

BoneSource

Knowledge. Competence. Results.



BoneSource Alert E-Newsletter

Summer 2017 Issue
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A Message from NOF's Clinical Director

Friends and Colleagues,

Did you know that:

- Every 16 seconds someone in the U.S. fractures;
- 1/2 of women and approximately 1/4 of men over age 50 will have an osteoporotic fracture in their remaining lifetime; and
- The majority of people who have a fragility fracture are not evaluated or treated for their underlying bone disease?

And this is not the end of the daunting news. According to results from a new Harris Poll survey of more than 1,000 postmenopausal women age 50 and older, a startling 82% did not identify fractures as an indication of underlying bone disease - osteoporosis.

A fracture in a person over age 50, especially one caused by falling from a standing height or less, is an indicator of osteoporosis. Yet, too often this crucial connection is overlooked. This is especially important because once a person fractures due to osteoporosis, her risk of another break or fracture increases significantly. It's critical that postmenopausal women do not dismiss fragility fractures as "clumsiness," but see them as an important indicator of bone fragility, disease progression and the need for intervention.

Limited recognition and discussion about the association between osteoporosis and fractures is one reason that the disease remains under-diagnosed and under treated. A better dialogue is required for patients and healthcare providers to reverse this trend.

As the leading health organization dedicated to preventing osteoporosis and broken bones, promoting strong bones for life and reducing human suffering through programs of public and clinician awareness, education, advocacy and research, NOF is ideally suited to respond by

connecting our healthcare providers and patients to the resources they need to make the connection between broken bones and osteoporosis. NOF has established one of the most dynamic patient education programs in osteoporosis. We provide a robust catalogue of patient education materials that are reviewed and aligned with current clinical guidelines.

We hope you are already using these free resources and sharing them with your patients, but, if not, we encourage you to start. In addition, we offer both in-person and online education on osteoporosis and related health topics for healthcare providers. Please visit our [website](#) and [professional learning center](#) to learn more and access these programs.

NOF is committed to providing the education our healthcare providers and patients need and the resources they want. This edition of BoneSource is filled with information we hope you will find useful. Thank you for being part of our commitment to advancing health and improving the lives of patients with osteoporosis.



Sincerely,

Andrea J. Singer, MD, FACP, CCD
NOF Clinical Director

Advanced Practice Provider Corner

Caregivers Needed for the Aging Population

-- Anne Lake, DNP, FNP-C, CCD

In an article written by CNN Chief Medical Correspondent, Dr. Sanjay Gupta, titled *Caregivers for the aging population*, he writes that "we are heading into a kind of caregiver crisis." The predicted projection within the U.S. population denotes that over the next 15 years, the elderly population is expected to increase exponentially. In 2030, when all baby boomers will be at least 65 years old, the population of adults in this age group is projected to be 71 million (Administration on Aging, 2007). These statistics represent more than a 100% increase in the number of persons 65 years old and older.

Great news, right? Yes, most would agree this is great news; however, who will help provide care and support for this population known as the "silver tsunami"?

[Click here to read Anne's full article on the important role caregivers will play as the population is getting older and living longer.](#)

If you would like an **Advanced Provider Perspective** on a case, topic or question, please email us at education@nof.org.

Putting Patients First: NOF's New Director of Science and Education Focuses on Priorities

On April 3, Catrell Harris began as NOF's new Director of Science and Education, taking the helm from Susan Randall, who retired after 13 years of dedicated service. Catrell comes to NOF after serving in several capacities with non-profits, the federal government and medical associations.

[Click here to read a Q&A with Catrell where he shares his initial impressions of working with NOF and his priorities and ideas to benefit NOF's programs.](#)

NOF @ ASBMR

What is the most important thing you can do while you're in Denver? Visit the NOF Booth - #524 - in the Exhibit Area!

Visit the NOF Booth to:

- **Meet the Editorial Staff of the North American Office of *Osteoporosis International***

Osteoporosis International (OI) is an international multi-disciplinary journal and joint initiative of NOF and the International Osteoporosis Foundation (IOF). OI provides a forum for the publication, communication and exchange of current research related to the diagnosis, prevention, treatment and management of osteoporosis and other metabolic bone diseases.

- **Enter to Win a FREE NOF Professional Partner Network (PPN) Membership for One Year**

NOF members are at the forefront of patient care and the first to receive breaking news, research updates, practice tools, patient education materials and notification of public comment opportunities related to important government initiatives. Membership in NOF will help build your practice, keep your team informed, provide opportunities for CME credit and give you access to key osteoporosis experts.

NOF's PPN Membership Benefits include:

- 12 print issues of *Osteoporosis International*
- Free online access to *Osteoporosis International*, *Archives of Osteoporosis* and *Clinical Reviews in Bone & Mineral Metabolism*
- Access to all materials and resources available through [BoneSource](#), NOF's member online website
- Free access to NOF's Clinician's Guide Smart Phone/Tablet App

- Practice listing in our online ["Find a Healthcare Professional"](#) directory
- Discounted registration rates for live meetings
- 20 percent discount on all purchases made through the [NOF Store](#)
- Use of the PPN logo and certificate

In the News

New Drug Update

In April, the Food and Drug Administration (FDA) approved TYMLOS (abaloparatide) injection for the treatment of postmenopausal women with osteoporosis at high risk for fracture, defined as having a history of osteoporotic fracture, multiple risk factors for fracture, or patients who have failed or are intolerant to other available osteoporosis therapy. The FDA's approval of TYMLOS was based on results at 18 months from the ACTIVE trial and the first six months of the ACTIVEExtend trial, which demonstrated significant and rapid reductions in the risk of vertebral and non-vertebral fractures and increases in bone mineral density.

Specifically, in the ACTIVE trial, TYMLOS demonstrated an 86% relative risk reduction (RRR) in new vertebral fractures and a 43% RRR in non-vertebral fractures compared to placebo. The absolute risk reductions were 3.6% and 2.0% respectively. TYMLOS is the first new bone building agent to enter the market since Forteo was approved in 2002. Both are self-administered as daily injection.

For more information on TYMLOS, including important safety information, please visit: <https://www.tymlos.com>.

For more information on this and other drugs, please visit: <https://my.nof.org/bone-source/education/clinicians-guide-to-the-prevention-and-treatment-of-osteoporosis> or <https://www.nof.org/patients/treatment/medicationadherence/>.

New Paget Fund Information Available on the NOF Website

Earlier this month, we launched a new section of the NOF website with information on the Paget Fund: <https://www.nof.org/pagets>. The new pages will guide you directly to specific Paget Fund content you will want to share with those on your healthcare team. We'll also be posting pertinent content from external sources here to help keep you informed.

Please email us at info@nof.org to let us know what you think of the new section and if you have ideas to help improve our connection with Paget's disease patients and families.

FLS Bone ECHO

The FLS Bone ECHO (Extension for Community Healthcare Outcomes) program allows participants to view presentations and other resources in a telementoring setting. ECHO acts as a force multiplier to expand capacity to provide better bone health care for more patients closer to home at a lower cost than with referral to an academic specialty center. The program's purpose is to educate FLS coordinators and healthcare providers to deliver a higher level of care for patients who have fractured. It is an opportunity to make a difference in osteoporosis care by reducing the osteoporosis treatment gap in an enjoyable and collaborative environment for faculty and learners.

By participating, learners achieve expertise in the care of skeletal diseases, allowing them to provide higher levels of care for their own patients and the patients of other providers in the community, reducing the need for referrals to specialty centers. As a result, professional satisfaction is improved and there is relief of the professional isolationism that is common among healthcare providers in rural areas.

To learn more about the FLS Bone ECHO program, join us for a webinar on Thursday, September 21 from 3-4 pm Eastern. Follow this link to log in and participate in the webinar: <https://echo.zoom.us/j/590189361>.

Tracking FLS Implementation: National Survey

We need your help to track our progress toward FLS implementation and adoption in the U.S. Please complete the following survey to help us identify the number of active FLS programs in the U.S.: <https://surveymonkey.com/r/FLSSurvey2017>.

Please forward the survey link to anyone you know with an active FLS program or who is currently in the process of developing an FLS and would also like to participate. Or if you send an email to info@nbha.org with their email address, we'll send the survey link directly to them.

To help with this effort, please complete the survey by Sunday, October 1, 2017.

New Member Welcome

NOF welcomes the following new members who joined since May:

Seth Arum, Guilherme Bello Prestes, Jessica Boeger, Joseph Borrelli, Rachel Brem, Rachel Brooks, Donna Callicutt, Karen Cannella, Ernesto Cardozo, Jacqueline Cook, Catherine Crochetiere, Denise Crow, Kristy Darnell, Gary Dubois, Kate Erickson, Karen Fernandes, David Fink, Cathleen Fritz, Ludmilla Furman, Iuz Gargiullo, Jean Gisler, Laura Graff-Armas, Marise Johnson, Lisa Jones, Ken Jurist, Amna Khan, Kimberly Kustron, Lisa Lemley Gibson, Timothy Manzone, William Matthwes, Allyson Mayeux, Kathleen Melbourne, Steven Myers, Kristin Page, Mary Phillips, Catherine Rolih, Jeannee Sanders, Daniel Segina, Amy Selbyg, Rusty Smith, David Spurrier, Eric Willoughby, Grattan Woodson, Casey Younkin and Michelle Zak.

Continuing Education

Highlights from Clinical Osteoporosis 2017

Clinical Osteoporosis 2017 (CO17), a combined meeting of NOF and the International Society for Clinical Densitometry, was held in Orlando, FL from April 18-22. The joint meeting was a resounding success and drew increased attendance for both organizations. The wide variety of providers who attended the conference underscores the importance of a multidisciplinary and collaborative approach to best treat patients with osteoporosis.

In response to the recent recognition of a crisis in osteoporosis diagnosis and treatment, the theme of the meeting was "Closing the Osteoporosis Treatment Gap" and conference

presentations focused on strategies to better identify and treat patients at risk for fracture. CO17 attendees were charged with taking a role in combating the under diagnosis and under treatment of osteoporosis as well as empowering their patients to be better advocates for their own bone health. Attendees left the meeting armed with the knowledge and tools necessary to improve the care they deliver on a regular basis and to better prevent fractures among their patients.

Clinical Osteoporosis 2017 Online

If you missed Clinical Osteoporosis 2017 in Orlando, you can now view selected sessions from the meeting in the [NOF Professional Learning Center](#). Log in to your account or register for the site to view sessions from CO17 and get the latest information you need to stay current. Use your member discount code and save 20% or more.

FLS Certificate of Completion Bundle

The FLS Training and Certificate of Completion program is based on FLS presentations given at CO17 and addresses the clinical challenge of fragility fractures through the implementation of the FLS model of care, including challenges and barriers in clinical care; strategies for organizing, staffing and structuring a successful FLS program; and clinical care for patients with osteoporosis and increased risk for fracture. Visit the [NOF Professional Learning Center](#) to complete the online certificate.

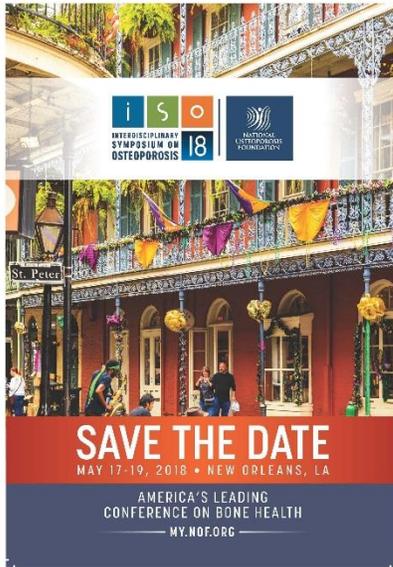
Fee: Member - \$246; Non-member - \$409

Launch Date: May 15, 2016

Expiration Date: May 31, 2018

Credit: 17.25 credits (ACCME and ANCC)

ISO18: Save the Date



From Our Journals

Osteoporosis International

Sign up for Table of Contents Alerts! Go

to: <http://www.springer.com/medicine/orthopedics/journal/198>.

Spine Fracture Prevalence in a Nationally Representative Sample of U.S. Women and Men aged >40 Years: Results from the National Health and Nutrition Examination Survey (NHANES) 2013-2014 - supplementary presentation

F. Cosman, et. al., *Osteoporosis International*, August 2017, Volume 28, Issue 8, pp 2319-2320

Summary: Spine fracture prevalence is similar in men and women, increasing from <5% in those <60 to 11% in those 70-79 and 18% in those >80 years. Prevalence was higher with age, lower bone mineral density (BMD), and in those meeting criteria for spine imaging. Most subjects with spine fractures were unaware of them.

Read the full article here: <https://link.springer.com/article/10.1007/s00198-017-3999-y>.

Greater Yogurt Consumption is Associated with Increased Bone Mineral Density and Physical Function in Older Adults

E. Laird; A.M. Molloy; H. McNulty; et. al., *Osteoporosis International*, August 2017, Volume 28, Issue 28, pp 2409-2419

Summary: In this cohort of community dwelling older adults (<60 years), we observed significant positive associations between the frequencies of yogurt intake with measures of

bone density, bone biomarkers, and indicators of physical function, showing that improving yogurt intake could be a valuable health strategy for maintaining bone health in older adults.

Read the full article here: <https://link.springer.com/article/10.1007/s00198-017-4049-5>.

Examining the Treatment Gap and Risk of Subsequent Fractures among Females with a Fragility Fracture in the U.S. Medicare Population

A. Keshishian; N. Boytsov; R. Burge; et. al., *Osteoporosis International*, August 2017, Volume 28, Issue 8, pp 2485-2494

Summary: Our aim was to evaluate the gap in osteoporosis treatment and the impact of osteoporosis treatment on subsequent fragility fractures. We found osteoporosis medication lowered the risk of subsequent fractures by 21% and that black race, higher CCI scores, dementia, and kidney diseases reduced the likelihood of osteoporosis medication use. **Read the full article here:** <https://link.springer.com/article/10.1007/s00198-017-4072-6>

Clinical Updates

Don't miss out on these issues of Clinical Updates - FREE CME/CNE for NOF members!

Clinical Updates: Compliance and Persistence with Osteoporosis Therapies

This issue of *Osteoporosis: Clinical Updates* looks at the costs of poor compliance and persistence in osteoporosis therapy. A review of proven methods will enable clinicians to apply concepts to their practices.

Fee: Member - \$0; Non-member - \$10
Launch Date: June 1, 2016
Expiration Date: May 31, 2018
Credit: 1.0 credit (ACCME and ANCC)

Clinical Updates: Identifying Osteoporosis-Related Vertebral Fractures in Primary Care

This issue of *Osteoporosis: Clinical Updates* explores the critical topic of osteoporosis-related vertebral fractures. We discuss the factors that lead to pathologic changes in the spine, the types of fractures that result, and their consequences to physical and psychological health.

Fee: Member - \$0; Non-member - \$10
Launch Date: December 1, 2016
Expiration Date: December 31, 2018
Credit: 1.0 credit (ACCME and ANCC)

Clinical Updates: Fragility Fractures; The Impact of Movement, Exercise and Body Mechanics

HURRY! Expiration Date: September 30, 2017

This issue of *Osteoporosis: Clinical Updates* focuses on the significant role of exercise, movement and body mechanics in the management of people with osteoporosis and fractures, with an emphasis on fracture prevention.

Fee: Member - \$0; Non-member - \$10

Launch Date: October 1, 2015

Expiration Date: September 30, 2017

Credit: 1.0 credit (ACCME and ANCC)

NOF Professional Learning Center

Join NOF's [Professional Learning Center](#) for free access to CME for NOF members. Please contact membership@nof.org to get your discount code.

If you're not an NOF member, join us! Find details on membership here: <https://my.nof.org/bone-source/join-nof>.

NOF Appeal

As a surgeon who treats patients suffering from the debilitating effects of osteoporotic fractures, I'm acutely aware that there is an osteoporosis epidemic in this country. In addition to what we do professionally to help patients, there is much more that needs to be done. NOF provides clinical guidelines and continuing education for all medical disciplines involved in the diagnosis and treatment of osteoporosis. Most importantly, NOF helps inform and support patients who suffer from osteoporosis and the resulting fractures. I support the mission of NOF both professionally and personally and I encourage you to do the same.

Find out how you can support NOF here: <https://www.nof.org/support-nof/donate>.



Avery Jackson, III, MD

The National Osteoporosis Foundation is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians and accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

[Join NOF as a professional member.](#)

Need help with your NOF Member benefits? Contact Membership@nof.org.

Have questions about educational content or CME/CE? Contact Education@nof.org.



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