®</sup>  
for Clinicians



## BONESOURCE ALERT

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Q4 2022 Issue

### BHOF UPDATES

### BONE HEALTH RESOURCES

#### [World Osteoporosis Day 2022](#)

[World Osteoporosis Day](#) took place October 20th. The day was dedicated to raising awareness about osteoporosis prevention, diagnosis, and treatment. BHOF hosted a webinar on "[Creating an Exercise Plan for Healthy Bones](#)".

On this webinar, BHOF's CEO Claire Gill interviewed exercise expert Amy Van Liew about the most frequently asked questions on exercise for bone health. They discussed how exercise, physical activity, and safe movement all play an important role in building and maintaining bone health throughout our lives.

[The recorded webinar can be accessed here.](#)

#### [The Cost of Osteoporotic Fractures](#)

BHOF CEO Claire Gill served on the panel of the [Women In Government Podcast](#) focused on The Cost of Osteoporotic Fractures.

#### ECHO SESSIONS



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



Join us for the FLS Bone Health TeleECHO (Extension for Community Healthcare Outcomes) project sessions that take place the second Thursday of each month, from 3:00-4:00pm Eastern. These one-hour TeleECHO 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!

On this episode of the Women In Government Podcast, the panel discussed the action steps we can take today to address the differences in the clinical and economic impact of fractures suffered by Americans on Medicare.

[The podcast can be accessed here.](#)

## ADVOCACY UPDATES

BHOF is pleased to announce the 2022 recipients of our national award to recognize members of Congress who have demonstrated outstanding leadership, advocacy, and commitment to protect and improve the bone health of Americans. The awards are presented annually by BHOF to highlight the importance of bone health and the osteoporosis crisis in the U.S., and the work by national leaders to advance improvements in bone health policy.

The 2022 Congressional Bone Health Champion Award winners are:

- Sen. Shelley Moore Capito (R-WV)
- Sen. Patty Murray (D-WA)
- Rep. Michael Burgess (R-TX)
- Rep. Linda Sánchez (D-CA)

To read the full press release, [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.

## [Upcoming FLS Bone Health ECHO](#)

### [Sessions](#)

[Thursday, January 12, 2023](#)

Topic: The Needs to Maintain a Sustainable FLS

Speaker: Marjorie Delaney, NP

[Thursday, February 9, 2023](#)

Topic: FLS at Orlando Health

Speaker: Christine Jablonski, MD, CCD

[Thursday, March 9, 2023](#)

Topic: Diverging from Standard FLS Model

Speaker: Julie Merrill, PA-C

[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](#).

## BHOF RESOURCES

### **“Clinician’s Guide to Prevention and Treatment of Osteoporosis”**

BHOF published its recently revised [“Clinician’s Guide to Prevention and Treatment of Osteoporosis”](#). The *Clinician’s Guide* offers concise recommendations regarding prevention, risk assessment, diagnosis, and treatment of osteoporosis in postmenopausal women and men aged 50 years and older.

BHOF, formerly the National Osteoporosis Foundation (NOF), first published the *Clinician’s Guide* in 1999 with updates made in 2014 and 2022 to provide accurate information on osteoporosis prevention and treatment. BHOF’s goal is to offer useful and accurate recommendations for healthcare providers to utilize when detecting, diagnosing, and treating this debilitating disease. Yet, despite many current advances, a treatment gap continues to persist in patient care of osteoporosis.

[The \*Clinician’s Guide\* can be downloaded here.](#)

### **Osteoporosis and Fracture Risk Evaluation Tool (Radically Simple Tool)**

BHOF, in collaboration with the International Osteoporosis Foundation (IOF), have developed a simple visual aid to help primary care providers initiate dialogue with their patients

### **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).

### **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 TeleECHO 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.

about osteoporosis and fracture risk during a medical consultation.

The tool, available in PDF form and in several languages, lists essential questions for osteoporosis and fracture risk assessment, and illustrates a screening and management algorithm based on either U.K. or U.S. guidance. Key messages are provided to assist clinicians in explaining the benefits of treatment versus the risk of rare side effects from the treatment. It is supported by visual aids to help patients view and better understand this risk versus benefit discussion.

The BHOF tool for primary care providers is [available on the BHOF website for the U.S.](#)

***BHOF thanks Amgen for its support of the Osteoporosis and Fracture Risk Evaluation Tool (Radically Simple Tool)***

## **Educational Resources**

### **[FLS Training and Certificate of Completion 2022-2024](#)**

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 sessions and presentations at BHOF's Interdisciplinary Symposium on Osteoporosis (ISO2022) that took place virtually in May 2022. Those

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

To register, please [click 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.

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

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

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

Monthly meetings will be held the first Wednesday of each month at 5:30 PM Pacific Time.

For more information or curriculum schedule, [contact them here](#).

**BONE NEWS &  
EVENTS/OPPORTUNITIES**

completing the program receive a Certificate of Completion and continuing education credit for individual sessions. The course offers 22.50 credit hours for \$500 for non-members and \$400 for BHOFF members.

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

### **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. In 2021, the program took place virtually in Pittsburgh, PA.

This year, we have held a virtual program in Raleigh-Durham, NC and a live program in Chicago, IL on Friday, November 4, 2022. An in-person



### **Rutgers University Osteoporosis Interprofessional Education (IPE) Event - October 2022**

This 2-day virtual event was created based on the passion of the faculty members for preventing osteoporosis and falls, the recognition that there was a need to increase awareness and educate Rutgers professional health students on prevention of osteoporosis and fall risk, and the faculty members' collaboration and membership in New Jersey's Interagency Council on Osteoporosis.

About 200 screenings were performed by the students in the physical therapy, nursing, and pharmacy programs during the October event. In upcoming years, they plan to incorporate in-person training sessions for students and group facilitators, increase the recruitment of alumni as group facilitators, obtain continuing education credits for faculty and facilitators, apply for a grant to increase participation, development, and public awareness of this event, and publish a manuscript to inform fellow health care educators about the process and protocols that have made this event such a success. Congratulations on a successful event, and we want to thank you for your commitment to raising awareness about osteoporosis!

program is being planned to take place in San Diego, CA in January 2023. Please stay tuned for further information about this program.

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

### **Advancing Clinical Education on Bone Health and Fractures in the U.S.**

The webinar series on **Advancing Clinical Education on Bone Health and Fractures in the U.S.\*** is a free clinical training program providing opportunities for on-demand courses, highlighting what healthcare providers need to know regarding bone health, bone diseases, and fractures.

#### **Fracture Prevention and Risk Assessment**

**Faculty:** Nahid Rianon, MD

#### **Management of Vertebral Compression Fractures**

**Faculty:** Joshua Wing, CRNP, RNFA

#### **Optimizing Communication to Improve Management of Fracture Risk**

**Faculty:** Amy Mitchell, FNP-C

Those completing the program receive continuing education credit for each individual session.

#### ***Acknowledgment of Financial or Other Support***

\*This activity is made possible by support from Medtronic.

### **BoneFit™ USA**

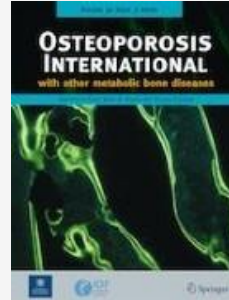
## **Patients' Perspective as a Catalyst for Action to Improve Osteoporosis Care**

Ghent University, in collaboration with Amgen, prepared a report that presents for the first time the strongest voice in the mission to increase awareness of osteoporosis and to advocate for proper diagnosis and treatment to prevent future fractures – the patients' voice.

Patients of both sexes and all ages, representing 14 countries worldwide, have shared their powerful experiences and perspectives reinforcing the need for early screening, intervention, and appropriate post-fracture care.

[The report and infographic can be found here.](#)

## **FROM OUR JOURNALS**



[Menopausal hormone therapy reduces the risk of fracture regardless of falls risk or baseline FRAX probability—results from the Women's Health Initiative hormone therapy trials](#)

M. Lorentzon, H. Johansson, N. C. Harvey, E. Liu, L. Vandenput, C. J. Crandall, J. A. Cauley, M. S. LeBoff, E. V. McCloskey & J. A. Kanis

### **Summary**

BHOF is hosting a BoneFit™ USA workshop LIVE virtually on January 21st and January 22nd, 2023.

BoneFit™ 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. BoneFit™ was created and launched by Osteoporosis Canada in 2010. [Learn more about the program here.](#)

We are currently at capacity for our January training. If you would like to be placed on the waitlist for our next training, please email [education@bonehealthandosteoporosis.org](mailto:education@bonehealthandosteoporosis.org).

### **Bone Health Tool Available for Nurse Practitioners**

BHOF and National Association of Nurse Practitioners in Women's Health (NPWH) are pleased to announce the launch of a new Bone Health module as part of the NPWH Well-Woman Visit App.

Recognizing that half of all women over the age of 50 will break a bone due to osteoporosis in her lifetime, BHOF and NPWH experts worked together to create a specific section on bone health to be included in the Well Woman App. This new module includes information about bone health throughout the lifespan for women, including prevention, diagnosis, and osteoporosis treatment options.

The Well-Woman Visit App incorporates clinical guidelines and recommendations from multiple sources into a single tool that is easy

In a combined analysis of 25,389 postmenopausal women aged 50–79 years, enrolled in the two Women's Health Initiative hormone therapy trials, menopausal hormone therapy vs. placebo reduced the risk of fracture regardless of baseline FRAX fracture probability and falls history.

[Comparative effectiveness and cardiovascular safety of abaloparatide and teriparatide in postmenopausal women new to anabolic therapy: A US administrative claims database study](#)

F. Cosman, C. Cooper, Y. Wang, B. Mitlak, S. Varughese & S. A. Williams

### **Mini Abstract**

Real-world evidence on the comparative effectiveness and safety of abaloparatide versus teriparatide in women with osteoporosis may help inform treatment decisions. Following 18 months of treatment, abaloparatide was comparable to teriparatide for prevention of nonvertebral fractures, resulted in a 22% risk reduction for hip fractures, and demonstrated similar cardiovascular safety.

### **Summary**

Osteoporotic fracture risk can be reduced with anabolic or antiresorptive medications. In addition to efficacy and safety data from controlled clinical trials, real-world evidence on comparative effectiveness and safety may help inform treatment decisions.

[Management of osteoporosis in patients with chronic kidney disease](#)

M. Abdalbary, M. Sobh, S. Elnagar, M. A. Elhadedy, N. Elshabrawy, M. Abdelsalam,

to navigate and during a patient's visit. [Information on downloading the free mobile app can be found here.](#)

***Support for the updated bone module was provided by Amgen.***

### **Patient Pathway Tool**

BHOF is putting the finishing touches on its patient pathway tool – Your Path to Good Bone Health. It will be a welcoming, easy to understand, and encouraging resource for patients to learn about actions they can take to prevent and manage osteoporosis and avoid broken bones through quick reads, videos, and podcasts. As healthcare providers, we want you to be informed in order for you to provide this information to your patients once it is released in early January 2023.

***BHOF is grateful to Amgen and UCB for support on this initiative.***

## **SUPPORT BHOF**



As a healthcare professional who is committed to improving the bone health of your patients, we hope that you will consider supporting our mission during the holiday season. As you know, BHOF provides multiple

K. Asadipooya, A. Sabry, A. Halawa & A. El-Husseini

### **Mini Abstract**

Chronic kidney disease deteriorates bone quality and quantity. The mechanism of bone loss mainly determines pharmacological treatment. DXA and QCT provide information about bone quantity, but assessing bone quality, by TBS, high-resolution bone imaging, invasive bone biopsy, and bone turnover markers, can guide us about the mechanism of bone loss.

### **Renal safety of zoledronic acid for osteoporosis in adults 75 years and older**

Cy W. Fixen & Danielle R. Fixen

### **Summary**

Our study examined renal function change in older adults with osteoporosis, treated with zoledronic acid. Risk of nephrotoxicity was low. Future studies are needed to evaluate use of zoledronic acid in patients with a CCr < 35 mL/min, as patients may be inappropriately excluded from its use.

### **Effect of degeneration on bone mineral density, trabecular bone score and CT Hounsfield unit measurements in a spine surgery patient population**

A. C. Hayden, N. Binkley, D. Krueger, J. T. Bernatz, A. Kadri & P. A. Anderson

### **Summary**

This study investigated the impact of spinal degeneration on bone mineral density (BMD), trabecular bone score (TBS), and CT Hounsfield units in an at-risk population. We found that BMD was increased by degeneration, whereas TBS and HU were unaffected. These findings



learning and educational opportunities for clinical providers to receive CME/CE credits on the topics of osteoporosis and bone health. We are also the nation's leading patient advocacy organization striving to end osteoporotic fractures and make bone health a greater priority on America's health agenda.

You are aware of the bone health crisis in this country. Please consider supporting our mission and making BHOF a priority in your philanthropic giving today. Without the generous support from donors like you, BHOF cannot do the important work that we continue to do. Thank you for supporting our mission and for your work in treating patients with the best care. Happy Holidays!

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support that TBS is not adversely affected by spinal degeneration.

[Osteoporosis identification among previously undiagnosed individuals with vertebral fractures](#)

L. S. Gold, R. F. Cody Jr., W. K. Tan, Z. A. Marcum, E. N. Meier, K. J. Sherman, K. T. James, B. Griffith, A. L. Avins, D. F. Kallmes, P. Suri, J. L. Friedly, P. J. Heagerty, R. A. Deyo, P. H. Luetmer, S. D. Rundell, D. R. Haynor & J. G. Jarvik

### Summary

Because osteoporosis is under-recognized in patients with vertebral fractures, we evaluated characteristics associated with osteoporosis identification. Most patients with vertebral fractures did not receive evaluation or treatment for osteoporosis. Black, younger, and male participants were particularly unlikely to have had recognized osteoporosis, which could increase their risk of negative outcomes.

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