

Foreword

As of 1999, the WHO has recognized osteoporosis as a major public health problem and included it on the priority list of non-communicable diseases. Because of the demographic explosion worldwide, osteoporosis is incurring increasingly heavier social and economic tolls on our societies.

International guidelines on osteoporosis have been put forth and further refined over the years, in light of the substantial body of evidence that accumulated from large prospective studies. In an effort to optimize the quality of care of osteoporosis in Lebanon, an initiative was launched in Beirut in the spring of 2002, and led to the development of the "Lebanese Guidelines for Osteoporosis Assessment and Treatment". These guidelines were endorsed by five Lebanese societies and the Eastern Mediterranean branch of the World Health Organization. The endorsing societies were the Lebanese Society of Endocrinology, the Lebanese Society of Obstetrics and Gynecology, the Lebanese Association of Orthopedics, the Lebanese Society of Radiology, and the Lebanese Society of Rheumatology. A dissemination effort was implemented in 2005 through 10 case-based interactive sessions conducted across Lebanon, in Beirut, Tripoli, Zahleh and Saida, and reaching over 500 physicians nationally, an effort that is currently under audit. The national guidelines effort was the nucleus for the foundation of the Lebanese Society of Osteoporosis and Metabolic Bone Disorders, OSTEOS, a multidisciplinary scientific society, and a member society of the Lebanese Order of Physicians.

The Lebanese Osteoporosis Guidelines were developed recognizing the need for periodic updates, in light of local and international evolving data. This first Update for the Lebanese Guidelines for Osteoporosis, revisits and re-enforces several recommendations detailed in the original Lebanese Osteoporosis Guidelines document, based on relevant national, as well as new international data. The national data presented herein is the fruit of a continued collaborative effort between investigators at the American University of Beirut and at the St Joseph University. The international data is presented by Professor John Kanis, the lead investigator spearheading the WHO initiative for osteoporosis global risk assessment. This Update lays the ground to align the Lebanese Guidelines for Osteoporosis with the WHO initiative on global fracture risk assessment. The support granted by the Lebanese Order of Physicians, the World Health Organization, and the Lebanese Ministry of Health are instrumental to the success of this national endeavor that aims at optimizing quality care in the field of osteoporosis in Lebanon.

Ghada El-Hajj Fuleihan, MD, MPH.
on the behalf of the founding members of OSTEOS.