



## The Bone and Joint Decade 2000-2010 INFOLETTER 42

August 2005

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

***The 2005 BJD Annual World Network Conference in Canada*** is drawing near!

This year's NAN Conference will take place on 27-28 October 2005 at the Fairmont Château Laurier Hotel in Ottawa, Canada.



Prof James Waddell, NAN coordinator, Canada, [waddellj@smh.toronto.on.ca](mailto:waddellj@smh.toronto.on.ca) is hosting the meeting.

Each National Action Network (NAN) has been invited to participate with one NAN representative and one patient representative. Participants from around 50 countries are joining the meeting. The BJD International Steering Committee has encouraged the networks to involve more patient participants. Final agendas and practical information will be sent to the participants in mid-September.

For more information please contact the BJD Secretariat, [bjd@ort.lu.se](mailto:bjd@ort.lu.se)

***BJD World Network Conference October 26 - 28, 2005***

***Venue:***

***Fairmont Château Laurier, Ottawa, Canada***

<http://www.fairmont.com/laurier/>

***Register your attendance now, and watch for further announcement on***  
<http://www.boneandjointdecade.org>

For the first time ever, an international ***Patient Education Symposium***, 25-26 October, is taking place in conjunction with the BJD World Network Conference in Ottawa, Canada. Novartis has generously offered to support patient representatives in the form of travel grants and hotel accommodation to attend this event. The meeting will be chaired by Amye Leong, BJD Spokesperson & Director of Strategic Relations, and Ben Horgan, Australia NAN Coordinator. All delegates have now been selected, and all continents will be represented.

### ***BJD Honours OA Research***

We are very pleased to announce the new *Bone and Joint Decade Award and Scholarship for OA Research*. Both grants are being actively advertised via the BJD web site and in several medical journals. If you would like to know more, the link to read the details of the 25,000 euro award and the three 2500 euro scholarships, as well as to download an application form is <http://www.bjdonline.org/default.aspx?contId=777>

### ***BJD Website Gets Total Upgrade***

We are proud to announce the launch of the *Bone and Joint Decade's* new central musculoskeletal web portal and society satellite sites. Providing all of the content from the old BJD website, plus much more, the new portal brings in state-of-the-art architecture and the result is a dynamic tool for creating and sharing educational content throughout the BJD-network, as well as providing a tool for collaborating on new projects and ventures within your organisation. You can expect better functionality, clearer navigation, plus more up-to-date content.

In order to access some of the exclusive content, such as eLectures and conference coverage, you will first be asked to register, which is a quick and easy process using your email address as your log-in. We look forward to welcoming you at [www.bjdonline.org/](http://www.bjdonline.org/)!

### ***BJD eLecture Series***

#### ***August eLecture***

Prof Mikael Kjaer, Professor of Sports Medicine from Copenhagen. Prof Kjaer presents Tendon Adaptation to Loading and Overloading. His insightful lecture looks at the anatomy and physiology of the tendon, with the view that it is a vascular and metabolically dynamic tissue, changing dramatically from rest to exercise. He discusses in depth the mechanical loading effect on collagen syntheses and degradation, and the

relationship this has on overuse or overtraining injuries. He goes on to explain the principles for treating tendon overuse injuries which is based on, ultimately, increasing collagen production for better tendon endurance. To view the lecture, log on and click to <http://www.bjdonline.org/default.aspx?contID=923>

#### ***September eLectures***

'Spotlight on Ethiopia' features two exclusive lectures delving into the tussles and triumphs of delivering orthopaedic care in a developing country. Compiled and edited by *Prof Geoffrey Walker*, WOC Visiting Professor, and *Dr Tezera Chakka*, Head of the Dept of Orthopaedic Surgery at the Black Lion Hospital at Addis Ababa University in Ethiopia.

The first lecture, *Current Orthopedics and Major Limb Trauma in Ethiopia*, is by *Dr Elias Ahmed*, Senior Resident, and examines the enormous burden of care delivery in a country of nearly 70 million inhabitants and only 23 qualified orthopaedic surgeons. The second, *Traditional Healer's Gangrene - can it be prevented?* by *Dr Mekonen Eshete*, describes an interesting programme he developed to educate rural traditional healers in some basic orthopaedic skills as a means for tackling the high rate of amputations.

Surf to [www.bjdonline.org](http://www.bjdonline.org) in September to view these exclusive eLectures.

#### ***Congress Reports***

*Highlights from the EFORT Congress:* Direct from Lisbon, Portugal, 4-7 June, 2005, this is our most extensive BJD conference coverage yet, complete with symposium video reporting, With special focus on BJD symposia it's available at <http://www.bjdonline.org/default.aspx?contid=838>

### ***Affiliated Society Portals***

In addition to the updated BJD Online, six musculoskeletal societies have launched new portals within the BJD affiliation, and you can check their sites out via the following links:

- *British Orthopaedic Association:*  
<http://www.bjdonline.org/default.aspx?portalid=5>
- *International League Against Rheumatism:* <http://www.ilarportal.org/>
- *Brazilian Society for Rheumatology:*  
<http://www.musconline.org/default.aspx?portalid=12>
- *Swedish Orthopaedic Federation:*  
<http://www.ortopedi.se>
- *Swedish Rheumatology Federation:*  
<http://www.srfonline.org>
- *National Swedish Competence Centre for Musculoskeletal Disorders:*  
<http://www.musconline.org/default.aspx?portalid=28>

### ***NATIONAL ACTION NETWORK NEWS***

***AUSTRALIA:*** The BJD in Australia has taken a giant leap forward over the last month with the inclusion of a Marketing Manager in the team.

The Australian NAN has subsequently developed a Business Plan for the coming 12 months and is hoping to grow its partnerships and sponsors markedly in that time. They have developed the theme 'The Business of Every Australian' and are aiming squarely at corporate Australia. Recent research has shown musculoskeletal issues are directly responsible for more time off work than any other health issue and they are using this to wave their flag.

They are working towards the development of corporate information packages as well as simple exercise regimes that can be used in the workplace to ultimately improve the musculoskeletal health of the workers. Whether you are stuck behind a desk all day or outside labouring, a little knowledge and simple exercise can go a long way to preventing long term musculoskeletal damage.

The BJD Australia reported that Pfizer, through a U.S. funded grant, was sponsoring a BJD 'Patients Perspective' session during the International Pain Conference that was held in Sydney during August. The grant has also enabled the Australian NAN to hold a stakeholders meeting, probably in September, to restart the Patient Partner Program in Australia. This is yet another example of how the BJD network can bring parties from differing areas of expertise together for the betterment of the patient.

The Australian Network is planning to host the BJD Network conference in 2007 and pleased to have 4 different musculoskeletal organisations willing in principal to hold their national conferences concurrently with the Network conference on the Gold Coast. If it keeps growing at this rate, we will be looking at the biggest musculoskeletal event Australia has seen.

Exciting times indeed! For more information please contact Mr Ben Horgan, NAN coordinator, [benh@arthritiswa.org.au](mailto:benh@arthritiswa.org.au)

***BULGARIA:*** The 7th National Annual Meeting with International Participation of the Bulgarian Spinal Surgery Society was held in Borovetz, May 5-7, 2005. The main topic was "Degenerative Diseases of the Spine", and 150 spinal surgeons of Bulgaria, Macedonia and Croatia attended. The introducing lecture "BJD- Osteoporosis and Bulgarian Orthopaedic Surgeons" was held by P. Tanchev et al. Their report presented the results of a recent statistical

survey among Bulgarian orthopaedic surgeons on osteoporosis and osteoporotic fracture. The survey included the answers of 197 Bulgarian orthopaedic surgeons to a circulated questionnaire based on the 2003 survey by BJD and IOF. The results were extremely interesting pointing out to the increasing interest of the orthopaedic surgeons in the diagnostics and treatment of osteoporosis and osteoporotic fractures. For more information please contact Dr Panayot Tanchev, Nan Coordinator, [ptanchev@abv.bg](mailto:ptanchev@abv.bg)

**CANADA:** As October approaches, the Canadian team is actively making arrangements for the Annual World Network Meeting to be held at the Fairmont Château Laurier in Ottawa. The Canadian NAN is working in tandem with the International Steering Committee, and BJD staff as they plan the pre-conference Novartis-sponsored Patient Education meeting.

For both meetings, the agendas are pretty well set. The Patient Education Meeting will focus on developing advocacy skills. The Network meeting will focus on standards of care.

The Canadian NAN is working to engage the Canadian government in planning for the conference and ongoing support of the Bone and Joint Decade.

The Cochrane Musculoskeletal Group has agreed to prepare a list of the most relevant research relating to each of the modules.

**NAN delegates will be expected to prepare for the meeting in advance**, by reading the assigned reference materials. This will ensure that all delegates are fully informed and that our use of time is optimized.

BJD Canada will continue with the tradition of having e-posters on display throughout the Network meeting. The posters will be uploaded to an FTP site in advance to facilitate printing. The BJD

Secretariat will forward simple instructions. The same site will be used to upload presentations, so that they can be loaded onto the on-site computer in advance. This will help to ensure smooth transitioning between presentations.

Under the umbrella of “Rock This Joint”, BJD Canada will be pairing this conference with two other Canadian conferences, the Canadian Arthritis Network (CAN) Annual Scientific Meeting and the Canadian Summit on Arthritis Standards for Prevention and Care (SAPC). (Details were provided in the June Infoletter). BJD Canada expects much sharing across the conferences. With many notable delegates in Ottawa at the time of the BJD Conference, there will be expanded opportunities for networking. Select representatives of the other conferences will be invited to attend the BJD Conference (both the patient meeting and the NAN meeting). All participants of the BJD conference are invited to attend the meeting at no charge. A small group of NAN delegates will be invited to attend the Summit. Following the meetings, the outcomes will be shared across the conferences. The gaps in research will be identified and will be presented to CIHR to help guide MSK research.

The government related sponsors for the Bone and Joint Decade meeting in Canada are the Canadian Institutes for Health Research / Institute for Musculoskeletal Health and Arthritis (CIHR/IMHA) and Health Canada, Public Health Agency. The professional associations providing financial support to BJD are The Canadian Orthopaedic Foundation, the Canadian Orthopaedic Association, and the Canadian Chiropractic Association. The industry sponsors are Abbott Laboratories, Biomet, Bristol Myers Squibb, Johnson & Johnson, MEDEC, Merck Frosst, Proctor & Gamble, Pfizer Canada, Proctor & Gamble, Schering, Smith & Nephew, Stryker Canada, Synthes and Wyeth Amgen.

BJD Canada continues to publish quarterly newsletters in both English and French, which feature submissions from researchers, clinicians and patients. Electronic copies are available on the international website ([www.boneandjointdecade.org](http://www.boneandjointdecade.org)) and on the Canadian website ([www.bjdcanda.org](http://www.bjdcanda.org)). For more information please contact Dr James Waddell, [waddellj@smh.toronto.on.ca](mailto:waddellj@smh.toronto.on.ca)

**INDIA:** Dr Arvind Chopra has been appointed as the new Director/Coordinator of the WHO-ILAR COPCORD and will succeed Dr John Darmawan (Indonesia). This was announced by Prof. Marc Hochberg (USA), Chairman (Epidemiology), ILAR in the opening address at the recently concluded BJD-WHO-ILAR workshop on “*Rheumatic Diseases in the Developing Countries*” on 12-13 June 2005. The workshop was held after the annual congress of EULAR in Vienna, Austria. Dr Arvind Chopra has been the National Secretary of BJD India NAN since 2000 and has launched several programs & research projects. ([www.bjdindia.org](http://www.bjdindia.org))

The Community Oriented Program for the Control of Rheumatic Diseases (COPCORD) is a worldwide program initiated by the World Health Organization (WHO) in collaboration with the ILAR in 1977. This program is aimed at measuring the burden of rheumatic diseases with special focus on rural communities in developing countries. COPCORD surveys have been conducted in several countries. The maiden COPCORD program in India was launched in village Bhigwan, (Pune) in 1996 by Dr Arvind Chopra and is the only ongoing COPCORD till date. The BJD India NAN has completed the first of its kind study titled “Population based multiregional urban survey (2003-2004) for rheumatic and other musculoskeletal disorders based on the WHO-ILAR

COPCORD Bhigwan Model” Over 15,000 people have been surveyed and results are expected by Sept-Oct 2005. For more information please contact [bjdindia@vsnl.net](mailto:bjdindia@vsnl.net)

**JAPAN:** The Japanese NAN has published a comic book for school children to understand the musculoskeletal system and its importance for their lives.



More than 100,000 copies were distributed and another 100,000 copies are now being printed. The book was edited by Prof Yoshiteru Muto, a member of the steering committee of Japan NAN, at Tokyo University. A few pages of the book will be translated to English by Prof Muto and fellow students. It will be highlighted on the BJD website. For more information please contact [muto@educhan.p.u-tokyo.ac.jp](mailto:muto@educhan.p.u-tokyo.ac.jp)

### **Japanese TV team visited Sweden and Denmark**

The biggest national broadcast “NHK” (covering all Japan and some countries in the world) produced a world program dealing with the issue on aged population’s health & its social aspect on care, disease prevention, or organised engagements. They contacted the Japanese NAN to know more about the Bone and Joint Decade initiative. The Japanese NAN suggested the TV team to contact the BJD head office. A Japanese TV team visited the BJD office in Lund, Sweden during a whole day. A specific agenda was worked out with interviews, meeting with patients at the hospital and in

an elderly home. Next day they went to the BJD NAN in Denmark. The film was broadcasted on the Japanese TV in May three times! A video is held at the BJD office in Lund.

**LEBANON:** The following societies have signed a declaration form supporting the goals and objectives of the Bone and Joint Decade:

*The Lebanese Welfare Association for the Handicapped*

*The Lebanese Osteoporosis Prevention Society*

*The Lebanese Society For Physical Medicine And Rehabilitation*

*Hammoud Hospital-University Medical Center*

*League of Physicians of Saida-Lebanon*

The NAN is working on realizing three (3) National Registries in Lebanon in collaboration with the Ministry of Public Health and WHO:

*Hip Fracture Registry*

*Paediatric Accidental Injuries Admissions to ER*

*Amputation and Amputees Registry*

For more information please contact Dr Yasser Yaghi, NAN coordinator at [yasseryaghi@hotmail.com](mailto:yasseryaghi@hotmail.com)

**USA:** The USBJD Research Committee has launched a series of workshops to provide early career clinical investigators an opportunity to work with experienced researchers in our field to assist them in securing funding and other survival skills required for pursuing an academic career. This workshop series is open to promising junior faculty, senior fellows or post-doctoral researchers nominated by their department or division chairs. It is also open to senior fellows or residents that are

doing research and have a faculty appointment in place or confirmed.

The USBJD Research Committee has released a Trauma Condition Kit. Trauma is one of the five major categories that represent over 80% of the burden of musculoskeletal disease. The kit was written by Kenneth Koval, MD, and reviewed by members of the Orthopaedic Trauma Association, and the USBJD Research Committee. Dr Kennet Koval is a member of the BJD International Steering Committee as well. The kit is written as a briefing document to be readily understood by the lay public and policy makers, and can be used in preparation for a presentation or as a hand-out.

The USBJD also released a Condition Kit on Childhood Musculoskeletal Conditions July 13, 2005, on Capitol Hill. The kit provides a straightforward description of the extent and nature of musculoskeletal diseases affecting children, as well as describing aspects of prevention, and research directions.

***Gearing Up For National Awareness Week, October 12-20, 2005***

The United States Bone and Joint Decade (USBJD) is stepping up its efforts to promote National Awareness Week (October 12 – 20) with a blaze of activity, including new program launches and timely news announcements. They have produced an online “tool kit” for all USBJD participating organizations which will offer creative ideas on how to publicize the week as well as the prevention and treatment of musculoskeletal problems.

For more information please find the USBJD eNewsletter of August 2005 at [www.usbjd.org](http://www.usbjd.org) or contact [usbjd@usbjd.org](mailto:usbjd@usbjd.org)

*Our current status:*  
**95 BJD National Coordinators**  
**60 Supporting Governments**  
**58 National Action Networks**

### ***The BJD Annual Report 2005***

Sara Martin, BJD Communications Manager, and Dr Karsten Dreinhöfer, BJD Director of Development are working to produce the BJD Annual Report 2005. The report will be presented at the BJD World Network Conference in Ottawa.

### ***The BJD Action Week 2005 in focus***

We encourage our NANs to submit information to the BJD Secretariat to include the activities in the international BJD press release. To have your activity included in the BJD website, please send in photos and activity descriptions after the event.

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

***The days are:***  
***October 12 - World Arthritis Day***  
***October 16 - World Spine Day***  
***October 17 - World Trauma Day***  
***October 20 - World Osteoporosis Day***

### ***The Bone and Joint Decade Secretariat***

If you have any questions or need any assistance please feel free to contact Agneta Jönsson, [bjd@ort.lu.se](mailto:bjd@ort.lu.se)

### ***Next Infoletter***

Will be sent out on November 5. For information to be included, please submit before October 22.

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