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## BONESOURCE ALERT

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March 2021

### NOF UPDATES



BoneSource®, NOF's professional program, promotes excellence in clinical care for all healthcare professionals involved in the prevention, diagnosis and treatment of osteoporosis. Through the BoneSource website, we offer a variety of programs, tools and resources to meet the unique needs of healthcare professionals who provide bone health care. Join NOF as a professional member to gain full access to BoneSource.

Visit [BoneSource](#).

#### NOF Professional Membership

NOF members are at the forefront of patient care and the first to receive breaking news, research updates, practice tools, patient education materials and notification of public comment opportunities related to important government initiatives. Professional

### BONE HEALTH RESOURCES

#### ECHO SESSIONS



#### NOF FLS Bone Health TeleECHO

Join us for the FLS Bone Health ECHO (Extension for Community Healthcare Outcomes) project sessions that take place the second Thursday of each month, from 3:00-4:00 p.m. ET. These one-hour TeleECHO Clinic sessions offer case-based clinical discussions on a wide range of topics of interest. By participating, you'll receive free CME, connect with experts in the field, share case studies, and much more.

#### Upcoming FLS Bone Health ECHO sessions:

Membership in NOF will help build your practice, keep your team informed, provide CME credits and allow you access to key osteoporosis experts.

For more information on Professional Membership, please [click here](#).

## ISO 2021

Please join bone health experts for VIRTUAL educational and networking sessions at the National Osteoporosis Foundation's Interdisciplinary Symposium on Osteoporosis (ISO2021).

- ISO2021 will be held virtually from May 12 - 14 (Wednesday to Friday).
- Fracture Liaison Service (FLS) 101 and FLS Advanced Workshop to be held virtually on Saturday, May 15.

Information on Registration and Sponsorship is coming soon.

Please check <https://interdisciplinariesymposiumosteoporosis.org/> for updates.

## In Memoriam

NOF was deeply saddened to learn that Dr. Jay Paul Ginther of Waterloo, IA, passed away on February 4 at the age of 74. NOF is honored to recognize Dr. Ginther for his long-term dedication to the bone health community.

## COVID-19 Updates and Resources

### COVID-19 Webinars for Healthcare Professionals and Patients/Caregivers

- On February 24, NOF hosted a webinar for healthcare providers entitled *Osteoporosis and Spine Health During the Coronavirus Pandemic*. Drs. Andrea Singer and Joshua Hirsch discussed the effects of COVID-19 on osteoporosis and fracture care, including vertebral fracture management. The webinar can be viewed here <https://vimeo.com/516386551>.

Physicians: The National Osteoporosis Foundation is

### Thursday, March 11, 3:00 - 4:00 P.M. ET

Speaker: Kristyn Hare, PA-C  
Topic: Building an FLS and Lessons Learned

### Thursday, April 8, 3:00 - 4:00 P.M. ET

Speaker: TBD  
Topic: TBD

### Thursday, May 13, 3:00 - 4:00 P.M. ET

Speaker: Irene Stanciu, MD  
Topic: Post-Fracture Care in Adult Patients with Metabolic Bone Disorders

[Sign up here to join our email list](#) and receive information on FLS ECHO sessions.

## Bone Health TeleECHO

Despite the availability of treatments proven to reduce fracture risk and the accumulating evidence that osteoporosis treatment can prolong life, osteoporosis remains underdiagnosed and undertreated. Only about 20 percent of patients with hip fractures receive treatment to reduce the risk of future fractures.

Each week, through the Bone Health TeleECHO, bone health experts and other clinicians from around the world come together to listen to a brief didactic in the latest topics in bone health and discuss complex cases around treating patients with osteoporosis and other bone disorders. The Bone Health TeleECHO aims to improve the care of patients with osteoporosis and reduce the osteoporosis treatment gap.

To register, please [click here](#).

## MNI Great Lakes ECHO

The Michigan Neurosurgical Institute (MNI) Great Lakes ECHO branch is

an approved Accreditation Council for Continuing Medical Education (ACCME) accredited CME provider. The National Osteoporosis Foundation designates this activity for a maximum of 1.0 AMA PRA Category 1 Credits™.

Nurses and Nurse Practitioners: The National Osteoporosis Foundation is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center. The National Osteoporosis Foundation designates this activity for a maximum of 1.0 continuing nursing education hours credit(s).

- Join NOF and Dr. A. Orlando Ortiz on March 17 at 1:00 p.m. ET for a patient/caregiver-focused version of the *Protecting Your Fragile Spine During the Coronavirus Pandemic* webinar. This educational event will share what patients/caregivers need to know to prevent spine fractures, tips on how to manage safe movement and exercise at home and to avoid crowded areas that may present a higher risk for contracting COVID-19. To learn more and register, please [click here](#).

The NOF thanks Medtronic for their support of these educational activities

### **Count Me In Campaign**

As part of NOF's work with the Vaccine Education and Equity Project, we have some valuable resources from the "Count Me In" campaign. This initiative was developed to provide individuals and organizations with information and tools to build confidence in authorized COVID-19 vaccines and to motivate the public to collectively fight the pandemic. The campaign features an online photo wall and spotlight stories highlighting individuals from all walks of life who are stepping up to share their reasons to be "counted in" for COVID-19 vaccination. Materials and stories can be viewed at [www.covidvaccineproject.org/CountMeIn](http://www.covidvaccineproject.org/CountMeIn). Additional resources are available at [www.covidvaccineproject.org/resources](http://www.covidvaccineproject.org/resources).

**How has COVID-19 affected the treatment of osteoporosis?**

one of the first ECHO providers in the state of Michigan. The Great Lakes ECHO brings better care to patients across the country using new methods made possible by modern technology.

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

### **Own the Bone® Orthopaedic Bone Health ECHO®**

The Own the Bone® Orthopaedic Bone Health ECHO® aims to grow and share bone health knowledge and skills among orthopaedic providers in order to reduce the incidence of fragility fractures and positively impact bone health treatment.

Each month, a panel of experts will host participants on a videoconferencing platform (Zoom) to discuss current topics related to bone health and to initiate a dialogue around patient cases presented by participants. These "teleECHO® clinics" are multidisciplinary and interactive so attendees are encouraged to learn and also share their knowledge and experiences. To register, please [click here](#).

### **Rare Bone Disease TeleECHO**

The Osteogenesis Imperfecta (OI) Foundation and the Rare Bone Disease Alliance are excited to announce the Rare Bone Disease TeleECHO Series. Now in its second year, the goal of this educational program is to build capacity to safely and effectively diagnose and treat rare bone diseases and disorders.

The Rare Bone Disease TeleECHO takes place the first Thursday of every month at 3:00 p.m. ET.

[Register here.](#)

### **Osteogenesis Imperfecta (OI) TeleECHO**

The National Osteoporosis Foundation, International Osteoporosis Foundation and the European Society for Clinical and Economic Aspects of Osteoporosis, Osteoarthritis and Musculoskeletal Diseases partnered on a survey that revealed unprecedented effects of the COVID-19 pandemic on worldwide healthcare delivery for osteoporosis. The survey captured data addressing global osteoporosis care, assessment and treatment which included delays in DXA scanning, interrupted supply of medicines and delivery of medication along with the increase in telemedicine consultations. More than 200 healthcare providers from 53 countries participated. NOF also conducted a patient-version of the survey in the U.S. Below are links to published articles on both surveys:

- SpringerLink: [COVID-19 and effects on osteoporosis management: the patient perspective from a National Osteoporosis Foundation survey](#)
- SpringerLink: [How has COVID-19 affected the treatment of osteoporosis? An IOF-NOF-ESCEO global survey](#)

## ADVOCACY UPDATE

### Bone Health Policy Institute

NOF's [Bone Health Policy Institute](#) is excited to share the news that the release of our *Economic and Human Impact of Osteoporosis* report -- commissioned by NOF and conducted by the actuarial firm, Milliman -- will be published during the week of March 22. The report will highlight state-based fracture reports that are available for advocacy use in home states with the goal of encouraging policy

The OI Foundation is grateful to announce the OI TeleECHO Clinic Series. The educational program aims to build capacity to safely and effectively treat osteogenesis imperfecta.

The series takes place the second Wednesday of every month at 3:00 p.m. ET.

[Register here.](#)

## BONE EVENTS & OPPORTUNITIES



### Reach MD Boning Up on Osteoporosis Program

*The Boning Up on Osteoporosis* program series explores the latest strategies to improve the way we approach osteoporosis, in addition to outlining how we can help those at risk reverse the effects and maintain strong, healthy bones.

Episodes in the series include:

[The Prevalence of Osteoporosis in the Hispanic Community](#)

[Understanding Osteoporosis-Related Bone Fractures](#)

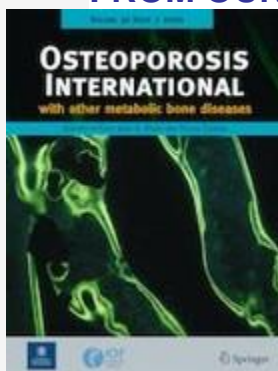
[Part One of Two Episodes: How the Top Osteoporosis Research is Advancing Care](#)

makers to increase awareness and action regarding the tremendous impact and cost of osteoporosis.

### **Coalition to Strengthen Bone Health**

NOF is grateful to announce that the Coalition to Strengthen Bone Health is now 17 members strong! In early 2021, The Society for Women's Health Research and The Black Women's Health Imperative joined on. Visit <https://www.bonehealthpolicyinstitute.org/coalition> to view the full list of members to date.

## **FROM OUR JOURNALS**



### **[Vertebral fracture: epidemiology, impact and use of DXA vertebral fracture assessment in fracture liaison services](#)**

W. F. Lems, J. Paccou, J. Zhang, N. R. Fuggle, M. Chandran, N. C. Harvey, C. Cooper, K. Javid, S. Ferrari, K. E. Akesson & International Osteoporosis Foundation Fracture Working Group

#### **Summary**

Vertebral fractures are independent risk factors for vertebral and nonvertebral fractures. Since vertebral fractures are often missed, the relatively new introduction of vertebral fracture assessment (VFA) for imaging of the lateral spine during DXA-measurement of the spine and hips may contribute to detect vertebral

### **[Part Two of Two Episodes: Key Prevention & Treatment Strategies for Osteoporosis](#)**

### **[Osteoporosis Update: Keys to Improving Diagnosis & Preventing Fractures](#)**

### **[Shattering Myths about Osteoporosis](#)**

### **Mental Health and African-American Veterans Webinar**

The Center for Healthcare Innovation's *Mental Health and African-American Veterans Webinar* will take place on March 12 from 1:00 p.m. – 2:00 p.m. CT. This webinar will bring together leading mental health experts to discuss the widespread inaccessibility of mental health resources and the conscious and unconscious biases in care delivery that impact African-American Veterans' interactions with mental healthcare. In addition, best practices to address these disparities will be reviewed. [Click here to register.](#)

#### **Distinguished Panelists:**

- Dr. Carlton Abner DNP, RN-BC, Dean of VA Innovative Technology Advancement Lab (VITAL) at Cerner Corporation
- Mr. Danny Gladden, Director of Behavioral Health at Cerner Corporation
- Dr. Mikal Rasheed, PhD, Embedded Clinical Psychologist at USASOC
- Dr. John Rekart, PhD, Senior Health Care Executive at Cerner Corporation
- Ms. Angela Tate, Mental Health Professional, Leader, Therapist, Speaker, Trainer

fractures. We advocate performing a VFA in all patients with a recent fracture visiting a fracture liaison service (FLS). FLS is an important service model for delivering secondary fracture prevention for older adults presenting with a fragility fracture. In this manuscript, we will discuss the epidemiology and clinical significance of vertebral fractures, the different methods of detecting vertebral fractures, and the rationale for, and implications of, use of VFA routinely in FLS.

[Early changes in bone turnover and bone mineral density after discontinuation of long-term oral bisphosphonates: a post hoc analysis](#)

K.Saag, F. Cosman, T. De Villiers, B. Langdahl, B.B. Scott, A.E. Denker, A. Pong & A.C. Santora

**Summary**

This post hoc analysis of a randomized, double-blind study of postmenopausal women with osteoporosis found that there were early increases in bone turnover markers and decreases in bone mineral density after discontinuation of long-term alendronate. These findings might help guide treatment decisions, including monitoring after alendronate withdrawal.

**EDUCATIONAL RESOURCES**

## **Professional Learning Center**

NOF is committed to supporting healthcare professionals and your continuing education needs.

NOF provides a variety of continuing medical education programs for professionals. The [Professional Learning Center](#) offers a single place for you to participate in bone health education programs as well as track your participation to meet your licensure and professional requirements.

Visit the [Professional Learning Center](#) to learn more and participate in sessions.

## **FLS Coding Guide**

NOF's Fracture Liaison Service (FLS) Coding Guide provides details on currently available quality and value-based codes to help offset costs for FLS implementation in various settings. This is a general guide offering a broad overview to help get you started. Please refer to your individual institution for more details.

Proper coding is vitally important as reimbursement for services can vary on the state and/or specialty as the type of provider who bills for and performs the service. In order to ensure that you are being fully reimbursed and remain in compliance with payer requirements, we recommend that you discuss the codes that are the best fit for your FLS with your FLS billing specialist.

This coding guide was made available in part thanks to a grant from Amgen.

[Download the 2020 FLS Coding Guide](#)

## **Vertebral Compressional Fracture Bundle 2019-2021**

Thanks to an educational grant from Medtronic, NOF's Professional Learning Center offers the Vertebral Compression Fracture Bundle 2019-2021. [This bundle](#) includes informative activities to help identify, understand and manage vertebral fractures.

## **Healthy Bones for Life Guides**

The purpose of this [osteoporosis clinician training guide](#) is to provide clinicians and health educators with an outline to guide conversations with patients about their skeletal health and provide information about treatment and fracture prevention. Along with the clinician's guide, there is a [patient training guide](#) to help patients talk with the members of their healthcare team about keeping their skeletons strong and improving their bone health.

[Download the Patient Guide](#)

[Download the Clinician Guide](#)

## SUPPORT NOF

2020 was a challenging year for all of us. Dealing with the pandemic has changed many of our routines and shifted our focus, in many cases, away from our well-being.

NOF asks for your support in 2021 for the to move our mission of better bone health forward.

Each year more than 300,000 people over age 65, three-quarters of them women, are hospitalized with a hip fracture. We must do more with fall prevention and with osteoporosis education for physicians and the public.

Medicare reimbursements for bone density tests have been sharply reduced, limiting patient access and diagnosis and treatment of serious bone loss. We need YOU to join our efforts to bring about needed changes. You can see that we need to unite and take action. We need your support to drive the important work of the NOF. Your generous support makes our work possible — at a time when we have so much more to do on your behalf!

Bone health is critical — it is one of the keys to staying independent and living the life you enjoy — day after day, year after year.

[Please support NOF today!](#)

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