

BoneSource® for Clinicians



BONESOURCE ALERT

FOLLOW US! in





Q4 2025 Issue

BHOF UPDATES

BONE HEALTH RESOURCES

ISO2026 Registration

Early Bird registration is now open

for the Bone Health & Osteoporosis Foundation's (BHOF) Interdisciplinary Symposium on Osteoporosis (ISO2026)—the premier educational meeting for professionals dedicated to bone health and osteoporosis prevention and treatment.

Join leading experts for in-person educational sessions, networking, and innovative programming in Washington, D.C. at the Capital Hilton, May 28-30, 2026.

Don't miss your chance to save register today!

Visit: ISO2026 Registration

Learn more:

interdisciplinarysymposiumosteopor osis.org

ECHO SESSIONS



BHOF FLS Bone Health TeleECHO





Impact of BHOF's FLS ECHO Program

The Bone Health & Osteoporosis Foundation (BHOF) recently published an article in Archives of Osteoporosis showcasing the success of its

ISO2026 Call for Poster Abstracts

BHOF invites healthcare professionals, researchers, and clinicians to submit poster abstracts highlighting advances in bone health and osteoporosis for presentation at ISO2026.

Why Participate:

- Showcase your research to an international, multidisciplinary audience
- Gain visibility and valuable feedback in an interactive poster session
- Contribute to advancing the science and practice of osteoporosis care

Submission Deadline: December 19, 2025, at 11:59 p.m. EST

Submit Your Abstract and Learn More:

Submit Abstract Online

Download Full Poster Guidelines
(PDF)

BHOF Opens Search for North American Editor-in-Chief of Osteoporosis International

The Bone Health and Osteoporosis
Foundation (BHOF) is pleased to
announce the search for the next
North American Editor-in-Chief of
Osteoporosis International (OI), with
a five-year term beginning October
2026. A joint initiative of the
International Osteoporosis

Fracture Liaison Service (FLS) ECHO program. The study, titled *Enhancing Post-Fracture Care: Impact of the Fracture Liaison Service (FLS) ECHO*, demonstrates how this telementoring model improves knowledge, confidence, and implementation of best practices among healthcare professionals treating patients with fragility fractures.

Key findings show that participation in FLS ECHO led to measurable improvements in provider confidence, increased FLS adoption, and strengthened post-fracture care processes.

Clinicians, administrators, and bone health advocates are encouraged to read the full article to see how BHOF is advancing secondary fracture prevention through collaborative, expert-led learning.

FLS Bone Health TeleECHO Sessions

BHOF invites healthcare professionals to participate in the FLS Bone Health TeleECHO (Extension for Community Healthcare Outcomes) Program, a monthly interactive series designed to strengthen clinical knowledge and care coordination in osteoporosis and secondary fracture prevention.

Session Schedule:

Held the **second Thursday of each month**, 3:00 p.m. – 4:00 p.m. ET

Format:

One-hour virtual sessions featuring

Foundation (IOF) and BHOF,
Osteoporosis International is a
leading multi-disciplinary journal in
the bone field, boasting an impact
factor above 5.0. The role also
includes shared oversight of Archives
of Osteoporosis in collaboration with
IOF.

The Editor-in-Chief will work closely with BHOF leadership and the journal's publisher to guide editorial direction, oversee peer review, and shape scientific content. Key responsibilities include:

- Selecting and supervising North American Editors and Editorial Review Board members
- Identifying emerging areas of importance and soliciting high-impact submissions in collaboration with the European Editor-in-Chief
- Ensuring timely, rigorous, and efficient manuscript review processes

For more information, visit the <u>BHOF</u> website or direct inquiries to <u>OUournal@bonehealthandosteoporosis.org.</u>

In Memoriam: Dr. Frederick R. Singer

The Bone Health & Osteoporosis
Foundation mourns the passing of **Dr. Frederick R. Singer,** a pioneering

case-based clinical discussions and expert-led presentations on topics central to bone health and Fracture Liaison Services (FLS).

Why participate:

- Earn free CME/CE credit
- Gain real-time feedback from bone health experts
- Learn best practices through peer case sharing
- Join a professional community committed to reducing secondary fractures

Explore Global Bone Health ECHO Opportunities

In addition to the FLS series, BHOF shares access to the Global Calendar of Bone Health ECHO Programs, featuring a wide range of virtual learning opportunities led by experts worldwide. These programs are ideal for professionals looking to broaden their expertise and contribute to a global network focused on

osteoporosis and fracture prevention.

Visit the Global Calendar to:

- Browse upcoming ECHO sessions across different regions and specialties
- Register for topics of interest
- Connect with a global community of peers advancing bone health care

clinician, researcher, and long-time leader in bone health.

Dr. Singer served on BHOF's Board of Trustees and Scientific & Medical Advisory Council, following his leadership with the Paget Foundation. He was Director of the Endocrine/Bone Disease Program at the John Wayne Cancer Institute and Clinical Professor of Medicine at UCLA, with a distinguished career advancing research on osteoporosis, Paget's disease, and skeletal complications of cancer.

A past president of the American Society for Bone and Mineral Research, Dr. Singer was widely respected for his expertise, mentorship, and dedication to patient education and advocacy.

BHOF extends heartfelt condolences to his family, colleagues, and the bone health community.

Read more: In Memoriam: Dr.

Frederick R. Singer

ADVOCACY UPDATES

Enhance your impact—stay connected, keep learning, and share these resources with your care team.

BONE NEWS & EVENTS/OPPORTUNITIES



Optimizing the Use of Biosimilars in Osteoporosis Care

Please join the Bone Health and Osteoporosis Foundation (BHOF) for a free educational webinar on Optimizing the Use of Biosimilars in Osteoporosis Care.

Date: Monday, December 8, 2025 **Time:** 3:00 PM ET / 12:00 PM PT

Topic: Optimizing the Use of Biosimilars in Osteoporosis Care

Featured Speakers:

Nancy E. Lane, MD – University of California at Davis School of Medicine Andrea J. Singer, MD – MedStar Georgetown University Hospital

PLEASE CLICK HERE TO REGISTER



On September 12, 2025, BHOF, together with 21 other leading patient advocacy and professional societies, submitted formal comments and recommendations to Centers for Medicare & Medicaid Services for consideration in the final Calendar Year (CY) 2026 Medicare Physician Fee Schedule (PFS) Proposed Rule. Incorporating the recommended codes would represent the most significant advancement in bone health policy in decades, leading to improved care, better outcomes, and reduced costs for the nearly two million Medicare beneficiaries affected. The full letter can be seen here.

BHOF is collaborating with Women in Government to present <u>Strong Bones</u> – <u>Healthy States: Reducing Medicaid</u> <u>Costs Through Fracture Prevention on</u>

December 3 to host a webinar. This webinar will empower stakeholders with expert information about how strengthening bone health screening and prioritizing fracture prevention can reduce hospitalizations and long-term care needs, lower state

Participants will have the opportunity to engage in a live Q&A session with the speakers.

For questions, please contact education@bonehealthandosteoporosis.org

This activity is made possible by support from Organon.

Falls Prevention: A Critical Component of Osteoporosis Care and Fracture Prevention

The Bone Health & Osteoporosis
Foundation, in collaboration with
Medscape, has developed a new CME
activity focused on fall prevention as a
critical component of osteoporosis
care. This program provides
healthcare professionals with
practical, evidence-based strategies
to reduce fall risk, preserve bone
health, and support older adults in
maintaining independence. The
activity was released on July 31, 2025
and offers CME credit through July 31,
2026.

Key highlights include:

- The impact of falls on patient outcomes and healthcare utilization.
- Evidence-based interventions such as strength and balance training, mobility exercises, and multifactorial approaches.
- Application of the 4Ms framework—What Matters,

Medicaid costs, and deliver better health outcomes. It will also provide a series of innovative policy actions that state policymakers can use to bring about reforms.

BHOF is grateful to Amgen Inc., Novo Nordisk, Organon, UCB, Inc., and Sandoz for their support of the National Bone Health Policy Institute.

BHOF joined leaders in public health at the American Public Health Association's Annual Meeting & Expo in Washington, D.C. this week! Our Vice President of Public Health and Policy Andrea Medeiros, MPH, presented "Bridging the Gaps in Osteoporosis Care: A Landscape Analysis of Research, Awareness, and Prevention" as part of a session on Bridging Gaps in Chronic Disease Prevention and Management.

At the ASBMR 2025 Annual Meeting, the session "Mission Possible – Empowering You to Improve Musculoskeletal Health with Public and Political Partnership" spotlighted the power of advocacy. Speakers emphasized strategies for mobilizing public voices, building political will, and shaping legislation to improve bone, joint, and muscle health nationwide. Claire Gill, BHOF CEO, joined the panel to highlight BHOF's leadership in driving coalition efforts and amplifying the policy agenda for musculoskeletal health.

The session "Sponsored by Organon Biosimilars" focused on the scientific

- Medication, Mentation, and Mobility—for integrating fall and fracture prevention into everyday clinical care.
- Tools to support an interdisciplinary, patientcentered approach to osteoporosis and fall prevention.

Click here to access the session.

This project has been funded by the Centers for Disease Control and Prevention (CDC), under Award #6 NU48DP007769-01-02, with BHOF serving as the lead organization.

New Zealand launches national strategy to strengthen bone health

Osteoporosis New Zealand has launched Stronger Together: A Collaborative Strategy for Bone Health in New Zealand, a national roadmap to reduce fragility fractures and improve bone health across the life course. The strategy outlines seven objectives, from best practice hip fracture care and secondary fracture prevention to strengthening primary prevention, promoting bone health in midlife, and supporting healthy skeletal development in youth and pregnancy. Stronger Together is freely available for national osteoporosis and bone health organisations to review, adapt, and apply within their own contexts.

Click here to learn more.

and clinical frontier of bone health. Presenters reviewed emerging clinical evidence, shared real-world practice integration models, and reflected on patient experiences with biosimilars. As a panelist, BHOF CEO Claire Gill reinforced BHOF's commitment to advancing innovation and expanding access to cutting-edge therapies.

BHOF RESOURCES

Public Health Professional Sub-site

The Public Health Professionals Subsite is a dedicated hub for those working to improve bone health and prevent osteoporosis at the population level. It provides evidence-based tools, data, and strategies to support community education, program development, and policy efforts that promote lifelong bone health.

The site also highlights current research, best practices, and practical resources to help you design effective population-based interventions and advance bone health equity in your community.

Explore the site to access materials that can enhance your public health initiatives and strengthen bone health across populations.

Perry Academy

Perry Academy is a new multidisciplinary learning platform designed to help healthcare professionals deliver compassionate, evidence-based perimenopause care. With CME/CEU-accredited tracks, expert-led courses, and practical tools, you'll gain the knowledge and skills to better support patients during midlife. Graduates receive a Perimenopause Certificate® and are listed in the Perry-Certified Directory, connecting women with qualified providers.

Learn more and enroll today.

<u>Postmenopausal Osteoporosis:</u> <u>Closing the Care Gap</u>

Are you up to date on how to prevent or reduce secondary osteoporotic fracture rates in your patients?

Author: Tara M. Knight, DNPc, MSN, BSN, FNP-C 1.0 CME / ABIM MOC / CE

Click here to begin the course.

Prolia® (denosumab) REMS

A REMS has been mandated for Prolia® to address the risk of severe hypocalcemia in patients with advanced chronic kidney disease, including those on dialysis.

Healthcare professionals can access the Healthcare Provider Letter, Patient Guide, and updated Prescribing Information to support safe prescribing and monitoring. Learn

Free Virtual Bone Health Webinars

The Bone Health & Osteoporosis
Foundation offers free, live virtual
webinars on topics such as posture,
fall prevention, nutrition, and
condition-specific bone health
(including breast cancer and HIV).
These sessions are designed to
support both clinicians and patients
with practical, evidence-based
strategies for preventing fractures and
promoting lifelong bone health.

View upcoming events and register here.

Bone Health Quiz

As a clinician, you play a critical role in identifying patients at risk for osteoporosis and fractures. The Bone Health Quiz is a quick and engaging tool that helps individuals assess their risk factors. As they answer questions, key bone health facts appear alongside their responses. Any risk factors for weakened bones or fractures will be highlighted in red, signaling the need for further discussion with a healthcare provider.

Encourage your patients to take the Bone Health Quiz today and start the conversation about protecting their bone health.

<u>Click here</u> to take the Bone Health Ouiz.

Spanish-Language Resources

more about the Prolia® REMS Program here.

Connexxence® (denosumab-bnht) REMS

A REMS has also been mandated for Connexxence® (denosumab-bnht) to address the risk of severe hypocalcemia in patients with advanced chronic kidney disease, including those on dialysis.

Healthcare professionals can access the Healthcare Provider Letter, Patient Guide, and updated Prescribing Information to support safe prescribing and monitoring. Learn more about the Connexxence® REMS Program here.

BILDYOS® (denosumab-nxxp) REMS

A REMS has been mandated for BILDYOS® (denosumab-nxxp) to address the risk of severe hypocalcemia in patients with advanced chronic kidney disease, including those on dialysis. Healthcare professionals can access the Healthcare Provider Letter, Patient Guide, and updated Prescribing Information to support safe prescribing and monitoring.

Learn more about the BILDYOS® REMS Program here.

<u>Capture the Fracture® Best Practice</u> <u>Framework (BPF)</u>

The International Osteoporosis Foundation (IOF) has developed Capture the Fracture®, a global program to facilitate the These two Spanish-language onepagers are designed to help you take control of your bone health. Tomando El Control De La Salud De Sus <u>Huesos</u> (Take Charge of Your Bone Health) provides easy-to-follow tips on preventing osteoporosis, building strong bones, and understanding your risk factors. Preguntas Para Hacerle A Su Medico Acerca De La Salud De Sus Huesos (Questions to Ask Your Healthcare Provider) helps you prepare for your next medical visit with important questions to guide a proactive conversation with your healthcare provider. These resources make it easier to stay informed and take steps toward stronger, healthier bones with culturally relevant resources for Spanish-speaking communities.

Huesos Saludables de por Vida

Este presentación compartirá los fundamentos de la salud ósea y su importancia. Es la introducción perfecta a la prevención de la pérdida ósea, la prevención de fracturas, el ejercicio y la nutrición saludables para los huesos. ¡Tome medidas para mantenerse fuerte y independiente de por vida! Presione aquí para ver el seminario web.

Otros recursos:

 Medicinas que pueden causar pérdida ósea y contribuir a la osteoporosis implementation of Post-Fracture Care (PFC) Coordination Programs, such as Fracture Liaison Services (FLS) for secondary fracture prevention.

The Capture the Fracture® initiative guides healthcare systems in implementing their own FLS, and provides a platform for the global exchange of existing projects and resources on FLS and local implementation strategies.

The Best Practice Framework (BPF) serves as the measurement tool for IOF to award 'Capture the Fracture Best Practice Recognition' in celebration of successful FLS worldwide. Applicants will be featured on the CTF's interactive map, and will be awarded the Capture the Fracture Best Practice Recognition logo.

Click here to complete the application for Best Practice Recognition.

Connecting Women's Health to Better Care for All

Nyoo Health, a healthcare consulting and strategy firm, now offers service lines to help health leaders reimagine how they prioritize and deliver care for women—the primary users, caregivers, and workforce in healthcare. The firm works with hospitals, health systems, and associations to identify gaps, map actionable solutions, and make women's health a strategic priority across organizations.

- Tomando El Control de la Sauld De Sus Huesos: Carga Osteogenica
- Osteoporosis Le Puede Pasar

PATIENT RESOURCES

Resources for Men

Osteoporosis is a serious but often overlooked health issue for men, with up to one in four men over the age of 50 experiencing a fracture. The Stronger Bones for Men: Preventing Osteoporosis and Fractures flyer shares key facts, risk factors, and steps men can take to protect their bones through exercise, nutrition, and treatment.

The Man's Guide to Osteoporosis is a complete guide to help men recognize risk factors for osteoporosis, and outlines steps you can start taking today to protect your bone health.

Thank you to Radius for their support of these educational brochures.

Bone Health Patient Awareness: Toolkit for Healthcare Providers

By sharing the information in this toolkit with your networks and

Services include INSPIRE (practical workshops and keynotes), ASSESS (gap analysis and opportunity identification), NAVIGATE (guidance on where to focus resources), and COLLABORATE (thought leadership to shape policy and drive results). Led by founder and CEO Priya Bathija, Nyoo Health was founded on the belief that advancing women's health strengthens healthcare for everyone. With a career spanning hospitals, startups, and public health, she leads a team that collaborates with organizations ready to think differently and act boldly for better care, better outcomes, and healthier communities. Learn more at www.nyoohealth.com.

Optimizing Bone Health Care Through Multidisciplinary Collaboration

Join the EUROIMMUN Academy
Webinar series for an engaging
session on Friday, November 21 at 12
p.m. EST. This webinar is designed for
clinicians, allied health professionals,
and program leaders focused on
improving bone health outcomes
across patient populations.

Learning objectives:

- Review the physiology of bone and bone turnover markers (BTMs)
- Describe the clinical utility of BTMs in osteoporosis

patients, you can empower them to take proactive steps in safeguarding their bone health and preventing fractures. In this toolkit, you'll find sample social media posts, an email template, infographics, and handouts that make it simple to spread awareness and encourage early intervention. Please join us in promoting better bone health and ensuring more people receive the care they need!

Click here to download the toolkit.

BHOF Consumer Webinar Series – On-Demand Recordings

BHOF is pleased to share recordings from consumer webinar series, designed to educate and empower individuals on bone health and osteoporosis.

How Men Can Take Action to Prevent Fractures

Speaker: Joshua Wing, APRN

<u>Understanding Osteoporosis as a</u> <u>Chronic Condition</u>

Speaker: E. Michael Lewiecki, MD

Osteoporosis Medications:
Comparing Treatment Options and
Introducing Biosimilars

Speaker: Kristi Tough DeSapri, MD

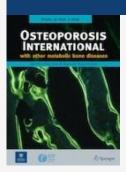
<u>Latest Developments in Osteoporosis</u> <u>Treatment</u>

Speaker: Andrea Singer, MD

 Discuss clinical implications and challenges in BTM measurement

This one-hour session offers continuing-education-eligible content (where applicable) and is ideal for anyone involved in bone health programs, care pathways, or quality improvement initiatives. Register here.

FROM OUR JOURNALS



Barriers and solutions for global access to osteoporosis management: a Position Paper from the International Osteoporosis Foundation

Nicholas C. Harvey, Nasser Al-Daghri, Charlotte Beaudart, Maria Luisa Brandi, Nansa Burlet, Claudia Campusano, Etienne Cavalier, Manju Chandran, Cyrus Cooper, Bess Dawson-Hughes, Philippe Halbout, Teréza Hough, Marise Lazaretti-Castro, Radmila Matijevic, Ambrish Mithal, Ngozi Njeze, René Rizzoli, Yousef Saleh, John A. Kanis, Kate Ward & Eugene McCloskey

Abstract

BHOF encourages you to share these resources with your patients and colleagues.

Thank you to Radius and Sandoz for their support of this webinar series.

Osteoboost Named One of TIME's Best Inventions of 2025

TIME has recognized Osteoboost as a 2025 Best Invention, highlighting its impact on bone health innovation. The FDA-cleared, wearable device uses gentle vibrations to strengthen bone in postmenopausal women with osteopenia or osteoporosis. Clinically tested and non-pharmaceutical, Osteoboost represents a new approach to maintaining skeletal health and mobility.

Learn more at osteoboost.com.

Adults Ages 50+ Are Now Eligible for RSV and Pneumococcal Vaccines. Protect Yourself and Your Loved Ones This Respiratory Season.

The holiday season is full of connections, from family dinners to trips and cherished traditions. As we spend more time indoors, respiratory illnesses like respiratory syncytial virus (RSV) and pneumococcal disease can spread more easily, putting adults 50 and older at risk for serious illness.

The good news is that vaccination recommendations have expanded to include more adults, giving you the protection needed to stay healthy,

Our ability to optimally manage bone health across the lifecourse, and so minimise the risk of fractures, has advanced substantially in recent decades. Whilst fractures and osteoporosis in older age were historically viewed simply as inherent in normal ageing, they are now recognised as manifestations of agerelated disease. Key to advancing the field was the development of conceptual (relating to impaired bone mass and microarchitecture with increased propensity to fracture), and subsequent World Health Organization densitometric definitions of osteoporosis, cementing the role of dual-energy X-ray absorptiometry in bone health management. However, whilst low bone mineral density is a strong risk factor for fracture, many individuals who do fracture have normal or only modestly reduced bone mineral density. Furthermore, the existence of two definitions constituting a condition called "osteoporosis", one based on a measurement, and the other conceptual, has led to uncertainty in clinical practice. The field is therefore moving towards calculation of an individual's absolute fracture risk, based on clinical risk factors, with the option to incorporate bone mineral density (if available) as a risk factor rather than as an indication for treatment. Uptake of this new direction has been variable internationally, with many parts of the world, particularly low- and middleindependent, and present for the moments that matter most.

Here's what you should know:

- RSV is a common respiratory virus that may cause mild cold-like symptoms in some, but can lead to serious illness in older adults and those with underlying medical conditions. In severe cases, RSV can cause pneumonia, worsen chronic heart and lung disease, and lead to hospitalization and even death. Vaccination is recommended for all adults 75+ and for adults 50-74 with certain underlying medical conditions, such as heart or lung disease, diabetes, or severe obesity.
- Pneumococcal disease can lead to pneumonia, bloodstream infections, and meningitis, all of which can be life-threatening for adults older than 50. Vaccination is recommended for all adults 50+. Most public and private health plans cover these vaccines at no cost, making it easy to stay protected. Adults ages 50 and older should talk with their provider to see whether RSV and pneumococcal vaccination might be right for them. Getting vaccinated isn't just

income countries, still predicating treatment (where osteoporosis services exist) on bone mineral density, despite poor availability of densitometry in many such settings. In this Position Paper, on behalf of the International Osteoporosis Foundation, we review the current barriers which prevent equitable access to optimal bone health management worldwide and recommend potential solutions which might be implemented to overcome them.

The role of physical performance measures in the physiotherapy assessment and management of older adults with osteoporotic vertebral fractures: a narrative review

Bonny O'Hare, Pasqualina Santaguida, Ashlee M. Azizudin & Alexandra Papaioannou

Abstract

Osteoporotic vertebral fractures (OVFs) are the most common type of major osteoporotic fracture and can result in significant morbidity, reduced survival, and economic burden.

Exercise is a key management strategy for osteoporosis, but it must be appropriately tailored by physiotherapists considering previous fractures and co-morbidities following evidence-based assessments. Limited guidance exists for selecting appropriate physical performance measures (PPMs) for OVFs. The

about the season ahead—it's a proactive step to maintain your health, stay independent, and enjoy life for years to come.

Visit <u>CVEEP.org</u> to learn more about recommended vaccines and access resources to help spread the word in your community.

SUPPORT BHOF

Support Bone Health This Giving Tuesday!

This Giving Tuesday, join the Bone Health & Osteoporosis Foundation (BHOF) in advancing better bone health for patients everywhere. Your support fuels BHOF's mission to prevent osteoporosis and broken bones, promote strong bones for life, and provide trusted resources for both patients and healthcare professionals.

Clinicians play a vital role in early diagnosis, treatment, and education. By contributing to BHOF, you help expand professional training, support research, and enhance patient awareness—ensuring more people receive the care they need to stay active and independent.

purpose of this narrative review was to determine the role of PPMs in the physiotherapy assessment and management of older adults with OVFs.

OsteoStrong and bone health: a scoping review

Ameya Kabra, Wendy B. Katzman, Nancy E. Lane & Lora M. Giangregorio

Abstract

Osteostrong proposes that exercise on proprietary machines once weekly for 10 minutes increases bone mineral density. Because OsteoStrong franchises are open/opening in multiple countries, healthcare providers must be able to answer questions about OsteoStrong's efficacy and safety. Our objective was to synthesize current research on the efficacy and safety of OsteoStrong for healthcare providers who must be able to answer patients' questions about OsteoStrong's efficacy and safety.

Skeletal risk factors for postoperative complications in older men undergoing spinal fusion surgery

Emma Billings, Alexander S. Dash, Joseph Raphael, Alison K. Heilbronner, Jinchen Wen, Han Jo Kim, Matthew E. Cunningham, Francis Lovecchio, John A. Carrino, Donald McMahon, Jeri W. Nieves & Emily M. Stein

Abstract

Make a Giving Tuesday gift and help strengthen the foundation of bone health for all!

Giving Tuesday →

Older men may be at particular risk for skeletal complications following orthopaedic procedures but seldom have bone health evaluated. This prospective study investigated bone quality and risk of complications in men undergoing spine fusion. Older age, revisions, procedures involving > 5 vertebrae, and abnormal microarchitecture increased the risk of postoperative skeletal complications.

