**APRIL MEETING**
You are invited to attend a round-table discussion about osteoporosis with Uģis Gruntnenis, M.D., University of Texas, Southwestern Medical Center in Dallas, Chief, Division of Endocrinology. The meeting is at 10 a.m. in Conference Room 1, Methodist Richardson Medical Plaza 1, 403 W. Campbell Road. All are welcome. Free.

Another 10-year risk algorithm for osteoporotic fracture, called the **QFractureScore**, "shows some evidence of improved discrimination" over the World Health Organization's FRAX algorithm, according to an online BMJ report....For women, additional associations included hormone replacement therapy, parental history of osteoporosis, gastrointestinal malabsorption, and menopausal symptoms. They provide a web site (www.qfracture.org) to allow patients to measure their own risk.

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**NOF North Dallas Support Group**

The Heard Natural Science Museum & Wildlife Sanctuary and Volunteer McKinney Center present the 2nd annual **Take a Hike! For Your Community**. Choose to take a tranquil hike on a half mile, mile, or one-and-a-half mile trail.

Experience the beautiful Heard sanctuary while you support the community at this fun family event.

Activities include: Petting Zoo, Free Face Painting, Free Child ED Kits, Sponsor Booths and Giveaways, Heard Live Animal Presentation, Easter Egg Hunt for children up to 7 years old, Blackland Prairie Raptor Presentation.

The address of the event is: Science Museum, One Nature Place, McKinney, 75069

**March 27th**
9AM-Noon

You may register online by visiting www.heardmuseum.org and going to the Take A Hike! Link. **$20 adults; $5 kids 3-17; toddlers free.**

Contact Jennie for hard copy registration, telephone, 972-965-1467

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**Frax & QFracture : Tools to help**

World Health Organization has devised a controversial tool called FRAX, an online risk calculator to help doctors and patients analyze the likelihood of future osteoporotic fractures and determine whether drug therapy might prevent them. (The calculator is at www.shef.ac.uk/FRAX/index.htm.)

The controversy stems largely from the fact that not every possible contributor to fracture risk has been factored into the FRAX formula. Especially missing from FRAX are weight-bearing exercise, which has a certain benefit, and a diet that builds bone, which is itself subject to some debate. But the W.H.O. formula includes most of the major players, called clinical risk factors, that affect bone health. And if FRAX is used properly, it can result in far wiser treatment decisions than might otherwise be made. The formula provides a means of estimating someone's probability of suffering a hip fracture or major osteoporotic fracture within 10 years, providing numbers that doctors and patients can understand. ...The formula can be applied to men and women across categories of race and ethnicity. In addition, it can be used without knowing a person’s bone density score, although having this test result can enhance the accuracy of the prediction.

NY Times, 2009/12/29