



Advancing Health Newsletter



May is Osteoporosis Awareness & Prevention Month— Building strong bones before age 30 can be the best defense against developing osteoporosis.

Special point of interest:

- During the month of May

FREE
BONE DENSITY
SCREENING

for those who qualify.
 See page 3 for details.

Inside this issue:

<i>Osteoporosis: Preventable & Treatable—No Bones About It</i>	Page 1-2
A message from our Medical Director	Page 1
Recommended Calcium Intake	Page 2
Free Bone Density Screening	Page 3
Risk Factors for Osteoporosis	Page 4
Areas of study—now enrolling	Page 4

Osteoporosis: Preventable & Treatable—No Bones About It

Richard L. Weinstein, MD

Osteoporosis has frequently been called a “*silent disease*” since it is asymptomatic until a fracture occurs. However, referring to the disease as *silent* is also a way to call attention to the lack of awareness and knowledge about osteoporosis in otherwise healthy individuals. This association between osteoporosis and fractures is a significant health concern. These fractures lead to chronic pain and disability, increased nursing home placement and increased mortality, particularly with hip and spine fractures.

What is Osteoporosis?

Osteoporosis is a skeletal disease characterized by **low** bone mass (bone density) and architectural deterioration of bone tissue (bone quality), leading to bone fragility and increased risk of fractures. One in two women and one in every four men will experience an osteoporotic fracture during their lifetime. Each year in the United States, there are more than 1.5 million osteoporotic fractures, including 700,000 spine, 300,000 hip, 250,000 wrist and 300,000 other types of fractures. The most numerous fractures (spine) cause severe back pain only 25% of the time. Thus, 75% of these fractures occur without significant pain. The presence of a vertebral fracture increases further fracture risk four to eight-fold, independent of bone density. Despite these numbers, it is widely recognized that osteoporosis is *preventable and treatable*. (continued on page 2)

Dear Friends of Diablo Clinical Research,

A message from our Medical Director:

Dr. Richard Weinstein

We are pleased to provide you with the second issue of our “Advancing Health Newsletter.” May is National Osteoporosis Awareness & Prevention month and in this issue we focus on bone health and early detection of bone loss. I hope you find our feature article on Osteoporosis (see this page) educational, and that it motivates you to be proactive in your personal bone health.

As many of you know, our clinic conducts clinical research studies in the area of Osteoporosis for both men and women. Current studies are looking at new alternatives to the oral bisphosphonate class of medications. Those who have experienced gastrointestinal upset in the past with these medications may benefit from treatments including a once-yearly injection of a medication to safeguard against bone loss. The research at our clinic plays a critical role in helping to make new therapies available to those who need them.

Now, during May, it’s time to consider your own bone health. See page 3 to learn if you are eligible for free bone density testing in our clinic. You owe it to yourself and the ones you love to find out if your bones are healthy.

Sincerely,
 Richard L. Weinstein, MD



Osteoporosis: Preventable & Treatable—No Bones About It (continued from page 1)

What are the Current Options to Treat Osteoporosis?

Decreasing the Risk of Osteoporosis

Numerous studies have found clear associations between several health behaviors and decreased risk of osteoporosis. These include participation in physical activity, cessation of smoking, and adequate intake of calcium and Vitamin D in the diet. Particularly, calcium and Vitamin D supplementation have been shown to decrease the risk of hip and non-spine fractures, especially in elderly women and men. However, that supplementation cannot be considered the sole, sufficient treatment in most individuals with established osteoporosis since other therapeutic regimens are required.

How Can I Tell If I Have Osteoporosis?

Through measurement of bone mineral density (BMD) we are able to evaluate and determine individuals at risk for osteoporosis and monitor the presence or absence of bone loss. Regarding fracture risk, there is no better predictor of future fracture in patients who have not yet fractured than a low BMD.

When is BMD Testing Indicated?

BMD testing is indicated for:

- Women** aged 65 and older and **men** aged 70 and older.
- Men** and **women** with a fracture after age 45.
- Men** and **women** with a disease or condition associated with low bone density or bone loss (such as hyperthyroidism, hyperparathyroidism, malabsorption and inflammatory bowel disease).
- Men** and **women** taking medications associated with low bone density or bone loss (hormone treatments in men with prostate cancer and women with breast cancer).
- Postmenopausal women** under age 65 with risk factors, particularly a family history of fracture, low body weight (≤ 127 pounds) or frequent falls.
- Postmenopausal women** discontinuing estrogen therapy, with known risk factors.
- Anyone** being considered for treatment with steroid therapy (cortisone, prednisone or other steroids).
- Anyone** being considered for treatment for osteoporosis or being monitored for treatment effect.

Available treatment to reduce fracture risk includes several bone-active agents that act by inhibiting bone loss. Estrogens, selective estrogen receptor modulators (SERMs) such as Evista, bisphosphonates such as Fosamax, Actonel and Boniva, calcitonin (Miacalcin nasal spray) and calcium with Vitamin D all have bone-sparing properties by different mechanisms and to some extent by varying degrees. The benefit of these therapies occurs rapidly and is evident within 6-12 months of initiating therapy. The effectiveness of these therapies is sustained over time and they are generally well tolerated. Finally, a number of new agents that increase bone formation (anabolic therapies) are available for the treatment of osteoporosis and prevention of fractures. One agent, Forteo, has been approved for the treatment of women and men with osteoporosis at high risk for fracture. Other strategies to improve bone health such as exercise and fall-prevention techniques or hip protectors should be incorporated into a fracture-prevention program.



Prevent future fractures

The primary goal of treatment is to prevent fractures. Careful consideration of the risks and benefits of each of these treatments will serve as a guide in choosing the best therapy for the individual patient. Early detection and treatment can make a difference.

Reprinted from Dr. Weinstein's article written for Healthy Perspectives 2005, appearing in the Contra Costa Times, April 24, 2005.

Did you know?
Bone mineral density, BMD, is measured by a dual energy x-ray absorptiometry, or DEXA machine. The machine provides a scan of the spine, hip, and forearm. The scan is quick, pain free, and exposes patients to a minimal amount of x-ray radiation, comparable to the radiation exposure from a coast to coast airplane trip.

Be a Healthy Volunteer! Would you like to make a difference in the health of future generations? Volunteer today for a clinical study. Healthy volunteers are needed for blood samples used in clinical studies. Study stipend is available for your time & travel. Call or email the clinic for details.
(925) 930-7267 / studies@diabloclinical.com

Calcium plays an important role in maintaining bone health. CALCIUM ALONE CANNOT PREVENT OR CURE OSTEOPOROSIS, but it is an important part of an overall prevention or treatment program.

Recommended Calcium Intake*		Adult Women and Men	Amount mg/day
Infants	Amount mg/day	19 through 50 years	1000
0 to 6 Months	210	> 50 years	1200
6 to 12 Months	270	Pregnant and Lactating Women	
Children and Adolescents		≤ 18 years	1300
1 through 3 years	500	19 through 50 years	1000
4 through 8 years	800		
9 through 18 years	1300		

*Source: National Academy of Sciences, 1997

Free Bone Density Screenings for Women

Diablo Clinical Research is offering free bone density screening to women who may qualify for a medical research study of an investigational medication for Osteopenia (low bone density). You may qualify for this screening if you meet the following criteria:

- You are a female age 45 to 60
And
 - You are 5 years post-menopausal or less (*at least 1 year & not more than 6 years since last menstrual period*)
And
 - You answer **YES to at least 1** of the following criteria:
Bone Loss Risk Factors
1. **Are you a smoker?**
 Yes No
 2. **Do you weigh less than 127 lbs?**
 Yes No

3. **Do you have a personal or family history of non-traumatic fracture after age 45?** (this includes mother, father, sister or brother)
 Yes No

If you qualify, a bone density measurement of your hip and spine will be provided free of charge. You will also receive educational materials regarding bone health, and learn about how you may be eligible to volunteer for a research study for women with Osteopenia, or low bone density.

For further information and to schedule an appointment please call the clinic:

(925) 930-7267
space is limited

Osteoporosis is Not Just a Woman's Problem

You may think men don't have to worry about bone loss. You're wrong. Osteoporosis can strike anyone at any time.

And it is a silent disease. There are no symptoms until it's too late and your bones start breaking—sometimes with serious complications.

A simple test is all it takes to bring you peace of mind or prompt treatment that could dramatically change your life.

Osteoporosis is now becoming recognized as a significant problem for men.

How do I know if I have osteoporosis? Specialized tests, called bone density tests, can measure bone density at various sites in the body. A bone density test can:

- Detect osteoporosis before you break a bone.
- Predict your chances of breaking bones in the future.
- Determine if your bone density is lower than it should be and if so, by how much.
- Monitor the treatment you are taking for osteoporosis to see if it has prevented bone loss and increased bone formation.

Fast facts about this study

- An investigational medication is being studied for its effectiveness in treating osteoporosis in men.
- You may qualify for the study if you are a man between the ages of 50 and 85.
- A simple test will determine whether you have osteoporosis.
- If you are eligible for the study and decide that you wish to

take part, you will be given study medication for 2 years. Full instructions on what will be involved will be given before you make any commitment to join.

- During the study, you will be compensated for your travel expenses.

**Don't wait until it's too late...
Get screened now!**

If you are a man between the ages of 50 and 85 and you have osteoporosis, you may be eligible for free treatment with an investigational medication.

The test is quick and pain free.

You've got nothing to lose—
and everything to gain.

***Men,
Call today for your FREE
osteoporosis screening:
Diablo Clinical Research
(925)-930-7267***

***Take control of
your future—
you owe it to
yourself and to
those you love
to find out if
your bones are
healthy***



What are the Risk Factors for Osteoporosis?

Knowing the risk factors and Bone Mineral Density (BMD) for osteoporosis is the foundation for making a decision regarding prevention and treatment; this information allows the patient and physician to prevent first fractures in at-risk patients and subsequent fractures in patients who have already fractured.

Risk Factors for Osteoporosis and Related Fractures include:

- Advancing Age (\geq 60 years old)
- Personal history of fracture in adulthood
- Low body weight (\leq 127 lbs. women; \leq 160 men)
- Family history of fractures
- Early loss of estrogen or testosterone
- Low lifetime intake of calcium
- Recent falls, impaired vision
- Low level of physical activity
- Smoking

Diablo Clinical Research conducts clinical studies in many therapeutic areas:

Areas of Study

- Anxiety & Depression
- Arthritis
- Carpal Tunnel Syndrome
- Cholesterol
- Chronic Pain
- Diabetes
- Disease Prevention
- Fibromyalgia
- Gastrointestinal Disorders
- High Blood Pressure (Hypertension)
- Men's Health
- Neuropathy
- Obesity/Weight Loss
- Osteoporosis
- Sexual Dysfunction
- Women's Health

To learn more about any of our clinical studies or to find out if you may qualify for participation please call our office (925) 930-7267 or visit us online at: www.diablocinical.com and fill out our volunteer form.

You may also email us at: studies@diablocinical.com.

For more information about Osteoporosis, visit the National Osteoporosis Foundation website: www.nof.org