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Mark your calendars for the Own the Bone Regional Symposium on Friday, November 12, 2010 from 10:00am – 2:00pm CST at the Crowne Plaza Chicago O'Hare.

Join Bone Health Experts for this complimentary symposium and luncheon to learn about your role in improving patient bone health.

The symposium will feature an expert physician panel discussion about Own the Bone, the role that Orthopaedic Surgeons play in coordinating post fracture care, and information on the positives and pitfalls of osteoporosis therapy. The program will conclude with a Q&A session and a luncheon with remarks by AOA President, Gary E. Friedlaender, MD.

To register, please click on www.ownthebone.org/providers/SymposiumRegistration. For the full program agenda, view [Symposium details](#).

For additional information regarding the symposium or the Own the Bone program, please visit or call 847.318.7336.

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Fall 2010

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Forward this Bulletin

The Own the Bone™ Program is a Web-based quality improvement program which strongly encourages a multidisciplinary approach to patient care after a fracture. The ultimate goal of the program is reducing the risk of future fractures and promoting bone health in patients age 50 and over. Own the Bone was developed by the American Orthopaedic Association to address a critical issue.

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Own the Bone Sponsors

Special Thanks to all Sponsors

The American Orthopaedic Association thanks Own the Bone sponsors for their contributions and support.

Program Updates and Announcements:

Own the Bone to exhibit at Michigan Orthopaedic Society meeting on October 29, 2010.

The Own the Bone team will be at the Michigan Orthopaedic Society meeting on October 29, 2010. If you are attending the MOS meeting, please plan to visit our booth.

In celebration of World Osteoporosis Day, the AOA and the National Osteoporosis Foundation recognized Michigan *Own the Bone* sites in the October 20th issue of Newsweek's "Excellence in Orthopaedic Care" section. The following Michigan institutions are applauded for their efforts in not only treating fragility fractures, but for preventing fractures from recurring:

- Blodgett Hospital (Spectrum Health System), Grand Rapids
- Butterworth Hospital (Spectrum Health System), Grand Rapids
- Orthopaedic Associates of Michigan, Grand Rapids
- POH Regional Medical Center, Pontiac

View the **Newsweek recognition**.

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Own the Bone Spotlight: Saint Francis Hospital:

About Saint Francis Hospital

Saint Francis Hospital in Evanston, IL, a community-based hospital, serving the northern part of Chicago and several northern suburbs, covers a wide variety of needs for its patients. It has always maintained high standards and has been cutting edge in the care it delivers. Saint Francis was the first accredited chest pain center in Illinois, is a recognized center for stroke treatment and just received a Magnet designation for excellence in nursing care. It has three long-standing residencies – Internal Medicine, OB-Gyn, and Radiology.

Saint Francis Hospital and Own the Bone

In the past, Saint Francis did not have a coordinated approach for osteoporosis care. Crossing many disciplines and departments, no one had looked at the whole picture until last winter, when a combined effort from physicians in Medicine, OB-Gyn and Interventional Radiology looked at what they could do to improve post-fracture care and prevention of fractures due to osteoporosis. Under the guidance of Dr. Sharon Rosenberg, a general internist with a special interest in osteoporosis treatment, Saint Francis enrolled in Own the Bone and began implementation this fall.

"I am very excited about the potential for osteoporosis treatment and secondary fracture prevention that the Own the Bone program gives us," Dr. Rosenberg said. "It takes a disease state that, despite its prevalence, gets very little attention and puts it into focus in a way that helps our patients and the hospital in terms of delivering excellent care." Dr. Rosenberg has involved the hospital residents to identify and treat these patients, and hopes that the data collected through the program will allow for several residency research projects. "It's exciting to be the first community-based hospital in Illinois to be involved with Own the Bone. I hope that it will bring a new standard of care to our community for bone health."

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National Osteoporosis Foundation: Call for Abstracts

National Osteoporosis Foundation has issued a Call for Abstracts in conjunction with the 9th International Symposium on Osteoporosis (ISO9). The ISO9 is designed to provide the most current, clinically relevant and evidence-based information on the prevention, diagnosis, and treatment of osteoporosis. The meeting will be held May 18 – 21, 2011 at The Cosmopolitan Hotel in Las Vegas, NV. For abstract guidelines and program details, go to www.nof.org.

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The Eli Lilly and Company Foundation is proud to support the American Orthopaedic Association's Own the Bone initiative & The Bone Health Bulletin.



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The Alliance for Better Bone
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Bone Health News:**Exercise May Lower Risk of Falls and Fractures**

Regular exercise at home can significantly improve balance, gait, and functional ability, and reduce fractures, in older women at risk for osteoporosis, according to a long-term Finnish study. The study of 160 women diagnosed with osteopenia, mild bone loss, found that women who followed an exercise program had significantly less postural sway and better leg strength. Walking speed and distance, tests of functional ability, and mood all were also better in women who exercised. The exercise program was associated with a modest reduction in fracture risk, with no hip fractures occurring in the exercise group compared to five fractures in the control group. "Regular daily physical activity should be recommended to elderly women with osteopenia," according to the researchers. Falls account for at least 90 percent of all hip fractures. Other studies have shown that exercise favorably affects surrogate endpoints like bone mineral density, balance, and lower-extremity strength. Osteoporosis increases the risk of fractures because it lowers bone mineral density and decreases balance and muscle strength. The effect of exercise on fall risk in older women with osteoporosis has not been extensively studied, and no randomized controlled trials of exercise for fracture prevention have been reported. The exercise intervention in the study included weekly supervised sessions emphasizing balance, leg strength, and impact training. The exercise program lasted for six months, and participants were asked to continue training in 20-minute sessions daily at home. The study was published in the Sept. 27 issue of Archives of Internal Medicine.

From "Exercise May Lower Risk of Falls and Fractures"
MedPage Today (09/28/10) Bankhead, Charles

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Operating Soon After Hip Fractures May Save Lives

A new study by Canadian researchers shows that elderly patients who have surgery soon after suffering a hip fracture reduce their risk of dying as a result of the fracture by 19 percent. Hip fractures are associated with a 14 percent to 36 percent death rate in the year following the fracture. Current guidelines recommend surgery within 24 hours of a hip fracture, but some doctors believe delaying surgery helps decrease the risk of complications. In the study, researchers reviewed 16 previous studies, including a total of 13,478 patients age 60 and older, and found that when surgery was performed within 24 to 72 hours after a hip fracture the risk of death was lower. Performing surgery soon after a fracture may also reduce the risk of postoperative pneumonia and pressure sores. More research is needed to learn more about the effects that early surgery has on hip fracture patients, according to Dr. Mohit Bhandari of McMaster University, and colleagues.

From "Operating Soon After Hip Fractures May Save Lives"
BusinessWeek (09/13/10) Preidt, Robert

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Finnish Study Finds Severe Vertebral Fractures Predict Eventual Hip Fractures

A study by researchers at the Helsinki University Central Hospital reports that a vertebral fracture that substantially reduces vertebral body height should be a warning for orthopaedic surgeons that a patient is at risk for a subsequent hip fracture. The two kinds of fractures, which may be related to osteoporosis, particularly in elderly individuals, often present in tandem. The study aimed to evaluate how the severity of vertebral compression fractures (VCFs) affects the risk of subsequent hip fractures. The researchers used the Mini-Finland Health Survey, conducted from 1978 to 1980 and involving 7,095 men and women age 20 years and older, along with chest radiographs all participants received as part of the study. Finland's National Hospital Discharge Register was also used to identify which survey participants were hospitalized through the end of 1994 for a primary hip fracture. The survey group sustained 169 hip fractures. The researchers matched the hip fractures with three controls within the same original cohort by age, gender, and place of residency and studied their chest X-rays to identify baseline VCFs. Genant's numeric classification of VCFs was used to classify the spine fractures as mild to severe. Based on the fracture grades, severe VCFs strongly predicted hip fractures, while milder VCFs were less of a predictor of hip fracture relative risk.

When the researchers controlled for factors that could affect the outcomes, such as the amount of physical activity and smoking status, they found the relative odds of a hip fracture was 12.06 following a severe VCF. "We recommend the clinical evaluation of these high risk patients and offer them prevention for falls and treatment for osteoporosis," says lead researcher Ville Puisto, MD.

From "Finnish Study Finds Severe Vertebral Fractures Predict Eventual Hip Fractures"
Ortho Supersite (09/20/10)

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Hope for Better Osteoporosis Drug After HU Scientists' Find

A research team at the Hebrew University (HU) of Jerusalem has discovered a connection between bone density and fatty acids, leading them to start development of a drug that they hope will more effectively treat, and possibly even prevent, osteoporosis. Working on lab mice, the researchers found that acyl amides play a major role in controlling bone density. The researchers then analyzed the substances' precise chemical composition, created synthetic versions of them, and examined their effect on bone cell cultures.

The study found that one of the compounds in the group of synthetic materials, oleoyl serine, increased bone density in both healthy mice and mice with osteoporosis, and that osteoporotic mice lacked oleoyl serine in their bones. The researchers say the findings can serve as a foundation for new drugs that could prevent bone loss and increase bone formation and possibly reverse bone loss in osteoporosis patients.

From "Hope for Better Osteoporosis Drug After HU Scientists' Find"
Jerusalem Post (10/05/10) Siegel-Itzkovich, Judy

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Bones Restored With Dried Plum in Aging Mice

A diet supplement containing powdered dried plum has been found to restore bone lost in mice during normal aging, according to San Francisco VA Medical Center (SFVAMC) researchers. "This may be the first natural product we have identified that is capable of restoring bone that's been lost due to aging," says SFVAMC senior research scientist Bernard P. Halloran, an adjunct professor of medicine at the University of California, San Francisco. The study, published online in *The Journal of Nutrition*, was inspired by previous animal studies that indicated that powdered dried plum may be effective in preventing post-menopausal osteoporosis. The researchers studied normal adult laboratory mice, and a group of older mice with an age equivalent to people between 60 to 70 years old. The mice were divided into three groups, with one group fed a diet supplement of 25 percent dried plum by weight, another fed a diet of 15 percent dried plum by weight, and the third given no supplement. After six months, the mice given no dried plum lost bone, while both other mice and the normal adult mice given 25 percent dried plum showed significant increase in bone, 85 percent in the adult mice and 50 percent in the elderly mice. The 15 percent groups showed bone increase in normal adult mice, but not elderly mice. "What we've done is not just prevent the loss of bone with aging - we've actually put bone back," says Halloran. "Whatever is in dried plum may prove to be an effective therapy for osteoporosis." Halloran says dried plum's mechanism of action is not known, but that plums are known to be very high in antioxidants, which have been reported to slow bone loss in previous studies.

From "Bones Restored With Dried Plum in Aging Mice"
PhysOrg.com (10/06/10) Tokar, Steve

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Institute for Aging Research Study Finds Indoor and Outdoor Falls are Different for the Elderly

Older adults can suffer severe injuries from falls, such as disabling hip fractures and brain trauma. An important step towards preventing falls is recognizing who is at high risk for falling and why. A study by the Institute for Aging Research of Hebrew SeniorLife found that falls occurring indoors have different risk factors than falls occurring outdoors. Older adults who fell indoors tended to be sedentary, in poor health, disabled, and have lower cognitive function. These elders benefit from

programs that help them gain strength, balance, improve vision, and provide devices that assist mobility. Older adults who fall outdoors, on the other hand, tend to be more active, healthier, younger, and were more likely to be male. Their falls were often a result of environmental hazards such as unmarked curbs, uneven surfaces, and debris on sidewalks and roads. Steps aimed at preventing these falls should include painting curbs to make them more visible, removing obstacles, and installing ramps at intersections.

From "Institute for Aging Research Study Finds Indoor and Outdoor Falls are Different for the Elderly"

Hebrew SeniorLife (09/10/10) Edwards, Scott

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