



Bone Health & Osteoporosis  
FOUNDATION™

BoneSource®  
for Clinicians



## BONESOURCE ALERT

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August 2024 Issue

### BHOFF UPDATES

We are excited to share that this year marks the 40th anniversary of the Bone Health & Osteoporosis Foundation (BHOFF)! Our mission has never been more critical given the fact that osteoporotic fractures are responsible for more hospitalizations than heart attacks, strokes, and breast cancer combined. People’s experience with osteoporosis varies greatly, but the good news is that it is a manageable disease.

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

BHOFF celebrated our 40th anniversary by returning to an in-person format for this hallmark event!

The Interdisciplinary Symposium on Osteoporosis (ISO2024) was held from June 13-15, 2024, at the Capital Hilton in Washington, DC. ISO2024 offered educational sessions and networking opportunities to benefit many medical disciplines and specialties working with patients who have and/or are at risk for osteoporosis and fractures.

Led by expert faculty, the interactive sessions focused on all areas of bone health assessment, osteoporosis diagnosis and patient management,

### BONE HEALTH RESOURCES

#### ECHO SESSIONS



#### [BHOFF 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/CE credit, connect with experts in the field, share case studies, and much more!

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

#### [Sessions](#)

exercise, nutrition, and post-fracture care, as well as other specialty topics.

ISO2024 was supported by educational grants provided by Radius and Amgen.

**BHOF would like to thank our ISO2024 Sponsors:**

**Ruby Sponsor**  
Amgen

**Silver Sponsor**  
Radius

**Bronze Sponsors**  
Alexion  
Biosimilars Forum  
Excel CME  
Sandoz

**Save the Date ISO2025**

Save the date for ISO2025, the premier clinical conference on bone health. You don't want to miss out on the amazing ISO2025 program that we're planning for April 24-26, 2025, at the Capital Hilton in Washington, DC.

**Goal-Directed Osteoporosis Treatment: ASBMR/BHOF Task Force Position Statement 2024**

The ASBMR/BHOF Task Force emphasizes a goal-directed approach to osteoporosis treatment to prevent fractures effectively. This method involves assessing fracture history, vertebral imaging, bone mineral density (BMD) measurements, and other clinical risk factors. Treatment decisions are personalized, focusing on rapid fracture risk reduction, particularly for patients with recent fractures. The position statement provides evidence-based recommendations for tailoring treatment strategies and achieving specific BMD targets.

For more details, visit the [Journal of Bone and Mineral Research](#).

September 12, 2024

Topic: Post-Fracture Care Program Possibilities and Pearls in Health Literacy  
Speaker: Andrea Fox, PA-C

October 10, 2024

Topic: Prisma Health Orthopedics  
Speaker: Laura Boineau, FNP

[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 on 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**

The Michigan Neurosurgical Institute (MNI) Great Lakes ECHO branch is one of the first ECHO providers in the state of Michigan. The Great Lakes ECHO brings better care to patients across the country using new methods made possible by modern technology.

To register, email [MNIGreatLakesEcho@gmail.com](mailto:MNIGreatLakesEcho@gmail.com).

## ADVOCACY UPDATES

### **19 States Take Action to Combat Osteoporosis and Strengthen Bone Health**

Osteoporosis Awareness and Prevention Month is commemorated annually in May. In support of the month, nineteen states have taken steps through legislation and executive action to raise awareness about the growing osteoporosis crisis. [Arkansas](#), [Arizona](#), [Colorado](#), [Connecticut](#), [Hawaii](#), [Idaho](#), [Massachusetts](#), [Michigan](#), [Minnesota](#), [North Carolina](#), [New Mexico](#), [New Jersey](#), [New Hampshire](#), [Pennsylvania](#), [South Dakota](#), [Tennessee](#), [Virginia](#), [Wyoming](#), and [West Virginia](#) have introduced, passed legislation, or made gubernatorial proclamations calling for engagement to raise awareness about the importance of bone health throughout the lifespan. Our commitment to advancing bone health and fighting osteoporosis remains stronger than ever.

### **Federal Updates**

On June 10th, BHOFF submitted [comments](#) on CMS-1808-P proposed rule updating and refining payment policies under the Inpatient Prospective Payment System (IPPS proposed rule). Our comments to this IPPS proposed rule focused on CMS' proposal to address high costs associated with hip and vertebral fractures through a Transforming Episode Accountability Model (TEAM) initiative. BHOFF also submitted comments on July 8th to the U.S. Preventive Services Task Force on their Osteoporosis Screening Statement. To view the letter, [click here](#).

On July 10, 2024, the [proposed 2025 Medicare Physician Fee Schedule \(PFS\) rule](#) issued by the Centers for Medicare &

### **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.

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.

Medicaid Services (CMS) recognized the need to substantially improve care for the 10 million Americans who suffer from osteoporosis, almost two million of whom suffer painful fractures each year. In its proposed rule, CMS proposes payment changes to incentivize better care. This follows three years of efforts led by the Bone Health and Osteoporosis Foundation (BHOFF) and the American Society for Bone and Mineral Research (ASBMR) as well as a broad coalition of patient advocacy and health professional organizations, and Congressional offices calling on the agency to help reduce the rapid rise in costly and deadly osteoporotic fractures suffered by Medicare beneficiaries. The full press release can be found [here](#).

## 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*
- *Management of Vertebral Compression Fractures in Primary Care*

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



### [Bone Health and HIV: What You Need to Know](#)

People living with HIV experience bone loss, weakened bones and broken bones more often than the general population. We offer a variety of educational programs to help you, whether you are living with HIV or helping clients or patients living with HIV.

**Bone Health & HIV Health Educator Training Course:** This continuing education activity is intended for use by health professionals who participate in the care of patients at risk for or suffering from HIV, in the areas of primary care, endocrinology, geriatrics, gynecology, internal medicine, obstetrics, orthopedics, osteopathy, pediatrics, psychiatry, radiology, rheumatology and physical therapy. This includes case managers, physicians, nurse practitioners, registered nurses, pharmacists, physician assistants, technologists, researchers, public

***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 Houston, Boston, Spokane, Columbus, Pittsburgh, Raleigh/Durham, Chicago, and San Diego 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 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\*](#)

BHOF recently launched the latest Healthy Bones/Healthy Communities program that offers a variety of post-fracture care learning activities in partnership with select Fracture Liaison Service (FLS) program teams (in early/mid-stage program development) eager to learn and overcome barriers to advance best practices and grow their programs.

FLS programs face many challenges, and this program is designed to support interdisciplinary healthcare providers through education, creating new

health professionals and health educators with an interest in osteoporosis and bone health. [Click here](#) to learn more and sign up.

### **ASBMR Annual Meeting 2024**

The American Society for Bone and Mineral Research (ASBMR) is hosting its Annual Meeting from September 27-30, 2024, in Toronto, Canada. This premier event gathers a global community of researchers and clinicians dedicated to bone, mineral, and musculoskeletal science. Attendees will have the opportunity to explore groundbreaking research, attend educational sessions, and network with experts in the field.

For more details and to register, visit the [ASBMR Annual Meeting website](#).

### **Fragility Fracture Network (FFN) North America Regional Congress**

The Fragility Fracture Network (FFN) is hosting the North America Regional Congress 2024. This event will take place on October 22, 2024, in Montreal, Canada. The Congress aims to bring together healthcare professionals, researchers, and policymakers to discuss and share the latest advancements in the care and management of fragility fractures. Attendees will have the opportunity to participate in workshops, presentations, and networking sessions to enhance their knowledge and skills in this critical area of healthcare.

For more details and to register, visit the [FFN North America Regional Congress 2024 website](#).

### **New Medicare Advantage Coverage for Prolia®**

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.



strategies, and collaboration focused on patient care management and developing the business acumen for a sustainable FLS program.

The programs have taken place in Burlington, VT and Buffalo, NY.

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

### **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 trainings for exercise professionals: Basics trainings aimed at personal trainers and other exercise teachers and Clinical trainings 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, is able to say

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**

[Patient Guide](#)

### **COVID-19 and Flu Vaccine Updates:**

Understanding the importance of staying updated with vaccines, particularly for COVID-19 and flu, is critical. These viruses frequently mutate, necessitating regular updates to vaccines for effective protection. Updated vaccines will be available this fall to target the

they are “BoneFit™ Trained,” and appears in BHOF’s online “Find a BoneFit™ Professional” tool. [You can view more information on our website.](#)

If you are interested in trainings for 2025, please contact us at [education@bonehealthandosteoporosis.org](mailto:education@bonehealthandosteoporosis.org) to be placed on the waitlist.

### **Opioid Use and Vertebral Compression Fractures**

The Bone Health and Osteoporosis Foundation (BHOF) 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

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

***BHOF thanks Medtronic for its support of this activity.***

### **Patient Pathway Tool**

BHOF designed its 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.

latest variants, helping to reduce severe illness and hospitalizations.

### **Available Patient Resources at BoneSource.org**

- Fact Sheets
- Informational Posters
- Virus Science Glossary

**Learn More:** Visit [Champions for Vaccine Education, Equity + Progress \(CVEEP\)](#) for comprehensive information and resources to help educate your community on the importance of updated vaccines.

### **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.

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**

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

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

### **Postmenopausal Osteoporosis: Closing the Care Gap**

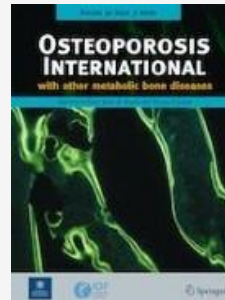
Are you up to date on how to prevent or reduce secondary osteoporotic fracture rates in your patients?

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

1.0 CME / ABIM MOC / CE

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

## **FROM OUR JOURNALS**



### **Trabecular bone mineral density as measured by thoracic vertebrae predicts incident hip and vertebral fractures: the multi-ethnic study of atherosclerosis**

Dong Li, Song Shou Mao & Matthew J. Budoff

#### **Summary**

We evaluated the relationship of bone mineral density (BMD) by computed tomography (CT), to predict fractures in a multi-ethnic population. We demonstrated that vertebral and hip fractures were more likely in those patients with low BMD. This is one of the first studies to demonstrate that CT BMD derived from thoracic vertebrae can predict future hip and vertebral fractures.



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 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**

### **Understanding Osteoporosis Medications: Biologics & Biosimilars**

On July 8, 2024, BHOF Chief Medical Officer, Andrea Singer, MD and Cate Lockhart, PharmD, PhD, Executive Director of the Biologics and Biosimilars Collective Intelligence Consortium, presented an informative webinar on osteoporosis medication and treatment options. This session covered the benefits and risks associated with various medications, provided insights into effective communication with healthcare practitioners about treatment plans, and explained the differences between biologics and biosimilars.

### **Optimisation of vitamin D status in global populations**

N.C. Harvey, K.A. Ward, D. Agnusdei, N. Binkley, E. Biver, C. Campusano, E. Cavalier, P. Clark, M. Diaz-Curiel, G.E.-H. Fuleihan, P. Khashayar, N.E. Lane, O.D. Messina, A. Mithal, R. Rizzoli, C. Sempos & B. Dawson-Hughes on behalf of the International Osteoporosis Foundation Vitamin D Working Group

#### **Abstract**

Vitamin D is important for musculoskeletal health. Concentrations of 25-hydroxyvitamin D, the most commonly measured metabolite, vary markedly around the world and are influenced by many factors including sun exposure, skin pigmentation, covering, season and supplement use. Whilst overt vitamin D deficiency with biochemical consequences presents an increased risk of severe sequelae such as rickets, osteomalacia or cardiomyopathy and usually warrants prompt replacement treatment, the role of vitamin D supplementation in the population presents a different set of considerations. Here the issue is to keep, on average, the population at a level whereby the risk of adverse health outcomes in the population is minimised. This position paper, which complements recently published work from the European Society for Clinical and Economic Aspects of Osteoporosis, Osteoarthritis and Musculoskeletal Diseases, addresses key considerations regarding vitamin D assessment and intervention from the population perspective.

#### **Summary**

This position paper, on behalf of the International Osteoporosis Foundation Vitamin D Working Group, summarises the burden and possible amelioration of vitamin D deficiency in global populations. It addresses key issues including screening, supplementation and food fortification.

### **Treatment patterns in women with postmenopausal osteoporosis using**

For those who missed the live event, [the recording is available here](#).

The [Understanding Osteoporosis Medications: Biologics & Biosimilars](#) infographic, developed with support from Sandoz, is a patient resource that explains the differences between biologics, biosimilars, and generics.

*BHOF is grateful to Sandoz for support on this initiative.*

### **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](#).

### **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 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 Center for Nutrition Policy and Promotion (CNPP) MyPlate National Strategic Partners team, will

### **abaloparatide: a real-world observational study**

Deborah T. Gold, Tammy Beckett, Chad Deal, Andrew L. James, Mahshid Mohseni, Abigail McMillan, Tom Bailey, Leny Pearman, John Caminis, Yamei Wang, Setareh A. Williams & Jacqueline M. Kernaghan

#### **Summary**

Review of medical records from 173 women with osteoporosis who received abaloparatide treatment revealed that 96.0% had at least one visit for osteoporosis management and 55.5% had medication support group access. The most common reasons for discontinuing treatment were financial (31.2%) and tolerability (22.8%). Most patients (64.8%) completed treatment as prescribed.

### **Impact of osteoporosis and osteoporosis medications on fracture healing: a narrative review**

M. Chandran, K. E. Akesson, M. K. Javaid, N. Harvey, R. D. Blank, M. L. Brandi, T. Chevalley, P. Cinelli, C. Cooper, W. Lems, G. P. Lyritis, P. Makras, J. Paccou, D. D. Pierroz, M. Sosa, T. Thomas, S. Silverman & Fracture Working Group of the Committee of Scientific Advisors of the International Osteoporosis Foundation, on behalf of the International Osteoporosis Foundation, Société Internationale de Chirurgie Orthopédique et de Traumatologie

#### **Summary**

Antiresorptive medications do not negatively affect fracture healing in humans. Teriparatide may decrease time to fracture healing. Romosozumab has not shown a beneficial effect on human fracture healing.

### **Chemokine CXCL9, a marker of inflammation, is associated with changes of muscle strength and mortality in older men**

develop MyPlate resources and work together to share these partner-created resources with their communities and networks.

## SUPPORT BHOF

As BHOF celebrates our 40th Anniversary, we are grateful for the continued support of healthcare providers in our mission to prevent osteoporosis and broken bones, promote strong bones for life, and reduce human suffering. Your dedication to this cause is instrumental in advancing our efforts through public and clinician awareness, education, advocacy, and research.

Together, we have made significant strides in raising awareness about bone health, providing essential education to both the public and healthcare professionals, advocating for policies that support bone health, and conducting research that paves the way for innovative treatments and prevention strategies.

As we move forward, we remain committed to our shared goals and look forward to collaborating with you to further enhance the quality of life for individuals at risk of or living with osteoporosis.

Thank you for being an integral part of our work and mission over the past 40 years.

[Donate](#)

Da Hea Seo, Maripat Corr, Sheena Patel, Li-Yung Lui, Jane A. Cauley, Daniel Evans, Theresa Mau & Nancy E. Lane

### Summary

Our study examined associations of the CXC motif chemokine ligand 9 (CXCL9), a pro-inflammatory protein implicated in age-related inflammation, with musculoskeletal function in elderly men. We found in certain outcomes both cross-sectional and longitudinal significant associations of CXCL9 with poorer musculoskeletal function and increased mortality in older men. This requires further investigation.

### [One versus 2 years of alendronate following denosumab: the CARD extension](#)

Joy N. Tsai, Mackenzie Jordan, Hang Lee & Benjamin Z. Leder

### Summary

When denosumab is discontinued, antiresorptive therapy is critical to reduce high-turnover bone loss. The ideal duration of antiresorptive therapy after denosumab is uncertain. This study demonstrates that both 1 and 2 years of alendronate maintained bone density gains achieved with 1 year of denosumab.

