

Bone Health Flash!

JULY, 2020

Greetings, Bone Health SIG Members!

Navigating the uncharted waters of COVID-19 and the effects on our population, we must consider some of the treatments that patients may receive, racial disparities with regards to lifestyle management and nutrition and the impact on BMD.

See the link below to an editorial published in the May issue of *Osteoporosis International* addressing the use of corticosteroids in treatment of SARS :“...clinical studies have shown that most of the bone loss occurs during the initial periods of exposure to corticosteroids, and that even a modest dosage of corticosteroids, which is generally considered to be in the range of physiological replacement, may increase the risk of fractures.”

Tang, J. (2020)What can we learn about corticosteroid therapy as a treatment for COVID-19.[*Osteoporosis International*](#) volume 31, page1595

<https://rdcu.be/b57IG>

Zhao R, Wang H, Wang X, Feng F (2017) Steroid therapy and the risk of osteonecrosis in SARS patients: a dose-response meta-analysis. *Osteoporosis international* : a journal established as result of cooperation between the European Foundation for Osteoporosis and the National Osteoporosis Foundation of the USA 28(3):1027–1034. <https://doi.org/10.1007/s00198-016-3824-z>

Fang, Y., Zhu, J., Fan, J. et al. Dietary Inflammatory Index in relation to bone mineral density, osteoporosis risk and fracture risk: a systematic review and meta-analysis. *Osteoporos Int* (2020). <https://doi.org/10.1007/s00198-020-05578-8>

Please submit any articles or information for the Bone Health SIG FLASH to: Lisa Hamilton, Vice Chair at lisahamiltonpt@gmail.com