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NEWSLETTER

Winter 2014

AUCKLAND
Bonedensity
Managing Bone Health

New Directors at Auckland Bone Density

ABD is pleased to report the appointment of two new Directors of the company to replace retiring Directors Dr Pat Frengley and Dr Geoff Braatvedt.

Dr Steve Miller is a consultant physician and Endocrinologist at North Shore Hospital, and operates a private medical practice at the Waitemata Specialist Centre at Shea Terrace, Takapuna. He graduated from the University of Glasgow and has completed a PhD in diabetes research.

Dr Warwick Bagg is an Associate Professor of Medicine at the Auckland University School of Medicine, where he is head of the Medical Program, and consultant Endocrinologist at Auckland Hospital and the Greenlane Clinical Centre. He qualified in medicine at the University of Witwatersrand and has an MD from the University of Auckland. Warwick is well known to family practitioners and has a private medical practice at the Mercy Specialist Centre in Epsom.

ABD is extremely fortunate that with the retirement of Drs Frengley and Braatvedt we have been able to appoint two such skilled and experienced clinicians to maintain our high standards in reporting bone density scans as well as providing practitioners with up-to-date clinical advice for patient management.



Physicians

Prof. Ian Reid
MD, FRACP

Assoc-Prof. Andrew Grey
FRACP

Dr Brandon Orr-Walker
MD, FRACP

Dr Steven Miller
MBCb, PhD, FRCP (Glasg) FRACP

Prof. Ian Holdaway
MD, FRACP

Assoc-Prof. Warwick Bagg
MD, FRACP



FRACTURE LIAISON SERVICES

I M Holdaway

Fractures result in a considerable burden both on patients and the New Zealand health system. A review by Brown et al from Auckland University covering the years 2007-2010 indicated 80,000 individuals experienced a fracture over each of those years in New Zealand, translating to a fracture every six minutes and a hip fracture every two hours. The total cost to NZ society of these fractures is estimated at \$1.5 billion per annum.

Hip fractures are, in general, the most debilitating and expensive of all fractures, and often result in a major reduction in life expectancy. Half of hip fracture patients have previously experienced a fragility fracture at another site such as the wrist. An initiative has thus been developed to capture these "sentinel" first fractures in order to provide investigation and treatment aimed at reducing the likelihood of future fracture, particularly at the hip. Fracture Coordinators and Fracture Liaison nurses at hospitals have thus been utilised to identify patients with sentinel fractures and help family practitioners put in place treatments and falls prevention strategies to reduce the risk of further fracture. A number of publications have found that a Fracture Liaison Service detects osteoporosis or osteopenia in 80% of those experiencing a sentinel fragility fracture. Assessment of "at risk" patients by a Fracture Liaison Service involves estimation of future fracture risk by DXA scanning and has resulted in a 37% reduction of hip fractures in the Kaiser Permanente programme in the USA, saving an estimated 30 million US dollars, and a similar four year programme at the Concorde Hospital in Sydney reported an 80% reduction in re-fracture rate in the Fracture Liaison Service patients compared with those receiving standard care. Osteoporosis New Zealand has been working with the Ministry of Health to establish Fracture Liaison Services throughout New Zealand, and a number of DHBs are now employing a Fracture Liaison Nurse (FLN) for this purpose. WDHB has employed a FLN who commenced work in January 2014, and a position has also been established at ADHB. Following a sentinel fracture patients are identified for bone density assessment which establishes future fracture risk, and reports are then sent to the family practitioner to alert them and provide data for access to potent bisphosphonate therapy such as alendronate and zoledronate if indicated. Auckland Bone Density provides DXA scans for patients in the WDHB and other Auckland areas either privately or through a contract with WDHB for WDHB public hospital patients. Auckland Bone Density has a number of bone densitometers throughout the city including Takapuna, Albany and Henderson in the North Shore region, and has recently commencing reporting for the scanner at Orewa now operated by Mercy Radiology. We also have rooms in Mountain Road, Epsom and at Botany. Auckland Bone Density is thus situated to provide an easy-access service to patients throughout Auckland and will progressively interact more and more with fracture Liaison Nurses in the DHBs, providing assistance for general practitioners in management of patients following fragility fracture.