



OSTEOPOROSIS FOUNDATION

of *New Mexico*

A non-profit foundation dedicated to osteoporosis education and research

2019 Volume 2 / Issue 2

OSTEOPOROSIS NEWS

[UNM makes strides in bone health research.](http://www.dailylobo.com/article/2018/09/unm-bone-health-research)

<http://www.dailylobo.com/article/2018/09/unm-bone-health-research>

[How Our Bones Might Help Keep Our Weight in Check](https://www.ncbi.nlm.nih.gov/pubmed/30366683)

Proceedings from the 2018 Santa Fe Bone Symposium:

<https://www.ncbi.nlm.nih.gov/pubmed/30366683>

Insights and Emerging Concepts in the Management of Osteoporosis:

<https://www.ncbi.nlm.nih.gov/pubmed/29229501>

[Audio Digest Orthopedics Volume 41](#)



2019 NEW MEXICO EDUCATIONAL EVENTS

For more information and registration for all events, including Bone Health TeleECHO, visit the Osteoporosis Foundation of New Mexico (OFNM) website at www.ofnm.org.

Dates, speakers, and topics may change. If you wish to be on the email list for notifications for all events, contact Yvonne Brusuelas, Interim OFNM Executive Director, at ybrusuelas@nmbonecare.com.

Bone Health TeleECHO (<http://echo.unm.edu/bone-health/>)

Every Tuesday, 12:00 Noon to 1:15 PM

Telementoring for the care of osteoporosis and metabolic bone diseases

This is an ongoing program developed through collaboration of the University of New Mexico Health Sciences Center and OFNM. It is for healthcare professionals (e.g., physicians, CNPs, PAs, FLS coordinators) located anywhere who seeking an advanced level of knowledge in bone diseases. The weekly videoconferences focus on discussions of cases of real but de-identified patients. This is a collegial interactive way to learn from the experts, with no-cost CME provided through UNM. Anyone who is registered can logon with a computer or smartphone.

New Mexico Bone Club Dinner Meetings in Albuquerque

Thursday, February 28, 2019

Time 6-9 PM

Presenter: Micol Rothman, MD

Topic: Bone Health in Transgender Patients

Thursday, May 23, 2019

Patti Kapsner, MD

UNM Fellows, Case Studies

Thursday, November 7, 2019

Marcella Walker

Title: "Skeletal and Endocrine Complications of Celiac Disease"

New Mexico Bone Club Dinner Meetings are held at 4600 Montgomery Blvd NE B-201 • Albuquerque, NM 87109 (by Lovelace Women's Hospital). On Monroe, south of Montgomery. Meetings are held on a quarterly basis with 1.5 CME hours approved by the Greater Albuquerque Medical Association.

THE 20TH ANNUAL SANTA FE BONE SYMPOSIUM SPEAKERS AND TOPICS:

August 9-10, 2019

John Bilezikian - Anabolic Therapy and Sequence of therapy: New Concepts [and new drugs?]

John Bilezikian, Moderator - Oral Presentations by Endocrine Fellows

Paul Miller - Why We Over-treat Low Risk Patients and Under-treat High Risk Patients

Bob Marcus, Moderator, all Faculty Participate - Case Presentations – Panel Discussion with all Faculty

Nelson Watts - Beyond Glucocorticoids. The Expanding List of Medications Associated with Osteoporosis: Does it Matter and What Should We Do About It?

Mike McClung - The Year in Review: Seminal Events in Skeletal Health

Eric Rush - What You Need to Know About New and Emerging Treatments for Rare Bone Diseases – OI, XLH, TIO, HPP, FOP

Deb Krakow - Applications of Genetic Testing for Bone Diseases in Clinical Practice (Bone Genetics 101)

Risa Kagan - New Concepts with Estrogen Therapy for Skeletal Health

Elaine Yu - Bone Density and Fracture Risk after Bariatric Surgery

Chris Shuhart - ISCD Position Development Conference (PDC) 2019: Process, Progress and Promise

2018 ARCHIVED PRESENTATIONS NOW AVAILABLE AT:

WWW.OFNM.ORG

[HTTPS://VIMEO.COM/ALBUM/5477211](https://vimeo.com/album/5477211)

WATCH VIDEOS OF THE FULL 2018 MEETING FOR FREE • REVIEW TRANSCRIPTS OF PRESENTATIONS • EARN CME CREDITS FOR A MODIST FEE • SIGN UP FOR UPDATES AND NOTIFICATIONS ABOUT FUTURE MEETINGS AND CME.

Why Attend?

Read What Last Year's Attendees Say About the Meeting.

"Excellent review of a very large number of relatable topics."

"I gained significant insight on the use of supplements and the talk solidified my understanding of the impact of exercise on bone health."

"Love how they like to take time to answer individual questions."

"The speaker was a fabulous educator. She was a clear and concise speaker and her experience in managing and diagnosing pediatric patients was incredibly helpful."

To read more reviews, Login to OFNM.org and to register for next year's meeting.



IOF
International
Osteoporosis
Foundation

*20th Annual Santa Fe Bone Symposium
is endorsed by the International Osteoporosis Foundation*



Osteoporosis Support Group – *Education for patients and caregivers*
Coronado Villa Resort Lifestyle Retirement Community
6900 San Vicente Ave. NE
Albuquerque, NM 87109
(all meetings 1:30 to 3:00 PM)

Thursday, May 9th, 2019:

Topic: The Benefits of T'ai Chi that relates to Osteoporosis & Balance
Molly Grady

Thursday, August 8th, 2019:

Osteoporosis Do's & Don'ts
George Fraser, PT

Thursday, November 7th, 2019:

Feldenkrais "Awareness of Movement"
Barbara Goldberg, RN.

IMPORTANT INFORMATION IN BONE HEALTH

Advanced Assessment of Skeletal Structure with Trabecular Bone Score (TBS)

TBS is measured with advanced software cleared by the FDA that examines local variations of pixel intensities from DXA images of the lumbar spine obtained when measuring bone mineral density (BMD). It is a simple, rapid, and highly accurate method of assessing bone microarchitecture, an important component of bone quality. TBS can be measured retroactively from archived data and incorporated into the FRAX algorithm as a risk factor for fracture that is independent of BMD.

TBS can be measured for any patient having lumbar spine DXA and is especially helpful in patients with a mismatch between BMD and fracture risk. Here are just a few of many examples where TBS can be useful:

- Patients with very low BMD who have never fractured
- Patients with osteopenia to improve fracture risk estimation by FRAX
- Patients with rheumatoid arthritis, chronic kidney disease, or hyperparathyroidism
- Patients treated with glucocorticoids or aromatase inhibitors
- Patients with "soft bones" detected at the time of orthopedic surgery
- Patients being monitored for response to osteoanabolic therapy

PARTNER ORGANIZATIONS

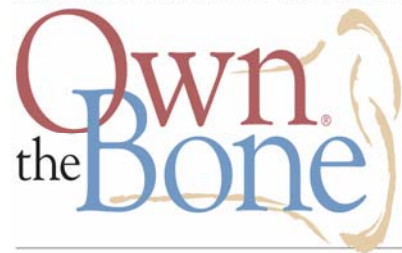
AMERICAN ORTHOPEDIC ASSOCIATION

Founded in 1887, The American Orthopedic Association (AOA)'s mission is to engage the orthopedic community to develop leaders, strategies, and resources to guide the future of musculoskeletal care. The AOA's Own the Bone® program is a national quality improvement initiative designed to ensure that fragility fracture and other orthopedic patients are identified, evaluated, and receive appropriate bone health care. The goal is to change physician and patient behavior to reduce incidence of future fractures and positively impact osteoporosis treatment. For more information, please visit www.aoassn.org and www.ownthebone.org.

GREATER ALBUQUERQUE MEDICAL ASSOCIATION

Santa Fe Bone Symposium and the New Mexico Bone Club Dinner Meetings are planned and implemented in accordance with the accreditation requirements and policies of the New Mexico Medical Society (NMMS) through the joint providership of the Greater Albuquerque Medical Association and the Osteoporosis Foundation of New Mexico.

AMERICAN ORTHOPAEDIC ASSOCIATION



Providers & patients united for improved care.

