



The Bone and Joint Decade 2000-2010

INFOLETTER 26

December 2002

Dear Bone and Joint Decade supporting organisation and friend,

On behalf of the BJD Steering Committee I am pleased to report to you of the latest achievements in regard to the initiative.

Lars Lidgren, Chairman of the Steering Committee

This is the last Infoletter in 2002. When looking back, it has been a year when the Bone and Joint Decade's efforts to improve the health-related quality of life for people with musculoskeletal disorders worldwide have moved further forward despite the tense situation in the world. Just a few years into The Bone and Joint Decade and some great achievements have been made. My wish for 2003 would be for all of you to include the Bone and Joint Decade in the societies' strategic plans moving from being an initiative to action.

- We have received signed endorsements from 45 governments and more than 1200 official organisations, journals, institutions and departments now receive our bi-monthly electronic newsletter. Several National Networks have set up their own newsletter. We have established a musculoskeletal portal with 11 participating organisations that could reach 50.000 participants.
- The relationships we have initiated with the United Nations, the World Health Organisation, the World Bank and the regional organisations like the European Community are prospering.
- A major shift in the musculoskeletal research agenda is taking place in several countries.
- *The Burden of Musculoskeletal Disorders*, a WHO publication represents a significant investment (300.000 USD) by the Bone and Joint Decade and is now in press. There will also be an additional whole issue of the WHO Bulletin on musculoskeletal disorders next year. Another major step initiated by BJD was taken when the WHO decided to declare World Trauma Day in April 7, 2004.
- A great step forward was taken when the Tokyo declaration, with participation from major government and non-governmental professional, patient organisations and the royal family, was declared in April, 2002 in Tokyo.
- Our BJD Action Week is now gaining momentum with significant activities in a number of countries simultaneously during the 12-20th of October.
- The Bone and Joint Decade logo is used massively on stationeries, in doctors' waiting rooms, on big congresses, health professional and patient organisations that see the value of the combined effort.
- Today, 88 countries have established BJD national coordinators. In 51 countries BJD National/Regional Action Networks are creating their own national goals and agendas with participants from various

professional and patients' musculoskeletal organisations.

Leong Receive USA's Highest Honor for Community Service

On 13th December BJD Spokesperson & Director of Strategic Relations, Amye Leong, MBA received the 2001 President's Community Volunteer Award, America's highest honor for community service from President G.W. Bush at the White House. Honored for her community service in developing the nation's first education and support programs for young people with rheumatic diseases and becoming a national and international advocate despite her own challenges with crippling arthritis, Leong received grateful thanks from the US President along with an engraved medallion. Leong is the first person from the musculoskeletal community to receive this national honor. For more information www.boneandjointdecade.org/News/Highlights

Musculoskeletal eCooperative Portal Project

The number of registered members continues to grow. Altogether there are now more than 20 000 registered members within the US Medical Society and Musculoskeletal eCooperative.

The Portal has got an improved design and the portal speed has significantly increased. Measurements of log in timings points to a 50 % reduction of waiting time. A hardware upgrade is planned to January 2003, which will further improve the speed of the portal.

A detailed plan for marketing and content was established for all societies at the Rome meeting in October. A new MSeC meeting is planned to March 24-26, 2003 where a follow up and a review of the plans will take place.

For more information please contact Göran Magyar, BJD Info/Webmaster, e-mail: goran.magyar@ort.lu.se

New member of the BJD International Steering Committee (ISC)

Mrs Joyce Gordon, Osteoporosis Society of Canada and board member of the IOF, Toronto, Ontario, has been elected to new member and patient representative of the ISC as from January, 2003. We welcome her.

At the same time we would like to thank Mary Anderson, BSc (Hons) Pham, who has been a member of the ISC since the start. We thank Mary for all her work and the time with us.

Change of NAN coordinator in the UK

Dr David L Scott, Department of Rheumatology, Dulwich Hospital, London, has been appointed to be the new NAN coordinator. For more information, e-mail: david.l.scott@kcl.ac.uk

Dr Jan Wojtulewski, the previous NAN coordinator has now finished his term of office on ARMA Council (the UK NAN). We welcome Dr David L Scott and thank Dr Jan Wojtulewski.

BJD coordinators in Qatar and Libya

Dr Mohammed Alkhayarin has become our BJD coordinator in Qatar, where we have not had any representative before. Dr Alkhayarin is trained in North America with interest in trauma & joint replacement. For more information please contact him, e-mail al.khayarin@hmc.org.qa

Dr Saddig Bendalla has been chosen as BJD coordinator in Libya. At present, he is the president of the Libyan Orthopaedic Association (LOA) which held the 4th African Orthopaedic congress in Tripoli on December 11, 2002. For more information e-mail: sbendalla@hotmail.com

This means that *the BJD* now has representation in **88 countries** worldwide and this is quite impressive. We are now seeing the result of persistent and hard work.

**88 BJD National Coordinators
51 NANS and 45 Supporting
Governments**

The 2003 BJD World Network Conference will be held in Beijing, China on Oct 30 to Nov 2, 2003.

This Conference will feature the following highlights:

1. The BJD 2003 Beijing Global Declaration-- "*BJD on the Move - Challenge to the Age-Quake*"
2. Plenary session on key projects progress
3. Patient Advocacy and organization
4. NAN projects in E-poster, Award-winning presentation and discussion session
5. BJD Ambassador program
6. Interactive session with Presidents of International Organizations and regional councils
7. Theme scientific symposia on Osteoporosis, New therapies for rheumatological conditions and thrombophylaxis
8. Corporate Forum for corporate and industry leadership and ISC
9. Social function and networking amongst NAN. ISC, International organizations and patient groups
10. Fascinating historical and cultural attractions of the 2008 Olympic City of Beijing.

The 2003 BJD World Network Conference will "**MAKE A DIFFERENCE OF YOUR PARTICIPATION AND COMMITMENT TO BJD**"

Keep the dates open and watch out for further announcement on www.boneandjointdecade.org

Please contact Professor Kai-Ming Chan, Chairman of Organizing Committee, e-mail: kaimingchan@cuhk.edu.hk for any enquiries.

10th APLAR Congress 2002

The Asian Pacific League of Associations for Rheumatology (APLAR) attracted over 1500 researchers, scientists, clinicians and allied health professionals from 58 countries to Bangkok Thailand for its 10th APLAR Congress on 1-6 December. Thailand NAN Coordinator, Mongkol Vatanasuk, MD presided over the Organizing Committee. Highlights of the Congress included an official declaration of support by the Princess of Thailand, the first APLAR allied health program, and a Bone and Joint Decade post-APLAR Education Workshop in Pattaya 6-8 December featuring International Steering Committee members, Tony Woolf, MD, Kristina Akesson, MD, and BJD Spokesperson & Director of Strategic Relations, Amye Leong, MBA. The American College of Rheumatology and the Australian Rheumatology Association also hosted scientific symposia. The 11th APLAR Congress will be held in Cheju, Korea in 2004.

National Action Networks

Some activities:

Austria: In Vienna on the occasion of World Osteoporosis Day 2002 the second "Osteoporosis Day" was organized on October 16th by the patient oriented society "Osteoporose Selbsthilfegruppe Wien" in cooperation with the Austrian Chapter of the Bone & Joint Decade, the Austrian Society of Bone and Mineral

Research and the Austrian Menopause Society.

This event in the Cityhall in the center of Vienna attracted more than 7000 people in eight hours including representatives from government and administration of the City of Vienna. The presentations of "Osteoporosis Day" consisted of a scientific meeting and a public part. Prof. Rainer Kotz from the Department of Orthopaedics at the University of Vienna and Austria's National Coordinator of the Bone & Joint Decade presented a lecture on the aims of the Decade. Finally, an exhibition informed about possibilities concerning screening, nutrition, and other products and services dealing with osteoporosis. For more, e-mail: rainer.kotz@univie.ac.at

Hungary: This year *The Annual Semmelweis Days* were dedicated to osteoarthritis under the title: "Recent Advances in Osteoarthritis Research"- Osteoarthritis as a social-health problem. *The Semmelweis Days* are organised by the Department of Orthopaedic Surgery, Department of Rheumatology and Physiotherapy of the Semmelweis University, Budapest, the National Institute of Rheumatology and Physiotherapy, Budapest, and *the Hungarian Bone and Joint Decade Foundation*. For more information please contact Dr Géza Balint, e-mail: balintg@mail.datanet.hu

Italy: Prof. Marco Cimmino gave a talk on the BJD during the XXXIX annual Congress of the Italian Society of Rheumatology (Società Italiana di Reumatologia) held in Bari, Italy on November 6-9, 2002. Please also find an editorial on the BJD published in "Reumatismo" the official journal of the Società Italiana di Reumatologia (Reumatismo 2002;54:214-6) on www.boneandjointdecade.org/News/Articles. For more information please contact Prof. Cimmino, e-mail: cimmino@unige.it

Norway: The Network has established a secretariat for the BJD. The new NAN coordinator is Mr. Per Anders Stalheim, e-mail: bernt.knudsen@sensewave.com and Prof. Even Laerum, President of the Norwegian Back Pain Network, is the head of the board of the NAN. For more information please contact formiddlingsenheten@ryggnett.no

Slovenia: In field of research the most important national BJD project started in the year 2002: the study of prevalence of osteoporosis in Slovenia. It is performed by the Chair of Family practice, Medical School Ljubljana, Slovenian Bone Society, Ministry of Health and the WHO Liaison office.

Sweden: A nationwide survey with questionnaires regarding the education of medical students in musculoskeletal disorders and trauma has been distributed to all universities and teaching hospitals in Sweden. The results, which currently are undergoing review, will provide information regarding the extent of education in the field as well as a description of the quality of the various educational programs.

A CD-rom on "Life & Movement: The Bone and Joint Decade 2000-2010" will be released in January 2003 and sent to all departments of orthopaedics, rheumatology, rehabilitation medicine and to a large number of units for general practitioners in Sweden. This CD-rom will also be used for information about the BJD to, for example, medical students and other student in various health care programs.

A letter has been sent from "Life & Movement: The Bone and Joint Decade 2000-2010" to the National Board of Health and Welfare and to the Swedish Government in support for rheumatology to remain as a separate specialty, not to become a sub-specialty of internal medicine, which has been proposed by the National Board of Health and Welfare. For

more information and to support rheumatology in Sweden please contact Prof. Björn Rydevik, NAN Coordinator, e-mail: bjorn.rydevik@orthop.gu.se

Switzerland: On November 6, 2002 the Swiss League against Rheumatism organized the conference "Sport and Arthrose" dedicated to the sport instructors in the French part of Switzerland. The conference was held at the auditorium of the very attractive Olympic Museum in Lausanne. Well-known medicine and sports specialists of the French speaking part of Switzerland, two famous Swiss sports men (tennis and soccer) as well as the moderator J. Deschenaux, known from the (French) Swiss TV, made the conference a big success. For more information please contact Susanne Frieser, Swiss League against Rheumatism, e-mail: sf@srl.ch

The Netherlands:
Walking tour from The Netherlands to Switzerland

Two Dutch women, plan to walk from the Netherlands to Switzerland next year. They invite other people to walk with them on their way. The reason for this initiative is the twenty-fifth anniversary of their local Arthritis Patients Association. The women are in the age of fifty and sixty-nine and are both arthritis patients (RA and Osteoarthritis). Quite a challenge!!!

The walking tour starts in April next year and the goal is to reach Leukerbad/Gemmipass, Switzerland in September, five months later. With this action the walkers want to demonstrate the importance of keeping on moving for people with a chronic disease.

Local Patient Associations on the route in Belgium, France and Switzerland can combine local activities with this walking tour. Furthermore if you would like to join

them on a stretch of the tour, it's always possible!!

The walking tour will generate a lot of publicity and therefore it is a good opportunity to promote the Bone and Joint Decade. For more information please contact the Dutch project coordinator Els van der Wallen , e-mail: e.m.vanderwallen@azr.nl

UK: To mark the Bone and Joint Decade The Arthritis & Musculoskeletal Alliance (ARMA) has embarked on a number of new initiatives. ARMA is starting a major project to identify the elements, which make up an ideal musculoskeletal service, and to set patient-centred Standards of Care for musculoskeletal conditions. This follows a successful consultation conference in September. Drawing upon the Bone & Joint Decade's *Strategies* project for its evidence base, the Project should provide a sound basis for the Decade campaigning in the UK. In particular, it will support the development of the Strategy for Arthritis in Wales, which was recently announced by the Welsh Assembly.

As part of the initial work on the Standards of Care project, existing musculoskeletal services in the UK are mapped. The objective is to create an accurate picture of services as they now stand and, in doing so, to highlight best practice.

One of the key aims for the Decade in the UK is to secure health priority status for musculoskeletal conditions and involve Members of Parliament in the Bone and Joint Decade. In November 2002, ARMA jointly organised a meeting with MPs with Arthritis Care. The long-term aim is to encourage MPs to work locally to make sure people with musculoskeletal conditions can access appropriate treatments from their local healthcare trusts.

ARMA is delighted to announce an increase in its staff capacity. Ruth Tanner is now assisting Chief Executive Sophie Edwards on a full time basis. David L Scott is to be the clinical co-ordinator and Neil Betteridge is to continue representing the patient community. This increased capacity should ensure that the UK Decade campaign continues to grow and develop. For more information please contact Dr David L Scott, NAN Coordinator, e-mail: david.l.scott@kcl.uk

USA: The most important news from the USBJD is a meeting with the US National Institutes of Health. Please find some extracts from the meeting.

USBJD Leaders Meeting with National Institutes of Health Report
United States Bone and Joint Decade (*USBJD*) chairman Stuart Weinstein, MD, and representatives of 15 other *USBJD* Founding Members leading their organizations' BJD efforts met with top leaders of the National Institutes of Health (NIH) October 11, explored areas of mutual interest and pledged to work together on specific programs to foster research and clinical advances in the care of patients with musculoskeletal disorders. Additionally, the *USBJD* was invited to participate in the upcoming *Surgeon General's Report on Osteoporosis and Bone Health*.

Chaired by Stephen Katz, Director, National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), the meeting drew the directors and staff of other institutes as well as Elias A. Zerhouni, MD, Director of the NIH. Other Institute Directors attending included:

- Richard Hodes, MD, National Institute on Aging (NIA)
- Duane Alexander, MD, National Institute of Child Health and Human Development (NICHD)

- Allen Spiegel, MD, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

NIH invited representatives from Canada to the meeting, Dr. Cyril Frank, MD, Director, and H  l  ne Plante, Assistant Director, Institute of Musculoskeletal Health and Arthritis, Canada. The Canadian government officially proclaimed its support for the Bone and Joint Decade later in October, becoming the 43rd nation to do so.

The Directors and NIH staff expressed a keen interest in the activities of the Decade, and the potential for increased collaboration and involvement in programs spearheaded by their Institutes. From the outset it was clear that all are eager to see the Decade succeed in bringing about greater public awareness of musculoskeletal disorders, increased patient education activity, and benefits to the research community. Dr. Katz reported that NIH had already held an internal meeting to see how it could participate in the Decade, particularly by spreading awareness.

Spearheading the meeting on behalf of the *USBJD* were Philip Osdoby, Ph.D., representing the American Society for Bone and Mineral Research, and Edward Puzas, Ph.D., from the Orthopaedic Research Society. Joan McGowan, Ph.D., chief, Musculoskeletal Diseases Branch, National Institute of Arthritis, Musculoskeletal and Skin Diseases, worked with Drs. Osdoby and Puzas on the agenda, as well as with Toby King, *USBJD* executive director, to coordinate the meeting and invitations to other NIH Institutes to attend. The meeting was held at the NIH campus in Bethesda, Maryland.

Dr. Birnbaum, representing the American College of Rheumatology (ACR), and Chair of the *USBJD* Research Task Force, said the Decade provides a unique

opportunity for the ACR to join a broad-based coalition, beyond traditional alliances.

When discussion turned to specific issues, the inclusion of the musculoskeletal system education into medical school curricula, increasing the stream of medical students in these specialties, the number of researchers and clinician scientists, and the number of grant applications to NIH were the focus of discussion.

Incorporating the musculoskeletal system into medical school curriculum and creating greater interest among students were two needs repeatedly expressed during the day. Dr. Birnbaum noted that these two points are priority items of the *USBJD* Research Task Force. For more information on the meeting please contact Dr Stuart Weinstein, NAN coordinator, e-mail: stuart-weinstein@uiowa.edu

For more information on the US NAN please visit the new website on www.boneandjointdecade.org/usa and go to For Healthcare Professionals section/Patient Resources and you will find a *USBJD* Brochure and a *USBJD* Poster.

BJD Action Week October 12-20, 2002

The BJD Secretariat has so far received reports from a few NANs like Austria, Hungary, Slovenia, USA and Tunisia. Japan and China are coming in soon. Those not yet having sent any information on the activities during the Action Week, please plan to do so. We will highlight the reports on www.boneandjointdecade.org

ACT NOW!
The BJD Action Week
October 12 – 20,
Every year

Start planning for the **Action Week 2003** already today!

The days are:

October 12 - *World Arthritis Day*
October 16 - *World Spine Day*
October 17 - *World Trauma Day*
October 20 - *World Osteoporosis Day*

TIME magazine had an excellent review which could be used as a template for similar informative articles in your national press www.boneandjointdecade.org/News/Highlights

The BJD website

Please send information and photos (fine quality) on activities and events to the BJD Secretariat, bjd@ort.lu.se and we will put it on the web. Please visit and inform in your country about www.boneandjointdecade.org and download information.

Next Infoletter

Will be sent out on February 27, 2003. For information to be included, please submit before February 13. Please find attached a Time Schedule for Infoletters, 2003.

The Bone and Joint Decade Secretariat

If you have any questions or need any assistance please feel free to contact our Secretary in Lund, Agneta Jönsson, bjd@ort.lu.se

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We wish you all

A MERRY CHRISTMAS and A HAPPY NEW YEAR

and thank you all for the work you are doing to

combat musculoskeletal disorders

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