



International Osteoporosis
Foundation

THE MIDDLE EAST & AFRICA REGIONAL AUDIT

Epidemiology, costs & burden of osteoporosis in 2011

LEBANON INITIATIVES RELEVANT TO HEALTH POLICY

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On behalf of the Lebanese Audit Team

supported by



GENERATING EPIDEMIOLOGICAL DATA

AUB & ST JOSEPH UNIVERSITY

THE MIDDLE EAST & AFRICA REGIONAL AUDIT

- **Conduct of population-based epidemiologic studies on osteoporosis**
 - Characterization of peak bone density and density in Lebanese elderly
 - Characterization of bone loss rates in elderly and its predictors
 - Vertebral fracture prevalence in elderly
 - Outcomes of Hip Fractures
 - Development of FRAX Lebanon
- **Conduct of landmark epidemiologic studies on hypovitaminosis D**
 - Prevalence studies across life cycle
 - Characterization of predictors for low vitamin D levels
 - Randomized controlled trials in children and now in elderly
- **Creation of two major national-regional capacity building centers of excellence, working on a national osteoporosis agenda:**
 - WHO Collaborating Center in Osteoporosis and Metabolic Bone Disorders
 - National Collaborative Center for Metabolic Bone Disorders (designation and funding by Lebanese National Council for Scientific Research)

CONTINUING MEDICAL EDUCATION

OSTEOS, AUB & ST JOSEPH UNIVERSITY

THE MIDDLE EAST & AFRICA REGIONAL AUDIT

- **OSTEOS a Multi-disciplinary Scientific Society.** Registered within the Lebanese Order of Physicians since 2006.
 - State of the Art Scientific Meetings endorsed by MOH and WHO:
 - Annual OSTEOS Meeting .
 - Annual meeting sessions in collaboration with OBGYN, Endocrinology, Rheumatology, Radiology, and Pediatrics national societies.
 - Issues an OSTEOS NEWS quarterly newsletter.
 - OSTEOS website osteos@osteos.org.lb
- **Lebanese Guidelines for Osteoporosis Assessment & Treatment** endorsed by MOH, WHO-Lebanon and WHO-EMRO
 - Initial guidelines developed in 2002
 - First Update 2007
 - Second Update in light of FRAX Lebanon: in progress

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 - **Issues an OSTEOS NEWS** quarterly newsletter.
 - **OSTEOS website:** osteos@osteos.org.lb
 - **Conduct of Osteoporosis and ISCD Densitometry Certification Courses** in 1999, 2005, 2007, 2009 and 2011
 - **Launch a yearly National and Regional Osteoporosis Academy course 2012.**

PATIENT AWARENESS

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- Patient Awareness Initiative: MOH and Ministry of Social Affairs (MOSA)
 - Developed osteoporosis pamphlets and patient guides (English, Arabic).
 - Fragility fracture initiative (posters and pamphlets)
 - Developed fall prevention guide.
 - Services initiatives launched on Osteoporosis Day and Week.
 - Development of Osteoporosis place mats: calcium rich menus and FAQ (AUB)
 - Free densitometry tests (AUB).

HEALTH POLICY

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- **Collaboration with Lebanese Ministry of Health (MOH)**
 - MOH established National Hip fracture registry in 2006
 - FRAX Lebanon First FRAX calculator in Middle East-Africa using MOH data launched in Sept 2009 using 2007 national hip fracture incidence data
 - On-going validation of hip fracture national incidence data: 2006 to current date
 - Second Lebanese Osteoporosis Guidelines Update with FRAX Lebanon in progress
 - Assess social (morbidity and mortality) and economic burden of osteoporosis in Lebanon.

HEALTH POLICY

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- Foundation of the National Lebanese Task Force for Osteoporosis and Metabolic Bone Disorders, by MOH Ministerial Decree March 2010.
 - Establish a national program for osteoporosis
 - Develop and disseminate national guidelines on OP and hypovitaminosis D
 - Develop QA protocols for BMD measurements and vitamin D assays.
 - Generate osteoporosis assessment & treatment protocols using national guidelines
 - Assess disease burden using measures of morbidity and mortality



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Acknowledgements

Lebanese Ministry of Health

Lebanese Ministry of Social Affairs and Ministry of Education

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Lebanese Scientific Societies

AUB and St Joseph University

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