

Osteoporosis Education Kit to Prevent Future Fractures

Orthopaedic departments now have access to the tool they need to rise to the challenge of recognizing osteoporosis patients when they first present, and directing them to an appropriate care-pathway.

Unveiled by the International Osteoporosis Foundation (IOF), the Bone and Joint Decade (BJD) and the International Society for Fracture Repair (ISFR), this new osteoporosis education kit was developed to help orthopaedic surgeons better diagnose and treat the 'brittle bone' disease which causes one in three women and one in five men over the age of 50 to suffer a fracture of the hip, wrist, or vertebra.

A multiparty initiative of these three key players in the worldwide fight against osteoporosis, the **Orthopaedic Surgeons Initiative** aims to raise osteoporosis awareness among orthopaedists and provide clear clinical pathways for fragility fracture patients after the first fracture occurs, in an effort to avoid further fractures.

"Orthopaedic surgeons are usually the first health professionals to see a patient with a fragility fracture and as such it is essential that they are knowledgeable about osteoporosis and its appropriate management, including initiating or referring for bone density evaluation, pharmacological and non-pharmacological treatment, fall prevention and follow-up," said Dr Karsten Dreinhöfer, BJD Director of Development and orthopaedic surgeon from the University Hospital in Ulm, Germany.

Recent surveys have shown a surprising lack of osteoporosis knowledge and/or care protocols in many orthopaedic departments around the world. "More than 90% of patients with fragility fractures leave the hospital without an appropriate work-up for the underlying disease. Considering that the first fragility fracture is the strongest risk factor for suffering further fractures, it is the paramount responsibility of every orthopaedic surgeon to inform the patient about the underlying disease and preventive measures," said Dr Dreinhöfer.



At the release of the Orthopaedic Surgeons Initiative, (left to right) Dr. Karsten Dreinhöfer, Germany, Prof. Kristina Åkesson, Sweden, Dr. Nansa Burlet, France, Prof. Wolfhart Puhl, Germany, Dr. Mary Bouxsein, USA, Dr. Stephan Korte, Switzerland, Prof. Dave Marsh, UK, Prof. Ghassan Maalouf, Lebanon

The new educational training package was announced at the recent European Federation of National Associations of Orthopaedics and Traumatology (EFORT) Congress in Florence, Italy and will be made available to orthopaedic surgeons worldwide. The symposium was chaired by Professor Ghassan Maalouf of the International Osteoporosis Foundation (IOF) and the Bone and Joint Decade (BJD), and Professor Wolfhart Puhl of EFORT.

The educational slide kit, freely available on the Bone and Joint Decade website www.bjdonline.org, includes four cutting-edge lectures on osteoporosis, geared specifically for orthopaedic surgeons, plus a summary lecture to wrap-up all of the information presented:

- 1 *Challenges of Fragility Fracture Treatment* Prof. Dave Marsh, UK
- 2 *Pathogenesis of Fragility Fractures: A biomechanical view* Dr. Mary Bouxsein, USA
- 3 *Osteoporosis and Fractures: The size of the problem* Prof. Kristina Åkesson, Sweden
- 4 *Fragility Fractures: Clinical pathways* Dr. Karsten Dreinhöfer, Germany, and Prof. Ghassan Maalouf, Lebanon
- 5 *Summary Lecture* Dr. Mary Bouxsein, USA, Dr. Aenor Sawyer, USA, Dr. Nansa Burlet, Switzerland

Osteoporosis Facts

- Worldwide osteoporosis, in which the bones become fragile and fracture easily, affects one in two women over age 50 (more than breast cancer) and one in of four men over age 50 (more than prostate cancer).
- Osteoporosis-related fractures have almost doubled in the last decade. One in every three women and one in five men over age 50 will suffer a fracture caused by osteoporosis.
- In the USA, more than 1.5 million fractures each year are caused by osteoporosis. Today, 10 million Americans already have osteoporosis and 18 million more have low bone mass, placing them at increased risk for this disease. The rate of osteoporosis-related fractures and the costs of caring for these fractures are expected to rise by almost 50% to more than three million fractures costing \$25.3 billion by 2025. (Burge, et al)
- A hip fracture is considered the most preventable cause of seniors' loss of independence – up to 50% of people experiencing a hip fracture are never able to walk independently again.
- The frequency of hip fractures from osteoporosis will double in Asia and Latin America in the coming decades.
- Women with vertebral fractures have a 5-time increased risk for a new vertebral fracture and a twice increased risk for fractures of the proximal femur.
- One of five women will experience a new vertebral fracture in the first year following the first fracture.

Also part of the kit:

- 1 Osteoporosis FAQs: Frequently asked questions
 - 2 Prevention of Osteoporosis: Skeletal health across our lifespan
- Paul Mitchell from England is recognized for contributions to this project.

Protect Patient Access to Osteoporosis Testing

New Medicare policy, including revisions enacted under the Deficit Reduction Act of 2005 (DRA), dramatically reduce physician reimbursement for imaging services. Among these services is dual energy x-ray absorptiometry (DXA) bone density tests of the hip and spine, the “gold standard” for determining persons at risk for osteoporosis.

Patient access to high quality care for osteoporosis prevention, diagnosis and treatment is threatened by the new Medicare reimbursement policy. One in two women and one in four men age 50 and older will have an osteoporosis-related fracture in their remaining lifetimes. Significant reductions in reimbursement have begun to force local physicians and imaging centers to cut back or discontinue imaging services for seniors, including women, who are 80 percent of those with osteoporosis; individuals with other disabilities; and those who live in rural America. As a result, patient access to DXA tests will be significantly reduced because patients may be unable to travel to the nearest DXA provider.

Medicare reductions in reimbursement will continue to drop through 2010 by 75 percent. Bone mineral density tests are under-utilized – only about 20 percent of those individuals who are eligible for bone density testing are actually being tested.

To remedy this problem the “**Access to Medicare Imaging Act of 2007**” (**S. 1338/H.R. 1293**) establishes a two-year delay in payment reductions for certain Medicare imaging procedures; applies the DRA only to certain “advanced” imaging services; and provides for a Government Accountability Office study on effect of the payment changes.

The National Osteoporosis Foundation (NOF), in conjunction with some USBJD participating and other organizations, is working with Congress on this legislation and to reverse other 2007 Medicare regulatory revisions that threaten patient access to high quality osteoporosis prevention, diagnosis and treatment.

You can help support the “Access to Medicare Imaging Act.” Read more about this issue and join NOF’s advocacy efforts at: www.nof.org/advocacy

USBJD News

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Burden of Musculoskeletal Conditions in the United States (BMUS)



Development of the Burden of Musculoskeletal Conditions in the United States (BMUS) resource is progressing well. Publication remains

anticipated before the end of 2007.

Final data analysis for all chapters was completed and distributed to contributing editors/content experts in March. Work on the project is now focusing on chapter drafts and presentation of the data in graphic formats including Arthritis, Congenital and Developmental Musculoskeletal Conditions, Repetitive Injuries, Spine and Osteoporosis, Injuries, Neoplasms and Economics Impacts.

Two chapters, Arthritis and Spine, will include sections on musculoskeletal procedures. The decision to include data on these procedures is based on the rising historical and projected rates of both arthroplasty and fusion due to the aging population, and the increasing burden the total cost of these procedures present.

The Disparities section will not be included in the initial print publication in fall/winter of 2007, but will be added to the electronic format as soon as it is completed.

A limited print run will be distributed to key decision-makers identified by USBJD participating organizations. An electronic version of the book will be available for download. Finally, a summary brochure highlighting key burden information will be produced and distributed in both print and electronic format for further distribution by participating organizations.

USBJD Participating Organizations that wish to order copies of the full publication and the summary brochure should email usbjd@usbjd.org noting the number of copies they plan to use and to whom they plan to distribute copies. Please note **BMUS** at the front of the Subject field of the email.

Condition Kits Released– Back Pain and Oligoarticular JRA

Condition Kits on Back Pain, and on Oligoarticular Juvenile Rheumatoid Arthritis were released by the USBJD in May. These kits, written for the lay public, serve as briefing papers. They can be viewed at www.usbjd.org/rd/?research. The USBJD thanks Marjorie Eskay-Auerbach, MD, for authoring the kit on back pain as well as the reviewers, and the American Academy of Pediatrics, section on rheumatology for spearheading the kit on oligoarticular JRA.

Fit to a T – Close to 100 sessions!

Ninety-three *Fit to a T* sessions have been held since its launch in October 2005, reaching more than 4,700 people. Fifty-three sessions were held in 2006. Thirty-two sessions reaching more than 1,700 people have been held to date in 2007. *Fit to a T* is the Decade's public education program on bone health and osteoporosis.



Members of the National Association of Orthopaedic Nurses have been especially active in using the program. Special thanks are due to NAON members Linda Altizer of Maryland and Kris Todd of North Dakota who have presented several sessions each. The Decade also thanks the Association of Rheumatology Health Professionals for promoting the program, and Procter & Gamble for its support. In July Dr. Kim Templeton, chair, USBJD Public Education Committee, and Toby King, USBJD Executive director, will be presenting the program at the annual convention of the National Association of Commissions For Women.

For information on *Fit to a T*, and how to schedule a session, visit www.fit2t.org.

PB&J

A dozen sessions of *PB&J* (Protect Your Bones & Joints), the Decade's high school education program, have been presented to date in 2007. A module on back health is to be developed and added to the program.

For information on *PB&J*, and how to schedule a session, visit www.pb-j.org.



Straighten Up America®

Back to Back Straighten Up Presentations for Youth and the More Mature

Strong positive momentum continues to build for Straighten Up locally and globally. April 24 USBJD Public Education Committee member, Ron Kirk presented Straighten Up to 200 enthusiastic senior citizens at the E.L.M. Senior Center at United Methodist Church in Marietta, Georgia where they learned how to improve their posture and spinal health.



April 25 Dr. Kirk led a Straighten Up educational outreach with 2nd grade students at Still Elementary School in Cobb County, Georgia. The 2nd graders were excited about Straighten Up and thoroughly enjoyed the interactive presentation. Mark Anderson, the Director of the Health and Physical Education Program for the Cobb County School System participated in the presentation.



Mr. Anderson is brainstorming methods for incorporating Straighten Up in Cobb Schools for students and staff. The Cobb County School System serves over 100,000 students. Cobb County is the second largest school system that is embracing Straighten Up as a wellness program, joining the Manhattan School System.

Young Investigators Initiative



Participants and faculty at the Spring 2007 workshop.

The Spring workshop of the USBJD Young Investigators Initiative program was held April 27-29 in Rosemont, Illinois with 16 new participants and 9 returnees. Randy Rosier, MD, PhD, University of Rochester, New York, was guest speaker on Saturday evening. To date 90 young investigators have been accepted into the program, and around 25 have successfully obtained funding. The deadline for applications for the Fall workshop, which will be held October 26-28, 2007, in Toronto, Ontario, is July 15. See www.usbjd.org/rd/?YII.

Road Safety and Teen Drivers

The American Automobile Association wants to establish through the USBJD a network of health care professionals advocating for graduated driver licensing (GDL) by having all states enact full GDL laws and regulations. While we begin work putting the network together, Dr. J. Spence Reid and Dr. William DeLong, members of the Orthopaedic Trauma Association (OTA), have already begun working with AAA on a GDL bill in Pennsylvania that adds a passenger limit and increases parental monitoring in situations where exemptions to the passenger limit come in play, as well as increasing certified driving hours. Testimony from health care professionals who see the long-term effects of accidents on teens can effectively drive home the need for a more stringent GDL systems in states. Please email usbjd@usbjd.org if you are interested in working with AAA on this effort for your own state.

Calendar of Events

A listing of major meetings of USBJD participating organizations, as well as sessions of USBJD public education programs, can be viewed at www.usbjd.org/rd/?Calendar

USBJD Promotes Occupational Health on the Global Stage



Pictured above from left to right are: David O' Bryon, ACC Executive Director, Dr. Margaret Chan, Director General of the World Health Organization, Dr. Asamoah Baah, Deputy Director General of the WHO, Dr. Vasu Pandurangi, Founder of the Commonwealth Association for Mental Handicap and Developmental Disabilities and Dr. Ron Kirk, USBJD Public Education Committee Member.

May 14 at the World Health Organization (WHO) Headquarters in Geneva, Switzerland during the World Health Assembly, David O'Bryon, Executive Director of the Association of Chiropractic Colleges, and Life University Professor and USBJD Public Education Committee Member, Dr. Ron Kirk, participated in a series of meetings with high level officials of the World Health Organization including the WHO Occupational and Environmental Health Cluster, the WHO's Child and Adolescent Health and Development Cluster, and Dr. Asamoah Baah, the Deputy Director General of the WHO. The meetings focused on improving worker and child health through the Straighten Up spinal health promotion initiative. The meetings garnered support for Straighten Up forward head posture research being conducted in collaboration with the WHO in Bangalore, India, that nation's IT hub, as well as a commitment to conduct a Worker Health Workshop in Bangalore, India on December 17 and 18. Dr. Baah and Dr. Anbumani Ramadoss, India's Minister of Health, will participate in the workshop. The goal of the workshop is to create a model plan of action for health promotion in the workplace for developing nations.

May 16 Dr. Kirk presented Straighten Up and the BJD's World Spine Day to the General Assembly of the World Federation of Chiropractic during its 9th Biennial Conference in Algarve, Portugal. Many national chiropractic associations and individual practitioners reported great success in empowering patients and the public in spinal health promotion through implementation of the Straighten Up initiative.

More information regarding Straighten Up and Straighten Up America can be accessed at www.straightenupamerica.org, www.straightenupaustralia.com.au and www.straightenupuk.org.

Rare Bone Disease Patient Network



The Rare Bone Disease Patient Network participated at the annual meeting of the Orthopaedic Research Society with a display, and February 21 met at the offices of the American Society for Bone and Mineral Research. The steering committee discussed various projects and decided to focus on holding a scientific meeting in 2008. Dr. Chris Langman and Dr. Michael Econs have agreed to co-chair the advisory committee for this meeting. The International Osteopetrosis Association has joined the network.

Member News

Welcome New Members and Participating Organizations

International Osteopetrosis Association

National Association of Orthopaedic Technologists

Northern California Institute for Bone Health, Inc.

Procter & Gamble

Thanks to associate members Hologic, Inc. and Synthes North America for raising their contribution levels to Ruby and Sapphire respectively.

American Academy of Orthopaedic Surgeons

The AAOS has been actively involved in a variety of Decade-related activities so far in 2007 thanks to the formation of its new AAOS U.S. Bone & Joint Decade Committee, chaired by Kimberly J. Templeton, MD. The Committee sponsored an information booth on Decade-related activities at the 2007 AAOS Annual Meeting, and gave away more than 3,000 brochures on the Decade's public education programs *Fit to a T* and *PB&J (Protect Your Bones & Joints)*. The Committee has published four informative articles this year in *AAOS NOW* on Decade programs such as the public education programs and Young Investigators Initiative, and is making plans for a mass promotional mailing on Decade activities to more than 5,000 Academy volunteers, as well as increased visibility at the AAOS Research Capital Hill Day in 2008. It has discussed sponsoring an International Bone & Joint Health convention in Chicago in 2008, and also plans to establish and sponsor an annual Lifetime Achievement Award to honor persons who have made outstanding contributions to the field of orthopaedics. The AAOS U.S. Bone & Joint Decade Committee expects to be busy with many exciting projects and programs in the years to come!

American Academy of Pediatrics

Pediatric Orthopaedic Curriculum

The AAP Section on Orthopaedics along with the Section on Rheumatology and in collaboration with the Pediatric Orthopaedic Society of North America—see below) is in the process of developing a pediatric curriculum centered on musculoskeletal medicine and health. The curriculum will focus on physical examination, appropriate imaging studies, and basic treatment principles. The curriculum will be housed within the Academy's online education community with 10-15 teaching modules accessible online. Participants will be able to earn CME credits.

Condition Kit piece – Oligoarthritis

The AAP Section on Rheumatology has created a condition kit with the USBJD on Oligoarticular Juvenile Rheumatoid

Arthritis, which affects an estimated 70,000 to 300,000 children, for USBJD as well as Academy members. Additional resources are available on the Section's web site at <http://www.aap.org/sections/rheumatology/resources.htm>

American Society for Surgery of the Hand

ASSH Council leadership has led a Journal Task Force to work on updating and innovating the *Journal of Hand Surgery*. By September 2007, there will be 16 new ASSH patient education brochure title topics written by Hand Society volunteers. There are a number of new publications out, including a DVD-Book *Master Skills: Wrist and Elbow Reconstruction & Arthroscopy*, as well as several DVDs of 2006 Annual Meeting Courses. Aside from publications, the volunteers of the American Foundation for Surgery of the Hand will be kicking off a Research Capital Campaign in September 2007. The ASSH website, www.assh.org, has more information about products, activities and public education.

Arthritis Foundation

Arthritis Today features *Fit to a T*

Arthritis Today magazine ran a two-page spread in the March-April issue on osteoporosis, which featured *Fit to a T*, the USBJD public education program on bone health and osteoporosis. The individual pieces from that spread, as well as from previous issues (all medically reviewed prior to publication), along with the *Fit to a T* risk assessment questionnaire have been put together in an online "bone-building guide" at www.arthritis.org/ArthritisToday. The questionnaire is featured prominently and links directly to www.fit2t.org.

Osteoarthritis Initiative

The Arthritis Foundation, with partners, is planning to launch a nationwide social marketing campaign to increase awareness about osteoarthritis. The campaign will target people ages 55 and up with knee and hip pain and educate them on ways to control their pain. Through discussions with Dr. Nancy Lane, USBJD Immediate Past President, the Arthritis Foundation is pleased that the USBJD is interested in joining

our Osteoarthritis Initiative. Along with the USBJD, the Arthritis Foundation is partnering with the American Academy of Orthopaedic Surgeons, National Athletic Trainers' Association and the American College of Rheumatology on this initiative.

Arthritis Prevention, Control and Cure Act

Since its introduction to the 110th Congress, the **Arthritis Prevention, Control and Cure Act** has been steadily gaining momentum. Introduced on Feb. 15 by U.S. Sens. Edward Kennedy (MA) and Christopher Bond (MO), the **Arthritis Prevention, Control & Cure Act (S.626)** gained five additional original co-sponsors this year: Sens. Daniel Akaka (HI), Patrick Leahy (VT), Robert Menendez (NJ), Larry Craig (ID) and Richard Shelby (AL). On March 1, U.S. Reps. Anna Eshoo (CA-14) and Charles Pickering (MS-3) led the charge as part of the 57 original co-sponsors to re-introducing the act (H.R. 1283) in the House of Representatives. With more than 200 co-sponsors to date, support continues to increase in both the Senate and House. For a current list of co-sponsors, visit the **Arthritis Action Center**. The USBJD joined the Arthritis Foundation in supporting the bill.

Inflammatory Arthritis Initiative

The Arthritis Foundation, and the ACR and their Canadian counterparts are partnering with the primary care community to develop a screening tool and co-management model for people with inflammatory arthritis resulting in early referral to rheumatologists for timely consideration of therapy.

Arthritis Seminar

The Arthritis Foundation is working with the USBJD on a fall seminar in Boston for people with arthritis. The Arthritis Foundation chapters in New England and Massachusetts are working on the program to ensure that the session is well attended.

National Athletic Trainers' Association



Cynthia (Sam) Booth

The NATA, which has made the Bone and Joint Decade their theme of the year, has added a 23-second video to its Web site, with Cynthia (Sam) Booth, PhD, ATC/R, telling why NATA is involved in the Decade. View the video at www.nata.org/usbjd/index.htm.

Orthopaedic Research Society



The Orthopaedic Research Society (USA), will host the 6th Combined Meeting with participation of the Australian and New Zealand, British, Canadian, European, Japanese, Korean, and Taiwan Orthopaedic Research Societies. Throughout the years it has been ORS' goal to partner with research communities throughout the world to promote collegiality and networking between the societies and their members, providing the opportunity to exchange ideas with experts and peers, strengthen professional relationships, and share the latest in research. For more information visit, www.ors.org.

ORS New Investigator Recognition Award

Given in the name of the Bone and Joint Decade, the recipient of the 2007 award is Wei Zhu, Oheneba Boachie-Adjei, Bernard A. Rawlins, Adele L. Boskey, Lionel B. Ivashkiv, Carl P. Blobel, Hospital for Special Surgery, New York, NY, for their poster "A Novel Regulatory Role of SDF-1 Signaling in BMP2-Induced Osteogenic Differentiation of Mesenchymal Precursor Cell."

Pediatric Orthopaedic Society of North America

Musculoskeletal Pediatric Curriculum

This initiative has evolved into a collaborative effort between POSNA and the American Academy of Pediatrics sections of orthopaedics and rheumatology. Dr. Yuki Kimura from the AAP section of rheumatology, and David Spiegel from POSNA are coordinating the activities of each section, and are now recruiting authors.

The curriculum is broken down into modules. While some modules will involve rheumatology or orthopaedics

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alone, many will involve a combined effort, pairing up individuals from each section to produce the content. This should provide an interesting spin on these common topics.

The content will include clinical photos, radiographs, and videos. The focus will be on using case-based discussions to achieve the objectives listed for each module. The case-based format will be a departure from the usual delivery of this material. The goal is to change practice.

The POSNA BJD committee has been expanded with the intent of advancing this project.

Annual Carl T. Brighton Workshop on Trauma Care in Developing Countries

David Spiegel has been working on the Annual Carl T. Brighton Workshop on Trauma Care in Developing Countries, which will be held in Ahmedabad, India, in late 2007. The goal for this workshop will be to bring together a group of 40 orthopaedic surgeons from different nations to share ideas on improving musculoskeletal trauma care in resource challenged environments. The focus will be on systems issues, on teaching/training, and on the role of international organizations in improving the delivery of services. Recommendations may help international organizations to expand their current training programs for trauma care, especially in regions with limited resources. The principle sponsor is the **Association of Bone and Joint Surgeons**, and co-sponsors include Stryker, Synthes, and OREF. Supporters include the Bone and Joint Decade and Orthopaedics Overseas. The proceedings will be published as a symposium in *Clinical Orthopaedics and Related Research*.

BJD Clubfoot Project

The US Bone and Joint Decade initiated this program in 2002 in collaboration with the University of Iowa. Since then, experience with the Ponseti Method in USA and worldwide has been most encouraging.

National Clubfoot Projects: Shafique Pirani has continued working on the Uganda Sustainable Clubfoot Care Project funded by the Canadian International Development Agency.

The focus of this program will remain on building capacity to train and to detect and treat the deformity. In addition, several national programs have been started. Monica Nogueira has established a program in Brazil (endorsed by the Brazilian Pediatric Orthopaedic Society and coordinated by Monica Nogueira) and Dr. Zhao Li in China (endorsed by the Chinese Pediatric Surgery Society). Dalia Sepulveda has helped establish clubfoot as one of the top priorities for the Health Ministry in Chile, and Naomi Davis is working on a national program in England. There are talks to develop a program in Finland.

In September 2006, the **Ponseti International Association** was formally established at the University of Iowa. The mission of the Association is to improve the treatment of children with clubfoot through education, research, and improved access to care. A Medical Advisory Board was established including members from POSNA, EPOS and other orthopaedic organizations. This group of individuals has extensive experience starting Ponseti programs internationally. Participants included Cristina Alves (Portugal); Anna Ey (Spain), Monica Nogueira (Brazil), Naomi Davis, Chris Lavy and Steve Mannion (United Kingdom); Shafique Pirani and Norgrove Penny (Canada); Marc Sinclair (UAE); Wallace Lehman, Lynn Staheli, John Herzenberg, Fred Dietz, Matthew Dobbs, David Spiegel, Harold VanBosse and Jose Morcuende (USA). There was enthusiastic support for a worldwide initiative to decrease the burden of clubfoot.

Third International Conference on Birth Defects and Disabilities in Developing Countries: A Clubfoot Symposium is planned as part of the Third International Conference on Birth Defects and Disabilities in Developing Countries, which will be held in Rio de Janeiro, Brazil, in June 2007. This meeting will be attended by representatives from NIH, CDC, March of Dimes and others. Participants will include Jose Morcuende and Monica Nogueira (Brazil). There have been several papers accepted for presentation by Norgrove Penny and others, and it is hoped that this will raise awareness about disability resulting from clubfeet worldwide, and our efforts to improve clubfoot care in developing countries.

POSNA hopes members and other NGOs and private Foundations with interest and

experience in countries with limited resources will help to develop programs in their country of interest.

E-Learning

In the past year, POSNA's BJD committee has discussed how to make accessible to professionals in developing countries the curriculums developed by the COUR committee, pediatric curriculum, and others including personal or institutional curriculums. Developed at the University of Iowa, eGranary Digital Library and Global Health Campus solve this problem. Currently installed in more than 100 educational institutions in Africa, India, Haiti, eGranary provides lightning fast access to Internet resources off-line. The Global Health Campus Initiative, endorsed by the WHO and its affiliated partner organizations, is a mechanism whereby individuals from countries throughout the world can receive continuing education and/or certification from recognized institutions.

TMJ Association

The TMJ Association has launched an online campaign, "The TMJ Association-Giving TMJ Patients a Voice", to let patients tell their own stories to raise awareness about Temporomandibular Joint and Muscle Disorders (TMJDS) among their family and friends. To learn more about this campaign visit www.firstgiving.com/tmj. In addition, The TMJ Association has been fortunate that Stir, LLC, Advertising and Integrated Marketing has offered their services to assist with the Association's public awareness campaign and help revamp the existing web site, www.tmj.org, to make it easier to navigate, more clearly organized, and more patient-focused.

World Spine Day

In concert with the USBJD Public Education Committee, Life University, the Congress of Chiropractic Organizations, Life West College of Chiropractic, the American Chiropractic Association and many other national and international partners are planning large scale *Straighten Up* educational outreaches on World Spine Day, October 16, 2007. The Association of Chiropractic Colleges' Presidents have agreed that all campuses will conduct educational outreaches

emphasizing simple exercises, activities and lifestyles to improve posture and spinal health and to prevent spinal disability. International partners include the WHO Occupational Health Cluster, the WHO Child and Adolescent Health and Development Cluster, the International Labor Organization and the World Federation of Chiropractic. Last year the global BJD Secretariat issued a press release calling for all affiliates to conduct *Straighten Up* Educational outreaches on World Spine Day.

News from BJD Global

First United Nations Global Road Safety Week

April 23-29, 2007, marked the First United Nations Global Road Safety Week, aimed at improving road safety around the globe, particularly focused on young road users. During the Week, hundreds of national and international initiatives were organized by governments, foundations and others to promote safer road use. Since its conception, the Bone and Joint Decade has worked in partnership with several international organizations to bring prevention of road traffic injuries into the political spotlight. Please see www.bjdonline.org to read the full story.

International Video Award

A new Bone and Joint Decade International Video Award has been announced. This BJD honorary prize has been created to recognize the most innovative and creative video presentations produced in member countries aimed at delivering messages to the public about musculoskeletal health. All BJD National Action Networks are invited to submit videos of up to two minutes long which they have produced by the Network or by the national health department or other charity for public service and information. For further details about the Award and entry details, please visit www.bjdonline.org.



National Action Week 2007

National Action Week (NAW) is held every year October 12-20, and its goal is to educate Americans about bone and joint health.

The Decade's NAW Tool Kit www.usbjd.org/rd/?NAW outlines several ways for health care providers and members of the public, and for clinics, hospitals, schools, community groups and employers to participate in this week and provides ideas for raising awareness about bone and joint health throughout the year.

Determine What to Promote During NAW

- General awareness about bone and joint health
- New research, initiatives and products
- Upcoming projects, studies and procedures
- Special events and community outreach programs created for NAW

Choose Activities to Organize and/or Sponsor

- Races, walks, screenings, bone density tests, health fairs, information booths at local shopping centers
- Presentations to community clubs, church groups, professional organizations, senior groups and schools
- Meetings with local and national government officials to advocate for increased funding for research and prevention education

Get the word out

- Obtain local and state proclamations for NAW
- Submit op-ed pieces to local and national publications

Order NAW Materials from USBJD or Create Your Own

- Order promotional materials from www.usbjd.org/rd/?Materials.

Encourage Employees to Promote NAW

- Suggest employees add **Support the Bone and Joint Decade** to email signature lines and on outgoing voicemail messages
- Hand out NAW lapel pins and buttons to employees and patients to wear
- Print USBJD logo on publications, brochures, letterhead, and Web site
- Hang USBJD logo and/or copy of the President's proclamation in your reception area. Visit www.whitehouse.gov/news/releases/2002/03/20020325-5.html for a copy of the proclamation.

World Bone and Joint Health Days

October 12 - World Arthritis Day
 October 16 - World Spine Day
 October 17 - World Trauma Day
 October 20 - World Osteoporosis Day

From the President



Nancy Lane, MD

The past two years serving as the President of the USBJD has been challenging and enormously rewarding. I am grateful for the groundwork that was done for me by Dr. Stuart Weinstein, Dr. Regis O'Keefe, and Toby King. Together they laid the foundation for the work we have been able to accomplish. The time has gone by quickly and the progress enormous.

First, let me start by thanking all of the volunteers that work so hard to keep the mission of the USBJD going. They are too many in number to mention here individually but I am grateful. The major projects that we have been able to move forward on over the past few years are impressive. Significant work has been devoted to developing and putting on the Young Investigators Initiative workshops, which in collaboration with Bone and Joint Canada, offer junior faculty the opportunity to come to a workshop to learn about how to write a grant and how to navigate the early years of an academic career. An outstanding and devoted faculty of seasoned investigators spend countless hours mentoring these young investigators and we are seeing the fruits of our efforts pay off as nearly 25% of these young investigators now have peer reviewed grant funding. This effort is leading the way toward the next generation of clinical investigators and this will truly be a legacy of the Decade.

Another project that has come on well is the public education program *Fit to a T*, a collaboration of the USBJD and the Public Library Association, among others. Physicians and other health care providers have been presenting these sessions in

communities around the United States now for two years and the feedback has been outstanding. We will continue this program and add another one on arthritis and possibly collaborate with the Arthritis Foundation.

A goal of the Decade is to get the word out about the burden of musculoskeletal diseases and this has become a joint program of the musculoskeletal community with support from several participating organizations. We expect to have this publication ready by the end of this calendar year and once it is complete all participating organizations and individuals who do research or treat patients with musculoskeletal diseases will be able to use this work to talk to legislators and other audiences about the musculoskeletal disease burden. The authors of this publication come from many participating organizations and we are grateful for their help.

One way to reduce the burden of musculoskeletal diseases is to teach medical students about musculoskeletal diseases. During my term the USBJD has collaborated with the National Board of Medical Examiners (NBME) which has developed a subject examination on musculoskeletal diseases. This is being pilot tested and should be ready for medical students in the next few months. An examination usually stimulates the development of a well rounded curriculum and we hope that all U.S. Medical Schools will take this opportunity to improve their medical education on musculoskeletal diseases. We are grateful for Dr. Joseph Bernstein and Dr. George Lawry for leading Project 100, our musculoskeletal education initiative, and all the individuals that have helped to put the examination together. This will truly be a legacy of the USBJD.

Another exciting development over the last year has been the organization of the Rare Bone Disease Patient Network, fostered by the USBJD, which has provided a forum for organizations to come together and as a team increase legislative and public awareness about these diseases. We saw the discovery of the FOP gene last year and we expect this network will work hard with scientists and the public to continue to foster breakthroughs.

We have seen wonderful collaborations occur across the different musculoskeletal disciplines toward common goals. During the Decade our participating organizations have worked together collaboratively on advocacy on Capitol Hill for osteoporosis and for childhood diseases, on the annual National Action Week (October 12-20), making playgrounds safe for children, and spreading public awareness on osteoporosis, strength training to manage joint health, and road safety to name a few. We look forward to the fall of 2009, when the annual BJD Global Network Conference will be held in Washington

DC and we will focus on raising awareness of musculoskeletal health.

The last two years have been busy, and have allowed me to work with volunteers and professionals from many different musculoskeletal organizations and this has expanded my awareness of many different aspects of these diseases. I am grateful to the **American Society for Bone and Mineral Research** which has supported me as USBJD President, and for the support of the USBJD Board, the executive committee and Toby King. I leave the presidency knowing that great progress is being made to achieve the goals of the USBJD, and that under the leadership of the new president, Dr. Ed Puzas, the USBJD will rise to even greater heights.

Thank you

Nancy Lane, MD

U.S. Bone and Joint Decade

The USBJD Newsletter serves as a means of communication for participating organizations, their members, and other affiliated organizations. To submit a story idea or an article, please contact:

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