

BONE MASS AND SEVERITY OF CHOLESTASIS DETERMINE FRACTURE RISK IN PATIENTS WITH PRIMARY BILIARY CIRRHOSIS | Núria Guañabens

Low bone mass is a well-recognized complication of primary biliary cirrhosis (PBC). However, for years it has been discussed whether PBC itself represents a further risk for osteoporosis or if its prevalence is that which should be expected in a population of middle-aged postmenopausal women. In this respect, we have recently reported that osteoporosis is more prevalent in women with PBC than in the age-matched general population. However, the influence of osteoporosis and severity of liver disease on fracture risk in PBC is not well characterized. Therefore, we have studied a large series of women with PBC from the Hospital Clinic in Barcelona, with the aims of assessing the prevalence and risk factors for fractures, as well as the fracture threshold.

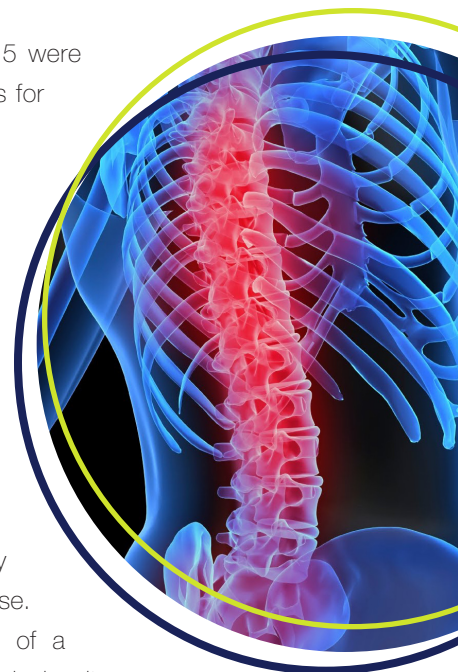
185 female patients with PBC (age 55.7 ± 0.7 years) were included in the study, and age, duration of PBC, menopausal status, histological stage and severity of liver disease were assessed. We recorded vertebral and non vertebral fractures, and the diagnosis of osteoporosis and osteopenia was established by densitometry.

The prevalence of vertebral, non-vertebral and overall fractures was 11.2%, 12.2% and 20.8%, respectively. Osteoporosis was significantly more frequent in PBC than in normal Spanish women. Osteoporosis was associated with age, weight, height, histological stage, severity and duration of liver damage; while fractures were associated with osteoporosis, menopause, age and height but not with severity of PBC. Osteoporosis was a risk factor for vertebral fracture, and both lumbar and

femoral neck T-scores < -1.5 were already significant risk factors for vertebral fracture.

In conclusion, our results provide the prevalence of vertebral and peripheral fractures in a large series of middle-aged Spanish PBC women, and demonstrate that the risk for fracture is associated with low bone mass and indirectly, through this condition, with the severity and duration of liver disease. In addition, the identification of a cut-off value in bone mineral density that captures most vertebral fractures has a practical utility in the management of bone disease in PBC.

Guañabens N, Cerdá D, Monegal A, Pons F, Caballería L, Peris P, Parés A. Low bone mass and severity of cholestasis affect fracture risk in patients with primary biliary cirrhosis. Gastroenterology 2010; 138:2348-2356.



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president's message

Dear Members,

As this is the first edition of PBC Connections for this year I would like to give you a brief update on the society. Our membership is gradually increasing across the country and paid membership which includes a mailed copy of the newsletter now stands at sixty one. This is a thirty percent increase from 2009, and parallels the increase of funds raised in 2010. Last year's donor drive raised over \$3,500 dollars despite the slow economic recovery. These funds are deposited in a research account and the executive are investigating projects that benefit PBC patients for the Society to support.

I am really pleased to announce that the success of our Annual Fundraiser Day at the Races has outgrown the Northern Dancer Room at Woodbine Racetrack and this year will be held in the fully appointed trackside marquee on Sunday, June 12, 2011, starting at 12 noon. This is a fun afternoon of racing and camaraderie, meeting new friends and renewing older friendships while helping the Society to raise funds for research.

The Canadian PBC Society is very excited and pleased to welcome Bridget Braun as our new graphic artist responsible for the revamp of PBC Connections. Bridget brings to the task a new perspective, experience in designing newsletters, and a genuine interest in PBC.

The executive has been working diligently to format a new brochure for the Canadian PBC Society, for distribution to our members, liver clinics and medical professionals. I anticipate this will be available in April for distribution to interested parties.

Take care,

A handwritten signature in black ink that reads "Barbara".

Barbara Badstober

CANADA HELPS

What We Do CanadaHelps is a registered charity with a goal to make giving simple. Through CanadaHelps.org, anyone can donate online to any registered Canadian charity. We have proudly facilitated over \$100 million in charitable donations through our website since it was launched in 2000.

For Donors CanadaHelps is a one-stop-shop for giving. We made donating online easy and secure.

For further information: www.canadahelps.org



MARK YOUR CALENDAR

For those in the Toronto area, **June 12, 2011** is the date to mark. Don't miss our annual fundraising **Day at the Races** at Woodbine Racetrack, starting at 12 noon. This year will be bigger and better than ever and, best of all, **the price hasn't changed!** Tickets will be \$85 for adults and children 13 and over, \$25 for children 5-10 years. There is no charge for children under 5 years.

We have grown too big for the Northern Dancer Room, our location in previous years. This year we will be in a marquee with the same delicious food and other amenities but right beside the track, close to the action. There will be a silent auction and craft items for sale. So bring your family and enjoy a fun day while helping us raise money toward research into PBC.



JOIN US FOR AN
EXCITING AFTERNOON OF
RACING & DINING!

6th Annual Fundraiser

Sunday June 12, 2011

Trackside Marquee
at Woodbine Racetrack

12:15 pm - Welcome & Reception 12:30 pm - Buffet



Guest Speaker: Dr Gideon Hirschfield

Tickets

Adult: \$85 Child (5-12): \$25 Child (under 5): FREE

To reserve tickets or to donate an item for
the silent auction contact:

Canadian PBC Society
4936 Yonge Street, Suite 221, Toronto, Ontario M2N 6S3
Phone: 416-440-0917 Toll Free: 1-866-441-3643
info@pbc-society.ca www.pbc-society.ca

Deadline for ticket orders

June 1st 2011

CANADIAN PBC SOCIETY
Race Presentation
Sponsored by:



*A tax receipt will be issued for the allowable portion
of an adult ticket, children 5-12 years are at cost.*

regional connections

ATLANTIC CANADA

For information about the group, please contact Judi Pemperton:
atlantic@pbc-society.ca



Photos taken at the Fall Business Meeting & Luncheon in NS.

BRITISH COLUMBIA

There will be a semi-annual lunch get-together in New Westminster in May. To find out when and where, please contact Kathryn. For information about the group, please contact Kathryn Swift: bc@pbc-society.ca

MANITOBA

Our meetings always include food! On January 21, five of us met for lunch at Monana's restaurant. We are now calling ourselves *The Liver Ladies and One Lad*, since our only male contact was in attendance. While enjoying the meal, we each shared our deep concerns as we live with liver disease. Living a positive word. How important to remain positive and keep a sense of humour in spite of some of the symptoms we experience! There have been two new contacts in 2011, making a total of 13. Because several live outside the city of Winnipeg, we have yet to meet in person. I have had the opportunity of share experiences with one woman and her spouse in my home. We are anticipating the arrival of the new brochures, which we hope will have wide distribution. For information about the group, please contact Carol Seburn: manitoba@pbc-society.ca

NORTHERN ALBERTA

For information about the group, please contact Shauna Vander Well: albertaN@pbc-society.ca

SOUTHERN ALBERTA

For information about this unofficial group, please contact Judy Wright: heyjude@shockware.com
heyjude@telusplanet.net (summer)

QUEBEC

QUEBEC GROUP EVENT: I am pleased to announce that a friendly meeting will take place Saturday, June 4, 2011 at noon in a restaurant in the South Shore of Montreal. The location will be confirmed soon. To attend, please contact Francine Lamontagne.

Je suis heureuse d'annoncer qu'une réunion amicale aura lieu, samedi le 4 juin 2011 à midi, dans un restaurant de la Rive-Sud de Montréal. L'endroit sera confirmé bientôt. Pour y assister, n'hésitez pas à contacter Francine Lamontagne.

For information about the group, please contact Francine Lamontagne: QuebecRep@pbc-society.ca

ONTARIO & ALL OTHER AREAS

For information, please contact the Society: info@pbc-society.ca



The Canadian PBC Society is not responsible and cannot be held liable for the accuracy of any medical or treatment information printed here, which is not necessarily representative of the views and opinions of the Society. Please consult your own health care provider before making any changes in your daily living or treatment plan.