



HEALTHY BONES
AUSTRALIA

osteoblast

New Community Risk Report

Understanding Osteoporosis Risk Factors the Key to Maintaining Healthy Bones: New Report
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News Update

Understanding Osteoporosis Risk Factors the Key to Maintaining Healthy Bones: **New Report**

The new third edition Community Risk Report, which summarises data from more than 104,000 Australians who have completed the *Know Your Bones* online self-assessment was launched at Parliament House Canberra on 19 October for World Osteoporosis Day.

Dual World and Olympic champion hurdler, Sally Pearson, OAM joined doctors, patient advocates, and federal MPs at the event hosted by the Parliamentary Friends of Aged Care co-chairs Rebekah Sharkie MP and Dr Mike Freelander MP and Healthy Bones Australia. A video message of support from Healthy Ageing Advocate Ita Buttrose was shared at the event.

The report was officially launched by the Hon Emma McBride, Assistant Minister for Rural and Regional Health, who noted the prevalence of osteoporosis and the importance of raising awareness for prevention.



From left: Hon Emma McBride; Greg Lyubomirsky; Sally Pearson, OAM



Sally Pearson, OAM

Sally Pearson sustained a shattered wrist in 2015 while competing and was shocked by the difficult recovery process, which significantly compromised her mobility, independence, and mental wellbeing. Sally said "Based on my personal experience with fractures, I know how important it is to look after your bones. The rehabilitation process was more traumatic than the actual fracture. Thankfully, because my bones were generally quite strong, I was able to mount a successful recovery from my injury, and to win my second World Championship in 2017. This is not the case however, for many Australians living with osteoporosis. We know that too many people



WELCOME

In this issue, we celebrate World Osteoporosis Day with the launch of the 3rd edition of *Know Your Bones* Community Risk Report. The report highlights the need to investigate patients following minimal trauma fractures and patients with risk factors for poor bone health. Fractures can be very disruptive to life and mobility. Effective treatments are available in Australia. We encourage GPs who are at the forefront of diagnosis and management of osteoporosis to discuss with their patients about their bone health and investigate those with risk factors. The new Clinical Care standards for hip fracture clinical care aim to allow for better and more efficient care to get patients back home sooner.

Dr Weiwen Chen

Understanding Osteoporosis Risk Factors the Key to Maintaining Healthy Bones: New Report cont.

are suffering unnecessarily from broken bones that could have been prevented."

Prof Peter Ebeling AO said "The report is showing gaps in care and I encourage policy makers, health professionals and the community to remain focussed on preventing fractures and building healthier bones."

Key Findings from the Report:

- More than one in two (52 per cent) of the respondents who reported a minimal trauma fracture were aged between 50-69 years
- 87 per cent of respondents who had broken a bone were not on osteoporosis medication.
- Respondents aged 70+ who reported minimal trauma fracture, nearly 80 per cent were not on osteoporosis medication.
- More than half (52 per cent) who reported a bone fracture or clinical risk factor, had not undergone a BMD test
- Almost 40 per cent reported a clinical risk factor, and the vast majority cited having a lifestyle risk factor.
- Over 22,000 minimal trauma fractures reported (showing sites throughout the skeleton)

CEO of Healthy Bones Australia, Greg Lyubomirsky said "We are pleased so many Australians are using this self-assessment, which is a simple first step to checking bone health."

Greg stressed "However, we need to close this gap between identifying risk factors and taking action. Our goal is to improve the diagnosis and treatment of osteoporosis, to reduce the impact of preventable fractures."

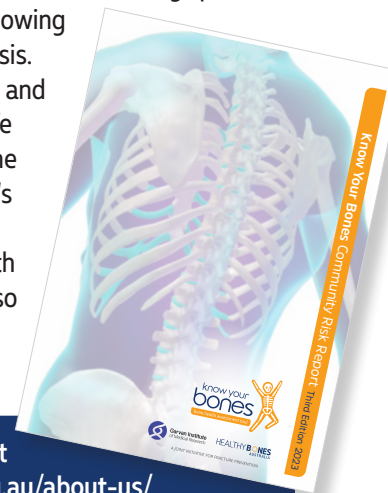


From left: Carole David; Sally Pearson, OAM; Rosemary Crane

Patient advocate Carole David is living with osteoporosis and has sustained multiple fractures, including spine, sternum and rib fractures following a late diagnosis of osteoporosis. She is now closely monitored and is receiving treatment. "My life changed dramatically from the fractures I've sustained. That's why its essential bone health becomes a higher priority with doctors and the community, so people are diagnosed early and avoid painful fractures."

The report can be viewed at healthybonesaustralia.org.au/about-us/publications-reports/

Front cover main image, left to right: Dr Shoshana Sztal-Mazer; consumer advocate Carole David; Hon Emma McBride MP; Dr Weiwen Chen; Greg Lyubomirsky; Sally Pearson, OAM; Prof. Peter Ebeling, AO; consumer advocate Rosemary Crane.



New Clinical Care Standards for Hip Fracture



The Australian Commission on Safety and Quality in Health Care (the Commission) released the updated national clinical care standard for hip fracture at the 2023 Hip Fest Conference (11 September) hosted by the Australian & New Zealand Hip Fracture Registry (ANZHFR).

In Australia, 19,000 people fracture their hip each year, usually after a fall. Most hip fractures occur in people over 65 years and are often a life changing event.

Geriatrician Professor Jacqueline Close, Co-chair of the ANZHFR and Co-chair of the expert advisory group for the standard said "Firstly, no-one wants to see their mum or dad fasting and in pain waiting for surgery; and shorter time to surgery is associated with fewer complications, better recovery and survival. It is also more cost efficient to manage these patients well. Every day surgery is delayed, two days are added to the length of stay. The sooner you operate, the quicker patients can get walking and go home."

Hip Fracture Care:

- Pain management and nerve blocks
- Time to surgery within 36 hours
- Mobilisation including first day walking
- Prevention of future fractures

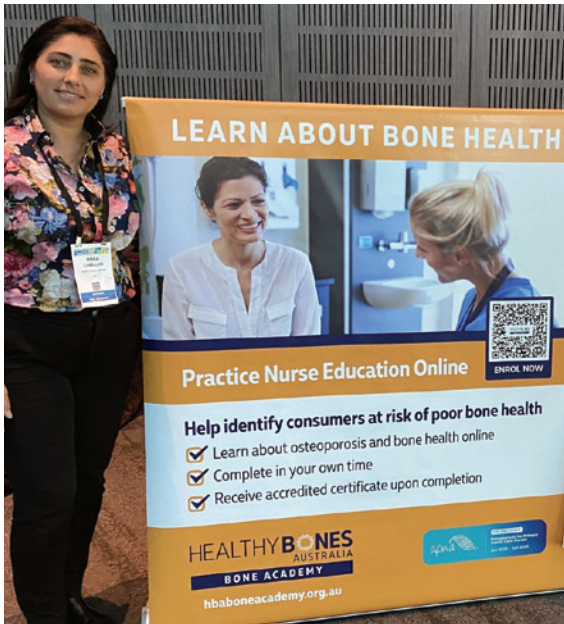
For more information go to:

safetyandquality.gov.au/hipfracture-ccs

NEWS UPDATE

Online Education for Practice Nurses

Healthy Bones Australia hosted an education booth at the Australian Practice Nurses Association annual conference in Perth at the end of July to encourage access to consumer resources and fact sheets and promote APNA accredited online education for nurses.



Rosa Camilleri

ANZBMS 33rd Annual Scientific Meeting – Newcastle

The Australian and New Zealand Bone and Mineral Society's 33rd Annual Scientific Meeting was held in Newcastle, 22-25th October and included a special session on the importance of consumer engagement and the role of fracture liaison services (FLS). Presenters included Healthy Bones Australia CEO Greg Lyubomirsky, Solange Bernardo from an FLS in Victoria and patient advocate Carole David.



From left: Carole David, Solange Bernardo, Greg Lyubomirsky

At the official awards dinner Dr Kai Chen received the Prof Sambrook Young Investigator Travel Grant to assist young researchers to attend a national and international career-advancing conference with bone researchers.



From left: Prof Mark Forwood, President ANZBMS; Greg Lyubomirsky, CEO HBA; Dr Kai Chen

The conference presentations included local and international researchers including Prof Jill Cornish (New Zealand), Prof Peter Ebeling, AO (Australia) and Prof Yumie Rhee (South Korea) pictured.



Prof Jill Cornish, Prof Peter Ebeling, AO Prof Yumie Rhee