



## DIRECTOR'S NOTES

The Center for Metabolic Bone Disease (CMBD) has a highly productive faculty whose clinical research and training expertise are well documented. In addition to increasing success from extramural funding sources, institutional support has been outstanding. I am delighted to report that three CMBD-related proposals were recently funded by the Health Services Foundation General Endowment Fund.

Jack E. Lemons, Ph.D. received funding for a grant entitled "Core and Infrastructure for Multidisciplinary Analysis of Surgical Implants." Dr. Lemons, Dr. John Cuckler and others have formed a multidisciplinary team aimed at understanding the pathogenesis of device failure. Biomaterials investigators at UAB represent one of the foremost groups in the country and this grant affords the opportunity to fully coordinate these multidisciplinary activities.

Larry W. Moreland, MD, is the Principal Investigator on a grant, "The UAB Musculoskeletal Affiliated Clinical Consortium (MACC)". This project could serve as a model for other areas of clinical research in which UAB serves as the hub to incorporate private practice sites into its clinical research network. This enhanced ability to enroll patients and to coordinate clinical research will be an attractive feature for studies that require large numbers of patients.

A third project, "Physical Rehabilitation of the Osteoporotic Patient", was also funded by HSF. A brief description of this project is included in the feature article on the Osteoporosis Prevention and Treatment Clinic which follows.

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## UAB OSTEOPOROSIS PREVENTION AND TREATMENT CLINIC

To aid in reducing morbidity from osteoporosis, UAB began a multidisciplinary osteoporosis clinic at The Kirklin Clinic, 2000 Sixth Avenue South, Birmingham, AL 35233 in May of 1995. Run by Medical Director Sarah L. Morgan, RD, MD, FACP from the Department of Nutrition Sciences and Medicine, the clinic provides a thorough evaluation of referred patients, including an assessment of bone mineral density, nutritional counseling, treatment, and rehabilitation, if appropriate.

Four board-certified internal medicine physicians staff the clinic, each of whom has a different area of interest and expertise. Sarah L. Morgan, R.D., M.D. from the Department of Nutrition Sciences and Medicine, focuses on the nutritional aspects of osteoporosis, postmenopausal osteoporosis and prevention of osteoporosis. Bruce Julian, M.D. from the Division of Nephrology, is particularly interested in bone disease that occurs after organ transplantation. Richard T. Kloos, M.D. from the Divisions of Endocrinology and Nuclear Medicine focuses on secondary causes of osteoporosis from endocrinological disorders and the assessment of bone mass/ strength from an imaging perspective. Dr. Straaton focuses on post menopausal patients and patients on glucocorticoid-induced osteoporosis (osteoporosis caused by prednisone, cortisone, or other steroids.)

We also staff the clinic with a registered dietician, Beth Kitchin, M.S., R.D., who offers each patient individual instruction on calcium intake, dietary requirements, exercise recommendations, and education on fall prevention. Beth is also the coordinator of the EatRight UAB Information Service. The clinic is equipped with a Hologic QDR 4500 fan-beam densitometer and Bill Abercrombie is a certified technician by the International Society for Clinical Densitometry.

An exciting development for the clinic is the recent award of a Clinical Care Initiative from the HSF-General Endowment Fund for the implementation of a physical rehabilitation program for the osteoporotic patient. Drs. Amie Jackson, Department of Physical Medicine and Rehabilitation; Marilyn Gossman, School of Health Related Professions-Physical Therapy; Sarah Morgan and Karin Straaton join forces in the development and implementation of a unique graded rehabilitation program to increase and/or preserve bone mass in patients with or at risk for osteoporosis. This new initiative will link the Department of Physical Medicine and Rehabilitation and the School of Health Related Professions with the clinical bone program and the Center for Metabolic Bone Disease.

Osteoporosis is a systemic skeletal disease that results in painful and debilitating fractures. It is estimated that 25 million people suffer from osteoporosis (20 million are women), at a cost to our health care system of \$10 billion annually. Because disabilities caused by these disorders will increase along with the number of aging baby boomers, the cost to our health care system is expected to increase to \$62 billion annually by the year 2020 (based on 5% annual inflation.)

For more information regarding the clinic or to make an appointment call the Osteoporosis Coordinator, Marilyn Waltsgott at 205-934-9432 or by email: marilyn.waltsgott@ccc.uab.edu.

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