



Directions for the Decade



J. Edward Puzas, PhD,
USBJD President

We are about half way through the United States Bone and Joint Decade. The first five years have seen us develop and strengthen our activities and generate exciting momentum in a number of programs. This occurred through able leadership from our board and committed actions by our members. While we have developed noteworthy programs, we also know that we need greater focus for these activities and that notable gaps in our programs must be addressed for the Decade to have the impact we seek in altering the burden of musculoskeletal diseases. Hence this year it was important that we define a plan and a structure to better support our mission and goals. Two of the goals are fostering education in musculoskeletal diseases (both public and professional), and elevating the research effort to diagnose, treat and understand afflictions of bones and joints. However, perhaps the unrealized key to being successful in these tasks is the role played by people, not doctors and scientists, but people who are affected by musculoskeletal health problems. In the end, it is all about how we can improve our

skeletal health or find ways to lessen the burden of living with a particular disease. For effective research to be carried out it is critical that, as a society, we spend financial resources to support the medical centers and institutions that are engaged in these research efforts. Much of that money comes from government sources such as the National Institutes of Health or other foundations and organizations. But who decides to provide the NIH or other organizations with the funds to support the research? The answer is policy makers such as exist in our U.S. Congress, boards of directors heading societies and foundations, as well as philanthropic individuals. Yet even these decision-makers need direction in how best to serve us. And, interestingly, they should get that direction from the people. So, in order to best serve those with musculoskeletal problems, and help to prevent them in the first place, we need to educate and elevate the awareness of diseases and their cures among the public. The public can then advocate to policy makers and directors the need for increased support for health research.

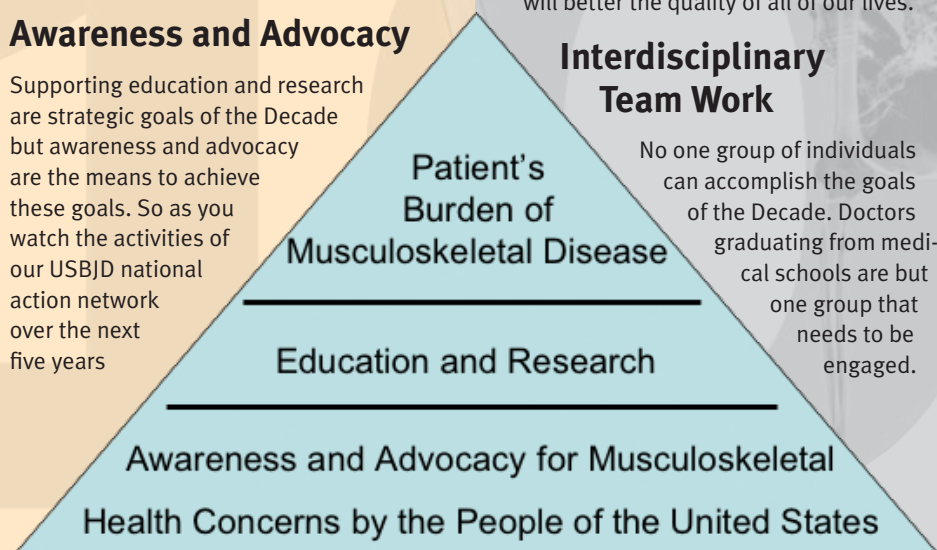
you will see a campaign to stimulate public awareness on afflictions such as osteoporosis, arthritis, back pain, childhood conditions, and even some rare bone diseases. This will take the form of community seminars, media and newsletter publications, national and international patient meetings, visits to Capitol Hill and more. We will also be working to educate our health care providers to better identify early treatable conditions and to devise ways to care for patients with bone and joint problems. If we are successful the alphabet soup of musculoskeletal abbreviations (such as DXA, RA and OA, SLE, etc.) will not be so foreign to us all. We can then use this knowledge to show our leaders where we want them to take us along the path of good bone and joint health. The diagram depicts our core goal of lessening the burden of bone and joint disorders in patients. It is at the top of our pyramid. We can accomplish this with education and research but we also need a solid foundation in awareness by individuals and their willingness to advocate for changes that will better the quality of all of our lives.

Awareness and Advocacy

Supporting education and research are strategic goals of the Decade but awareness and advocacy are the means to achieve these goals. So as you watch the activities of our USBJD national action network over the next five years

Interdisciplinary Team Work

No one group of individuals can accomplish the goals of the Decade. Doctors graduating from medical schools are but one group that needs to be engaged.



(Continued on page 2)

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Realizing that health care professionals from osteopathic and chiropractic colleges, nursing schools, physician assistant, physical therapy, athletic trainer programs, the pharmaceutical and device industries, and other allied health care institutions need to work as a team is key to achieving our goals. So again, over the next five years you will see the USBJD working with all stakeholders in musculoskeletal health to better the quality of life for everyone.

USBJD President 2007-2009 and the Future

It was an honor to be elected to serve the United States Bone and Joint Decade as president for the next two years. I will be following in the footsteps of some visionary individuals who defined our early directions. I have learned much from them. I hope to continue the progress we have made and bring new unity to our efforts. We now have a purposeful plan in place and a structure from which to carry out the plan. I foresee that in the second half of our Decade we will accomplish new things and define even better directions to help in the battle against the burden of bone and joint diseases. These programs will set the stage for where we will go in 2011 and beyond.

Respectfully submitted.

J. Edward Puzas, Ph.D.

President,

United States Bone and Joint Decade

Welcome New Members and Participating Organizations

Business and Professional Women/USA
International Society for Clinical Densitometry

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 News

Burden of Musculoskeletal Disease in the United States (BMUS)



The American Academy of Orthopaedic Surgeons, American Academy of Physical Medicine and Rehabilitation, American College of Rheumatology, American Society for Bone and Mineral Research, Arthritis Foundation, Orthopaedic Research Society, and Scoliosis Research Society jointly are developing a new edition of "Burden of Musculoskeletal Disease in the United States." To be released by year-end 2007, this important advocacy resource, and used by researchers, will be available on-line, in hard copy, and as an Executive Summary.

Burden of Musculoskeletal Disease in the United States (BMUS) objectively measures the prevalence, social and economic costs of bone and joint conditions.

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

Advances in Rare Bone Diseases



Scientists and clinicians with a special interest in rare bone diseases have formed a committee to work with the USBJD and the Rare Bone Disease Patient Network to plan a scientific meeting. The goals of the Conference are to bring scientists and clinicians interested in rare bone diseases together to exchange scientific and clinical information, develop new collaborations, and propose a future research agenda on rare bone diseases. Dr. Craig Langman and Dr. Michael Econs have agreed to co-chair the advisory committee for this meeting.

Notwithstanding the horrific effects of some rare bone diseases on those afflicted, scientific discovery into rare bone diseases is under-resourced and underfunded. Often un- or misdiagnosed, at least initially, in many cases there remain no treatments. Rare diseases affect from hundreds to hundreds of thousands of people in North America, whose quality of life is seriously compromised, and whose care costs millions of dollars. Many of those affected are children, some of whom do not make it to adulthood. It is also likely that the numbers of people affected plus those not diagnosed in countries outside North America make up a significant number worldwide.

It is recognized that scientific discoveries in the rare diseases as well as leading to important advances that lead to a better understanding of diagnostic and treatment indications for those diseases, also can lead to discoveries that affect the more common prevalent diseases. However, research into rare bone diseases is widely dispersed and generally undertaken by a few dedicated but under-funded scientists. This is not surprising, given that by definition rare bone diseases are not highly prevalent and thus not a primary concern to major funding agencies.

Around the world there are a number of scientists working on rare bone diseases who believe that a conference bringing them together to share the current state of knowledge and experiences would be beneficial. They also believe that there is potential for developing consensus on a research agenda for the future.

The Rare Bone Disease Patient Network, whose formation the USBJD endorsed, is a coalition of patient organizations serving the non-medical needs of people affected by these diseases and advocating for increased research.

This proposed conference is well aligned to the USBJD mission to promote and facilitate collaboration among organizations committed to improving bone and joint health through research and education.

PROFESSIONAL EDUCATION

Planning Meeting of Council of Musculoskeletal Educators

At a meeting June 23, 2007, held in conjunction with the AMA House of Delegates meeting, representatives of 17 disciplines concerned with musculoskeletal health agreed a Council of Musculoskeletal Educators should be formed as the next step towards improving musculoskeletal education at medical schools.

Participants included representatives from the American Academy of Orthopaedic Surgeons, American Academy of Neurology, American Academy of Pediatrics, American Association of Anatomists, American Association for Hand Surgery, American Association of Clinical Endocrinologists, American Association of Clinical Anatomists, American Association of Neurological Surgeons, American College of Radiology, American College of Rheumatology, American College of Surgeons, American Geriatrics Society, American Orthopaedic Association, American Society for Bone and Mineral Research, American Society for Surgery of the Hand, American Spinal Injury Association, Association of Academic Physiatrists, Canadian Orthopaedic Association, Orthopaedic Research Society, Society for Biomaterials.

Edward Puzas, Ph.D., President, U.S. Bone and Joint Decade, and Orthopaedic Research Society, underlined the USBJD's commitment to the success of Project 100, the Decade's program to improve the training of medical students in musculoskeletal medicine.

George Lawry, M.D., co-chair, Project 100, U.S. Bone and Joint Decade and American College of Rheumatology, outlined the goals and activities taken so far under Project 100, which have led to the AAMC's publication of the Objectives Report (described below), working with the NBME to enhance musculoskeletal questions on the Step 2 exams, and to create the NBME Subject Examination in Musculoskeletal Medicine (described in more detail below), as well as obtaining an endorsement from all medical schools. He explained why the Council

of Musculoskeletal Educators will be the next logical step.

Dr. Brownell Anderson, Senior Associate Vice President & Deputy Director, Association of American Medical Colleges, reviewed evolution of teaching methods at medical schools and then the AAMC Objectives Project Report VII on Musculoskeletal Medicine Education, written in 2005, and downloadable at aamc.org. It is an excellent document which outlines attitudes, knowledge and skills in musculoskeletal education for all medical students. She stated that for curriculum reform in this area, an interdisciplinary, cross departmental model will be most successful. At most medical schools, it may be difficult to initiate an entirely new course or rotation on MSK medicine. However, incorporating topics into existing preclinical and clinical courses would likely be welcome, particularly if material is well packaged and endorsed by national organizations. Good ideas in place at medical schools include case- and problem-based learning, the use of standardized patients, application of computer technology, integration of clinical and basic sciences, clinical teaching in community settings, and teamwork (learning with other health professionals). She also invited educators to submit model curricula to the MedEd Portal on the AAMC website for peer-review, as this may be helpful for academic promotion in many institutions.

Louis Pangaro, M.D., President, Alliance for Clinical Education, outlined questions to be addressed in considering formation of a Council of Musculoskeletal Educators: whom do you wish to reach; structure, governance, and should members be organizations or individuals; how do existing models differ; should advocacy and policy as well as teaching materials be included in goals; collaborating with other groups, including ACE. Dr. Pangaro reviewed the various models of organization that the council of musculoskeletal educators might consider.

Barbara Barzansky, Ph.D., Interim Secretary, Liaison Committee on Medical Education, described the role of LCME, and emphasized that its standards are deliberately broad and non-prescriptive. The LCME only describes what should be taught in medical schools in general terms, and rarely prescribes how or how much is to be taught on given subject areas. The LCME standards are moving increasingly away from specific content requirements. There is the possibility of adding

annotations to standards to provide more detail on how a standard is to be met.

Peter Scoles, M.D., Senior Vice President, National Board of Medical Examiners, stated that musculoskeletal topics represent 10-15% of the content of the U weighted among rheumatoloorthopaedic, rehabilitation and other areas. A new "shelf exam" of 75 questions hordination with USBJD. The cost of developing this exam was underwritten by the USBJD. It is being beta-tested at several medical schools: 200 students have taken it to date and more are sought. The intent is to eventually add this material to USMLE. Dr. Scoles is also looking for potential exam question writers to expand the question pool. He can be contacted at PScoles@NBME.org.

Martin Boyer, M.D., Washington University and American Society for Surgery of the Hand, outlined how Washington University has developed a 4-week interdisciplinary musculoskeletal course (Y3) and its experience with the new NBME subject exam. It also has been using the exam to test knowledge between students who have taken the MSK course and those who have not. This course, created out of existing curriculum time, seems to be a good example of looking for "room for improvement" in major clerkships which already exist.

The remainder of the meeting was spent on developing a mission statement and the organizational structure of the Council of Musculoskeletal Educators.

A final mission statement is being created. The core of the mission will include:

- Emphasizing integrated interdisciplinary education
- Serving as a repository of educational materials
- Advocating for MSK education nationally and locally
- Promoting the professional development of teachers

With thanks to Samuel Mayer, M.D. of the American Association of Physiatrists, and George Lawry, M.D. for this report, and Joseph Bernstein, M.D., co-chair, Project 100, U.S. Bone and Joint Decade, and also representing the American Academy of Orthopaedic Surgeons, and American College of Surgeons.

PUBLIC EDUCATION

Fit to a T – 100 sessions!



Fit to a T

More than 100 sessions of *Fit to a T*, the USBJD's public education program promoting bone health and osteoporosis prevention have been held at public

libraries, churches, hospitals, clinics, government offices, and corporations.

New program partners in 2007 include Business and Professional Women/USA, National Association of Commissions for Women, American Association of Occupational Health Nurses, Allied Rheumatology Health Professionals, and American Osteopathic Academy of Orthopedics (AOAO).

Corporations offer *Fit to a T* to employees

Thanks to the American Association of Occupational Health Nurses, around 60 requests for information on holding *Fit to a T* sessions have been received in the last month and a half from U.S. corporations. Already a session has been presented by AOAO member Gregory Hill, DO, at Hendrickson Trailer Suspension Systems in Canton, Ohio to 85 employees. Another AOAO member Dr. Nurul Nurbhai, DO, represented *Fit to a T* with Karen Vargas of the National Network of Libraries of Medicine at a Health Fair for employees of Shell in Houston. Kim Templeton, MD, presented *Fit to a T* to 60 employees of Sprint in August. Sessions at other corporations and workplaces are already booked with Bayer Healthcare, CF Industries, Chubb Insurance, Fermilab, General Motors, Harris Corporation, Hughes Network Systems, Illinois Department of Agriculture, and New York Life Insurance.



Fit to a T t-shirt winners at Hendrickson Trailer Suspension Systems, Canton, OH

Business and Professional Women/USA



Caption: Debbie L. Frett, EO of BPW/USA, Kim Templeton, MD, Nancy Jackson, Immediate Past President of BPW/USA during the annual meeting of Business and Professional Women/USA in Reno, Nevada

Four hundred and fifty members of Business and Professional Women/USA received *Fit to a T* during their annual meeting, held in Reno, Nevada, in July. As a result BPW/USA has become a partner in the *Fit to a T* program, has signed a Declaration of Support for the Bone and Joint Decade, and is organizing a series of sessions through BPW/USA members across the country. The Reno, NV, meeting was kindly made possible with support from Roche Pharmaceuticals, which will also be helping to support the series of sessions.

Promoviendo La Salud en Nuestra Comunidad Latina



A Latino version of *Fit to a T* will be presented on World Osteoporosis Day, October 20, 2007, in Sacramento, California, at a meeting of the USBJD with the California Hispanic Osteoporosis Foundation, Foundation for Osteoporosis Research and Education, National Association of Commissions for Women, and California Orthopaedic Association. The meeting has been made possible with support from Procter & Gamble.

TV Reporter Bette Vasquez, well known to the California Latino community will moderate



Bette Vasquez

the meeting. Bette, anchor of KCRA Channel 3, covering entertainment and weather, has produced several prime-time specials including *Celebrity*, and *Women on*

the Move for

KOVR on Channel 13, as well as producing and co-hosting *Progreso*. She has won the Latino Eagle Award and been honored by a California resolution for her dedicated community service. Speakers include Toby King, USBJD Executive Director, Augusto Focil, MD, president of the California Hispanic Osteoporosis Foundation, Beverley Tracewell, Program Director, Foundation for Osteoporosis Research and Education, Mary Wiberg, Executive Director, State of California Commission on the Status of Women, and Kimberly Templeton, MD and Augusto Focil, M. D. will co-present *Fit to a T*.

Breaking Tradition & Osteoporosis Intervention

The American Osteopathic Academy of Orthopedics has organized a special session to take place Saturday, October 20 at its annual meeting in San Francisco on bone health and osteoporosis at which Laura Tosi, MD, will be presenting "Breaking Tradition: A New Look at Fracture Care" and Kim Templeton, MD, "Osteoporosis Intervention: Is It Ever Too Early" after which Dr. Templeton will present a full session of *Fit to a T* to AOAO delegates.

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

Straighten Up America



Ron Kirk, DC, presents Straighten Up, the public education program on spine health to the student body at Anglo European Chiropractic College, as well as at the British Chiropractic Association Convention, encouraging all to get involved in promoting spinal health on World Spine Day, October 12.

Life University is planning a feature presentation on Straighten Up America and World Spine Day with CNN Español, which reaches millions of Spanish speaking people in the U.S. and around the globe. They will also conduct a World Spine Day Ultimate Fitness Challenge for the Life University community and conducting spinal health promotion outreaches at local schools.

Road Safety and Teen Drivers

The American Automobile Association seeks to establish with the USBJD a network of health care professionals advocating for graduated driver licensing (GDL) to get all states to enact full GDL laws and regulations. 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 system. Please email usbjd@usbjd.org if you are interested in working with AAA on this effort for your own state.

RESEARCH

Young Investigators Initiative – \$7,112,878

Eighty-three young investigators have entered this joint program of the USBJD and BJD Canada and 24 of them, since beginning the program, have obtained a total of \$7,112,878 in approved research grants. During the summer another 45 young investigators applied to the program and 17 of these will be taking part in their first workshop at the end of October. At the same time, ten young investigators who have already participated in their first workshop will be returning.

Andreas Gomoll, MD, a first time participant at the Spring 2007 workshop wrote to the Decade, "I wanted to express my gratitude for your guidance and mentorship – the workshop was great! This program is exactly what young investigators at my stage need to plot a path towards a successful career as a clinical scientist. Many thanks."

For more information about the Young Investigator program, visit www.usbjd.org/rd/?YII.

BJD Global Network Meeting

October 21-25, 2009
Washington, DC, USA



The USBJD has selected the flagship JW Marriott Hotel on Pennsylvania Avenue in Washington, DC to be the host site of the 2009 BJD Global Network Meeting. The hotel is located in the heart of the capitol city, two blocks from the White House.

This annual meeting brings together representatives, both healthcare professionals and patients, from the 62 countries with Bone and Joint Decade National Action Networks. This will be a unique opportunity to raise the profile of musculoskeletal conditions in the U.S. It is hoped that leadership and members from all the participating organizations of the U.S. Bone and Joint Decade will be represented. The meeting is made up of a two-day meeting with patients, and a two-day meeting of healthcare professionals and patients.



Faculty and participants at the Young Investigator Spring 2007 workshop.

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June 2007-2009

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Representing Patients and the General Public
- Gene Wurth**
Orthopaedic Research and Education Foundation
- Toby King (Ex-Officio)**
United States Bone and Joint Decade

Experts in Arthritis

November 10, 2007 - Boston



A Free Public Seminar for People with Arthritis and People Who Care About Them

Experts in Arthritis: A Meeting of World-Renowned Health Care Professionals and Researchers For Patients and Their Families will be held on Saturday, November 10, 2007, from 1:00 to 4:00 p.m., at the Westin Waterfront Hotel, during the annual scientific meeting of the American College of Rheumatology.

The ACR's annual scientific meeting is a unique gathering of experts, and an opportunity to raise awareness of the impact that rheumatic conditions have on our society, on Boston and surrounding communities. The meeting is also unique in that patients and their families can hear from world-renowned experts about progress in the diagnosis and treatment of arthritis.

The United States Bone and Joint Decade, American College of Rheumatology, Arthritis Foundation, and American Academy of

Pediatrics have teamed up to organize this gathering for patients and their families. The Massachusetts and the Northern and Southern New England chapters of the Arthritis Foundation are active partners in this gathering and expect at least 200 patients to attend.

The program will include presentations on:

- The National Impact of Arthritis and the Importance of Advocacy
- What YOU can DO to Manage Your Arthritis
- Get a Grip: Practical Strategies to Take control of Arthritis
- Three breakout sessions will feature panels of experts discussing clinical and research updates on osteoarthritis, rheumatoid arthritis, and juvenile arthritis.

Experts will include:

Neal Birnbaum, MD

President, American College of Rheumatology
Pacific Rheumatology Associates
San Francisco, CA

Rowland W. Chang, MD, MPH

Professor of Preventative Medicine (Rheumatology), and Physical Medicine and Rehabilitation
Northwestern University Feinberg School of Medicine
Chicago, IL

David Fox, MD

Professor & Chief, Division of Rheumatology
Director, Rheumatic Disease Core Center
University of Michigan
Ann Arbor, MI

Allan Gibofsky, MD, JD

Professor, Departments of Medicine and Public Health
Weill Medical College of Cornell University
New York, NY

Steven R. Goldring, MD

Chief Scientific Officer
Hospital for Special Surgery
New York, NY

Carol J. Henderson, PhD, RD

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Hatton Institute for Research & Education
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Professor of Medicine and Epidemiology and Preventative Medicine
Head, Division of Rheumatology & Clinical Immunology
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Baltimore, MD

Maura D. Iversen, DPT, MPH, ScD

Professor and Associate Director
Division of Rheumatology, Immunology & Allergy
MGH Institute of Health Professions
Boston, MA

John Klippel, MD

President and CEO
Arthritis Foundation
Atlanta, GA

Amye L. Leong, MBA

President & CEO, Healthy Motivation
Spokesperson, Bone and Joint Decade 2000-2010
North Wales, PA and Paris, France

Kate R. Lorig, RN, DrPH

Director, Stanford Patient Education Research Center
Stanford University
Palo Alto, CA

Elinor A. Mody, MD

Staff/Instructor, Harvard Medical School
Active Staff, Divisions of General Medicine and Rheumatology
Co-Director, Center for Skin and Related Musculoskeletal Disease
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Roland W. Moskowitz, MD

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Geri B. Neuberger, RN, EdD

Professor, School of Nursing
University of Kansas
Kansas City, KS

Peter A. Nigrovic, MD

Instructor of Medicine, Harvard Medical School
Staff Rheumatologist
Children's Hospital Boston
Director for Adults with Pediatric Rheumatic Illness (CAPRI)
Brigham and Women's Hospital
Boston, MA

C. Eglia Rabinovich, MD, MPH

Co-Chief, Pediatric Rheumatology
Duke University Medical Center
Durham, NC

Christy Sandborg, MD

Professor and Chief, Pediatric Rheumatology
Stanford University School of Medicine
Stanford, CA

Michael H. Schiff, MD

Clinical Professor of Medicine
University of Colorado School of Medicine
Denver Arthritis Clinic
Denver, CO

Vibeke Strand, MD

Adjunct Clinical Professor of Medicine
Division of Immunology and Rheumatology
Stanford University
Portola Valley, CA

Anthony D. Woolf, MBBS, FRCP

Professor
Duke of Cornwall Rheumatology Unit
Royal Cornwall Hospital
Truro, Cornwall, England

Informational flyer

Go to www.usbjd.org/rd/?ExpertsinArthritis to download a copy of the program.

Healthcare professionals: Download and print copies for your office, and encourage your patients to attend.

Reservations

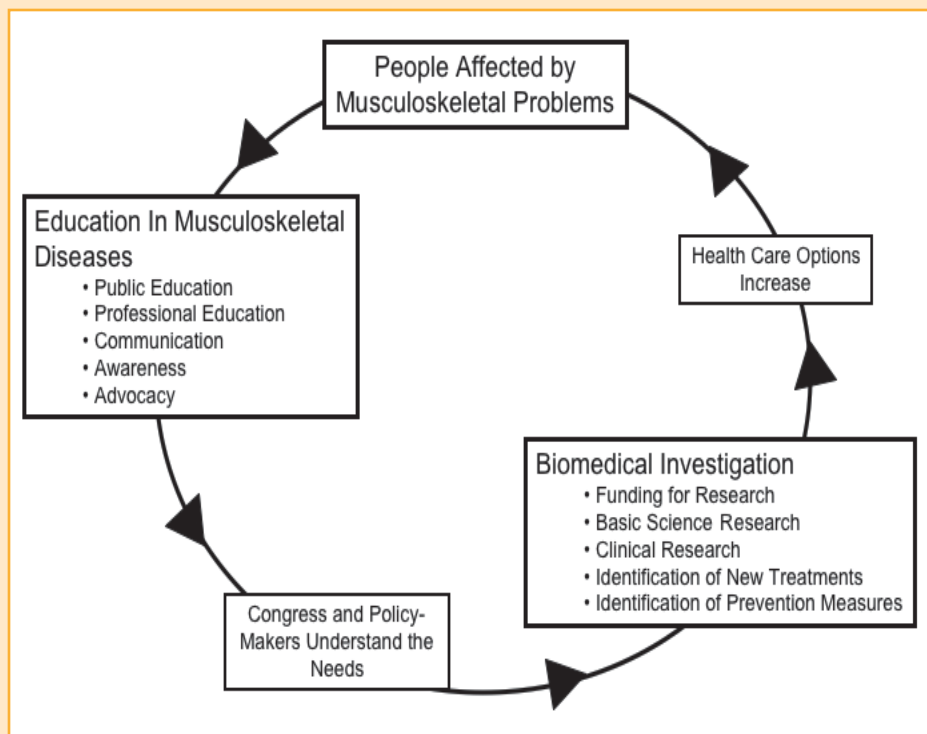
Seating is limited. Reservations are required and must be made before October 30, 2007.

To register, call the Arthritis Foundation Massachusetts Chapter at 617-219-8224 or email asmith@arthritis.org or fax to 617-558-7686.

TOUCH BRIEFINGS

An article by USBJD President Dr. Edward Puzas was published in the latest edition of Touch Briefing's publication *US Musculoskeletal Disease*, July 2007, entitled *The 'Decade' and its Mission in Bone and Joint Health* described the Decade's Cycle that depicts its overall purpose. At the top of the circle is the initiating event: a patient with a particular musculoskeletal affliction. Empowering patients with information and a means to deal with their disease are the first steps in decreasing the burden. Then, armed with high quality information for both patients and healthcare providers, it should be possible to stimulate action with policy-makers and the government to invest in research. Research will identify a cure, preventive measures, or a means to prevent progression of a disease. This will then open new healthcare options for the patient, and eventually close the circle to the benefit of those affected.

To view other papers in this edition written by renowned scientists and clinicians, go to www.touchbriefings.com/musculoskeletal.htm, and select US Musculoskeletal Disease, July 2007.



Targeting Bone Remodeling for the Treatment of Osteoporosis

Thanks!

The USBJD thanks the following sponsors for their generous support of the Decade:



Targeting Bone Remodeling for the Treatment of Osteoporosis

Program Overview

Recent insights into the cellular and molecular mechanisms regulating bone remodeling have created exciting new opportunities for the treatment of osteoporosis. Scientists and clinicians from a wide range of disciplines will explore evolving approaches and innovations that target bone remodeling and show promise for improving the treatment of osteoporosis. The objectives for this meeting will be to:

- Identify and discuss traditional and novel molecules and pathways that can be targeted to enhance bone formation
- Provide insights into traditional and novel approaches for inhibiting bone resorption
- Analyze the mechanism of action and role of bisphosphonates and other agents in osteoporosis therapy
- Define the role of combination therapy (anti-resorptive/abolic) in treating osteoporosis

For the latest information regarding this meeting, please contact:

ASBMR Business Office
2025 M Street, NW, Suite 500
Washington, DC 20036-3309

Tel: +1 (202) 367-1161
Fax: +1 (202) 367-2161
Email: asbmr@asbmr.org
Website: www.asbmr.org/meetingindex.cfm

December 6-7, 2007
Omni Shoreham, Washington, DC, USA
An ASBMR Sponsored Meeting

The U.S. Bone and Joint Decade is pleased to partner with the American Society for Bone and Mineral Research (ASBMR) to co-sponsor a meeting on Targeting Bone Remodeling for the Treatment of Osteoporosis, December 6-7, 2007, in Washington, DC, USA.

Recent insights into the cellular and molecular mechanisms regulating bone remodeling have created exciting new opportunities for the treatment of osteoporosis. Scientists and clinicians from a wide range of disciplines will explore evolving approaches and innovations that target bone remodeling and show promise for improving the treatment of osteoporosis.

For more information, visit www.asbmr.org/other/index.cfm.

It's Your Decade! Promote it!

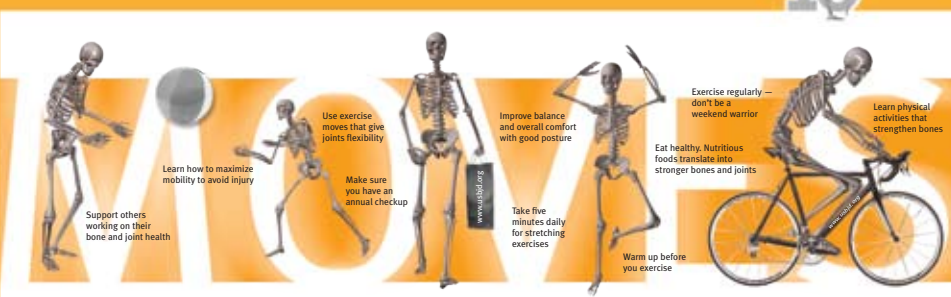
The USBJD provides a structure for the Decade in the United States, and a point of contact, but — It's Your Decade! If the Decade is to work for your organization, members, their patients, or the public you serve, the more pro-active you are, the greater impact the Decade will have. Spread awareness! Design programs to take advantage of the Decade! Here are some ideas.

- Print the USBJD logo on print and electronic publications, brochures, letterhead, meeting banners
- Hang the USBJD logo and a copy of the Presidential Proclamation in your reception area
- Include a USBJD logo slide in audio-visual presentations
- Wear a USBJD lapel pin or button
- Hand out USBJD buttons to members, visitors, patients, colleagues
- Request the USBJD logo be printed on reports and materials of your organization's projects and activities
- Add **Support the Bone and Joint Decade!** to the signature line of email messages
- Request time at your Board and staff meetings for a Decade presentation
- Publish articles to familiarize members with the Decade
- Publish regular USBJD updates in your association or company publications
- Send articles on USBJD activities to affiliates for use in their publications
- Incorporate information about the USBJD in prepared speeches/remarks
- Provide a link from your website to www.usbjd.org, preferably with the USBJD logo featured on your home page
- Explain on your website and in member journals what the Bone and Joint Decade means to your organization
- National Action Week is October 12-20, every year during the Decade. Make plans to celebrate it!
- Keep the USBJD informed of all your Decade-related activities. We want to include them in the USBJD Newsletter and in reports on participation and progress of the Decade
- Display Bone and Joint materials at meetings (posters, brochures, pins, buttons, display)

- Tell people about your organization's support - All USBJD Participating Organizations are listed on a scrolling list on the USBJD Web site home page, with additional links under the sections Friends of the Decade, For Patients and the Public, and For Health Care Professionals sections of the site.
- Order materials from the Decade, the USBJD logo and other materials from <http://www.usbjd.org/rd/?Materials>.



Good Moves for Life 10



So you're a grandparent who loves
playtime with the grandkids

A serious shopper with mall
walks on your agenda



A teen who likes
to dance

A weekend athlete who
enjoys sports

Without healthy bones and joints that move smoothly, none of this would be much fun. That's where the Bone and Joint Decade comes in.

Its aim over the next 10 years: to help Americans keep their bones and joints healthy throughout their lives.

The Bone and Joint Decade can do it — with your help.

Visit www.usbjd.org for information on bone and joint disorders and links to the best Web sites for tips on self-care and medical options.

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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