



The Bone and Joint Decade 2000-2010

INFOLETTER 54

February/March 2008

Dear Bone and Joint Decade supporting organisation and friend,

On behalf of the BJD Steering Committee I am pleased to report to you of the latest achievements in regard to the initiative.

Lars Lidgren, Chairman of the Steering Committee

**62 GOVERNMENTS ARE
NOW SUPPORTING
THE DECADE!**

GREAT NEWS FROM MEXICO



Although we are in the second half of the decade countries are still coming on.

On behalf of the Mexican Government, Dr Luis Guillermo Ibarra, has signed the Bone and Joint Declaration of Support.

There has been a long interaction between Prof Nicolas Walsh in San Antonio, Texas and the health ministry. Special thanks to Estella Rodriguez at the University of Texas Health Service Center at San Antonio.

The BJD 2008 WORLD NETWORK CONFERENCE and PATIENT ADVOCACY SEMINAR in INDIA

The Bone and Joint Decade **2008 World Network Conference and Patient Advocacy Seminar** will be held from 28

November to 1 Dec, 2008, in **Pune, India**. The Hotel Sun-n-Sand in Pune is this year's venue. For more information please see http://www.sunnsandhotel.com/pune/about_us.htm Dr Arvind Chopra, NAN coordinator in India, bjdindia@dataone.in will be our host in India.



Hotel Sun-n-Sand

Pune is a city located in the western Indian state of Maharashtra. It is located roughly 150 kilometres south east of Mumbai. Pune is widely considered the cultural capital of Maharashtra and has several reputed universities, other educational institutions, and high-tech industries - for this reason it is called the Oxford of India.

The planning of the Network Conference and the Patient Advocacy agendas is well underway. The Patient Advocacy programme will run from Friday to Saturday, 28 – 29 November. The Network Conference will take place on November 30 and December 1 (Sunday and Monday).

Each NAN will be contacted directly with a request to send two delegates, the coordinator or another NAN representative and a patient representative to the meeting in India. All delegates of the Patient Advocacy Meeting will be automatically registered for the Network Conference as well. The official invitation and necessary registration information will be sent in May, so please keep the dates and watch for further announcements on www.bjdonline.org



*The Guru Nanak Darbar
(a Sikh palace in Pune)*

Mark the dates:

***BJD Patient Advocacy Seminar
Friday & Saturday, 28-29 Nov 2008***

***BJD World Network Conference
Sunday & Monday, 30 Nov-1 Dec***

Venue: Hotel Sun-N-Sand, Pune, India

***Start planning your attendance now, and
watch for further announcements on
www.bjdonline.org***

Please contact the BJD Secretariat
bjd@ort.lu.se for any enquiries.

BJD 2009 World Network Conference and Patient Advocacy Meeting, October 21-25, 2009 Washington DC, USA

In 2009, the USBJD will host this annual international meeting of physicians and researchers from many musculoskeletal medical and basic science disciplines, as well as patient advocates. For more information please contact usbjd@usbjd.org

BJD lecture Series

Exercise for Musculoskeletal Health

We are pleased to present ***Prof KM Chan***, Chairman, Dept of Orthopaedics & Traumatology, The Chinese University of Hong Kong, who discusses the impact and cost of musculoskeletal disease on a broad scale, and clearly states the urgency for policy-maker, health care practitioners and the public alike to adopt a new mindset which focuses on the prevention of disability through exercise. To view this web cast please go to

<http://www.bjdonline.org/default.aspx?contId=1856>

A World Health Organization Collaborating Centre for Evidence- Based Health Care in Musculoskeletal Disorders

We are extremely proud to announce that the Department of Orthopaedics at Lund University has been designated as a ***World Health Organization Collaborating Centre for Evidence-Based Health Care in Musculoskeletal Disorders***.

The WHO Collaborating Centre in Lund together with the international BJD network will focus on identifying barriers and facilitators to the successful implementation of musculoskeletal health strategies; identifying the costs associated with musculoskeletal disorders and developing models for cost effectiveness; and continuing ongoing activities relating to

aetiology, prevention and treatment of musculoskeletal disorders.

WHO Collaborating Centres are institutions such as research institutes or parts of universities, which are designated by the WHO Director-General to carry out activities which support the WHO's various global health programmes. The WHO believes that research in the field of health is best advanced by assisting, coordinating and making use of the activities of existing institutions, rather than founding new research bodies.

To read about the Collaborating Centre for Evidence-Based Health Care in Musculoskeletal Disorders in Lund, please go to http://www.who.int/whocc/Detail.aspx?cc_ref=SW E-60&cc_city=lund&cc_code=swe&

BJD Task Force on Neck Pain and Its Associated Disorders

A Milestone for Musculoskeletal Science:

A project begun in 2000 at the start of the Decade, the findings of the ***BJD Task Force on Neck Pain and Its Associated Disorders***, published in the journal *Spine* on February 15, 2008, will have a significant impact on the manner in which neck pain is perceived, treated and studied around the world. Please go to <http://www.bjdonline.org/default.aspx?contid=1923> to read more and to access the Executive Summary of the report.

ANNUAL CARL T. BRIGHTON WORKSHOP on TRAUMA CARE in DEVELOPING COUNTRIES

The Annual Carl T. Brighton Workshop on Trauma Care in Developing Countries took place Dec. 8-11, 2007 in Ahmadabad, India with representatives from the Bone and Joint Decade, POSNA, WHO, CDC and World Bank among others. The goal: bring orthopaedic surgeons from different nations together to share ideas on improving musculoskeletal trauma care in resource challenged environments. The

focus was on systems issues, on teaching/training, and on the role of international organizations in improving the delivery of services. Recommendations may help international organizations expand current trauma care training programs, especially in regions with limited resources. Proceedings will be published as a symposium in *Clinical Orthopaedics and Related Research*.

BJD AT THE AAOS ANNUAL MEETING

This year's American Academy of Orthopaedic Surgeons Annual Meeting was marked by the important fact that the Academy is celebrating its 75th anniversary. During the meeting a special breakfast assembly was held for all attending Presidents of worldwide Orthopaedic Associations. The BJD was represented by Dr Marcos Musafir and Dr Karsten Dreinhöfer, both members of the International Steering Committee, and Mr Toby King from the USBJD. The Academy opened a time slot for a BJD to present to the international audience about its efforts to improve musculoskeletal health and science, promote prevention and involvement of the WHO.

NATIONAL ACTION NETWORK NEWS

INDIA: Dr Arvind Chopra, NAN coordinator has reported that the ***Indian Rheumatology Association*** will hold a meeting (IRACON 2008) on 26 – 28 Nov in Pune in step with the ***BJD India Convention to Focus on Update Management of Rheumatoid Arthritis & Osteoporosis***. The Indian Convention during this period will be attended by Rheumatologists, Orthopedic Surgeons, and several other Physicians in this field. For more information please go to <http://www.rheumatologyindia.org/iracon.html> and www.rheumatologyindia.org

LEBANON: The Lebanese Minister of Health Dr Mohamad Khalife has sent a memo to all hospitals, requesting a national action to collect information on hip fractures in Lebanon in 2007. For more information please contact Dr Yasser Yaghi, NAN coordinator at yaghiy@hammoudhospital.com

MOROCCO: Dr Thami Benzakour, BJD NAN Coordinator of North Africa organized a full day in Casablanca Morocco with BJD themes on January 28, 2008.

The event included also a tennis tournament in doubles.



The teams of the semi-finals of the tournament (Thami Benzakour with the BJD logo)

NEW ZEALAND: The NZ NAN Annual Meeting was held February 14, 2008 in Wellington. Attendees from Rheumatology, Accident Compensation Corporation, NZ Dietetics, Sport and Recreation NZ, and others joined the meeting. The main discussion was on the following points:

Report on BJD Meeting, Gold Coast, Australia, 2007;

Discussion on 2007 BJD Activities:

Musculoskeletal Curriculum, Osteoporosis Survey, Burden of Disease, Joint Replacement Project (NZOA/MOH)

Key Activities 2008: Musculoskeletal conditions as a listed Health Priority, Further work on the Musculoskeletal Curriculum, "Promotion" of latest

Osteoporosis Survey (Orthopaedic Surgeons, Fracture Clinics etc)

Awareness of BJD for final years of the Decade.

For more information please contact Mr Chris Bossley, NAN coordinator, bossley@xtra.co.nz or Mr Kim Miles, Executive Director, NZ NAN, kim@nzoa.org.nz

Dr Mohammed Alkhayarin, our Coordinator in **Qatar**, announced that the 13th Pan Arab Orthopaedic Congress and the 12th GCC Orthopaedic Congress will be held in Muscat, Oman, November 26-29, 2008, an update will be given to the participants. For more information contact omanortho@gmail.com

SLOVAKIA: Prof Jozef Rovensky, NAN Coordinator, sent an extensive report from Slovakia on the **RISKS OF OSTEOPOROSIS IN SLOVAKIA.**

Please find the full report on www.bjdonline.org on the country page for Slovakia or contact Prof Rovensky, rovensky@nurch.sk

SLOVENIA: NAN Slovenia reported that it is one of the best working task force groups within the local WHO office! During 2008 the network will organize the following events:

On March 6th and 7th, 2008, an international conference on external fixation and damage control surgery in multiple injured patients will be held in Portoroz. Invited lecturers from USA, Germany, Croatia and Slovenia will discuss on modern approach to surgical resuscitation procedures.

On May 31, 2008, interdisciplinary meeting of the Slovenian Spine group and Slovenian Association for Physiatrics and Medical Rehabilitation will discuss conservative treatment of spinal disorders. The network will discuss the report of the international BJD task force on neck pain.

At the Medical faculty Maribor the Slovenian BJD will organize a traditional meeting on musculo-skeletal medicine. This year's topic is "Interdisciplinary approach to osteoporosis (biomechanics, genetic, medical and surgical treatment, medical rehabilitation)".

Slovenia becomes the 17th member of the ATLS Europe society with promulgation of the licensed ATLS skills to different surgical groups. The project is held with cooperation of the Slovenian Society of Trauma Surgeons, BJD and Ministry of health of Slovenia.

For more information please contact Prof Radko Komadina, NAN Coordinator, sberdi@guest.arnes.si

SPAIN: Prof Antonio Herrera, NAN coordinator for Spain, reported on activities:

October 2007

Meeting of Osteoporosis Group in the National Meeting of Spanish Society of Orthopaedic Surgery and Traumatology

24th October 2007

The constitution of a new Society: Spanish Society for Osteoporotic Fractures (**SEFRAOS**) with participation of different specialities. Antonio Herrera was nominated as President.

24-27 January 2008

First meeting of SEFRAOS in Zaragoza with the participation of different speakers and the Association of Osteoporotic Patients and the persons responsables of National Health.

The **next projects** are the following:
14 Regional meetings about Osteoporosis with the support of SEFRAOS
Publishing a book about of Osteoporotic Fractures

For more information please contact Prof Herrera at aherrerar@wandaoo.es

SWEDEN: The Swedish NAN is currently sustaining a high level of activity in the field of education, information and lobbying. The NAN is since The International Spine Day 2007 supporting the "Straighten Up" campaign. The goal for "Straighten Up Sweden" is to get especially schools to adopt the spine exercise programme and make it into an every day regular activity. Members from Swedish Chiropractic Association are visiting primary schools and also organisations among the elderly and the patients' organisations within the NAN to show the exercises and give advice on spine health. A booklet on the importance of an active life to prevent bone and joint injuries and diseases has soon been produced and will be sent to relevant decision-makers.

A seminar on the topic of how to achieve an effective rehabilitation chain is going to take place on the 1st of April with the health minister and members of the Government and Parliament and other important decision-makers.

Physiotherapist will be educated on how to be "a Bone Hard Coach" for the osteoporosis patient, which is just one example of seminars and lectures arranged by the NAN for health care professionals this year. For more information please contact Cecilia Carpelan at cecilia.carpelan@reumatikerforbundet.org or info@rorg.se

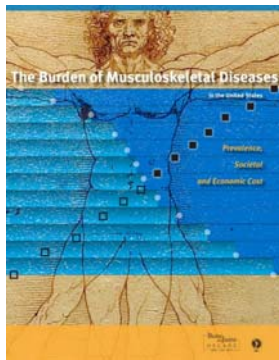
TURKEY: The Turkish NAN is supporting a new campaign in Turkey:

Fasten Your Seat Belt on the Bus!

Almost 10 000 people die in Turkey every year, due to traffic accidents. This initiative aims to decrease the deaths at least 50%, by reaching 300 000 bus passengers. Interestingly, six of ten passengers don't know anything about seat belts in busses even though there have been seat belts in some busses since 2004.

In addition, the 6th Congress of Osteoporosis and Osteoarthritis (OSTEO 2008) will be held on April 16-20, 2008 in Antalya, Turkey. This meeting aims to increase awareness and knowledge of the physicians on these issues. For more information please find an extensive BJD Turkey Newsletter February 2008 on www.bjdonline.org /Turkey or contact Prof Sahap Atik, NAN Coordinator, atik@tr.net

USA:
Burden of Musculoskeletal Diseases in the United States
Leading cause of disability - \$849 billion
- 7.7% of GDP



The Burden of Musculoskeletal Diseases in the United States, released in February 2008, outlines why musculoskeletal disorders and diseases are the leading cause of

disability in the United States and account for more than one-half of all chronic conditions in people over 50 years of age in developed countries. The economic impact of these conditions is also staggering: in 2004 the sum of the direct expenditures in health care costs and the indirect expenditures in lost wages has been estimated to be \$849 billion dollars, or 7.7% of the national gross domestic product.

Beyond these statistics, the human toll in terms of the diminished quality of life is immeasurable. This situation is unlikely to improve in the foreseeable future and will likely be intensified by current demographic trends, including the graying of the baby boomer population, the epidemic of morbid obesity and the higher

recreational activity levels of our elderly population.

Despite these compelling facts, the investment in musculoskeletal research in the United States lags behind other chronic conditions. While musculoskeletal diseases are common, disabling and costly, they remain under appreciated, under recognized and under resourced by our national policy makers.

Several professional organizations concerned with musculoskeletal health have collaborated to tabulate up-to-date data on the burden of musculoskeletal diseases to educate health care professionals, policy makers and the public. The information presented here is an update of two previous editions entitled *Musculoskeletal Conditions in the United States*, published in 1992 and 1999 by the American Academy of Orthopaedic Surgeons. The present volume, renamed *The Burden of Musculoskeletal Diseases in the United States* represents a true collaboration of a coalition of professional organizations committed to the mission of the US Bone and Joint Decade.

These data should stimulate increased investment in basic, translational, clinical and health policy research to delineate the underlying mechanisms of these diseases and their response to treatment. Through such research, novel preventive and therapeutic approaches can emerge which promise to mitigate the societal and personal impact of musculoskeletal disease.

To order copies of the full publication in hard copy and the executive summary, email usbjd@usbjd.org.

1st Advances in Rare Bone Diseases

The USBJD and Rare Bone Disease Patient Network are organizing a scientific and patient-interactive conference on rare bone diseases, titled “*1st Advances in Rare Bone Diseases, (ARBD-1)*,” Oct. 23-23, 2008, on the NIH Campus in Bethesda, MD. For

information on the conference, email usbjd@usbjd.org

For more information please find an extensive US Bone and Joint Decade (USBJD) Newsletter at <http://www.usbjd.org/rd/?Newsletter> or contact usbjd@usbjd.org

Our current status:

96 BJD National Coordinators
62 Supporting Governments
61 National Action Networks

Report on the 15th International WCPT Congress, Vancouver 2007

The World Confederation for Physical Therapy (WCPT) held their 15th International Congress in Vancouver recently. The Congress theme was ***Moving Physical Therapy Forward*** and was attended by over 4,000 physiotherapists from around the world. During the meeting a group of physiotherapists involved in the Bone and Joint Decade NAN in their country held a networking session to discuss the importance of the decade to physiotherapy and the role physiotherapy could play in promoting it. A Discussion Forum on the WCPT website has been set up to ensure these discussions continue: <http://www.wcpt.org/smfforum/index.php>

The prevention and treatment of musculoskeletal conditions is a core area of physiotherapy practice and many of the presentations reflected that. There were 50 sessions and over 250 presentations directly related to musculoskeletal conditions and these were often the best attended sessions. One of the workshops was on ***Bone Health in Chronic Conditions: Implications for Physiotherapists*** examining the role

physiotherapists can play in the secondary prevention and treatment of osteoporosis in people with chronic conditions. There was also a focused symposium on ***Randomized trials in Common Musculoskeletal Problems: Challenges and Future Directions*** looking at current physiotherapy research into musculoskeletal conditions. For more information, Janet Copeland, (Member New Zealand NAN, Decade of Bone and Joint), tbury@wcpt.org

Editorial

David T Felson from Boston, Massachusetts has written an editorial:

Comparing the Prevalence of Rheumatic Diseases in China with the Rest of the World

Published: 25 February 2008 in Arthritis Research & Therapy 2008, 10:106

Please see <http://arthritis-research.com/content/10/1/106> to read the article.

ACT NOW!

The BJD Action Week
October 12 – 20,
Every year

Start planning for the Action Week 2008
Already today!

The days are:
October 12 - World Arthritis Day
October 16 - World Spine Day
October 17 - World Trauma Day
October 20 - World Osteoporosis Day

SOCIETY UPDATE - IMPORTANT

Please fill in the enclosed Society update form and send it to the BJD Secretariat, bjd@ort.lu.se

It is important for us to have a current email contact address in order to communicate with, and keep all groups who are part of the Bone and Joint Decade informed. We would like to have up-to-date information. If you have resigned as an officer or president and wish to stay on our mailing list, we welcome your continued participation. Simply add the new official contact person for your organisation.

The Bone and Joint Decade Secretariat

If you have any questions or need any assistance please feel free to contact Agneta Jönsson, bjd@ort.lu.se

Next Infoletter

Will be sent on April 29. For information to be included, please submit before April 18.

Contact us:
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