



osteoblast

Community Risk Report

Community Risk Report Second Edition
News Update

Community Risk Report Second Edition

By Associate Professor Peter Wong, Medical Director, Healthy Bones Australia

Healthy Bones Australia has released the second edition *Know Your Bones Community Risk Report* for World Osteoporosis Day. The report, based on over 88,000 responses from the Know Your Bones online self-assessment, utilises de-identified data to provide an important document for healthcare professionals, policy makers and the community. The Know Your Bones program was developed in partnership with the Garvan Institute of Medical Research to help consumers understand risk factors for osteoporosis and poor bone health and encourage a discussion with doctors when specific risks are identified.

Findings from this report were shared with the Australian Department of Health and Federal Health Minister to highlight further action is needed to capture at-risk patients to reduce the national impact of osteoporosis and related fractures.

Overview of Key Findings

Based on data of 88,015 responses overall age breakdown of females and males completing the self-assessment:

Female	83%	Male	17%
under 50 years	13%	under 50 years	3%
50-69 years	54%	50-69 years	8%
70 years+	16%	70 years+	6%

Fracture Status and Bone Density Testing Status

- Number of assessments completed that reported a minimal trauma fracture 17%
- Based on total number of minimal trauma fractures reported over half (52%) occurred in adults aged 50-69 years
- Number of assessments completed that reported a minimal trauma fracture and reported status of bone mineral density (BMD) testing:
 - Reported 'yes' for BMD testing 52%
 - Reported 'no' for BMD testing 40%
 - Reported 'don't know' for BMD testing 8%
- Number of assessments completed that reported a minimal trauma fracture and reported medication status:
 - On medication 14%
 - Not on medication 86%
- People over 70 years and Bone Mineral Density (BMD) testing status:
 - Reported 'yes' for BMD testing 59%
 - Reported 'no' for BMD testing 29%



WELCOME

In this issue, we report the findings from the consumer-facing *Know Your Bones* self-assessment that highlights the ongoing need to prioritise bone health in patients and increase community awareness of osteoporosis in both women and men.

The report highlights the many members of the community with known risk factors for poor bone health and the need to target these patients for further investigation of osteoporosis. The findings demonstrate under diagnosis and under treatment remains an issue – only half of respondents with minimal trauma fractures subsequently investigated and less than 20% of those receiving specific treatment for osteoporosis. Our collective focus should be on preventing unwanted fractures by identifying those at risk and securing early diagnosis.

Dr Weiwen Chen

*Community Risk Report Second Edition cont.***Clinical and Lifestyle Risk Factors***

- Number of assessments completed and total clinical risk factors reported:
 - Reported 'yes' to a clinical risk factor 36%
- Based on those reporting a clinical risk factor only half reported having a bone density test
- Based on those reporting 'yes' to a clinical risk factor the majority 70% had a single clinical risk factor and 30% had 2 (or more) clinical risk factors
- Number of assessments completed and total lifestyle risk factors reported:
 - The majority 99% reported having a lifestyle risk factor

Comment on Age and Risk

- Notably 16% of completions were adults under 50 years. Research indicates bone health in younger adults can be impacted by specific risk factors such as early menopause, low testosterone, coeliac disease, anorexia nervosa, breast cancer treatment and cortico-steroid use. It is important to protect bone health in these groups.

Summary of Findings

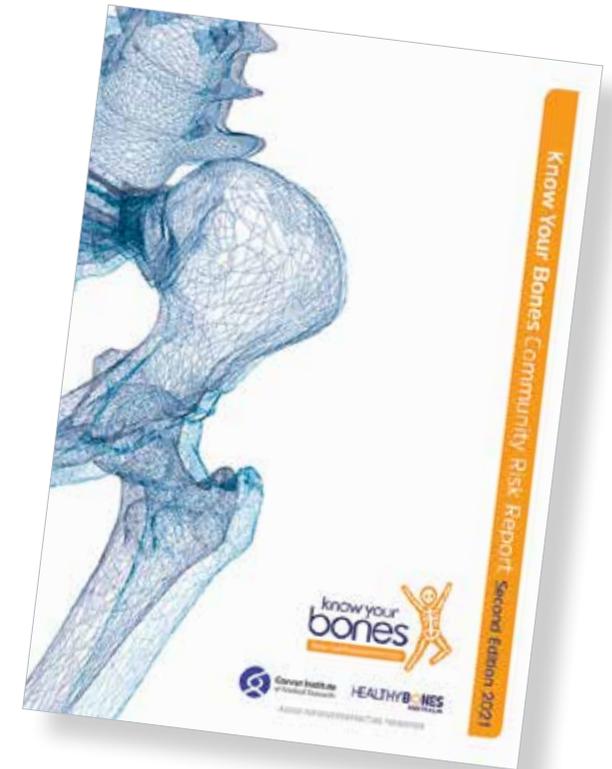
Greg Lyubomirsky, CEO, Healthy Bones Australia said "Know Your Bones remains an important assessment tool for consumers to review their bone health. The Community Risk Report shows we must act urgently to investigate patients with known risk factors to diagnose and treat osteoporosis early and stop unwanted fractures."

Findings of this report are consistent with other studies which suggest osteoporosis investigation and diagnosis rates should be higher – especially where known risk factors are present to signal potential impact on bone health.

- Only half of people reporting a fracture have reported having a bone mineral density test. Investigation of patients with a bone density test should be higher. Over half of the total number of reported fractures occurred in adults aged 50–60 years.
- Vast majority of people (86%) reporting a previous fracture are also reporting not taking preventative medication.
- Nearly 40% of people completing assessment have a clinical risk factor for osteoporosis and vast majority of people completing assessment (99%) reported having a lifestyle risk factor.
- Bone density testing reimbursement remains available for anyone over 70 years, yet nearly 30% reported not having a bone density test.

What is needed?

- ✓ Early intervention to capture adults following a broken bone (fracture) due to poor bone health.
- ✓ Routine investigation of adults with risk factors for poor bone health to ensure early diagnosis of osteoporosis to manage bone health and prevent unwanted fractures.



The full report is available on the Healthy Bones Australia website and includes graphs of data breakdowns and overview stats of bone health in Australia www.healthybonesaustralia.org.au/about-us/publications-reports/

*Risk factors: Clinical risk includes: Daily oral use glucocorticoids, early menopause/ low testosterone, loss of height, coeliac disease, overactive parathyroid, overactive thyroid, rheumatoid arthritis, chronic liver or kidney disease, treatment for breast cancer or prostate cancer. Lifestyle risk includes: smoking, alcohol intake, lack of adequate calcium/vitamin D/exercise.

NEWS UPDATE

New Medical Director

Healthy Bones Australia is pleased to introduce A/Professor Peter Wong as the new Medical Director and Chair of the Healthy Bones Australia Medical & Scientific Advisory Committee.



A/Professor Peter Wong

A/Professor Wong is Senior Staff Specialist Rheumatologist at Westmead Hospital, Sydney.

A/Professor Wong has worked professionally in Melbourne and Sydney and regularly visits the regional centre of Coffs Harbour to see patients, where he previously lived and worked. He is passionate about bone health and improving osteoporosis management in Australia. A/Professor Wong says "I am delighted to join Healthy Bones Australia and work to improve bone health in the community. We need to prioritise bone health and reduce the number of osteoporosis-related fractures currently occurring"

New Accredited GP Module

A new online GP education module produced in partnership with Healthy Bones Australia is now available at ThinkGP. The module addresses common queries received from GPs regarding osteoporosis investigation, diagnosis and treatment (including length of treatment and changing treatment) The module includes multiple case studies and is CPD activity recognised by RACGP and ACRRM. It can be easily accessed in your own time. Visit <https://www.thinkgp.com.au/education/management-osteoporosis-general-practice>

Pilot Program with General Practice

Healthy Bones Australia has received a grant from the Medical Research Future Fund (MRFF) to conduct a targeted pilot project working with select GP practices. The project will run over 2 years and involve at least 50 Australian GPs and their practices to establish a Fracture Liaison Service (FLS) function within their practice. The focus will be on identifying patients (predominantly over 60 years) who have sustained a minimal trauma fracture and those with specific risk factors for osteoporosis. The Project will identify/review factors influencing osteoporosis management in primary care settings by evaluating the impact of FLS on diagnosis and management of patients with osteoporosis and fracture from a current baseline. GPs remain on the frontline of managing bone health in Australia. This project aims to support GPs in their work to protect the bone health of their patients.

Update on Regional Initiative

Members of the Asia Pacific Consortium on Osteoporosis (APCO) representing 19 countries and regions, have worked together to develop a Framework of Minimum Clinical Standards of Care. The Framework will be instrumental in setting a new and enhanced benchmark for the provision of quality care across the Asia Pacific region. Dr Manju Chandran, APCO Chairperson and Senior Consultant and Director, Osteoporosis and Bone Metabolism Unit, Department of Endocrinology at Singapore General Hospital says developing the framework has been challenging and fulfilling "The Framework represents our commitment to developing tangible solutions to the substantial challenges involving osteoporosis management and fracture prevention for the Asia Pacific – the most populated and fastest growing region of the world."

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Resources for General Practice
Information and resources for general practice can be accessed online under the Healthcare Professional section of the Healthy Bones Australia website:
www.healthybonesaustralia.org.au