



A dramatic photographic exhibition was held in the European Parliament in Brussels in conjunction with the launch of a new report "Osteoporosis in the European Community: Action Plan"

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- 
- 2-3 **'Action Plan' launched in the European Parliament**

---

  - 3 **Photographs expose the human cost of osteoporosis**

---

  - 4-5 **Global participants get new insights at Istanbul conference**

---

  - 5 **Osteoporosis must be included in Chile's health reform**

---

  - 6-7 **World Osteoporosis Day focuses on quality of life**

---

  - 8 **US-based National Osteoporosis Foundation joins IOF**

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**International Osteoporosis Foundation**  
*Fighting osteoporosis and other skeletal diseases*

# Osteoporosis Action

# 'Action Plan' launched in the European Parliament

*Health experts and policy makers call to make the prevention of osteoporotic fractures an EU healthcare priority*

A report, *Osteoporosis in the European Community: Action Plan*, presented on November 12, 2003 at the European Parliament in Brussels by the European Union Osteoporosis Consultation Panel, provides the key steps necessary to prevent fragility fractures that result from osteoporosis.



The report outlines the key next steps required in Europe to develop effective strategies for the prevention of fragility fractures in high-risk individuals.

Osteoporosis is one of Europe's most common but least recognized diseases. In Europe, the annual first-year direct cost of treating all osteoporotic fractures is estimated at euro 25 billion. One person in the EU suffers an osteoporotic fracture every 30 seconds. With an ageing population, the number of fractures and their costs will at least double in the next fifty years unless effective preventive strategies are developed.

"If we are to avoid an epidemic of osteoporosis and a miserable future of fragility fractures especially in the elderly of Europe", said Dr Juliet Compston, Chair of the EU Osteoporosis Consultation Panel and International Osteoporosis Foundation (IOF) board member, "there are, at a minimum, three key steps that, with support from the EU, must be implemented in member and accession states."

- Development of evidence-based prevention guidelines in all member and accession states, with governmental endorsement and financial support.
- Appropriate access to and reimbursement of diagnosis and therapy.
- Coordinated collection of fracture data to include in the EU health information system (EUHIS) so that we can evaluate preventive strategies and plan the allocation of future healthcare resources.

"Since a first fracture is rapidly followed by more fractures, it is critical that healthcare policies promote the detection of osteoporosis before the first fracture occurs," continued Dr. Juliet Compston. "The Action Plan reveals that, unfortunately, early detection is not perceived as a healthcare priority."

Making prevention of osteoporotic fractures a healthcare priority in all member states was first outlined in a 1998 European Commission report. In 2001, a policy audit report, prepared by IOF, showed that little progress had been made in implementing the eight policy change recommendations detailed in the first report. This third report, the Action Plan, aims to raise the priority of osteoporosis at government level with particular emphasis on the development of effective strategies for the prevention of fragility fractures in high-risk individuals.

## EDITORIAL



Dear Readers

We frequently have to deal with bad news – reimbursement problems, budget problems, insurance problems – but sometimes, there is good news! We have good news to report in this issue of Osteoporosis Action, good news for our global network of osteoporosis patient and medical societies. The National Osteoporosis Foundation of the USA has joined IOF; the Europeans have launched an osteoporosis 'Action Plan'; countries in Latin America have become active in trying to change osteoporosis health policy (and Brazil is to host the upcoming IOF-World Congress on Osteoporosis); the Middle Eastern and Asian osteoporosis movements are gathering momentum. World Osteoporosis Day and the bi-annual IOF World Wide Conference of Osteoporosis Patient Societies are vibrant symbols of this increasingly effective network.

IOF is truly global, and the globe welcomes IOF.

Yours

Helmut Minne

"Far too many Europeans at high risk of osteoporosis still suffer needlessly because they did not have timely diagnosis or preventive therapies", said Mel Read, MEP and chair of the European Parliament Osteoporosis Interest Group. Over the past two years the Group has worked with the EU and member and accession states to implement actions. "We are delighted to host the launch of this new and much needed Action Plan", said Mel Read "We look forward to seeing real progress."



Speakers at the press event in the European Parliament (photo left) included Mel Read, MEP and founding chair of the European Parliament Osteoporosis Interest Group (photo right); Dr. Juliet Compston, chair of the EU Osteoporosis Consultation Panel, IOF board member; Kinga Göncz, secretary of state, Ministry of Health and Social Welfare, Hungary (photo center); Prof. Sergio Ortolani speaking on behalf of Girolamo Sirchia, Minister of Health, Italy; Imelda Farmer, osteoporosis patient, Ireland; Oliviero Toscani, photographer, Italy

# Photographs expose the human cost of osteoporosis



The opening of "Osteoporosis: A Photographic Vision" by famous Italian photographer Oliviero Toscani was held in the European Parliament in conjunction with the launch of the 'Action Plan'. The dramatic and moving photographs draw attention to the issue by showing a realistic view of how osteoporosis changes people's lives. Toscani explains that he was intrigued by the concept of photographing people with osteoporosis in black and white, "without the camouflage of clothing or props", so that viewers could better understand the nature of the disease. Speaking at the press conference, Toscani said he saw "beauty in the tragedy" and that "the people in this exhibition have shown a large amount of generosity by revealing their physical situation in this way. Through the visual effects of the exhibition they will help other people to find out if they are also exposed to the risk."

"Osteoporosis: A Photographic Vision", is an international project by the International Osteoporosis Foundation and the German Green Cross.

After introducing the exhibition to journalists, Oliviero Toscani spoke at the launch of the Action Plan



"Our health is our wealth. This means it is also time to invest in a healthy, mobile, productive ageing population. Time to work together, to build a healthy future for our citizens in this new Europe. A Europe of health."

EU Health and Consumer Protection Commissioner David Byrne speaking at the opening of "Osteoporosis: A Photographic Vision"

## A personal story from Ireland

At 19, Imelda Farmer was an energetic young woman who enjoyed life to its fullest. She was a hairdresser and had opened her own business. Although this involved long hours of standing and bending, this was no problem for Imelda, who at the time was physically fit and active, a slim size 12, and 5 ft. 3 inches tall. Like most young women of her age, Imelda had many dreams for the future.

At 34, Imelda began to take corticosteroid therapy for a medical problem. She later began to suffer continuous back pain and was given acupuncture to relieve the pain. At the time, none of Imelda's doctors thought to test for osteoporosis.

After collapsing with severe back pain while on holiday in Cyprus, Imelda was finally given a bone densitometry test and was diagnosed with osteoporosis. She had suffered multiple vertebral fractures which caused her to lose five inches in height. The spinal deformation (kyphosis) caused her stomach to protrude so that she now wears a size 18-20.

The result of osteoporosis has been a dramatic loss of quality of life. Imelda, now only 4ft. 8 inches, is in constant pain, needs to wear a brace to support her back, and must take daily medication for pain relief and to treat the osteoporosis. Having had to give up her hairdressing shop and unable to carry out many simple daily tasks (she can only climb stairs with difficulty), Imelda now lives with her mother in a bungalow. Much of her physical and financial independence is gone.

A courageous woman, Imelda felt she could do something to help others avoid her fate. She took part in the Oliviero Toscani photographic exhibit and spoke about her personal experience with osteoporosis before a large audience of journalists and policy makers at the European Parliament launch of the 'Action Plan'.

Imelda hopes that by "unveiling" the devastating effects of osteoporosis, policy makers will move to implement the measures that would help reduce the burden of the disease for millions of people in Europe.



Photo left: Imelda Farmer at 19; Photo right: Imelda Farmer speaking to Oliviero Toscani in the European Parliament

IOF-World Wide Conference of Osteoporosis Patient Societies

# Global participants get new insights at Istanbul conference

Some 150 delegates from 45 countries gathered in Istanbul for the IOF-World Wide Conference of Osteoporosis Patient Societies (IOF-WWC). The three-day meeting was held from September 4 to 7, 2003 and organized by IOF in cooperation with the Osteoporosis Patient Society of Turkey. The conference is the only event which brings together osteoporosis societies from around the world to share experience and learn from one another while acquiring essential skills to enhance work at the national level.



**"Collaboration is a must in the struggle against osteoporosis"**

Dr. Rustem Zeydan, undersecretary of the Ministry of Health of Turkey welcomes participants to the conference

## The opening session

The conference was launched with a welcome address from IOF's CEO Daniel Navid and Osteoporosis Patient Society of Turkey President Gulseren Akyuz as well as by special guests Dr. Rustem Zeydan, undersecretary of the Ministry of Health of Turkey and Feliz Akin, the well known actress who is patron of the Turkish society. A memorable keynote address, "How international NGO's change the world", was given by Anthony Phelps, McCann Erickson Healthcare regional director and creator of "Finding the Magic and Self Mastery Seminar Series".



Louisa Zhang of the Osteoporosis Society of Singapore was one of four open mike speakers

Open mike presentations by delegates from Iran, Panama, Romania and Singapore showed how the osteoporosis movement works across a broad cultural and geographic range. Most importantly, the open mikes were a source of inspiration for the attendees who had the opportunity to view the projects and successes of other societies. Dr. Bagher Larijani of **Iran** introduced the ambitious work of the Endocrinology & Metabolism Research Centre of Tehran University which is carrying out, among other projects, a national plan for osteoporosis and designing a vitamin D fortification program. Dr. Joan Levin of the Fundacion de Osteoporosis y Enfermedades Metabolicas Oseas of **Panama** described her creative approach to getting high-profile celebrity patronage and government support for an osteoporosis risk test distribution and survey. Dr. Andrea Gasparik Ildiko of the Association for the Prevention of Osteoporosis in **Romania** discussed her society's projects, including the successful TV ad campaign which helped drive the society website to the top in the country's rankings. Louisa Zhang of the Osteoporosis Society of **Singapore** outlined her society's many varied activities, stressing how helpful it is to have a supportive and prominent patron. Louisa not only shared her recipe for success – she also treated delegates to a recipe for nutritious spring rolls!

## Skill building workshops

Workshops are an integral part of the IOF-WWC. Attendees each attended two of the five different workshops which were held over two days. The workshop on policy and lobbying, led by Judy Stenmark (Osteoporosis Australia), focused on strategies to help move government and healthcare authorities towards positive policy change in relation to the diagnosis and treatment of osteoporosis. "Getting Press and TV coverage", led by IOF's Paul Sochazcewski, helped participants learn how to attract the interest of journalists, hold effective press conferences and write gripping press releases. Joyce Gordon and Sue Berlove of the Osteoporosis Society of Canada held a workshop on effective management structure, an important element in establishing and maintaining a well-run patient society. Claire Hammond, education advisor of the National Osteoporosis Society UK led the work-



IOF Board Member and Chief Executive of the Osteoporosis Society of Canada Joyce Gordon leading the workshop on effective management structure

shop entitled "Creating effective education programs". This workshop focused on strategies for the development of a bone health teaching program and how to successfully integrate it into the school curriculum. The workshop on non-pharmaceutical support to people with osteoporosis was led by Dr. Maria Luisa Bianchi (Lega Italiana Osteoporosi). Participants discussed the importance of psychological support, nutrition, exercise and non-drug pain relief for patients, and how to integrate this into societies' programs.

## Award ceremonies

Award ceremonies were held during the gala dinner that took place at the magnificent waterside 18th century building "Esma Sultan Yalisi". In addition to the awards, the evening featured the screening of project videos by former winners of the IOF-Lilly Policy Initiative Awards.

The **IOF-Linda Edwards Memorial Award** was presented for the first time. IOF established the award in honor of the late Linda Edwards, the former Chairwoman of the National Osteoporosis Society of the UK and IOF board member, who had been so instrumental in the development of the osteoporosis patient movement. The memorial award, valued at 20,000 Swiss francs, was presented to the Association for the Prevention of Osteoporosis in Romania (ASPOR), a young patient society from Romania whose work reflects Linda's spirit.

Andrea Gasparik Ildiko and Gaby Dragoi received the IOF-Linda Edwards Memorial Award for ASPOR, Romania





Two of the five winners of the IOF-Lilly Policy Initiative Grants. Top, from left: Sondra McQueary of Lilly, Leonor de Villafranca of the Comité Mexicano para la Prevención de la Osteoporosis A.C. (COMOP), and IOF CEO Daniel Navid. Bottom, from left: Dr. Ghassan Maalouf, Helene Andrea, and Layal Shoucair of the Lebanese Osteoporosis Prevention Society



Two of the three winners of the IOF Roche-GSK Communication Grants. Top: Mrs. Hildegard Kaltenstadler of the Bundesselbsthilfeverband für Osteoporose e.v. (BfO), center, receives the winner's certificate and ceramic sculpture from Janet Kettels (GlaxoSmith-Kline), Helen Walicka (right) and Daniel Navid. Bottom: Sharma Shushil of the Arthritis Foundation of India Trust receiving award

**Media training sessions**

Media training sessions, designed to help participants develop effective techniques in dealing with the media were given for a small group of participants prior to the WWC. Layla Audi of the Jordanian Osteoporosis Prevention Society (center) and Irit Inbar of the Israeli Foundation for Osteoporosis and Bone Diseases (left) were two of the 16 delegates who attended the media training which was supported by a grant from Roche-GlaxoSmithKlein.



The **IOF-Lilly Policy Initiative Grants** are awarded to five societies every two years (beginning in 2003) to help them carry out innovative projects in osteoporosis advocacy. The winning societies, selected by a jury comprising IOF officials and former winners, receive grants of 10,000 USD. In Istanbul, IOF CEO Daniel Navid and Lilly representative Sondra McQueary presented the awards to Women without Osteoporosis (Bulgaria); the Fundación Chilena de Osteoporosis; the Lebanese Osteoporosis Prevention Society; the Healthy Bone Enthusiasts Society (Poland) and the Comité Mexicano para la Prevención de la Osteoporosis A.C.

**Plenary Session**

The final day of the IOF-WWC was devoted to plenary lectures which included panel reports on the latest medical research developments of interest to patient societies, as well as workshop summaries and, for the first time, the **IOF Roche-GSK Communication Grants** presentations. The winners of the new communication grants, selected by jury, were the Bundesselbsthilfeverband für Osteoporose e.v. (BfO), Germany; the Sociedad Brasileira de Pacientes con Osteoporose (SOBRAPCO); and the Arthritis Foundation of India Trust. Each society received US\$10,000 towards their creative communications activities.

After the award presentations, a scientific panel offered participants a valuable overview of new developments in clinical research. Prof. Peter Burkhardt discussed the latest developments in nutrition, including new insights about the role of dairy products in young peo-

ple and adults and the importance of phosphorus, protein and vitamins D and K. Prof. Refik Tanakol offered a thorough overview of the latest data on osteoporosis in men. New evidence suggests that osteoporosis in men is hugely underestimated and that the outcome of osteoporotic fractures in men is more severe than in women. Hormone replacement therapy, currently a "hot" topic, was reviewed by Dr. Efteem Azar. Dr. Azar showed that, while HRT is still an option for the treatment of menopausal symptoms in some women, there are other effective non-hormonal therapies available for the treatment of osteoporosis. Prof. Jean-Yves Reginster reviewed the cost burden of osteoporosis based on new studies, emphasizing that while the direct costs have been calculated, the indirect costs are rarely assessed. In his presentation on new treatments, Prof. Pierre D. Delmas, outlined the available treatments, their strengths and methods of action. New treatments that will soon be available include parathyroid hormone and strontium ranelate.

**Thanks to hosts and sponsors**

A successful three-day conference came to an end with thanks to the Turkish hosts for the excellent on-site organization and warm hospitality which contributed to the success of the meeting and the feeling of common purpose and friendship among the delegates. Thanks are also due to the international sponsors – Lilly, Novartis and MSD – and local sponsors – Aventis, Roche, Lilly, MSD and Novartis (listed in order of level of support), for the support without which the conference would not have been possible.

**Media focus on new Turkish fracture study**

Close to 20 journalists from local and national TV and newspapers attended the late afternoon press conference organized on September 4th by Dr. Gulseren Akyuz of the Osteoporosis Patient Society of Turkey. The conference was held in conjunction with the World Wide Conference of Osteoporosis Patient Societies in order to raise awareness of the disease in Turkey and to present the first data showing Turkish fracture rates based on a large sample (8,000 people). A magnet for the media was the society's patron, the well known actress Filiz Akin. Through her support of the society Ms. Akin has done much to raise the profile of the disease in Turkey. When asked about her motivation to fight osteoporosis, Ms. Akin commented, "I keep my elderly mother in mind – people don't need to suffer if osteoporosis can be prevented".



Speakers at the Istanbul press conference included, from left, Dr. Gulseren Akyuz, Filiz Akin and Dr. Ahmet Zeki Segnil, head of the health department of Istanbul Municipality

# Osteoporosis must be included in Chile's health reform

One of the winners of the IOF-Lilly Osteoporosis Policy Initiative Awards was the Fundacion Chilena de Osteoporosi. Its policy project, "Osteoporosis must be included in Chile's health reform" hopes to make osteoporosis a priority disease in Chile.

Chile is about to undergo the most extensive health reform in its history. Part of the reform will include the "Auge Plan" which guarantees the right to improved and equitable access to treatment for the 56 health problems that have the most impact on the quality of life of Chileans. The plan is expected to meet government approval by the end of 2003.

Although osteoporosis is a serious and growing disease in Chile, it is not on the list of priority diseases issued by the government in conjunction with the Auge Plan. This contradicts the results of previous government-sponsored studies which have shown the growing impact of musculoskeletal diseases. A 1995 government study listed musculoskeletal dis-

eases, including osteoporosis, as 13th in hospital morbidity, an increase of over 76% since 1975. Musculoskeletal diseases were listed as the tenth most significant diseases affecting quality of life in the population. And, a recent census shows that Chile's population is ageing and that a growing number of households (33%) are now led by women – the gender most affected by osteoporosis.

So why is osteoporosis being omitted from the Auge Plan? There is a lack of knowledge about osteoporosis among public health authorities and no awareness of the benefits that would be gained in prevention of fractures in the ageing population. Doctors, especially in regional centers, have a low level of awareness, and even less access to diagnostic and therapeutic possibilities. The public too lacks awareness and, without this awareness, does not have the necessary tools to demand patient rights.

The primary target of the Fundacion's project is to correct this situation and to lobby the au-

thorities to ensure that osteoporosis is included within the list of priority diseases. A full-scale media and education campaign has already been carried out. This included lectures and seminars on osteoporosis to raise consciousness of osteoporosis not only among doctors, but also among the principal health-care decision makers in the country. A TV commercial has been produced in order to make public opinion sensitive to osteoporosis. This was supported by widely-circulated information pamphlets and, in planning, a press workshop to teach journalists about osteoporosis. The society has also carried out over 3000 bone densitometries in order to gather statistics about the prevalence of osteoporosis.

If the campaign is successful in getting osteoporosis included in the "Auge Plan" it will be of immense importance – not just to those who now have osteoporosis and who will, for the first time, have access to therapy. With the general improvement in availability of diagnostic technology and preventive measures, thousands of people can be diagnosed early and thereby avoid fractures. And, if the public healthcare system leads, the private health care system will be compelled to follow suit.

*Contributed by Dr. M. Arriagada of the Fundacion Chilena de Osteoporosi*

# World Osteoporosis Day focuses on quality of life

Each year October 20th is designated World Osteoporosis Day (WOD). The theme for WOD 2003, "Quality of Life" focused on the serious impact of fractures on people's daily lives. For WOD, IOF issued a new report (see page 7) and launched the first international print advertising campaign to publicize the silent epidemic of osteoporosis.

## IOF's international print advertising

Two new print ads and posters, based on the theme that one in three women will get osteoporosis, were launched by IOF member societies worldwide. The ads, Runners and Bicycle, encourage people to take the IOF One Minute Risk Test and contact an osteoporosis patient society in their country. The print ads follow the successful television spot, Train, which was launched in January 2003 and which has been broadcast in some 40 countries. The ad campaign, created and produced by Campbell Mithun, was coordinated by Torre Lazur McCann Worldwide, a member of the IOF Committee of Corporate Advisors.

The international print advertising (right), also used as WOD posters, encourages people to take the IOF One Minute Risk Test

## National campaigns

IOF's 162 member societies around the world carried out national campaigns to raise the profile of osteoporosis among the public and health professionals and to help persuade policy officials to make osteoporosis a priority disease. Below is a brief outline of several of the activities carried out globally – a more extensive list is available on the IOF website.

## Australia

Ten prominent women from the nation's medical, business, political, communications,



entertainment and sporting industries gathered in Sydney on October 20, 2003 to address fracture prevention at Australia's first ever Women Leaders' Roundtable for osteoporosis. The Roundtable, chaired by journalist Maxine McKew, concluded with all members signing and submitting a giant fractured bone and letter to the Federal Government seeking further support for the prevention of fractures. [photo A](#)

## Brazil

On October 26, a public event was held at a historic venue near Copacabana beach. Hundreds of people, wearing World Osteoporosis Day T-shirts, attended the event which included a community march, exercise, and free bone density examination for those at risk of osteoporosis.

## Bulgaria

There was strong media interest in the Bulgarian Women's Forum against Osteoporosis which involved representatives from prestigious woman's non-governmental organizations, scientific medical societies, and ministries and departments related to health. Ms Mel Read M.E.P., chair of the EU Osteo-

porosis Interest Group was a special invitee to the Forum, meeting with Prof. Atanas Shterev, the head of Bulgaria's Parliament Health Commission. A "Call for Action" document, addressed to the government, asked that urgent measures be taken to help prevent osteoporotic fractures.

**China - Shanghai**

Over a hundred TV, sports and entertainment celebrities as well as senior officials attended a World Osteoporosis Day event sponsored by Tetra Pak China Ltd. The 'Tetra Pak Bone Up with Milk Charity Drive' promoted the importance of calcium intake for bone health. A focus on prevention is essential in China where over 90 million people are currently affected by osteoporosis – the largest number in the world. *photo C*

**China- Hong Kong**

A large-scale osteoporosis prevention program was launched on October 19 with the 2003 World Osteoporosis Day Health Exhibition, held in Hong Kong's largest shopping mall. Over 8,000 people attended the event, which was opened by officials, including Dr. Ping-yan Lam, director of the Department of Health of Hong Kong and Mrs. Alice Chiu, chair of the Asian Regional Development and Promotion Committee.

**France**

World Osteoporosis Day meetings were held in 16 cities across France. The events were open to the public and featured workshops, games, and the opportunity to learn about and discuss osteoporosis with doctors and other health care professionals.

**Iceland**

All of Iceland's women MPs were invited to a World Osteoporosis Day calcium-rich breakfast meeting and offered bone testing. Many journalists covered the event which was also attended by Iceland's former president, Mrs. Vigdis Finnbogadottir, and Beinvernd's patron and former minister of health and insurance Mrs Ingibjörg Palmadóttir. *photo B*

**Italy**

The First Italian Women's Round Table against Osteoporosis was held on World Osteoporosis Day. Roundtable participants included famous actresses, leading entrepreneurs, well-known journalists as well as Italian Senate members Emanuela Baio Dossi and Rossana Boldi. Mrs. Anna Molinari, leading fashion designer, received an award for her engagement in the fight against osteoporosis. Media coverage on major TV stations was followed by numerous articles in print media.

**Japan**

The focus on World Osteoporosis Day in Japan was to show how osteoporosis has become an international movement. Posters also reinforced osteoporosis awareness and the one-minute risk test. *photo E*



**Thailand**

Well known actresses of different ages were featured in a poster campaign to increase osteoporosis awareness. A public event for World Osteoporosis Day included lectures by specialists, information and other activities for young and old. *photo D*

**Quality of life after first fracture examined in new report**

For many years IOF has lobbied for policy changes that 'prevent the first fracture'. IOF's new report, "Quality of Life: Why prevent the first fracture?", provides, for the first time in a popular publication, dramatic explanations of what happens after a person breaks a bone due to the 'silent epidemic'. Some conclusions from the report, written by Paul Lips, a member of the IOF Committee of Scientific Advisors:

- Two out of three first vertebral fractures are not diagnosed.
- Once a woman suffers a first vertebral fracture, there is a five-fold increase in the risk of developing a new vertebral fracture within one year.
- One year after a hip fracture, one in four patients has died, one cannot walk, and two of the four can walk but with lower mobility than before the fracture. In addition to relieving suffering, public health systems and insurance companies will save considerable money in the longterm by preventing the first fracture.



The 20-page report is available on the IOF website: [www.osteofound.org](http://www.osteofound.org)

# US-based National Osteoporosis Foundation joins IOF

The global osteoporosis movement was expanded considerably in November 2003 when the US-based National Osteoporosis Foundation (NOF) joined IOF's Committee of National Societies. "We're delighted to welcome NOF into the IOF family, and we look forward to sharing ideas and developing projects with them that will stop the spread of osteoporosis" noted IOF President Pierre Delmas, who made the announcement at IOF business meetings in Nice, France. IOF Chief Executive Officer Daniel Navid added: "NOF is not only the leading osteoporosis organization in the United States, but one of the world's most effective non-profit health organizations."

"In the US alone, NOF's prevalence figures indicate that more than 44 million Americans, aged 50 and older, either have or are at risk for osteoporosis," indicates NOF Executive Director Judith Cranford. "Osteoporosis is a growing concern and a global concern. NOF is pleased to have joined IOF and to participate in its efforts to diminish the scope and impact of this disease worldwide."

The NOF is one of seven new societies which were welcomed into the CNS, now numbering 162 members in 81 countries, territories and regions. Other new members include the Society of Life with Osteoporosis (Turkey); Sociedad Peruana de Osteoporosis y Enfermedades Oseas; Sociedad Brasileira de Pacientes com Osteoporose (SOBRAPCO); Sociedad Boliviana de Osteologia y Metabolismo Mineral; Libyan Osteoporosis Society; and the Indonesian Healthy Bone Foundation.



**IOF WORLD CONGRESS ON OSTEOPOROSIS**  
May 14-18, 2004, Rio de Janeiro, Brazil

Organized by IOF in cooperation with the Brazilian Society of Osteoporosis.

**Register now for the leading international osteoporosis congress!**

IOF looks forward to welcoming you to the magnificent city of Rio de Janeiro for an enriching scientific and cultural experience.

Online registration available on:  
[www.osteofound.org](http://www.osteofound.org)



Left: IOF President Pierre D. Delmas and Judith Cranford, executive director of the National Osteoporosis Foundation (USA) at the IOF World Wide Conference of Osteoporosis Patient Societies



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IOF membership is composed of three separate committees. A complete list of members and contact details for the CNS can be found on the IOF website: [www.osteofound.org](http://www.osteofound.org)

**IOF Committee of Scientific Advisors (CSA)**  
Chair: R. Rizzoli, 68 members

**IOF Committee of National Societies (CNS)**  
Chair: P. Burckhardt, 162 members in 81 countries, territories and regions

**IOF Committee of Corporate Advisors (CCA)**  
Chair: Y. Tsouderos, 35 members

**IOF Scientific Publications**  
Osteoporosis International (the only international scientific journal devoted entirely to osteoporosis)  
Progress in Osteoporosis (summaries and critical analyses of the current literature)

IOF is proud to be a partner of  
the Bone & Joint Decade 2000-2010

The International Osteoporosis Foundation (IOF) is an independent non-profit umbrella organisation dedicated to the world wide fight against osteoporosis. IOF's network includes 162 member societies in 81 countries, territories and regions.

**IOF's Vision**

- A world without osteoporotic fractures

**IOF's Mission**

- To increase the awareness and understanding of osteoporosis
- To support national osteoporosis societies in order to maximize their effectiveness
- To motivate people to take action to prevent, diagnose and treat osteoporosis

**IOF's Goals**

- Nurture and enlarge the IOF network of member societies worldwide
- Promote medical innovation and improved care
- Expand IOF partnerships with organizations working on similar or complementary issues and projects
- Lobby for policy change in all countries so that diagnosis and treatment of osteoporosis becomes routine

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