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BoneSource[®]
for Clinicians



BONESOURCE ALERT

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Q1 2025 Issue

BHOFF UPDATES

BONE HEALTH RESOURCES

[Interdisciplinary Symposium on Osteoporosis \(ISO2025\)](#)

Mark your calendars for the Interdisciplinary Symposium on Osteoporosis (ISO2025), taking place April 23-26, 2025, in Washington, D.C. This premier event, hosted by the Bone Health & Osteoporosis Foundation (BHOFF), brings together leading experts, healthcare professionals, and advocates dedicated to advancing osteoporosis care.

ISO2025 offers cutting-edge educational sessions, hands-on pre-conference workshops, interactive networking opportunities, and the latest insights in fracture prevention, treatment, and policy. Don't miss your chance to connect with colleagues and gain actionable strategies to improve patient outcomes.

Program Highlights

ISO2025 features a robust program designed to enhance clinical practice

ECHO SESSIONS



[BHOFF FLS Bone Health TeleECHO](#)



[Join Us for the FLS Bone Health TeleECHO Sessions!](#)

Mark your calendars for the FLS Bone Health TeleECHO (Extension for Community Healthcare Outcomes) project, held on the second Thursday of each month from 3:00 to 4:00 p.m. Eastern Time. These interactive, one-hour TeleECHO Clinic sessions feature case-based clinical discussions covering a wide

and fracture prevention strategies, including:

- **Pre-Conference Workshops (April 23):** Focused, hands-on training sessions, including FLS Certification courses.
- **General Sessions & Panels (April 24-26):** Cutting-edge presentations from renowned experts on osteoporosis treatment, research, and policy.
- **Networking Opportunities:** Engage with peers, industry leaders, and policymakers.
- **Exhibit Hall & Product Theaters:** Explore the latest innovations in bone health and osteoporosis management.

Don't miss your chance to connect with colleagues and gain actionable strategies to improve patient outcomes.

Learn more and register here:
[ISO2025 Registration Page](#)

We look forward to welcoming you to ISO2025 and collaborating to advance osteoporosis care and bone health!

ADVOCACY UPDATES

Protect Tax-Deductible Donations for Nonprofit Health Organizations

A cost-cutting measure currently being considered by the Senate Finance Committee could eliminate tax-deductible donations for nonprofit health organizations—including the Bone Health & Osteoporosis

range of topics relevant to osteoporosis and bone health.

Why Participate?

- Earn free CME/CE credit
- Engage with and learn from experts in the field
- Share case studies and gain insights to enhance your practice
- Connect with a community of healthcare professionals dedicated to bone health

Don't miss this opportunity to expand your knowledge and improve patient care!

Upcoming FLS Bone Health ECHO

Sessions

Thursday, March 13, 2025, 3 to 4 p.m. ET
Presenter: Caitlin Vlaeminck PhD, RN, FNP-BC

Join via the following link:
<https://echo.zoom.us/j/87280898791>

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

Explore the Global Calendar of Bone Health ECHO Programs

BHOF is excited to share the Global Calendar of Bone Health ECHO Programs, offering healthcare professionals around the world opportunities to engage in impactful bone health education and discussions. These programs are designed to expand knowledge, improve clinical practices, and enhance patient outcomes in osteoporosis and bone health care.

Stay Updated and Connected:

Foundation (BHOFF). This proposal would devastate nonprofit organizations like BHOFF, which rely on individual donors for more than half of our annual budget. Without the ability to provide tax-deductible receipts, we could lose critical funding that allows us to provide free education, advocacy, and support for the 54 million Americans at risk for osteoporosis and fractures.

To make it easy, we've prepared template letters that you can personalize and send to your representatives accordingly:

- [Letter to Senator Finance Committee](#) (Only for constituents in the [Senate Finance Committee](#) Member's Districts: CO, GA, IA, ID, IN, KS, LA, MA, MN, MT, NC, NH, NM, NV, OK, OR, RI, SC, SD, TN, TX, VA, VT, WA, WI, WY)
- [Letter to Members of Congress](#)

To find the contact info for your members of Congress, visit <https://www.congress.gov/members/find-your-member>. Enter your home address and hit search, and it will provide a list of your Members of Congress and how to reach them.

BHOFF RESOURCES

[Enhance Your Expertise with BHOFF's Continuing Education Programs](#)

[Visit the Global Calendar](#) to explore upcoming sessions, register for programs that interest you, and join a global network of experts and peers dedicated to advancing bone health.

Elevate your clinical expertise and stay at the forefront of osteoporosis care with these valuable learning opportunities.

BONE NEWS & EVENTS/OPPORTUNITIES



[ReachMD Podcast: Menopause & Bone Health](#)

The Bone Health & Osteoporosis Foundation (BHOFF) is excited to share a new expert-led program on ReachMD: Menopause and Bone Health: Modern Approaches for Healthcare Providers.

Hosted by Claire Gill, CEO of BHOFF and featuring Andrea Singer, MD, BHOFF's Chief Medical Officer, this discussion explores the latest evidence-based strategies for assessing fracture risk, optimizing treatment, and guiding patients through menopause with a strong focus on osteoporosis prevention and care.

[Access the program here.](#)

BHOF is committed to supporting healthcare professionals with high-quality continuing education (CME/CE) programs designed to expand your knowledge and improve patient care in bone health and osteoporosis management.

Through our Professional Learning Center, you can:

- Access a wide range of on-demand educational programs
- Track your participation to meet licensure and professional requirements
- Stay up to date with the latest advancements in bone health

Take advantage of these valuable learning opportunities and advance your expertise today!

Explore BHOF's continuing education programs at the [BHOF Professional Learning Center](#).

Now Available: FLS Training and Certificate of Completion (2024-2026)!

BHOF is excited to announce that the **updated Fracture Liaison Service (FLS) Training and Certificate of Completion for 2024-2026** is now open for enrollment! This comprehensive program equips healthcare professionals with the knowledge and tools to effectively implement the FLS model of care and improve patient outcomes.

What You'll Gain:

- **Comprehensive Education:** Learn about clinical challenges, key strategies for developing a successful FLS

Postmenopausal Osteoporosis: Closing the Care Gap

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

Authors: Tara M. Knight, DNPc, MSN, BSN, FNP-C

1.0 CME / ABIM MOC / CE

[Please click here to begin the course.](#)

Osteoboost: A Novel FDA-Cleared Device for the Prevention of Bone Loss



Osteoboost is the first non-drug, [prescription](#) therapy for [postmenopausal women with osteopenia](#). This precision vibration therapy device, validated by a rigorous randomized controlled trial, provides a low-risk approach that supports your patient's current treatment plan. In a randomized, double-blinded clinical trial conducted at the University of Nebraska Medical Center, Osteoboost reduced the loss of bone density in the spine by 85% and loss of bone strength in the spine by 83%. Read the [white paper](#).

Osteoboost is a wearable device, worn around the hips, that delivers personalized and targeted vibration therapy designed to mimic the mechanical benefits of high-impact exercise—stimulating bone health

program, and best practices for managing osteoporosis and fracture risk.

- **Flexible, On-Demand Learning:** Access expert-led sessions from **ISO2024** and complete the training at your convenience.
- **Certificate & CME Credit:** Earn a **Certificate of Completion** and continuing education credits as you advance your expertise in osteoporosis care.

Take the next step in improving fracture prevention—[register today!](#)

BoneSource

BoneSource®: Your Go-To Resource for Excellence in Bone Health Care

Stay at the forefront of bone health education and clinical practice with BoneSource®, BHOFF's premier professional resource. Designed to support healthcare professionals, BoneSource provides expert-driven programs, tools, and resources to enhance the prevention, diagnosis, and treatment of osteoporosis.

Explore a wide range of continuing education opportunities, clinical guidelines, patient care tools, and more—all tailored to help you advance bone health and improve patient outcomes.

[Visit BoneSource® today and take your expertise to the next level!](#)

Become a BHOFF Professional Member

in a safe, accessible way. The intelligent system ensures a therapeutic dose of vibration energy is delivered to the hips and lumbar spine in daily 30-minute treatments. Patients can use Osteoboost at home or on a walk with friends, making it easy to integrate into their daily routine. Osteoboost complements exercise, nutrition, and other medical and lifestyle interventions, helping to reinforce a holistic approach to bone health.

Osteoboost gives medical providers a clinically proven option for patients, without risk of serious side effects. It addresses a critical gap in patient care, empowering you and your patients to manage bone health safely and effectively. Visit the [website](#) for more information.

NASA Integrates Echolight Devices for Bone Health Monitoring in Spaceflight Simulations

NASA has now equipped itself with Echolight devices to enhance bone health monitoring during spaceflight simulations. These advanced tools will allow NASA researchers to assess and track bone density and bone quality without the use of ionizing radiation, a crucial factor for astronauts who are at high risk of bone loss due to microgravity conditions.

The Echolight technology provides precise and real-time bone health assessments, supporting efforts to protect the skeletal health of astronauts during long-duration missions. This development underscores the importance of cutting-edge bone health monitoring for both space exploration and the advancement of osteoporosis care on Earth.

Read more about this exciting innovation [here](#).

New Medicare Advantage Coverage for Prolia®

Join BHOF as a professional member and gain full access to BoneSource®, the premier resource for osteoporosis and bone health education.

Membership provides exclusive benefits, including:

- Cutting-edge clinical education and on-demand CME/CE opportunities
- Access to expert-driven guidelines, tools, and resources
- Networking opportunities with leaders in bone health care

Stay informed, enhance your practice, and improve patient care with BHOF.

Join today! Learn more at [BHOF Professional Membership](#).

Vertebral Compression Fracture Bundle (VCF) 2023-2025

Thanks to support received from Medtronic, BHOF's Professional Learning Center contains the [Vertebral Compression Fracture Bundle 2023-2025](#). This bundle includes informative activities on identifying, understanding, and managing vertebral fractures.

Newsletters on the following topic are available.

- *Identifying Osteoporosis-Related Vertebral Fractures in Primary Care*
- *Management of Vertebral Compression Fractures in Primary Care*

BHOF thanks Medtronic for its support of the Vertebral Compression Fracture Bundle!

Effective May 1, 2024, Prolia® (denosumab) has been added as a preferred therapy to Humana's Medicare Advantage plans. Additionally, Humana has removed the zoledronic acid step from both their Coverage Policy and Step Therapy List for Medicare Advantage plans under the medical benefit.

For full prescribing information, including the Boxed Warning and Medication Guide, please visit:

- [Prolia® Prescribing Information](#)
- [Prolia® Medication Guide](#)

Prolia® REMS

A REMS (Risk Evaluation and Mitigation Strategy) is a program required by the Food and Drug Administration to manage known or potential serious risks associated with a drug product.

The purpose of the Prolia® REMS is to inform healthcare providers and patients about the following serious risk of:

- Severe Hypocalcemia in Patients with Advanced Kidney Disease

The Prolia® REMS program materials are designed to inform healthcare providers and patients about this risk with Prolia®. The Prolia® REMS program materials include a REMS Letter for Healthcare Providers and a Patient Guide. It is important that you discuss with each patient the information included in the Patient Guide.

Materials for Healthcare Providers

[REMS Letter for Healthcare Providers](#)
[Patient Guide](#)
[Prescribing Information](#)

Materials for Patients

BoneFit™ USA



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. The program hosts two levels of training for exercise professionals: Basics training aimed at personal trainers and other exercise teachers and Clinical training aimed at physical therapists and clinicians who incorporate exercise recommendations into their practice.

BoneFit™ USA workshops entail five (5) online modules as pre-course work via the BHOF online LMS, attendance at the one-day course, and completion of a final online quiz. The training consists of approximately six to eight hours of coursework in-person. Upon passing the quiz, each BoneFit™ participant receives a certificate of completion and can say they are “BoneFit™ Trained,” and appears in BHOF’s online “Find a BoneFit™ Professional” tool. [You can view more information on our website.](#)

[Click here to register!](#) Space is limited!

Patient Guide

US Pharmacopeia (USP)

“[Choosing for Quality: Dietary Supplements](#)”, a publication of the USP Convention, provides pharmacists with useful information regarding quality considerations for dietary supplements that you can pass along to consumers.

Capture the Fracture® Best Practice Framework (BPF)

The International Osteoporosis Foundation (IOF) has developed Capture the Fracture®, a global program to facilitate the 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.

[Please click here to complete the application for Best Practice Recognition.](#)

FROM OUR JOURNALS

Opioid Use and Vertebral Compression Fractures

The Bone Health and Osteoporosis Foundation (BHOFF) hosted a free webinar on Opioid Use and Vertebral Compression Fractures.

Topic: Vertebral Compression Fractures, Augmentation, Opioids and Mortality

Speaker: Joshua Hirsch, MD
Vice Chair Procedural Services and Service Line Chief of
NeuroInterventional Radiology
Chief, Interventional Spine Service
Associate Departmental Quality Chair

This webinar provides expert insights into fracture management, the role of opioids, and their impact on patient outcomes.

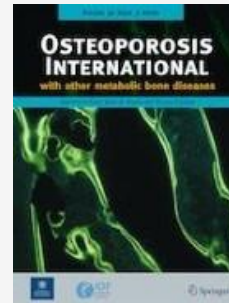
[To access the webinar and obtain CME/CE credit, please click here.](#)

BHOFF thanks Medtronic for supporting this activity.

PATIENT RESOURCES

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



Clinical experience with denosumab discontinuation

Natasha Laursen, Anne Sophie Sølling,
Torben Harsløf & Bente Langdahl

Summary

In patients receiving long-term treatment with denosumab, denosumab discontinuation via sequential treatment with zoledronate, resulted in a minor decrease in bone mass density (BMD) of 0–2.5% within the first year and stable BMD in the second year, thus showing that repeated treatments with zoledronate limit the loss of BMD, when discontinuing denosumab.

The definition of atypical femoral fractures should include periprosthetic femoral fractures (PAFFs)

Binni Makkar, William Obrebskey, Ryan Avidano, Susan Ott, Brinda Basida, Colton Hoffer, John T. Schousboe, Joan Lo, Jared Huling, Kim Ristau, Howard A. Fink, Robert A. Adler, Joshua I. Barzilay & Laura Carbone

Summary

Periprosthetic hip fractures may have features of atypical femoral fractures.

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.

[Click here](#) to take the Bone Health Quiz.

Why Healthy Bones Matter™ for the Black Community

You have the power to close the gap in osteoporosis care and prevention.

Why Healthy Bones Matter™ for the Black Community provides essential insights into how medical conditions, medications, and family history influence fracture risk. Black Americans are less likely to be screened for osteoporosis, less likely to receive treatment, and more likely to have chronic conditions that negatively impact bone health.

This program dispels common myths and equips both you and your patients with the knowledge to assess risk factors and take proactive steps for stronger bones.

[Click here](#) to access the course.

Join Us for Eating for Healthy Bones™ – A Free Live Virtual Event

Strong bones start with proper nutrition. If the body is a castle, bones are its foundation—keeping them strong is essential for lifelong health. **Eating for Healthy Bones™** is a live virtual event designed to educate and empower clinicians and patients on the critical role of nutrition in bone health.

Rationale for osteoporosis screening in men

Radhika R. Narla & Robert A. Adler

Summary

The US Preventive Services Task Force has not recommended osteoporosis screening in men. Department of Veterans Affairs clinicians reviewed the literature on male osteoporosis screening and treatment. They concluded that targeted screening identifies men at risk and osteoporosis drugs reduce fracture risk similarly in men and women.

Cost-effectiveness of FRAX®-based intervention thresholds for management of osteoporosis in Indian women: a Markov microsimulation model analysis

Lakshmi Nagendra, Manju Chandran, Jean-Yves Reginster, Sanjay Kumar Bhadada, Saptarshi Bhattacharya, Deep Dutta & Mickael Hilgsmann

Summary

A cost-effectiveness analysis of FRAX® intervention thresholds (ITs) in Indian women over 50 years indicated that generic alendronate was cost-effective for age-dependent major osteoporotic fracture (MOF) ITs and hip fracture (HF) ITs starting at ages 60 and 65 years for full and real-world adherence, respectively. Alendronate was cost-effective at fixed MOF IT of 14% and HF IT of 3.5%, regardless of age.

Improving readability in AI-generated medical information on fragility fractures: the role of prompt wording on ChatGPT's responses

Hakan Akkan & Gulce Kallem Seyyar

Date: Monday, March 10
Time: 12:00 to 1:00 p.m. ET
Host: REACHUP
Speaker: Peer Educator Mary Leonard

Don't miss this opportunity to learn how dietary choices impact bone strength and longevity.

[Register here.](#)

Build Better Bones

The International Osteoporosis Foundation (IOF) has launched a new platform, [Build Better Bones](#), designed for people with osteoporosis and their caregivers. It provides easy-to-follow information and animated videos of targeted exercises, tips on how to fall-proof the home, and guidance on bone-healthy nutrition. [Click here to visit Build Better Bones.](#)

SUPPORT BHOF

Advancing Bone Health in 2025

As we move forward in the new year, BHOF remains dedicated to supporting healthcare professionals like you in the prevention, diagnosis, and treatment of osteoporosis. Your commitment continues to play a vital role in improving bone health outcomes through education, advocacy, and research.

Summary

Understanding how the questions used when interacting with chatbots impact the readability of the generated text is essential for effective health communication. Using descriptive queries instead of just keywords during interaction with ChatGPT results in more readable and understandable answers about fragility fractures.

Trends in screening and treatment of osteoporosis after periprosthetic fractures from 2010 to 2020

Jackson W. Durbin, Amy Y. Zhao, Eric Cui, Amil R. Agarwal, Andrew Smith, Alex Gu, Gregory J. Golladay & Savyasachi C. Thakkar

Summary

Osteoporosis is often underrecognized and undertreated following periprosthetic fractures (PPF). Our study found that between 2010 and 2020, there has been no significant change in the rates of osteoporosis screening or treatment within 1 year following PPF. Orthopedic surgeons can play an integral role in helping to curtail the osteoporosis epidemic.

Changing trends in bisphosphonate therapy: a twenty-five-year surveillance in a single US integrated healthcare system

Joan C. Lo, Malini Chandra, Mehreen M. Khan, Joshua Barzilay, Laura D. Carbone, Susan M. Ott, Robert A. Adler, John T. Schousboe, Elisha A. Garcia, Deborah Low & Rita L. Hui

Summary

In a single, large integrated US healthcare system, bisphosphonate treatment initiation for fracture prevention among

Together, we are making an impact by:

- Raising awareness about osteoporosis and fracture prevention
- Providing essential education to both the public and healthcare professionals
- Advocating for policies that support bone health initiatives
- Advancing research to drive innovation in treatment and care

older adults shifted towards higher-risk populations over a 25-year time period (1998–2022). The temporal trends among women and men who initiated treatment reflected changing practice patterns and both primary and secondary fracture prevention efforts.

In 2025, we look forward to expanding our efforts and working alongside you to improve patient care and strengthen the future of bone health. If you'd like to further support our mission, consider making a donation to BHOF—your contribution helps us continue delivering critical education, advocacy, and research.

[Donate now →](#)

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