



# 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





## GENERATING EPIDEMIOLOGICAL DATA

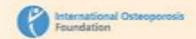
#### **AUB & ST JOSEPH UNIVERSITY**

- Conduct of population-based epidemiologic studies on osteoporosis
  - Characterization of peak bone density and density in Lebanese eldelry
  - 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

- 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 <u>osteos@osteos.org.lb</u>
- 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: <u>osteos@osteos.org.lb</u>
  - 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

- Patient Awareness Inititiative: MOH and Ministry of Social Affairs (MOSA)
- Developped osteoporosis pamphlets and patient guides (English, Arabic).
- Fragility fracture initiative (posters and pamphlets)
- Developped 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

- 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
- 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

- 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

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Lebanese Ministry of Social Affairs and Ministry of Education

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