

Monthly Meeting of the Lebanese Society of  
Endocrinology  
Jan 11, 2005

Dissemination of  
The Lebanese Guidelines for Osteoporosis Assessment and  
Treatment

*These guidelines were endorsed by:*  
The Lebanese Society of Endocrinology  
The Lebanese Society of Obstetrics and Gynecology  
The Lebanese Society of Rheumatology  
The Lebanese Society of Radiology  
The Lebanese Society of Orthopedics  
*and*  
The Eastern Mediterranean Branch of the WHO

The guidelines can be accessed through:

1. [http://www.osteofound.org/health\\_professionals/guidelines/references.html#ref8](http://www.osteofound.org/health_professionals/guidelines/references.html#ref8)
2. Lebanese Medical Journal 2002; 50:75-125.
3. Journal of Clinical Densitometry 2005; in press

*This interactive audience participation case-based discussion was  
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Osteoporosis is a major public health problem projected to generate an increasingly heavier social and economic toll in view of the demographic explosion of the aging world population in general, and of developing countries including the Middle East, in particular. International guidelines on osteoporosis have been put forth and further refined over the years, in light of the substantial body of evidence that has accumulated from prospective studies evaluating fracture and other risk factors, and from large randomized controlled trials evaluating the safety and efficacy of various osteoporosis treatment strategies. In the Eastern Mediterranean region, the high prevalence of osteoporosis risk factors and the expected further increase in life expectancy underscore the need to act now to prevent a foreseeable epidemic of the disease in the next fifteen to twenty years.

In an effort to optimize the quality of care of osteoporosis in Lebanon, an initiative was launched in Beirut in the spring of 2002, which ultimately led to the development of the “Lebanese Guidelines for Osteoporosis Assessment and Treatment. These guidelines were reviewed and ultimately endorsed by five Lebanese societies and the Eastern Mediterranean branch of the World Health Organization. The societies involved were those concerned with the management of patients at risk for or with osteoporosis including, the Lebanese Society of Endocrinology, the Lebanese Society of Obstetrics and Gynecology, the Lebanese Society of Orthopedics, the Lebanese society of Radiology, and the Lebanese Society of Rheumatology. The active participation of local experts in the process of guideline development, following a standardized protocol, was a critical step towards an effective implementation of those guidelines nationally and regionally.

The Lebanese guidelines provide a structural framework based on the evidence available to-date on which to build sound clinical decision-making in the management of the patient at risk for or with osteoporosis. They are not meant to be considered as rigid yardsticks to measure standard of care, and will undoubtedly continue to be refined and revised serially as our knowledge base on this challenging silent disease keeps evolving globally, regionally and, last but not least, nationally.

They will be periodically revised in collaboration with the societies that were originally involved in their discussion and endorsement, in light of local and international forthcoming data.

The “Lebanese Guidelines for Osteoporosis Assessment and Treatment” are a platform for the development of regional guidelines. They were the model used by WHO EMRO in May 2004 to launch its initiative to derive Regional Guidelines for Osteoporosis for the region, under the leadership of Dr Gezairi. The Lebanese guidelines have been evaluated through the AGREE instrument and are posted amongst other internationally published evidence-based guidelines on the International Osteoporosis Foundation (IOF) webpage as part of its guideline documents: [www. IOF.Osteofound.org](http://www.IOF.Osteofound.org)

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*Hassane Awada, MD.  
Jad Okais, MD.*

*Rafic Baddoura, MD.  
Ghada El-Hajj Fuleihan, MD, MPH.*

**Program for  
Dissemination of the Lebanese Guidelines for Osteoporosis Assessment and Treatment  
An audience participation case-based discussion**

**Speakers:** Ghada El-Hajj Fuleihan, MD, MPH.  
Pierre Najm, MD.

**Chairs:** Ibrahim Salti, MD, Ph.D.  
Akram Shtay, MD.

6:30-7:00 pm	Registration and distribution of survey.
7:00-7:05 pm	Welcome and background for guidelines development and endorsement. Ghada El-Hajj Fuleihan, MD, MPH.
7:05-7:20 pm	Technicalities in BMD measurement- What measures to use? QA Ghada El-Hajj Fuleihan, MD, MPH.
7:20-7:35 pm	A pre-menopausal woman with back pain QA Pierre Najm, MD.
7:35-7:50 pm	A 53 yr old woman with Colle's fracture QA Pierre Najm, MD.
7:50-8:05 pm	A 69 yr old woman with multiple vertebral fractures QA Ghada El-Hajj Fuleihan, MD, MPH.
8:05-8:20 pm	A 60 yr old woman with osteopenia. QA Ghada El-Hajj Fuleihan, MD, MPH.
8:20-8:30 pm	General questions Ghada El-Hajj Fuleihan, MD, MPH. Pierre Najm, MD.
8:30 pm	Closing remarks and meeting adjournment Ibrahim Salti, MD, Ph.D.

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