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# Osteoporosis: *Turning Up the Volume on a Silent Disease*

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Registration is complimentary, **please register early** as space is limited and seats will be available on a first-come, first-serve basis only.

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Michael R. McClung, MD  
David W. Dempster, PhD  
The Westin Tabor Center  
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Michael Maricic, MD  
David W. Dempster, PhD  
Renaissance Charleston Hotel  
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Charleston, SC 29401  
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Michael Maricic, MD  
David W. Dempster, PhD  
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Michael R. McClung, MD  
Robin K. Dore, MD  
Sheraton Bloomington Hotel  
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- Pittsburgh, PA • September 30, 2006**  
Robin K. Dore, MD  
David W. Dempster, PhD  
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In compliance with the Americans With Disabilities Act of 1990, NACE will make all reasonable efforts to accommodate persons with disabilities. Please call Sharon Graham at (954) 723-0057 with your request.



National Association for Continuing Education  
8030 Peters Road, Suite D105  
Plantation, Florida 33324

Osteoporosis:  
*Turning Up the Volume on a Silent Disease*



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June 10, 2006

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October 7, 2006

**Cleveland, OH**  
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**Minneapolis, MN**  
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September 30, 2006



This continuing medical education activity is sponsored by

The University of Massachusetts Medical School  
National Association for Continuing Education

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## Program Overview

In October 2004, the first ever U.S. Surgeon General's report on Bone Health and Osteoporosis was released. In it, Surgeon General Camona warned that by 2020 one half of U.S. citizens over the age of 50 would be at risk for fractures and low bone density. The purpose of this program is to review recent progress in our understanding of the epidemiology and pathogenesis of osteoporosis and how fracture risk can be substantially reduced using a range of approved medications. The efficacy and mechanisms of action of antiresorptive agents will be reviewed in depth and contrasted with those of anabolic agents. The potential benefits of combined and/or sequential use of these two classes of drug will also be considered. In addition, new treatment options currently in clinical trials will be discussed. In his report, Dr. Carmona concluded that all health care professionals can play a critical role in reducing the socioeconomic burden of osteoporosis. Studies have shown that physicians frequently fail to diagnose and treat osteoporosis, even in elderly patients who have suffered a fracture. One study revealed that less than 25% of patients with a hip fracture were given a BMD test or calcium and vitamin D supplements, while less than 10% were treated with antiresorptive drugs. Even when doctors do suggest therapy it frequently does not conform to evidence-based guidelines, such as those of the U.S. Preventive Services Task Force.

Fractures due to bone disease are common, costly, and often become a chronic burden on individuals and society. An estimated 1.5 million people in the U.S. suffer an osteoporosis-related fracture annually. A white woman over the age of 50 has greater than a 40% chance of fracturing a bone during her remaining life time.

The 1.5 million osteoporosis-related fractures lead to more than 500,000 hospitalizations, over 800,000 emergency room visits, greater than 2.6 million doctor's office visits, and 180,000 nursing home admissions. The magnitude of the problem will continue to grow as the average age of the population increases.

## Target Audience

This program is designed for specialists in osteoporosis and primary care physicians.

## Learning Objectives

At the conclusion of this program, participants should be able to:

1. To describe recent data on the epidemiology and pathogenesis of osteoporosis.
2. To apply recent guidelines on the diagnosis and treatment of osteoporosis.
3. To evaluate the efficacy of available anti-fracture agents, understand their mechanism of action, and make appropriate recommendations for treatment of patients with osteoporosis.
4. To discuss the potential benefits of combined and/or sequential therapy with antiresorptive and anabolic agents.
5. To describe the potential benefits of new anti-fracture agents in development.

## Accreditation

This activity has been planned and implemented in accordance with the Essentials and Standards of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Massachusetts Medical School (UMMS) and the National Association for Continuing Education. UMMS is accredited by ACCME to provide continuing medical education for physicians.

UMMS designates this continuing medical education activity for 3 credit hours in Category I toward the Physicians Recognition Award of the American Medical Association. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

Under the auspices of the University of Massachusetts Medical School Office of Continuing Education this offering meets the requirements for 3 contact hours, as specified by the Massachusetts Board of Registration in Nursing (244-CMR 5.04). Each nurse should claim only those hours of credit that he/she actually spend in the educational activity.

Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.**

<b>SCHEDULE:*</b> <b>8:00 a.m. – 8:45 a.m.</b>	Registration and Continental Breakfast Welcome
<b>8:45 – 9:45</b>	Osteoporosis: Epidemiology, Diagnosis, and Treatment Guidelines in 2006
<b>9:45 -10:45</b>	Antiresorptive Therapies: Efficacy, Mechanism of Action, and New Developments
<b>10:45-11:00</b>	Break
<b>11:00-Noon</b>	Anabolic Therapies: Efficacy, Mechanism of Action, and New Developments
	<i>*See reverse side for specific speakers at each location.</i>

## Faculty

### David W. Dempster, PhD, Course Director

Professor of Clinical Pathology  
College of Physicians and Surgeons  
Columbia University, New York, NY  
Director, Regional Bone Center  
Helen Hayes Hospital  
West Haverstraw, NY

### Robin K. Dore, M.D.

Clinical Professor of Medicine  
Division of Rheumatology  
UCLA School of Medicine  
Los Angeles, CA

### Michael Maricic, MD

Chief of the Section of Rheumatology  
Director of Internal Medicine Resident  
and Education at the Southern Arizona  
VA Health Care System  
Associate Professor of Clinical Medicine  
University of Arizona School of Medicine

### Michael R. McClung, MD

Associate Professor of Medicine  
Oregon Health Sciences University  
Director, Oregon Osteoporosis Center  
Portland, OR



## Disclosure

In accordance with the Standards of the Accreditation Council for Continuing Medical Education (ACCME) and the guidelines of the Association of American Medical Colleges (AAMC), it is the policy of the University of Massachusetts Medical School to disclose whatever interest or affiliation a speaker might have with any commercial organization whose products or services are related to the subject matter being presented. Such disclosure will be made available on the day of the program.

This program was supported through educational grants from the following companies:



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