

# Preventing 'Bone Attacks' in Older Adults to Maintain Independence



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University of Wisconsin-Madison

## CURRENT RESEARCH

### Exploring practical and translational methods to prevent bone fractures in older adults

Every three seconds, an older adult suffers a fragility fracture. About half of older women and a quarter of older men are going to sustain an age-related fragility fracture as they age. The loss of bone and muscle mass and strength with aging (respectively known as osteoporosis and sarcopenia) leads to increased risk for falls and fractures. This often leads to disability, fear of falling, social isolation, and ultimately, loss of the ability to live independently. Tackling these set of difficulties are Drs. Neil Binkley, an M.D. and Professor, and Bjoern Buehring, an M.D. and Assistant Professor, at University of Wisconsin-Madison (UW). They are exploring practical and translational ways to address bone and muscle weakness to reduce the risk in older adults. Many older adults with osteoporosis and sarcopenia go from being active members with their families and in their community, to requiring daily aid from a caretaker and many require moving from their homes to nursing facilities. Therefore, measures to enhance the clinical identification of older adults at risk for falls and fractures—combined with measures to improve bone and muscle strength—have significant personal and societal benefit.

As investigators at the [UW Osteoporosis Clinical Research Program](#), Drs. Binkley and Buehring have a unique understanding of the current research and the potential—or lack thereof—to translate these findings to clinical medicine and patient care. They've observed that their patients often do not want to take medication, yet, understandably, prefer maintained quality of life and independence. Therefore, their pragmatic approach explores non-pharmacological...

## AFFILIATION



University of Wisconsin-Madison

## EDUCATION

- M.D. University of Wisconsin-Madison

## AWARDS

- 2016 Champions in Women's Health

## RESEARCH AREAS

Life Science, Musculoskeletal

## FUNDING REQUEST

Your contributions will help fund Drs. Binkley and Buehring's continued research in developing, evaluating, and enhancing clinical tools to evaluate muscle mass and function in older adults to prevent fragility fractures and promote a higher quality of life and independence. Costs include \$50K/year for equipment maintenance and office/laboratory supplies, and \$260K/year to support the program's non-faculty staff. Play a role in reducing age-related fractures; fund Drs. Binkley and Buehring.

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