

Bone Health- an integrated approach

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Disclosures

- Personal speaker honoraria from Amgen, UCB, Lilly, MSD, Janssen
- Departmental grants from above plus Abbvie, Roche, Novartis, Janssen
- No shares or interest in products
- No products endorsed in today's presentation
- Photographs obtained from public domain search but copyright not determined

What is the aim?

Fewer falls, injuries and fractures

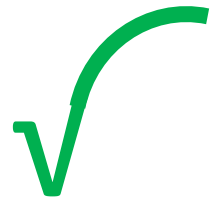
.... but can we create wellness rather than “illness”?

Fewer fractures in the population?



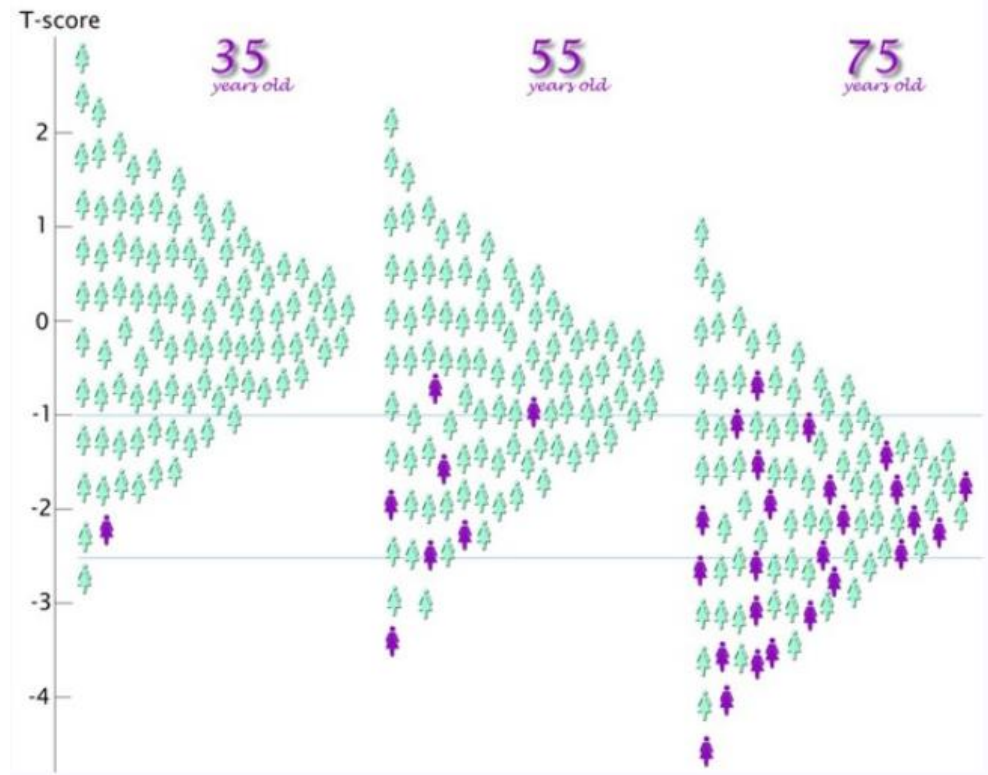
From 2018 to 2030, we expect 50% increase in fractures, especially hip, due to changing age demographic

Fewer Fractures – one
person at a time

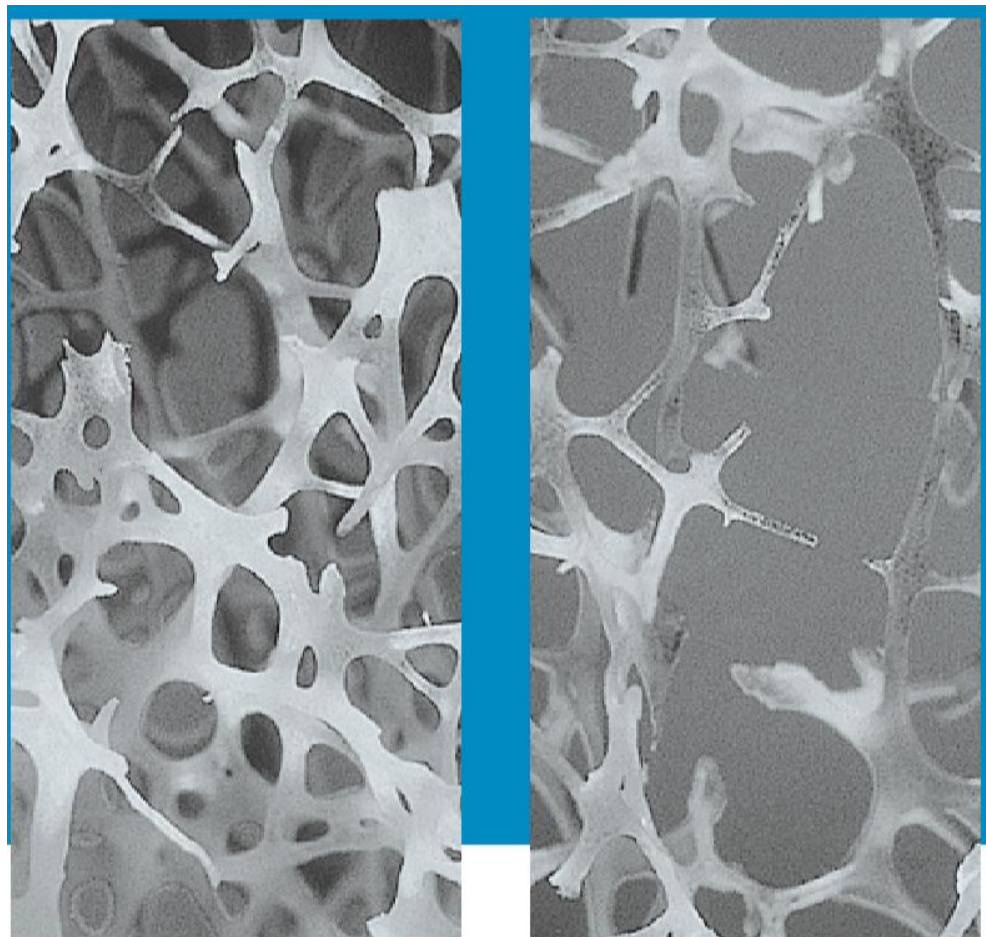


One person at a time

- With increasing age, risk increases
- Prior fracture – risk increases
- Falls – risk increases



When does bone health decline?



Normal bone

Osteoporotic bone

Following a fracture...

Educate
Inform

Assess
advise

Follow and
encourage

Educate... about future fracture risk

- Most over-estimate their risk of another
- Most fear activity, lifting, exercise
- Most confuse risks – vit D and sun exposure, calcium and fat

Assess and advise – predicting risk

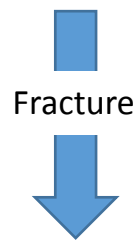
- Clinical risk factors
 - For fracture
 - For falls
- Bone Mineral Density +
 - Vertebral fracture assessment
 - Trabecular bone scores



Assess and advise... about what?

- Medication
- supplements
- Strength and balance programmes

None of these say
“Where”

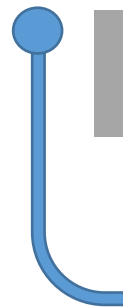


Orthogeriatrics

Fracture
Liaison Service



ICOP



DXA and
blood tests



Promote
bone
health

What will success look
like?