



Bone Health & Osteoporosis  
FOUNDATION™

BoneSource®  
for Clinicians



## BONESOURCE ALERT

Spring 2024 Issue

US!

### BHOOF UPDATES

### BONE HEALTH RESOURCES

We are excited to share that this year marks 40th anniversary of the Bone Health & Osteoporosis Foundation (BHOOF)! 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 \(ISO2024\)](#)

Come celebrate the 40th anniversary of BHOOF 2024 by returning to an in-person format for hallmark event!

You don't want to miss out on the amazing ISO2024 program that we're planning for June 13-15, 2024, at the Capital Hilton in Washington DC.

[The ISO2024 website is now updated with the program schedule](#), so you can start planning your conference schedule. The exciting presentations will be followed by live Q&A.

[Please register now](#) and join BHOOF in Washington, DC for the leading clinical conference in bone health.

ISO2024 will offer educational sessions and networking opportunities to benefit many people

### ECHO SESSIONS



#### [BHOOF 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!

disciplines and specialties working with patients who have and/or are at risk for osteoporosis fractures.

## ADVOCACY UPDATES

Osteoporosis Awareness and Prevention Month is commemorated annually in May. In support of the month, fourteen states have taken steps through legislation and executive action to raise awareness about the growing crisis of osteoporosis. [Connecticut](#), [Hawaii](#), [Idaho](#), [Massachusetts](#), [Michigan](#), [New Hampshire](#), [New Jersey](#), [New Mexico](#), [North Carolina](#), [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.

## BHOF RESOURCES

### [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.

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

#### [Sessions](#)

[Thursday, May 9, 2024](#)

Topic: FLS Program at Medical University South Carolina (MUSC)  
Speaker: Stacey L. Rothwell, PA-C

[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

- *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!***

### **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, and Chicago, 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\*](#)

An in-person program took place in San Diego, CA in November, 2023.

BHOF recently launched the latest Healthy Bones/Healthy Communities program that offers a variety of post-

country using new methods made possible by modern technology.

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

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](#).

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

The first program took place in Burlington, VT in November 2023.

***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 will host two levels of trainings for exercise professionals: Basics trainings aimed at

### **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](#).



### **ESCEO-IOF Young Investigator Awards**

In 2024, twenty awards of 1000 EUR each will be presented during the WCO-

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 will consist of approximately six to eight hours of coursework in-person. Upon passing the quiz, each BoneFit™ participant will receive a certificate of completion, be able to say they are “BoneFit™ Trained,” and appear 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.](#)

IOF-ESCEO Annual Congress in London.

The ESCEO-IOF Young Investigator Awards represent an opportunity of recognition to young investigators for their contribution in the field of bone and mineral research.

The application should be completed before January 29, 2024.

[Apply here.](#)

### **AAOS Position Statements: Prevention of Hip Fractures Due to Osteoporosis & Osteoporosis/Bone Health in Adults as a National Public Health Priority**

The American Association of Orthopedic Surgeons (AAOS) has released updated position statements [that can be found here.](#)

- Prevention of Hip Fractures Due to Osteoporosis
- Osteoporosis/Bone Health in Adults as a National Public Health Priority

### **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



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

### **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**

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

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.](#)

### **Rutgers Interprofessional Osteoporosis and Fall Risk Screening event**

The Rutgers Interprofessional Osteoporosis and Fall Risk Screening event is a three-part interactive, innovative interprofessional practice experience that invites students from Rutgers University: School of Nursing, School of Health Professions Physical Therapy Program and the Ernest Mario School of Pharmacy Program to virtually educate each other, in small groups, on discipline-specific components of an osteoporosis and fall risk screening protocol. Each student then performed an in-person screenings with a self-selected community volunteer, developed a SMART objective based on a target issue identified during the screening and participated in a virtual peer review of their SMART objectives and debrief session. A total of 651 students (246 physical therapy, 228 nursing, and 150 pharmacy students) completed the program during 2020-2023, which has provided 651 adult screenings in communities throughout New Jersey. The small group of facilitators consisted of Rutgers faculty from the nursing, physical therapy and pharmacy programs in addition 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 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.

adjunct faculty, community clinicians, including Kessler, and members of the New Jersey Interagency Council on Osteoporosis.

### **Organizers:**

Anita Van Wingerden, PT, DPT, Assistant Professor, Rutgers School of Health Professions-Doctor of Physical Therapy Program

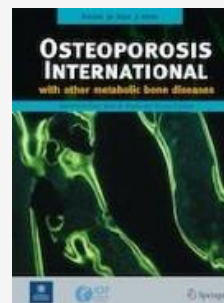
Mary L Wagner, PharmD, MS, Associate Professor, Earnest Mario School of Pharmacy, Rutgers, The State University of NJ

Kyeongra Yang, PhD, MPH, RN, Associate Professor, Rutgers School of Nursing

Ethan Lim, PharmD Candidate 2024

Marta Galagoza, PharmD Candidate 2024

## **FROM OUR JOURNAL**



### **Previous fracture and subsequent fracture risk: a meta-analysis to update FRAX**

J.A. Kanis, H. Johansson, E.V. McCloskey, E. Liu, K.E. Åkesson, F.A. Anderson, R. Azagra, C.L. Bager, C. Beaudart, H.A. Bischoff-Ferrari, E. Biver,

Visit [BoneSource®](#).

## PATIENT RESOURCES

### [Understanding Osteoporosis Medications: Biologics & Biosimilars](#)

There are different types of medications available to treat and manage osteoporosis. The [Understanding Osteoporosis Medications: Biologics & Biosimilars](#) infographic, developed with support from Sandoz, explains the differences between biologics, biosimilars, and generics. There is no best medication for everyone and the one that works for you depends on many factors. Your health history and preferences are considerations. Discuss the best treatment for you with your healthcare provider.

*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

O. Bruyère, J.A. Cauley, J.R. Center, R. Chapurlat, C. Christiansen, C. Cooper, C.J. Crandall, S.R. Cummings, J.A.P. da Silva, B. Dawson-Hughes, A. Diez-Perez, A.B. Dufour, J.A. Eisman, P.J.M. Elders, S. Ferrari, Y. Fujita, S. Fujiwara, C.-C. Glüer, I. Goldshtein, D. Goltzman, V. Gudnason, J. Hall, D. Hans, M. Hoff, R.J. Hollick, M. Huisman, M. Iki, S. Ish-Shalom, G. Jones, M.K. Karlsson, S. Khosla, D.P. Kiel, W.-P. Koh, F. Koromani, M.A. Kotowicz, H. Kröger, T. Kwok, O. Lamy, A. Langhammer, B. Larijani, K. Lippuner, D. Mellström, T. Merlijn, A. Nordström, P. Nordström, T.W. O'Neill, B. Obermayer-Pietsch, C. Ohlsson, E.S. Orwoll, J.A. Pasco, F. Rivadeneira, A.-M. Schott, E.J. Shiroma, K. Siggeirsdottir, E.M. Simonsick, E. Sornay-Rendu, R. Sund, K.M.A. Swart, P. Szulc, J. Tamaki, D.J. Torgerson, N.M. van Schoor, T.P. van Staa, J. Vila, N.J. Wareham, N.C. Wright, N. Yoshimura, M.C. Zillikens, M. Zwart, L. Vandenput, N.C. Harvey, M. Lorentzon & W.D. Leslie

### **Summary**

A large international meta-analysis using primary data from 64 cohorts has quantified the increased risk of fracture associated with a previous history of fracture for future use in FRAX.

### [The challenge of hypophosphatasia diagnosis in adults: results from the HPP International Working Group Literature Surveillance](#)

Maria Luisa Brandi, Aliya A. Khan, Eric T. Rush, Dalal S. Ali, Hatim Al-Alwani, Khulod Almonaei, Farah Alsarraf, Severine Bacrot, Kathryn M. Dahir, Karel Dandurand, Chad Deal, Serge Livio Ferrari, Francesca Giusti, Gordon Guyatt, Erin Hatcher, Steven W. Ing, Muhammad Kassim Javaid, Sarah Khan, Roland Kocijan, E. Michael Lewiecki, Agnes Linglart, Iman M'Hiri,



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 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

Thank you to all who supported the Bone Health and Osteoporosis Foundation on Giving Tuesday. Your generosity helps support our mission of 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.

As a healthcare professional who is committed to improving the bone health of your patients, we hope that you will consider supporting our mission during the holiday season.

You are aware of the bone health crisis in this country. Please consider

Francesca Marini, Mark E. Nunes, Cheryl Rockman-Greenberg, Lothar Seefried, Jill H. Simmons, Susan R. Starling, Leanne M. Ward, Liang Yao, Romina Brignardello-Petersen & Christian Roux

### Summary

Hypophosphatasia (HPP) is an inborn error of metabolism caused by reduced or absent activity of the tissue non-specific alkaline phosphatase (TNSALP) enzyme, resulting from pathogenic variants in the ALPL gene. Clinical presentation of HPP is highly variable, including lethal and severe forms in neonates and infants, a benign perinatal form, mild forms manifesting in adulthood, and odonto-HPP. Diagnosis of HPP remains a challenge in adults, as signs and symptoms may be mild and non-specific. Disease presentation varies widely; there are no universal signs or symptoms, and the disease often remains underdiagnosed or misdiagnosed, particularly by clinicians who are not familiar with this rare disorder. The absence of diagnosis or a delayed diagnosis may prevent optimal management for patients with this condition. Formal guidelines for the diagnosis of adults with HPP do not exist, complicating efforts for consistent diagnosis.

[The Capture the Fracture® Partnership: an overview of a global initiative to increase the secondary fracture prevention care for patient benefit](#)

M. K. Javaid, R. Pinedo-Villanueva, A. Shah, Z. Mohsin, M. Hiligsmann, A. Motek-Soulié, N. R. Fuggle, P. Halbout & C. Cooper

### Summary

supporting our mission and making BHOFF a priority in your philanthropic giving today. Without the generous support from donors like you, BHOFF cannot do the important work that we continue to do. Thank you for supporting our mission and for your work in treating patients with the best care. Happy Holidays!

**Donate**

The Capture the Fracture® Partnership (CTF-P) is a unique collaboration between the International Osteoporosis Foundation, academic units and industry partners to enhance the implementation of effective, efficient fracture liaison services (FLSs) with a good patient experience. CTF-P has generated valuable resources for the specific countries as well as the broader FLS community to improve the initiation, effectiveness and sustainability of FLS in a wide range of healthcare settings.

[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-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.

**[Hypophosphatasia diagnosis: current state of the art and proposed diagnostic criteria for children and adults](#)**

Aliya A. Khan, Maria Luisa Brandi, Eric T. Rush, Dalal S. Ali, Hatim Al-Alwani, Khulod Almonaei, Farah Alsarraf, Severine Bacrot, Kathryn M. Dahir, Karel Dandurand, Chad Deal, Serge Livio Ferrari, Francesca Giusti, Gordon Guyatt, Erin Hatcher, Steven W. Ing, Muhammad Kassim Javaid, Sarah Khan, Roland Kocijan, Agnes Linglart, Iman M'Hiri, Francesca Marini, Mark E. Nunes, Cheryl Rockman-Greenberg, Christian Roux, Lothar Seefried, Jill H. Simmons, Susan R. Starling, Leanne M. Ward, Liang Yao, Romina Brignardello-Petersen & E. Michael Lewiecki

**Background**

This manuscript provides a summary of the current evidence to support the criteria for diagnosing a child or adult with hypophosphatasia (HPP). The diagnosis of HPP is made on the basis of integrating clinical features, laboratory profile, radiographic features of the condition, and DNA analysis identifying

the presence of a pathogenic variant of the tissue nonspecific alkaline phosphatase gene (ALPL). Often, the diagnosis of HPP is significantly delayed in both adults and children, and updated diagnostic criteria are required to keep pace with our evolving understanding regarding the relationship between ALPL genotype and associated HPP clinical features.

**[Deprescribing bisphosphonates for older adults with dementia: perspectives of caregivers](#)**

Joshua D. Niznik, Casey J. Kelley, Lauren Fasth, Cathleen Colón-Emeric, Carolyn T. Thorpe, Meredith A. Gilliam, Jennifer L. Lund & Laura C. Hanson

**Summary**

Little is known about caregivers' perspectives on deprescribing bisphosphonates for older adults with dementia. Caregivers agreed that fracture prevention was important for maintaining functional independence but acknowledged that changing goals of care may justify deprescribing. Conversations grounded in "what matters most" can align fracture prevention treatment with goals of care.

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