



BONESOURCE ALERT

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Fall 2023 Issue

BHOF UPDATES

BONE HEALTH RESOURCES

[Interdisciplinary Symposium on Osteoporosis \(ISO2024\)](#)

Save the Date for the Bone Health & Osteoporosis Foundation's (BHOF) Interdisciplinary Symposium on Osteoporosis (ISO2024) at the Capital Hilton in Washington, DC.

As we celebrate the 40th anniversary of BHOF in 2024, we look forward to returning to an in-person format for this hallmark event.

Please join experts in the field of bone health for in-person educational and networking sessions.

- ISO2022 will be held from June 13-15, 2024 (Thursday to Saturday).
- Fracture Liaison Service (FLS) Basic and FLS Advanced Workshop will take place in-person on Wednesday, June 12, 2024.

Stay tuned for registration and sponsorship information.

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 3:00-4:00 p.m. Eastern Time. 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!

Please contact education@bonehealthandosteoporosis.org with any questions.

Osteoporosis Awareness and Prevention Month

During the month of May, BHOF promoted Osteoporosis Awareness and Prevention Month and raised awareness about bone health and osteoporosis.

BHOF hosted 2 patient focused webinars that emphasized patient education and empowerment, and insight into speaking with healthcare providers about treatment planning and osteoporosis management.

Risk Assessment & Diagnosis Webinar

Kristi Tough DeSapri, MD, Internist

[Click here to watch the recording.](#)

Medication & Treatment Webinar

Andrea Singer, MD, BHOF Chief Medical Officer

[Click here to watch the recording.](#)

BHOF is grateful to Amgen Inc. and UCB Inc. for support for these events.

ADVOCACY UPDATES

Fifteen states across the nation have taken steps through legislation and executive action to tackle the costly and growing problem of osteoporosis! **Arizona, California, Connecticut, Illinois, Kentucky, Maine, Michigan,**

Upcoming FLS Bone Health ECHO

Sessions

[Thursday, October 12, 2023](#)

Topic: UT Physicians Bone Health Program

Speaker: Christina Yazdani, PA-C

[Thursday, November 9, 2023](#)

Speaker: Joshua Wing, CRNP, RNFA

[Thursday, December 14, 2023](#)

Speaker: Madhumathi Rao, MD, PhD

[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

New Hampshire, New Jersey, New York, Oklahoma, Pennsylvania, Virginia, West Virginia, and Wisconsin have passed, introduced legislation, or made gubernatorial proclamations calling for steps to raise awareness, take action, and declare May 2023 as Osteoporosis Awareness and Prevention Month. The states responded to a nationwide effort launched by the Bone Health and Osteoporosis Foundation (BHOFF) to inspire states to get the word out about this debilitating disease and its extremely high associated costs. To read the full press release, [click here](#).

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

BHOFF RESOURCES

[Vertebral Compression Fracture Bundle \(VCF\) 2023-2025](#)

Thanks to support received from Medtronic, BHOFF'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*

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.

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.

- *Management of Vertebral Compression Fractures in Primary Care*

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

Healthy Bones/Healthy Communities

The Healthy Bones/Healthy Communities training program began in 2019 and 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 program has taken place either in-person or virtually in the following cities, with each one creating an educational provider or patient resource that may be found on the BHOF website (see links below).

Through this program, the the following resources were developed.

- [*Osteoporosis: Know Your Bones: An Overview for Patients*](#)
- [*Osteoporosis: Healthcare Provider \(HCP\) Diagnosis & Treatment Factsheet*](#)
- [*Osteoporosis: What You Can Do to Protect Your Bones*](#)
- [*Protecting Your Bones and Improving Bone Health*](#)
- [*Osteoporosis Order Set*](#)

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

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

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 p.m. Eastern Time.

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

West Coast Bone Health TeleECHO

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**

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

BoneFit™ USA



BHOF will be offering a BoneFit™ USA live virtual training on [October 21-22, 2023](#). 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 will host two levels of trainings for exercise professionals: basics trainings aimed at personal trainers and other exercise teachers, and clinical trainings aimed at physical therapists and clinicians that incorporate exercise recommendations into their practice.

To register, please [click here](#). Space is limited! Please email education@bonehealthandosteoporosis.org to be placed on the waitlist if registration is full.

Opioid Use and Vertebral Compression Fractures

The Bone Health and Osteoporosis Foundation (BHOF) for a free webinar



American Medical Group Association (AMGA) Foundation

BHOF will once again partner with the American Medical Group Association (AMGA) Foundation as it launches its extension of the Osteoporosis Best Practices Learning Collaborative, known as the Osteoporosis Best Practices Learning Collaborative 2.0, in June 2023. This 12-month initiative will build on the learnings from the original collaborative, focusing on helping eight medical groups develop strategies to reduce fracture rates among female patients with osteoporosis.

FRAXplus®

BHOF is a partner for FRAXplus®. The beta version of FRAXplus® is currently undergoing public testing.

FRAXplus® allows you to modify a probability result derived from conventional FRAX estimates of probabilities of hip fracture and major osteoporotic fracture with knowledge of:

- Recency of osteoporotic fracture
- Higher-than-average exposure to oral glucocorticoids
- Information on trabecular bone score (TBS)
- Number of falls in the previous year

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

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

BHOF thanks Medtronic for its support of this activity.

Bone Health Tool Available for Nurse Practitioners

BHOF and the 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 to navigate during a patient's visit.

- Duration of type 2 diabetes mellitus
- Concurrent information on lumbar spine BMD
- Hip axis length (HAL)

Please note that this is a beta version, and not recommended to be used for clinical purposes.

[Click here to view the FRAXplus® beta version.](#)

9th Central European Congress on Osteoporosis and Osteoarthritis

September 28 to 30, 2023

The scientific program of the Congress includes the latest data on issues such as osteoporosis diagnosis and fracture risk assessment, the place of bone-forming and anti-resorptive drugs in the treatment of osteoporosis, osteoporosis in metabolic diseases and in the elderly, problems in long-term treatment, prevention of cancer metastases, fractures in diabetes, fractures osteoporosis, sarcopenia and falls, analgesic therapies, and others.

Participation in the Congress is free of charge.

[Learn more and register here.](#)

11th Fragility Fracture Network Global Congress 2023, Oslo, Norway

October 3 to 6, 2023

Enlightening fragility fracture care

The program consists of plenary sessions with leading professionals from orthopaedic surgery, geriatric medicine, physiotherapy, nursing, nutrition, and osteoporosis care. The Fragility Fracture Network (FFN) and the congress have a multidisciplinary approach because of the

[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 excited to announce our new patient pathway tool, [Your Path to Good Bone Health](#). In response to feedback from patients, healthcare providers, and care partners indicating how daunting it can be for patients to understand the medical terms and key steps to take to prevent and manage osteoporosis, the tool's innovative design is welcoming and easy to use. It places patients and their care partners in the driver's seat throughout their osteoporosis journey to learn from quick reads, videos, and podcasts.

Three paths welcome learners to explore:

- Am I at risk for osteoporosis?
- I've just been diagnosed with osteoporosis. What's next?
- How do I manage osteoporosis?

We hope you will share this tool with your patient communities to encourage men and women of all ages to take action at home and with their healthcare team to prevent osteoporosis and fractures.

[Please click here to learn more.](#)

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

Educational Resources

belief that fragility fracture patients get better care when different health professions collaborate. Workshops will bring together experts from different professions to find the best solutions for patients.

The pre-congress program on October 3rd will be arranged by the FFN Special Interest Groups, including programs for nurses, physiotherapists, and secondary prevention.

[Click here](#) to view the Congress program.

To register, [click here](#).

ASBMR Annual Meeting

The American Society for Bone and Mineral Research (ASBMR) Annual Meeting is the world's largest and most diverse meeting in the bone, mineral, and musculoskeletal research field, attracting more than 2,000 attendees from more than 60 countries, including clinicians and researchers representing all career levels and specializing in a variety of disciplines.

The 2023 Annual Meeting will be held at the Vancouver Convention Centre in Vancouver, BC, Canada, on October 13-16, 2023.

ASBMR 2023 Annual Meeting Registration is now open! [To register, please click here.](#)

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 Program, such as Fracture Liaison Services (FLS) for secondary fracture prevention.

BHOF is committed to supporting healthcare professionals and your continuing education needs. BHOF provides a variety of continuing education (CME/CE) 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.

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

BoneSource

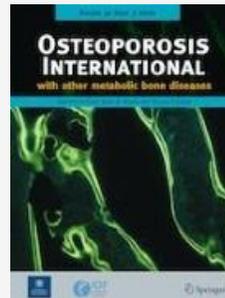
BoneSource®, BHOF's professional program, promotes excellence in clinical care for all healthcare professionals involved in the prevention, diagnosis, and treatment of

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 feature 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



[**Update on the clinical use of trabecular bone score \(TBS\) in the management of osteoporosis: results of an expert group meeting organized by the European Society for Clinical and Economic Aspects of Osteoporosis, Osteoarthritis and Musculoskeletal Diseases \(ESCEO\), and the International Osteoporosis Foundation \(IOF\) under the auspices of WHO Collaborating Center for Epidemiology of Musculoskeletal Health and Aging**](#)

Enisa Shevroja, Jean-Yves Reginster, Olivier Lamy, Nasser Al-Daghri, Manju Chandran, Anne-Laurence Demoux-

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®](#).

PATIENT RESOURCES

[Osteoporosis: Know Your Bones: An Overview for Patients](#) provides a basic overview of osteoporosis, what happens at the cellular level (general prevention), and treatment strategies including diet/nutrition, medication options, and exercise.

BHOF's [Safe Movement Brochure](#) has information on preventing fragility fractures. It contains helpful information on anti-fracture medicine, safe movement recommendations, and fall prevention.

Cold and flu season isn't over yet, and patients are still at risk from a variety of winter illnesses—not just colds and the flu, but COVID-19, RSV, and other respiratory viruses as well. Make sure your patients know how to safely treat their fever and pain symptoms if they do get sick. Many of your patients may not realize that taking too much acetaminophen can lead to liver damage. [Learn more here.](#)

[Build Better Bones](#)

The International Osteoporosis Foundation (IOF) has launched a new

Baiada, Lynn Kohlmeier, Marie-Paule Lecart, Daniel Messina, Bruno Muzzi Camargos, Juraj Payer, Sansin Tuzun, Nicola Veronese, Cyrus Cooper, Eugene V. McCloskey & Nicholas C. Harvey

Summary

Trabecular bone score (TBS) is a grey-level textural measurement acquired from dual-energy X-ray absorptiometry lumbar spine images and is a validated index of bone microarchitecture. In 2015, a Working Group of the European Society on Clinical and Economic Aspects of Osteoporosis, Osteoarthritis and Musculoskeletal Diseases (ESCEO) published a review of the TBS literature, concluding that TBS predicts hip and major osteoporotic fracture, at least partly independent of bone mineral density (BMD) and clinical risk factors. It was also concluded that TBS is potentially amenable to change as a result of pharmacological therapy. Further evidence on the utility of TBS has since accumulated in both primary and secondary osteoporosis, and the introduction of FRAX and BMD T-score adjustment for TBS has accelerated adoption. This position paper therefore presents a review of the updated scientific literature and provides expert consensus statements and corresponding operational guidelines for the use of TBS.

[Mortality among older adults with osteoporotic vertebral fracture](#)

Laura S. Gold, Pradeep Suri, Michael K. O'Reilly, David F. Kallmes, Patrick J. Heagerty & Jeffrey G. Jarvik

Summary

We evaluated whether older adults who received kyphoplasty had reduced risk of mortality compared to those who did not. In unmatched analyses, those receiving kyphoplasty were at reduced risk of death

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](#).

MyPlate

BHOF is featuring MyPlate/MiPlato and MyKitchen resources on our [main website](#) and [HuesoSanos website](#) through our Strategic Partnership with USDA. MyPlate Kitchen is [a recipe website](#) that helps with healthy meal planning, cooking, and grocery shopping. A calcium-rich diet is key for bone health. The site features a large, searchable database of healthy and budget-friendly recipes, options to download cookbooks or build your own, options to save/print/share recipes via social media, and much more! Make sure to browse the Category of “Get More Calcium” for helpful/great/new recipe ideas.

BHOF is also part of the MyPlate Life Stages Subgroups for Maternal and Infants, Children and Teens, Adults and Families, and Older Adults. The subgroups, led by the CNPP MyPlate National Strategic Partners team, will develop MyPlate resources and work together to share these partner-created resources with their communities and networks.

SUPPORT BHOF

Please welcome our new Director of Development, Nan Moring. Having lost her mother to complications from a

but after matching on age and medical complications, patients who received kyphoplasty were at increased risk of death.

MRI-based vertebral bone quality score: relationship with age and reproducibility

Daniel Liu, Aamir Kadri, Diego Hernando, Neil Binkley & Paul A. Anderson

Summary

Vertebral bone quality (VBQ) score is an opportunistic measure of bone mineral density using routine preoperative MRI in spine surgery. VBQ score positively correlates with age and is reproducible across serial scans. However, extrinsic factors, including MRI machine and protocol, affect the VBQ score and must be standardized.

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Women’s perspectives regarding osteoporosis, fracture risk, and pharmacologic treatment: a cross-sectional study

broken femur, as well as having low bone density, Nan is committed to raising awareness for osteoporosis, and understands the commitment of patients and providers.

The care and well-being of your patients is a priority for BHOF, and we hope that you will consider supporting BHOF's mission this year.

BHOF provides educational opportunities for clinical providers to receive CME/CE credits on the topics of osteoporosis and bone health, as well as programs for patients and caregivers.

It is because of support from donors that we are able to provide programs and initiatives that benefit your patients throughout the year. Thank you for supporting our mission and for your work in treating patients with the best care.



Emma O. Billington, Rebecca C. Miyagishima, Charley Hasselaar & Mubashir Arain

Summary

We assessed women's perspectives regarding early preventative therapy for osteoporosis. More than a third of early menopausal women were concerned about bone loss and future fractures, and approximately half were willing to take an intravenous or oral bisphosphonate around the time of menopause to preserve bone health.

[Management of bone loss due to endocrine therapy during cancer treatment](#)

Maryam I. Khan. *Osteoporosis International* (2023): 1-10.

Summary

Bone modifying agents BMAs (oral and IV bisphosphonates, denosumab) are used to treat bone loss due to endocrine therapy in patients with hormone receptor positive (HR+) early breast cancer and non-metastatic prostate cancer (NMPC). Timely initiation of appropriate sequential therapy is imperative to reduce cancer treatment-induced bone loss (CTIBL). This narrative review summarizes current literature regarding management of CTIBL in HR+ early breast cancer and NMPC patients.

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