



Newsletter

Published for Friends of the Decade

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Groups Celebrate National Awareness Week

In each year of the Decade, October 12-20 has been designated National Awareness Week. The purpose of the week is to collectively endorse the Decade and to promote activities that call attention to the needs of people affected by musculoskeletal disorders. USBJD's supporting organizations once again used the entire month of October to show their support of the Decade and its activities.

The Knee Society developed a list of recommended Web sites to distribute to callers requesting information on hip and knee replacement. The USBJD's Web site is listed on the handout.

The American Society for Bone and Mineral Research placed the BJD logo on the cover of October's *Journal of Bone and Mineral Research*. The Society also added the logo to its home page and distributed Decade materials at its 25th Annual Meeting in September.

To recognize their commitment to the Decade, the **American Academy of Orthopaedic Surgeons** ran a series of three radio messages during National Awareness Week. The spots focused on the impact of musculoskeletal conditions and the need for additional research. The messages aired over 3,000 times and reached

an audience of 26 million people. In addition, the Academy included a mention of the Decade in its recorded "on-hold" message that callers hear when they phone the Academy.

Like the AAOS, the **National Athletic Trainers' Association** also made mention of the Decade in its "on-hold" message in October. The NATA went on to feature the USBJD logo on its Web site and mentioned Awareness Week in its September e-Blast Newsletter that went to approximately 22,000 NATA members.

The American Osteopathic Association focused its October "Health for the Whole Family" article on bone and joint health. The article was posted online and circulated to affiliated organizations and individual practicing DOs. The AOA also included, on its Web site, some key statistics on the Decade and publicized NAW and the Decade through its news publication, *The DO*. They also had some of their DOs volunteer to serve as media resources (as experts on bone and joint health) during National Awareness Week.

The International Medical News Group ran a new USBJD advertisement in the following of its publications in October:

- *Internal Medicine News* (Oct. 1 and 15)
- *Family Practice News* (Oct. 1 and 15)
- *Rheumatology News* (Oct.)

Orthopedics Today also published the new advertisement and included an article on the Decade - written by USBJD president Dr. Regis O'Keefe - in its October issue.

The American Physical Therapy Association penned an article encouraging its members to participate in National Awareness Week. It ran in the *PT Bulletin Online* and was e-mailed to APTA's 63,000 members.

The American Association of Occupational Health Nurses ran a Decade article in their weekly e-newsletter, and included a link to the USBJD site on their Web site. They also pitched a story to key trade media, which resulted in an article in *Occupational Health Management*, a monthly publication targeting occupational and environmental health and safety professionals, with a circulation of approximately 85,000.

In addition to organizational support, individual clinics and doctors' offices from around the country requested USBJD materials to distribute to their patients in October.

Global Lecture Series a Success for International BJD

A major highlight of this year's National Awareness Week was a series of online presentations held over a 24-hour period on October 15. The Global eLecture Series featured presentations by international musculoskeletal specialists on topics such as prevention, new treatment techniques and the best biological approaches for dealing with bone and joint disorders.

The series was the first NAW event that brought together a significant number of BJD supporters from around the globe. More than 6,600 people accessed the event and approximately 3,300 logged on to the discussion forums that followed each webcast.

"We've had feedback from all over the world, including the US, Spain, France, Hong Kong, Australia and Saudi Arabia to name a few," said Sara Martin, international BJD communications manager. "We're very pleased with the way this first series went, considering it was an unprecedented online event and was organized in a relatively short amount of time. We even surprised ourselves that we were able to reach so many people."

Because of its success, the event will be held yearly for the remainder of the Decade.

"This was an outstanding initiative from our

communication team and the many BJD network participants whose hard work made the event a success," said Lars Lundgren, chair of the BJD International Steering Committee. "This experience was invaluable and will allow us to continue with online educational lectures which can be viewed even from the most remote places in the world."

For those who missed the lecture, plans are underway to post each of the presentations online in an eLecture Library. There will be information posted on the international BJD Web site - www.boneandjointdecade.org - detailing how to access the presentations and when they will be available.

BJD International Meeting Held in Germany

A number of representatives from the USA were present at the annual BJD International meeting this year, including Dr. Regis O'Keefe, USBJD President; Toby King, USBJD Executive Director; Jim Johnson, President and CEO, Aircast, Inc.; Zachary Sikes, Pfizer, Medical Humanities Initiative; several members of the BJD International Steering Committee, including Armin Kuder, Edward Walsh, MD, Nicholas Harris, MD, and Amye Leong; and Don Riggan of Arthritis & Rheumatism International.

The meeting, held October 29 to November 1, in Berlin, Germany, brought together representatives from the BJD National Action Networks (NANs) of over forty countries, and provided opportunities to discuss and compare progress.

Considerable emphasis was placed on increasing involvement of patient advocacy organizations. The USBJD is particularly interested in making this a goal for the coming months as the bulk of current support comes from the health care professional community. Currently the Arthritis Foundation, National Osteoporosis Foundation, Osteogenesis Imperfecta Foundation and TMJ Association are supporters of the Decade. It will be hard to achieve the Decade goals without the full participation of patient organizations.

In recent weeks, and especially during National Awareness Week 2003, BJD International has announced a number of activities. Among those discussed during the meeting were: the (global) Burden of

Musculoskeletal Conditions at the Start of the New Millennium - WHO-BJD Scientific Group Report; the ICF-International Classification of Functioning - also a WHO-BJD Project; an update on the MseCooperative Portal from sponsor Pfizer; a presentation about the United Nation's decision to hold a special session on road safety in honor of the Decade; and a presentation on "Improving Medical Education in Musculoskeletal Conditions." Other presentations included "Bringing Priorities to Musculoskeletal Disorders" by Peter Brooks of Australia, and "Building Coalition between University Research, Government Organization and Industry," a report on the successful Canadian initiative, by Dr. James Waddell. These presentations and more can be found at www.boneandjointdecade.org/news/berlin2003.html.

A number of workshops were held to discuss issues of interest to the NANs, including communication strategies, the Ambassador Program, global strategy, standardized evaluation of treatment and care, patient advocacy, curriculum development and road safety. Workshop reports can be found online at the address listed above.

For many countries, an important goal has been to have musculoskeletal conditions incorporated into national health policy by government. Partnership was a word that frequently came up while discussing successful initiatives and ways to accomplish sought-after goals. The Canadian initiative mentioned above was cited as an exam-

ple, as was the teamwork that brought about the successful integration of the BJD Australia into activities of the Arthritis Foundation in Australia. India won an award for its activities over the last year - a host of initiatives throughout the country and with many professional and patient groups working together, the determination of burden of disease figures, patient education camps, public health education programs, and media coverage.

The German NAN organized an outstanding meeting, and the social activities offered further opportunity to see Berlin, as well as to engage in further networking. Participants were treated to an opening ceremony in the Daimler-Chrysler Atrium, with guest of honor German Minister of Health, Ulla Schmidt, Dr. Nikolai Khaltayev of the World Health Organization and Dr. Brigitte Mohn of the Bertelsmann Foundation. Dr. Lars Lidgren, Chairman, International Steering Committee, along with host Dr. Wolfhart Puhl and meeting organizer Dr. Karsten Dreinhofer, then led a "Nordic Walk" - a type of ski-a-thon, without snow - along with 1200 Berliners in the Potsdamer Platz. Kai-Ming Chan, of Hong Kong, exceeded most of the meetings as well as social events.

On the first evening, participants dined while cruising up the canal beside many of Berlin's architecturally stunning buildings, both old and new, and on the second evening dinner was held, along with some entertainment from (a look-alike) Marlene Dietrich, in the Reichstag, seat of the German federal government's parliament.

AAOS Seeks Patient Safety Tips

The AAOS is calling for entries for its first-ever Best Patient Safety Tip Contest. All those associated with the orthopaedic industry - including residents, Academy members, orthopaedic administrators, orthopaedic nurses and allied health care workers - are invited to submit their original patient safety tips.

Tips may be for doctors, nurses, health care staff and/or patients and their families. They may relate to the hospital, physician's office or home health care experience.

The best tip as well as the "Top 10 Patient Safety Tips" will be recognized during the opening ceremony of the 2004 Annual Meeting. Entries will be evaluated by the Patient Safety Committee. Entry forms can be submitted online or downloaded from www.patientsafety.aaos.org and faxed to (847) 823-7268. Entries must be received by Dec. 19, 2003.

Please contact Mindy Weinstein at (847) 384-4034 with any questions.

USBJD

Corporate Supporters:

Abbott Laboratories
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Smith & Nephew Orthopaedics
Synthes North America
Wright Medical Technology, Inc.
Wyeth Pharmaceuticals
Zimmer

The Menstrual Cycle and Bone Health

A Report from the National Institute of Child Health and Human Development, National Institutes of Health

Lawrence M. Nelson, MD, MBA
Karen K. Winer, MD

A recent meeting in Bethesda, Maryland on the campus of the National Institutes of Health brought together experts from diverse disciplines to share current perspectives regarding the scientific interrelationships between menstrual cycle health and bone health in girls and young women. As reported by Judy L. Cameron, PhD, cross-sectional studies of exercise-induced reproductive dysfunction have documented a high proportion of menstrual cycle disturbances in women involved in strenuous exercise. Her studies in exercising monkeys indicate that low energy availability plays a casual role in the development of exercise-induced amenorrhea.

Robert Rosenfield, MD provided an overview of normal pubertal development and explained the subtle differences in the onset of pubertal milestones in different racial and ethnic groups. The presence of normal regular menstrual cycles provides evidence that: 1) the hypothalamus and pituitary are providing proper coordinated stimulation to support normal ovarian function, and 2) the ovary is responding to this stimulation appropriately. In addition to its role in reproduction, the ovary functions as an important endocrine gland that is responsible for producing steroid and glycoprotein hormones that have important systemic effects.

As reported by Stavros C. Manolagas, MD, PhD, at the cellular level sex steroids alter bone-remodeling cycles both by

exerting effects on the rate of formation of osteoclasts and osteoblasts from their respective progenitors and also by exerting effects on the lifespan of mature bone cells. As reported by Sundeep Khosla, MD, at the physiological level sex steroids regulate bone and calcium metabolism through multiple mechanisms. In addition to direct skeletal effects, sex steroids also regulate overall calcium homeostasis through enhancing intestinal and renal calcium absorption. Accumulating evidence indicates that the multiple actions of sex steroids on bone and calcium metabolism result in changes in bone metabolism markers that can even be detected during different phases of the normal menstrual cycle. In general, rising estrogen levels during the pre-ovulatory and luteal phases are associated with increases in markers of bone formation and decreases in markers of bone resorption. These cyclical changes in bone metabolism may be important in the optimal acquisition and maintenance of bone mass; conversely, even subtle abnormalities in the menstrual cycle may, over the long term, have significant adverse skeletal consequences.

As reported by Paula Hillard, MD, amenorrhea is sometimes viewed as a variant of normal, but even during the first year after menarche the 95th percentile for cycle length is 90 days. Girls and young women with menses occurring less frequently than every 90 days may have significant pathology that could be associated with sex hormone deficiency. Michelle Warren, MD provided insight into the evaluation and treatment of secondary amenorrhea. She reviewed the most com-

mon causes such as polycystic ovary syndrome, exercise induced amenorrhea and weight loss. The female athlete triad of amenorrhea, disordered eating, and osteoporosis was discussed by Karen Miller, MD. The hypothalamic amenorrhea of anorexia nervosa and the associated endocrinopathies of growth hormone resistance, hypercortisolemia and gonadotropin deficiency were discussed by Anne Klibanski, MD. Anorexia, characterized by severe weight loss and amenorrhea, is also associated with decreased bone density in 90% of affected women.

Dr. Vicente Gilsanz reported the bone mineral accrual during puberty involves marked changes in bone size, content and geometry. He elucidated the difficulties in the diagnosis of osteopenia in the adolescent. The measurement and interpretation of bone using DXA can not account for the great variation of bone size, shape and fat distribution typical of the adolescent years.

The meeting concluded with a discussion of the various areas of research that require more attention. We need studies leading to further understanding of bone accrual during childhood and the effect of sex steroids and menarche in girls. Standard bone mineral density values are needed to diagnose affected children. Additionally, practitioners need guidance on physiologic replacement of sex steroids for hypogonadal adolescent girls and young women. Attention to menstrual irregularity and the earlier diagnosis of conditions causing it may lead to interventions that will benefit life-long bone health.

US BJD Participating Organizations - Medical Schools:

Albany Medical School
Boston University School of Medicine
Columbia University College of Physicians and Surgeons
Dartmouth Medical School
Eastern Virginia Medical School of the Medical College of Hampton Roads
George Washington University School of Medicine and Health Sciences
Harvard Medical School
Indiana University School of Medicine
Medical College of Georgia School of Medicine
Medical College of Wisconsin
Medical University of South Carolina College of Medicine
Michigan State University College of Human Medicine
Morehouse School of Medicine

Mount Sinai School of Medicine of New York University
Pennsylvania State University College of Medicine
Ponce School of Medicine
Southern Illinois University School of Medicine
Stanford University School of Medicine
Texas A & M University System Health Science Center College of Medicine
Tufts University School of Medicine
UMDNJ - Robert Wood Johnson Medical School
University of Arkansas College of Medicine
University of California, Irvine College of Medicine
University of California, San Diego, School of Medicine
University of Cincinnati College of Medicine
University of Connecticut School of Medicine
University of Kansas Medical Center

University of Maryland School of Medicine
University of Michigan Medical School
University of Minnesota Medical School-Twin Cities
University of Pennsylvania
University of Rochester School of Medicine and Dentistry
University of Texas Medical School at Houston
University of Texas Health Science Center at San Antonio
University of Utah School of Medicine
Wake Forest University School of Medicine
West Virginia University School of Medicine
Wright State University School of Medicine
Yale University School of Medicine

For the most up-to-date listing, go to www.usbjd.org and select Friends of the Decade then click on Participating Groups.

New Studies Link Heavy Backpacks to Back Pain, Poor Posture

American Chiropractic Association Offers Tips on Safe Backpack Use

Two new studies showing that heavy backpacks can lead to both back pain and poor posture in schoolchildren underscore the need for parents to educate their children on the proper use of backpacks, according to the American Chiropractic Association.

The first study, published in the May 2003 issue of the journal *Spine*, found that the use of backpacks during the school day - and the weights of the backpacks - are associated with back pain. A second study, presented by researcher Dr. Heidi Orloff at a May 28 meeting of the American College of Sports Medicine in San Francisco, concluded that children actually hunch their bodies forward and lower their heads to accommodate the burden of wearing heavy backpacks.

This news comes as no surprise to the ACA, which has for years been educating the public on backpack "ergonomics."

"In my own practice, I have noticed a marked increase in the number of young children who are complaining about back,

neck and shoulder pain," said Dr. Scott Bautch, immediate past president of the ACA's Council on Occupational Health. "The first question I ask these patients is, 'Do you carry a backpack to school?' Almost always, the answer is 'yes.'"

The ACA offers the following tips to help prevent the needless pain that backpack misuse could cause students:

- The backpack should weigh no more than 10 percent of a child's body weight.
- The backpack should never hang more than four inches below the waistline; otherwise it will increase the weight on the shoulders, causing your child to lean forward when walking.
- A backpack with individualized compartments helps in positioning the contents most effectively. Pack pointy or bulky objects away from the area that will rest on your child's back.
- Bigger is not necessarily better. The more room there is in a backpack, the more your child will carry - and the heavier the backpack will be.
- Wear both shoulder straps to distribute

the weight of the backpack evenly.

- Wide, padded straps are very important.
- Non-padded straps can dig into your child's shoulders.
- Shoulder straps should be adjustable so the backpack can be fitted to your child's body.

Ask your child's teacher if your child could leave the heaviest books at school, and bring home only lighter handout materials.

Consider a school bag designed to ease much of the stress that carrying books can place on one's body. For information on specific backpacks, call the ACA at (800) 986-4636.

If you or your child experiences any pain or discomfort resulting from backpack use, the ACA recommends that you contact your doctor of chiropractic. Call the American Chiropractic Association at 1-800-986-4636, or visit the ACA's Web site at www.acatoday.com to find a doctor near you.

Global Burden Report Published

The Morbidity and Mortality Weekly Report published a notice in the November 7 issue announcing the Global Burden of Disease report, released by the WHO and BJD. Many thanks to Dr. Charles Helmick of the Centers for Disease Control for making this a reality.

The World Health Organization (WHO) has published "The Burden of Musculoskeletal Conditions at the Start of the New Millennium," the first global report on musculoskeletal conditions.

These 150-plus conditions usually are associated with pain and loss of function, are the most frequent cause of disability, and comprise a large and growing problem in both developing and developed countries.

The report, the result of three years of work by an international group of scientific experts, focuses on the most common conditions, including rheumatoid arthritis, osteoarthritis, osteoporosis, spinal disorders (including low back pain) and severe

limb trauma. The report documents levels of incidence and prevalence, characterizes the severity and course of each condition, and assesses economic impact, risk factors, impact on resource utilization, and relevant survey instruments. Data are presented by sex, age group, and world region.

The report was prepared in collaboration with the Bone and Joint Decade 2000-2010, an international initiative to improve health-related quality of life for persons affected by musculoskeletal conditions. This initiative seeks to raise awareness of the problem, empower patients to participate in their own care, promote cost-effective prevention and treatment, and advance research for improvements in care and understanding of the conditions. The US affiliate, the US Bone and Joint Decade, is working to achieve these goals in the United States.

The report is available from the WHO at www.who.int/ncd/cra or by e-mail, bookorders@who.int.

Fragility Fractures - Enhancing Care

The AAOS has issued a position statement urging orthopaedic surgeons to ensure that all of their patients who suffer a fragility (or low-energy) fracture are evaluated for osteoporosis and advised that treatment can reduce future fracture risk. Because orthopaedic surgeons are so frequently the initial point of contact for fracture care, they have a special opportunity to encourage follow-up care.

The AAOS and its Women's Health Issues Committee are eager to share this recommendation with other professionals. They seek partnerships with all concerned disciplines in order to develop new clinical pathways that lead to improved follow-up and treatment.

For more information, and to view the Position Statement, go to www.usbjd.org/news/index.cfm?pg=news_detail.cfm&wnID=54.

Arthritis Challenge™ Seeks Participants

Background

Arthritis is a large and growing public health problem in the United States. It is one of five focal conditions of the U.S. Bone and Joint Decade. Together arthritis (osteoarthritis, rheumatoid arthritis), back pain, childhood musculoskeletal conditions, osteoporosis and major limb trauma represent 80 percent of all musculoskeletal conditions.

Arthritis, chronic joint symptoms and other musculoskeletal conditions are the number one reason people visit their doctors and the leading cause of disability in the U.S. In October 2002 the Arthritis Foundation announced the latest results of a study that indicated one in three adult Americans will suffer from chronic joint symptoms. The American Academy of Orthopaedic Surgeons' 1995 estimate of the arthritis burden on society was \$82 billion with more than \$22 billion for medical care. As our nation's baby boomers age, the burden on society will increase dramatically.

Early diagnosis and appropriate management of arthritis, including self-management activities such as self-help education, weight control, and appropriate physical activity and nutrition, can help people with arthritis function better, stay productive, and achieve lower health care costs.

To Inspire, Educate and Empower Change

The Arthritis Challenge™ is an official activity of the Decade and will provide an opportunity for Decade supporters to participate in a multi-year prestigious and high-impact national initiative that will promote arthritis awareness, self-management and prevention.

The Challenge will be one of the most exciting campaigns ever undertaken in the battle against arthritis. Quests spanning 124 National Forest mountain areas and national mall tours will inspire and inform Americans about breakthroughs in arthritis research and the importance of implementing self-management strategies.

The Challenge will directly target the health care specialists who treat arthritis patients, the 70 million American adults with arthritis and the 78 million baby

boomers who are on a collision course with the condition.

The Challenge will provide a major element of the public prescription for arthritis as recognized by the Decade and the U.S. Department of Health and Human Services. Physicians will be challenged to prescribe a self-management regimen that includes appropriate exercise, nutrition and remedies. Consumers will be challenged to adopt a self-management regimen and to support family and friends who suffer from arthritis.

National Forest Mountain Tour

The initial tour will take place during the months of January through May at 124 National Forest mountain resorts throughout the country. Arthritis community members will have the opportunity to attend and, if able, to participate in hiking, snowshoeing and skiing activities, to sign the world's largest joint and to learn about arthritis treatment best practices.

National Mall Tour

The first national mall tour will take place in approximately 20 major markets. The mall event will include interactive stations that teach individuals about arthritis prevalence, anatomy, prevention and self-management best practices using entertaining and compelling technologies. The stations will be located throughout the malls and visiting all of the stations will constitute a mall walk.

PR and Promotional Partners

The Challenge's PR and promotional partners include industry leaders such as Cone, Inc., which is recognized as the nation's leading Cause Branding practice, and GMR Marketing LLC, the largest event-marketing agency in the United States. Both are members of the Omnicom Group - the world's largest advertising agency.

The Challenge Team

The Challenge is seeking Decade supporters in the arthritis community to join the Challenge Team. The Team will include physicians, health professionals and researchers who care for patients with arthritis and patients, family members and friends who have been touched by the disease. Team members must possess a passionate commitment to promoting arthritis awareness and self-

management best practices.

As the Challenge crosses America, team members will have the opportunity to participate in mountain and mall events, local media campaigns and fundraising activities, share their arthritis experiences and encourage Americans to sign the Arthritis Challenge.

Also, the Challenge's Scientific and Medical Advisory Board is seeking rheumatologists, orthopaedic surgeons, physiatrists, internists, family practitioners and general practitioners who would be interested in being a resource for local media interviews.

Learn More

Decade supporters who are interested in being a Team member should provide their name, age, hometown, occupation, connection to arthritis and how they would like to get involved to Peter Apatow at pma@arthritischallenge.com.

Please visit the Decade's Web site to learn more about how to get involved in upcoming Challenge events and activities.

US Bone and Joint Decade

New Participating Members

American Academy for Cerebral Palsy & Developmental Medicine
 American Academy of Osteopathy
 American Osteopathic Academy of Orthopedics
 Arthroscopy Association of North America
 Association of Rheumatology Healthcare Professionals
 Children's Hospital of Philadelphia Health Volunteers Overseas - Orthopaedics Overseas
 International Association for Dental Research
 Osteogenesis Imperfecta Foundation
 TMJ Association

New Associate Members

Aircast, Inc.
 KMedic, Inc.
 Medtronic Sofamor Danek
 Paragon Medical, Inc.
 Pfizer, Inc.
 Smith & Nephew, Inc. Orthopaedics

Orthopedic Nurses Celebrate a Special Day at Sarasota Memorial Hospital

The Orthopedics nursing staff at Sarasota Memorial Hospital in Sarasota, FL, celebrated International Orthopedic Nurses Day on October 30, 2003 with the help of the National Association of Orthopaedic Nurses and the Bone and Joint Decade.

The Third Annual Orthopedics Open House invites the entire hospital community to learn about orthopedic wellness with vendors, displays and demonstrations.

"I really wanted to send a strong message about wellness this year," said NAON member and Orthopedics Clinical Coordinator, Christine Orsini. "We have a lot of fun at the Open House. The ortho-

pedic nurses at Sarasota Memorial are very proud to showcase their profession."



Orthopedic intervention nurse Tina Sweeney, RN, and a nursing student visit the USBJD booth.

An estimated 200 hospital employees attended the event. The exhibits included the local NAON chapter, the U.S. Bone and Joint Decade, DVT prevention by Aventis, safe patient lifts and transfers by Goldman, yoga for wellness and stress reduction by "Yoga from the Heart" and the "ZIP" (Zero Injury Program) in place on the inpatient Orthopedic Unit.

The Bone and Joint Decade exhibit will remain displayed on the Orthopedic Unit this year, where patients and health care providers will be able to access information about the Decade.

Project 100 Moves Forward

The U.S. Bone and Joint Decade effort to ensure that 100 percent of American medical schools offer dedicated instruction in musculoskeletal medicine, Project 100, has made some significant progress in the fall.

AAMC Objectives Project

On October 10, a meeting of musculoskeletal educators was held in Rosemont. Representatives from, the American College of Rheumatology, the American Society for Bone and Mineral Research, the American Academy of Physical Medicine and Rehabilitation, the American Academy of Orthopaedic Surgeons and the American Association of Clinical Anatomists were present to hear a presentation by Dr. Michael Whitcomb, senior vice president of the Association of American Medical Colleges.

Dr. Whitcomb invited the group to apply to the AAMC's Objectives Project, for which the AAMC will convene an expert panel to determine the learning objectives for medical students in musculoskeletal medicine. This panel will issue a document in the name of the AAMC, to be sent to every medical school in the country. More on the objectives project can be found at:

www.aamc.org/meded/msop/start.htm.

The members of this panel will be selected by the AAMC, but if you would like to serve or know somebody who would be apt for this panel, please contact Toby King (tobyking@usbjd.org) who will pass this information to the AAMC.

Musculoskeletal Medicine Textbook

October also witnessed the release of the textbook, *Musculoskeletal Medicine*. This book, published by the AAOS and reviewed by the American Academy of Family Physicians and American Academy of Pediatrics, was written especially for medical students, but may be helpful for a much broader audience. It contains useful discussion of basic science and clinical topics, but is particularly noteworthy for its presentation of physical examination and anatomy. The physical examination section includes a CD video and a detailed photographic atlas with a structured legend. This legend notes what structure or function the given maneuver tests, what the normal response should be and the meaning of an abnormal response. The section on anatomy teaches a method of drawing basic diagrams that stress functionality and ease of recall. More information on the book can be found at:

www4.aaos.org/product/prt_item.cfm?cod

e=02685. The AAOS is offering volume discounts for classroom adoption. For this program, please contact AAOS customer service at 800-626-6726.

Deans' Declarations of Support

To serve as the foundation of Project 100, the U.S. Bone and Joint Decade has asked that the deans (or vice deans for education) sign a declaration of support, stating, "This Medical School recognizes the importance of musculoskeletal diseases and the disability caused by these conditions in our society. We support the goals and objectives of the United States Bone and Joint Decade, and declare our commitment to advance education, research and patient care for bone and joint diseases."

Copies of this declaration can be downloaded from www.usbjd.org/healthcare_pro/index.cfm?pg=patient_materials.cfm. If your school is not listed, please consider taking a copy of this declaration to your dean to sign, and returning it to King at the Decade's office, 6300 North River Road, Rosemont, IL, 60018. A simple e-mail that includes the text above sent from the dean's office to King would suffice as well.

Fibrodysplasia Ossificans Progressiva (FOP) is a rare genetic disorder that causes bone to form in muscles, tendons, ligaments and other connective tissues. Learn more about one man's quest to raise awareness of this disease at www.usbjd.org.

Letter from the President

I am proud to report that the United States Bone and Joint Decade is continuing to gain momentum and progress is being made in a number of important areas.

Communications continues to be an important component of the Decade. The USBJD remains indebted to Larry Commons, co-Chair of the USBJD Communications-Education Committee, and the National Athletic Trainers' Association for their outstanding work in producing the USBJD Newsletter. The Newsletter is now reaching over 1,000 people and its impact is continuing to grow.

Recently, along with the International BJD, we celebrated National Awareness Week. Through the assistance of the Public Education and Media Relations Department at the American Academy of Orthopaedic Surgeons, a radio release highlighting the impact of musculoskeletal diseases and the importance of USBJD efforts was made available to radio stations across the country. Radio stations in many of the major cities in the United States aired comments from myself, William Tipton, MD, and Bruce Browner, MD, during National Awareness Week and altogether, from more than 3,000 broadcasts, 26 million Americans learned about the Decade. This is just one of many awareness activities that occurred during National Awareness Week and the USBJD would like to extend its appreciation to all the other member organizations who have developed activities for the week.

Advancing musculoskeletal education is one of the most important missions of the USBJD. Currently less than 25 percent of allopathic medical schools in the United States require musculoskeletal education. This number is unacceptable considering the prevalence and impact of musculoskeletal diseases in our society. The USBJD is working along with member organizations to develop curricula and institute policy changes to advance musculoskeletal education. Dr. Joseph Bernstein leads the Project 100 team and recently convened a Musculoskeletal Medical Student Educators Workshop. The meeting was hosted by the American Academy of Orthopaedic Surgeons and was attended by repre-

sentatives of the American College of Rheumatology, American Academy of Physical Medicine and Rehabilitation, and American Society for Bone and Mineral Research. In addition, Dr. Michael Whitcomb, Senior Vice President for Medical Education at the Association of American Medical Colleges (AAMC) also attended the meeting. As a result of this meeting the outline for a comprehensive medical curricula was developed for the AAMC. If accepted the AAMC will convene a panel of experts to formulate recommendations to improve musculoskeletal education in the United States. This is a remarkable accomplishment and attests to the commitment of Dr. Bernstein, Dr. Martin Boyer, and other members of the Project 100 Team.

In addition to working through AAMC, the USBJD is in the midst of a program to bring awareness of the Bone and Joint Decade to the deans of all United States medical schools. Thus far deans from 40 medical schools have signed a declaration supporting the Decade that recognizes the burden of musculoskeletal disease and the need to improve musculoskeletal education, research, and teaching in the United States. We urge all of the members of the USBJD to support this initiative in your medical center. The USBJD believes that a 100 percent involvement will provide a rationale for additional programs designed to advance education, patient care and research. Medical schools that have signed the declaration are listed on the Web site. If you are willing to be an Ambassador and facilitate this process and advance education in your medical school, please contact Toby King or myself.

Advocacy is an area of increased focus for the USBJD. Dr. Kenneth Koval, a representative from the Orthopaedic Trauma Association, Chairs the Advocacy Committee. The Committee is currently developing and implementing strategies to educate members of Congress and other regulatory organizations on the mission and goals of the Decade. This is one of our most exciting areas and I will continue to regularly report on the Committee's progress in the future.

Toby King and I attended the International Meeting of the Bone and Joint Decade held October 29 to

November 1 in Berlin, Germany. The International effort continues to make outstanding progress that complements and advances our cause in the United States. The World Health Organization in conjunction with the International BJD last month published a report on the Global Burden of Disease associated with musculoskeletal conditions. This report is available through our Web site. The report legitimizes our efforts both internationally and nationally to enhance the care and understanding of musculoskeletal diseases. The Center for Disease Control's *Morbidity and Mortality Weekly Report* (MMWR) has highlighted the findings. Another important international cause regards road safety. Road vehicular accidents are epidemic in the third world and currently rank 10th as the cause of death worldwide. Without safety improvements, vehicular accidents will become the third highest cause by 2020. In association with the International BJD, Kofi Annan, United Nations' Secretary General and the U.N. General Assembly will address the issue of road safety in the current session of the United Nations. This effort has been developed by the International Steering Committee which includes several members from the United States including Armin Kuder, Edward Harris, MD, and Nicholas Walsh, MD, all of whom attended the meeting. Also participating from the USA were Amye Leong and Don Riggan.

Finally, I would like to underscore the importance of all of our patient organizations in the cause of the USBJD. Musculoskeletal patients present the clearest and most forceful rationale for the BJD, and are the strongest advocates. Therefore, I appreciate the commitment of all of our involved musculoskeletal patients along with their organizations. Clearly, it is through working together that we will have our greatest impact. I appreciate your continued efforts.

Sincerely,



Regis J. O'Keefe, MD, PhD
President

USBJD Founding and Participating Members, Participating Organizations:

ACR - Research and Education Foundation	American Osteopathic Association	International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine
American Academy for Cerebral Palsy and Developmental Medicine	American Osteopathic College of Radiology	J. Robert Gladden Society
American Academy of Orthopaedic Surgeons	American Physical Therapy Association	Knee Society
American Academy of Orthopaedic Surgeons - Board of Councillors	American Shoulder and Elbow Surgeons	Limb Lengthening and Reconstruction Society
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American College of Rheumatology	Children's Hospital of Philadelphia	Ruth Jackson Orthopaedic Society
American Congress of Rehabilitation Medicine	Clinical Orthopaedic Society	Saint Alphonsus Regional Medical Center
American Occupational Therapy Association Foundation	Congress of Chiropractic State Associations	Scoliosis Research Society
American Orthopaedic Association	Council of Musculoskeletal Specialty Societies	Shriners Hospitals for Children
American Orthopaedic Association - Academic Issues Committee	Crippled Children's Rehabilitation Effort	SICOT (US Section)
American Orthopaedic Foot and Ankle Society	Health Volunteers Overseas	Society for Biomaterials
American Orthopaedic Society for Sports Medicine	Hip Society	Southern Orthopaedic Association
American Osteopathic Academy of Orthopaedics	Indiana Hand Center	The Paget Foundation for Paget's Disease of Bone and Related Disorders
		TMJ Association
		United Cerebral Palsy Research and Education Foundation
		Western Orthopaedic Association

About the Newsletter

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