

# IOF MENA



A Review of Osteoporosis Action in the Middle East & North Africa



## BJD Meeting in Chicago

Fragility Fracture Repair Project

## Interview with Dr. Yasser Yaghi

Lebanese Coordinator of the National Action Network of the BJD

## “Bone Appetite”: WOD 2006

Bone-friendly recipes in Arabic for this year’s theme of “Nutrition”

## Seven Things You Can Do

to prevent developing osteoporosis



International Osteoporosis Foundation

## BJD MEETING IN CHICAGO

### FRAGILITY FRACTURE REPAIR PROJECT

Upon the initiative of Prof. Ghassan Maalouf, members of the Bone & Joint Decade gathering for the Congress of the American Academy of Orthopedic Surgeons in Chicago in March, took the opportunity of holding a meeting to discuss the future cooperation IOF-BJD-ISFFR on a Fragility Fracture Repair Project.

Prof. Maalouf explained the project and stressed the importance of unifying forces in order to give a clear message to the orthopedic community regarding osteoporosis and the total care of the fractured patient. Dr Wadell, at the request of BJD, declared that the standard of care document under preparation should be taken into consideration.

It was agreed that all should join forces and put the logos on slide kits of IOF, BJD, ISSFR, once the material has been approved. This was to be discussed during a conference call already prepared by Jo Codagan - IOF in April.



Present at the meeting (from left): **Stephan Korte**, Novartis, **Jean Puget**, SOFCOT, **Marcos Musafir**, President of the Brazilian NAN, **James Wadell**, President of the Canadian NAN, **Kokuban Shoichi**, Pres. of the Japanese NAN, **Ghassan Maalouf**, IOF Board Member & M. E. Rep., **Lars Lidgren**, Pres. of BJD, **Yasser Yaghi**, Pres. of the Lebanese NAN, **Harry Genant**, IOF Board Member, **Karsten Dreinhofer**, President of the German NAN, **Olof Johnell**, IOF Board Member, **Alexandre Nehme**, Lebanese Osteoporosis Prevention Soc.

Ghassan Maalouf is to coordinate this entire project for the time being, until the completion of the teaching program in cooperation with the presidents of the BJD and ISFFR.

Contacts with orthopaedic societies will start soon and two proposals are already on the agenda.

### PROF. OLOF JOHNELL



We have been saddened by the news that Professor Olof Johnell, Board Member of IOF and Vice Chair of the IOF Committee of Scientific Advisors, has suddenly passed away.

Professor Johnell was among the most respected and prolific scientists in the field, known for his great contributions to the advance of osteoporosis research and his active participation in the work of IOF.

He was also a frequent visitor to the Middle East and contributed, among other events, to the First Pan Arab Conference in Beirut in October of 2000 as well as to the launch of the Middle East Training Course on Osteoporosis in May of last year.

He was a great personal friend to many within the IOF and the osteoporosis movement as a whole and will be greatly missed by all.

## INTERVIEW WITH DR. YASSER YAGHI, LEBANESE COORDINATOR OF THE NATIONAL ACTION NETWORK OF THE BONE & JOINT DECADE



### How did you come to hear about and take an interest in the Bone & Joint Decade?

I heard about the Bone and Joint Decade from Prof. Ghassan Maalouf.

He presented me with all the information: how it works, its policies and strategies and we discussed the program of the Decade thoroughly and the

urgent need for such initiatives in Lebanon. He also encouraged me to step forward and accept the responsibility of becoming Chairman of the National Action Network in Lebanon.

### What aspects of the BJD are you focusing on initially in Lebanon?

The BJD in Lebanon is focusing on improving the health-related quality of life of people who are affected by musculo-skeletal conditions. Our targets for the year 2006 are to initiate a series of surveys on a variety of aspects of bone and joint disorders. We hope to be able to make headway on the following:

- To initiate a 2- year survey including compilation of a data bank on 'Amputation and Amputees' in Lebanon. A multi-disciplinary national forum will be held on 22

April 2006 to highlight this issue.

- To carry out a survey of "Admissions to E.R. of Pediatric Accidental Injuries". A committee of BJD members is working on this Survey and will be launched in Sept. 2006.

- Lebanese Joint Replacement Registry (Hips, Knees, etc.). A group of orthopedic surgeons (members of NAN, Lebanon), will meet shortly to decide on the future plan for implementation of a registry form to be used by surgeons, medical supply companies and government agencies. This is planned for 2007.

- A Survey of Hip Fractures
- A Survey of Road Traffic Accidents
- A Survey of Occupational Injuries

### I imagine that much of your work will require a certain amount of lobbying at a governmental level. Is this a difficult task at the present time?

Lobbying requires the development of a partnership between patients' advocacy groups, professional and scientific societies, universities and government agencies.

Although NAN-Lebanon was only launched in April of 2005, it has already set about developing joint ventures with the Ministry of Public Health, the Ministry of Social Affairs and the WHO. These ventures will support BJD's strategies and promote initiatives and legislation that reflect the Decade's mission.

## IRAQI SOCIETY OF OSTEOPOROSIS

The Iraqi Society of Osteoporosis was founded in 2002 just before the start of events in Iraq. We have been informed that the current committee consists of:

Prof Z Alrawi, President  
Prof S Salman, Vice President  
Dr J Hikmet, Member  
Prof S Alkhdairy, Member  
Dr N Abdul Lateef, Member



Prof S Salman  
Vice President

## SEVEN THINGS YOU CAN DO TO PREVENT DEVELOPING OSTEOPOROSIS

Whilst our genetic makeup cannot be altered, our lifestyle choices will ultimately play a significant role in affecting our bone health. Take note of these seven important points and try to pass this advice on to others:

### 1 Calcium

Although we are recommended a daily calcium intake of 1,000-1200 mg as adults (500-800mg for children under 8 yrs. old, and 1,300mg for 9-18 yrs. old), most of us are not getting enough. To boost your intake, try adding more of these foods to your diet:

- Low fat dairy products
- Sardines and salmon canned with bones
- Broccoli
- Spinach and other dark leafy vegetables
- Calcium-fortified products such as cereals

or, if you feel that you or your children are still not getting enough calcium, consider taking supplements.

### 2 Vitamin D

This is essential for the absorption of calcium. Your skin produces vitamin D in response to sunlight. However, there is a high incidence of a lack of vitamin D amongst the peoples of the Middle East & North Africa. For this reason, many would be advised to choose vitamin D fortified products such as milk or, as a last resort, to consider taking vitamin D supplements.

### 3 Exercise

Exercise has been proven to help prevent osteoporosis, as the pull of the muscles against the bones spurs the building of more bone cells. In particular, weight-bearing activities such as jogging, walking or stair climbing can help build bone strength, as can resistance exercise using free weights, fitness bands or weight machines.

### 4 Check your medicines

Certain medicines may increase your risk of developing osteoporosis:

- Immunosuppressants, including prednisone and other steroids
- Thyroid drugs
- Anticonvulsants
- Antacids containing aluminium
- Cholesterol-lowering drugs
- Long-term heparin therapy

These medicines may be essential for treating serious conditions, However, you would do well to consult your doctor as to their advantages and disadvantages.

## 5 Smoking

If you are a smoker, this is another reason to stop! Smoking has been shown to decrease bone density, thus increasing your risk of fracture. Once bones have been broken, smoking may slow the healing process, since smokers carry a lower amount of oxygen (essential for healing) in their blood.

Also, female smokers have been shown to start menopause an average of five years earlier than non-smokers, which would also increase their risk of developing osteoporosis.

## 6 Alcohol

Excessive consumption of alcohol can interfere with vitamin D metabolism, which in turn affects your body's absorption of calcium. It can also affect the production of hormones, causing irregular menstrual periods in pre-menopausal women and lowering testosterone levels, both of which increases one's risk of developing osteoporosis.

## 7 Hormone Levels

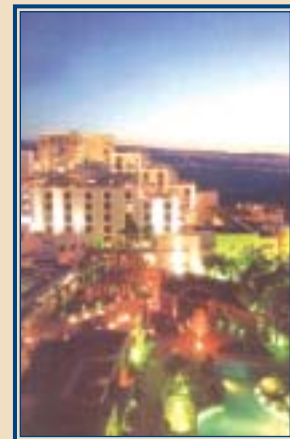
Hormones play a very important role in bone density. A lowering of hormone levels in men as well as women may lead to osteoporosis. Many factors can lead to a reduction of hormones: excessive exercise, anorexia, menopause, a hysterectomy, etc. If you suspect that your hormone level has lowered for whatever reason, you should seek medical advice.

### IOF-METCOP 2006

After the success of the first IOF-Middle East Training Course on Osteoporosis, which gathered 150 participants from across the region, the second edition of the IOF-METCOP will take place on November 17 and 18, followed by a half-day training course on November 19. The venue chosen is once more the Grand Hills Village, Broumana, Lebanon, as per the request of the majority of last year's participants.

As last year, faculty members of an international scale have been selected:

- Prof. Pierre Delmas
- Prof. Jean-Philippe Bonjour
- Prof. Ghassan Maalouf
- Prof. Cyrus Cooper
- Prof. David Hosking
- Prof. Claus Christensen
- Prof. Serge Ferrari
- Dr. Mary Bouxein



Grand Hills Village

They will present a program structured along the same lines as last year, and naturally focusing on the latest updates in the field of osteoporosis and bone metabolism. Also, a crucial addition to this year's program is the theme of surgical management of fragility fractures.

Again, this year, participants will receive 20 CME credits for their attendance, as well as the booklet containing all the presentations given during the course.

An important aspect of this course is the continuous interaction between the faculty members and the participants, even outside the context of the course work per se, namely during lunch, dinner, and the coffee breaks.

**For further information, kindly visit our website: [www.osteofound.org/mena](http://www.osteofound.org/mena).**

## WORLD OSTEOPOROSIS DAY 2006

### “BONE APPETITE”: THE ROLE OF FOOD AND NUTRITION IN BUILDING AND MAINTAINING STRONG BONES

WOD 2006 will be held on 20 October 2006, celebrating the theme Bone Appetite, the role of food and nutrition in building and maintaining strong bones. IOF will communicate the message that while osteoporosis is serious, individuals can take responsibility for their bone health by building strong bones through healthy lifestyle. Following ‘exercise’ in 2005, the “nutrition” theme is the second in a three-year WOD life style campaign to get people to reduce

their risk of having an osteoporosis fracture.

We give you on the following pages some calcium-rich recipes in Arabic. You can find the complete collection of recipes on our website: [www.osteofound.org/mena](http://www.osteofound.org/mena).



### الرقاق بالجبنه



#### المكونات

رقاق	جبنه فينا مبروشة
٣٥٠ غرام	١ كوب
٢ ملعقة كبيرة	٢ ملعقة كبيرة
١ ملعقة كبيرة	١ كوب
٣ بيضات	

#### طريقة التحضير

- ١- ينقع الجبن العكوي قبل ليلة بالماء الجارر ويغير الماء عدة مرات خلال هذه الفترة للتخفيف من اذواق الملح للجبن.
- ٢- في اليوم التالي نمزج هذه الجبنه مع الفينا والبيفونس والبصل.
- ٣- يقطع الرقاق الى مثلثات متوسطه الحجم.
- ٤- توزع الجشوة على المثلثات ثم تلف هذه الاخيرة بشكل اصابع.
- ٥- تخفق البيوض جيدا بشوكة وتدهن طرفا رأس المثلث به حتى يلتصق جيدا.
- ٦- نقليها بالزيت الحامي ونقدمها بسرعة.

### كنافة بالجبنه



#### المكونات

فرك الكنافة	١ كغ	ماء لوزة	٢ ملاعق كبيرة
جبنه عكاوية مقطعة	٤ كواب	ماء الزهر	١ ملعقة كبيرة
مطحون فرخة	(١/٢) كواب	زبدة سائلة	٢ كواب
	١ كواب	قطر	١ كواب

#### طريقة التحضير

- ١- نقطع الجبنه قبل يوم الى شرائح رقيقة ونلقعها بالماء البارد طويلا الليل مع التغيير المستمر للماء. والهدف من ذلك إزالة ملوحة الجبنه.
- ٢- في اليوم التالي نضع الجبنه جيدا\* ونضعها في صينية عالية العرف ونقطعها فرنا\* حاميا\* حتى تثوب ونلاحظ ظهور ماء في الصينية خرج من الجبنه.
- ٣- بينما تكون الجبنه في الفرن، نخلط فرك الكنافة مع الزبدة ونوزعه في قعر صينية (٣٠ سم) حتى يغطيه جيدا\* ونضغط قليلا\* حتى يلتصق الفرك جيدا\* بالقعر بالحكم.
- ٤- نضع الصينية على النار ونديرها باستمرار حتى تتوزع الحرارة على العجين كله ويثوب الكعب بنفس الدرجة في كل اتجاه.
- ٥- نخرج صينية الجبنه ونفرغ محتواها في ملجحة عميقة على النار ونفقد الجبنه مع خواصها بشويط حتى تتعمق فاضيف اليها طحين الفرخة والقطر وماء الورد وماء الزهر ونستمر بالخلق حتى تتشك.
- ٦- نستحب مزيج الجبنه فوق العجين ونضع صينية كواب\* فرفه ونقلب الصينية الصغيرة على الكبيرة بحيث نحصل الان على قالب يمكن ما كان عليه أي الجبنه في الاسفل والعجين عليها و نرى سطحه الاثغر.
- ٧- نتركها على نار متدنية الحرارة قليلا\* ثم نوزع القطر على سطحها ونقدم مباشرة مع الكعب الى جانبها والمزيد من القطر حسب الرغبة.

## سبانغ بالفطر والزبيب والمحبوب



### المكونات

زيت نباتي وبصل مقروم	٣ ملاعق كبيرة من كل واحد
ثوم مدقوق	٢ ملاعق صغيرة
سبانغ مفروم ناعم	١ كغ
حمص مسلوق وزبيب	١/٢ كوب من كل واحد
فاصوليا مسلوقة	١/٢ كوب
حبوب فطر صغيرة	١/٢ كوب
عصير حامض	١/٢ كوب
زيتون أخضر منزوع النوى	١/٢ كوب
ملح، كمون	حسب الرغبة

### طريقة التحضير

- ١- نضع الزيت في طنجرة على النار ، وعندما يحمى نضيف اليه البصل المفروم فرما "ناعما" والثوم المدقوق . ثم نضيف السبانغ ونتركه لفترة خمس دقائق.
- ٢- نضيف اليه بعد ذلك الحمص المسلوق والفاصوليا المسلوقة والفطر والزبيب ونقلب المواد بعضها مع بعض .
- ٣- بعد مرور حوالي عشر دقائق ، نضيف الزيتون الاخضر والبهارات وعصير الحامض ونحرك مجدداً حتى تتوزع المواد وتخلط بعضها مع بعض .
- ٤- يقدم هذا الصنف بمفرده الى جانب مشاوي على الفحم او بداخل البندورة التي نفرغ قلبها ونضيفه الى القليّة ، ثم نملأ رأس البندورة بمواد القليّة وندخله الفرن حتى ينضج .

## فول بالقريرة والحمص



### المكونات

زيت زيتون أو نباتي	٣ ملاعق كبيرة من كل صنف
فول اخضر منزوع النوى	١ كغ
بصل مقطّع الى جوانح	٣ ملاعق كبيرة
ثوم مدقوق	٣ ملاعق صغيرة
حمص مسلوق وعصير حامض	١ كوب من كل واحد
كزبرة مفرومة	٢ كوب
بندورة مكعبات كوكاسيه	٢ كوب
ملح، فرفة، كمون	حسب الرغبة

### طريقة التحضير

- ١- نضع الزيت في طنجرة على النار ، وعندما يحمى نضيف اليه البصل المقطّع الى جوانح ثم الثوم المدقوق. وبعد وضع دقائق نضيف حبوب الفول الاخضر .
- ٢- عندما يبدأ لون الحبوب بالتغيير نضيف مكعبات البندورة الكوكاسيه والحمص والبهارات ، ونقلب المواد بعضها مع بعض ، ثم نغطي الطنجرة ونترك لمدة عشرين دقيقة على نار متوسطة الحرارة .
- ٣- بعد ذلك تضاف الكزبرة وتخلط جيدا" مع باقي المواد وعندما نرى انها بدأت تلتصق في قعر الطنجرة نضيف عصير الحامض ونحرك مجدداً .
- ٤- نترك الطنجرة على النار مجدداً لمدة ربع ساعة وبعدها يكون الفول قد نضج ، فنقدم ساخنة او باردة .

## فتة الكفتة



### المكونات

كفتة	٥٠٠ غرام
بصل	٤ حبات
لبن قليل النسم	١ كلغ
صلصة بندورة	ملعقة طعام
خبز	رغيف كبير

### طريقة التحضير

- ١- قطعي لحم الكفتة الى قطع صغيرة وابزميها على شكل كرات صغيرة .
- ٢- ضعي كرات الكفتة في طنجرة لا يلتصق بها الطعام وضعيها على نار خفيفة .
- ٣- قطعي البصل الى قطع صغيرة واضيفيها الى الكفتة .
- ٤- ادرمي البندورة الى قطع صغيرة واضيفيها الى الكفتة .
- ٥- ذوبي صلصة البندورة في نصف كوب من الماء ثم اضيفيها الى الكفتة ، واتركي الخليط على نار هادئة الى ان ينضج .
- ٦- حمصي في هذه الاثناء الخبز وقطعيه الى قطع صغيرة .
- ٧- ضعي الخبز في طبق للتقديم ثم اسكبي الكفتة مع الصلصة فوق الخبز المحمص .
- ٨- اخلطي اللبن قليلا ثم ضعيه فوق الكفتة . يمكنك اضافة الثوم المنقوق والنعناع اليابس الى اللبن .

## مخلوطة المحبوب بالدرجاج



### المكونات

زيت زيتون أو نباتي	٢ ملعقة كبيرة
بصل مقطع الى جوائج	٣ ملاعق كبيرة
ثوم منقوق	٢ ملعقة صغيرة
كزبرة مفرومة وحمص مسلوق	١ كوب من كل صنف
فاصوليا صنوبرية مسلوقة	١ كوب
عدس مسلوق	١ كوب
دجاج مفروم فرما خشنا	٧٥٠ غرام
عصير حامض	١/٤ كوب
مرقة عظام دجاج	٢ كوب
كمون وصنوبر	٣ ملاعق كبيرة

### طريقة التحضير

- ١- نضع الزيت في طنجرة على النار ، وعندما يحمى نضيف اليه البصل والثوم ثم الصنوبر والحمص والفاصوليا والعدس وعصير الحامض وقسمنا من الملح والكمون . ومن الافضل الانتظار مدة خمس دقائق بين اضافة كل صنف واخر ، والا انخفضت حرارة النار وامتصت المواد الزيت .
- ٢- يضاف بعد ذلك الدجاج المفروم وبقيّة البهارات، وعندما يصل الى ثلاثة ارباع النضوج، نضيف المرققة ونترك الوصفة على نار متوسطة الحرارة لمدة ربع ساعة. ثم تقدم مع اللبن الممزوج بملعقة كبيرة من الطحينية وملعقة صغيرة من الثوم المنقوق.

# FUTURE EVENTS

## **IOF World Congress on Osteoporosis**

June 2-6, 2006  
 Toronto, Canada  
[www.osteofound.org/wco/2006](http://www.osteofound.org/wco/2006)



## **National Osteoporosis Society 11<sup>th</sup> Conference on Osteoporosis**

June 25 - 28, 2006  
 Harrogate, North Yorkshire, United Kingdom  
 E-mail: [s.phillips@nos.org.uk](mailto:s.phillips@nos.org.uk)  
 Telephone: +44(0)1761 473106  
 Conference website: [www.nos.org.uk/conference](http://www.nos.org.uk/conference)

## **1<sup>st</sup> Joint Meeting of the Bone Research Society and the British Orthopaedic Research Society**

July 5-6, 2006  
 Southampton, UK  
[www.brsoc.org.uk](http://www.brsoc.org.uk)

## **1<sup>st</sup> International Symposium “Secondary Causes of Osteoporosis, Unrecognized but Serious”**

July 7-8, 2006  
 Florence, Italy  
 See IOF website to download program

## **12<sup>th</sup> APLAR Congress 2006**

Asian Rheumatology - Facing the Challenges  
 August 1-5, 2006  
 Kuala Lumpur, Malaysia  
 Please visit [www.aplar2006.com](http://www.aplar2006.com) for further information and registration



## **American Society for Bone and Mineral Research (ASBMR)**

28th Annual Meeting  
 September 15-19, 2006  
 Pennsylvania Convention Center  
 Philadelphia, Pennsylvania, USA  
 For more information, call (202) 367-1161, email [asbmr@asbmr.org](mailto:asbmr@asbmr.org) or visit [www.asbmr.org](http://www.asbmr.org)

## **2<sup>nd</sup> Middle East Training Course on Osteoporosis**

Broumana, Lebanon  
 16-19 November 2006  
 For more information: [www.osteofound.org/mena](http://www.osteofound.org/mena)





**IOF Patron**  
Her Majesty Queen Rania of Jordan

*“Children who build strong bones  
are investing in their futures.....”*

quote from Queen Rania of Jordan's  
World Osteoporosis Day Message



**IOF President**  
Prof. Pierre Delmas

## MENA OSTEOPOROSIS SOCIETIES

**Bahrain:** Bahrain Osteoporosis Society, **Egypt:** Egyptian Osteoporosis Prevention Society, **Iran:** Endocrinology & Metabolism Research Center, **Iraq:** Iraqi Society of Osteoporosis **Jordan:** Jordanian Osteoporosis Prevention Society, **Kuwait:** Kuwait Osteoporosis Prevention Society, **Lebanon:** Lebanese Osteoporosis Prevention Society, **Libya:** Libyan Osteoporosis Prevention Society, **Morocco:** Moroccan Society for Rheumatology, **Pakistan:** Osteoporosis Society of Pakistan, **Palestine:** Palestine Osteoporosis Prevention Society, **Saudi Arabia:** Saudi Osteoporosis Society, **Syria:** Syrian National Osteoporosis Society, **Tunisia:** Tunisian Osteoporosis Prevention Society.

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