



Booming Seniors: Your Body's Evolving Frame

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“BOOMING SENIORS” NEWS CONFERENCE HOSTED BY AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS (AAOS) AND NATIONAL ATHLETIC TRAINERS’ ASSOCIATION (NATA)

Top Health Care Experts Address Key Topics Relating to Physical Challenges Facing
Baby Boomers and Seniors Trying to Stay Active as They Age

NEW YORK, Nov. 14, 2006 – To address the serious problems affecting Americans as they age, and to offer the latest research on how baby boomers and seniors can stay healthy, fit and injury-free, the American Academy of Orthopaedic Surgeons (AAOS) and the National Athletic Trainers’ Association (NATA) teamed up to host “Booming Seniors” – an educational forum, held today at the Baryshnikov Arts Center in New York, from 9:00-11:30 a.m.

As millions of baby boomers reach retirement age, health and fitness take on a whole new meaning – especially when you consider that half of all women and one-quarter of men over 50 will develop osteoporosis during their lifetimes. Nearly 77 million baby boomers in the U.S. are already experiencing age- and activity-related physical impairments, and the prevalence of bone and joint conditions will soon reach an all-time high.

There is a clear and urgent need to address these conditions with recommendations to help Americans stay physically fit and active. The good news is that regular exercise helps prevent obesity and disease, builds strength, relieves stress and promotes overall well-being. The bad news is that active baby boomers and seniors are experiencing more injuries than ever before. In fact, one in three adults over 65 will experience a fall in the U.S. this year and 1.5 million will experience a bone fracture. Preventive steps are needed to stave off an epidemic of fractures when the first boomers start turning 65 in 2011.

“Both the AAOS and NATA believe the topics covered in this program are essential, given the tsunami wave of baby boomers reaching an age where bones become more brittle and accidents more commonplace,” said AAOS President, Richard F. Kyle, MD.

“As health care professionals who work daily with active people, we believe it’s our responsibility to continually educate and update the general public on good bone and joint health,” said NATA President Chuck Kimmel, ATC.

Throughout the morning, presenters addressed the specific physical challenges faced by aging baby boomers. Frank B. Kelly, MD, chairman of the AAOS Communications Cabinet, provided introductory comments. In addition, Indianapolis Symphony Orchestra first violinist and acting associate concertmaster, Christal Phelps Steele, described injuries she sustained and the chronic pain she dealt with during her road to recovery. Edward Toriello, MD, FACS, also discussed his recent back surgery and knee-replacement. The formal PowerPoint presentations, press and collateral material will be posted at www.aaos.org/boomingseniors and www.nata.org/boomingseniors.

The “Booming Seniors” program was moderated by Nicholas A. DiNubile, MD, chairman of the AAOS Public Relations Oversight Group and Al Green, MEd, ATC, chair of the NATA Public Relations Committee. Presentation highlights included the following:

“Wear, Tear and Repair: Options to Maintain Mobility,” presented by Vonda J. Wright, MD, MS, assistant professor of the University of Pittsburgh and a specialist in sports medicine at the University of Pittsburgh Medical Center (UPMC) for Sports Medicine, and research coordinator for the 2005 Senior Olympics and Marjorie Albohm, MS, ATC, director of business development and orthopaedic research for Orthopaedics Indianapolis and the Indiana Orthopaedic Hospital and a member of the NATA Board of Directors.

Wright provided an overview of active Booming Seniors and the unique musculoskeletal conditions they face, with a focus on osteoarthritis and joint replacement surgery. Albohm suggested customized exercise prescriptions to help people maintain mobility, stay physically active, prevent new injuries and stop the progression of old ones.

“Fracture Prevention: A Call to Arms (Hips and Vertebrae)” was presented by Laura L. Tosi, MD, pediatric

orthopaedic surgeon at Children's National Medical Center (CNMC) in Washington, DC, and associate professor of orthopaedics and pediatrics at the George Washington University. She was joined by Brian M. Franklin, MS, LAT, ATC, president of the Research & Education Foundation at University Orthopaedics, where he is also the practice administrator for a six physician orthopaedic practice with four locations around metro Atlanta, Ga.

Tosi described how aging and osteoporosis can lead to increased bone fragility and fractures and the importance of preventing a second fracture. Franklin provided insight on fall prevention, early treatment of injuries and recommendations for return to activity.

Guest speakers Christal Phelps Steele and Edward A. Toriello, MD, FACS discussed recent musculoskeletal challenges they experienced, and the steps they took to resume normal activities. Steele, a 33-year veteran of the Indianapolis Symphony Orchestra, suffered from more than a decade of musculoskeletal injuries and chronic pain that sidelined her from playing the violin for nearly two years. She ultimately received the care she needed and has returned to the stage and physical activity.

Toriello underwent back surgery in May of 2005 and a total knee replacement in February of 2006. After rehabilitation, he has regained the mobility and range of motion lost before each surgery.

In addition to the informational presentations, "Booming Seniors" offered real-world exercise solutions for boomers and seniors. Gene Schafer, MA, ATC, owner of ARC Athletics, a fitness and rehabilitation facility in New York City, then led those in attendance in exercises that incorporate strength, flexibility and balance and reinforced the importance of modifying activity as we age.

Both NATA and AAOS avidly recommend and support continued exercise among boomers as they age. By the same token, they urge active people of all ages to take special precautions so that the boomers and seniors stay as injury-free as possible into their golden years.

About the American Academy of Orthopaedic Surgeons (AAOS):

With 29,000 members, the [American Academy of Orthopaedic Surgeons](#), is a not-for-profit organization that advocates improved patient care, provides education programs for orthopaedic surgeons, allied health professionals and the public. The Academy's 74th Annual Meeting is being held February 14-18, 2007 in San Diego. The AAOS will celebrate its 75th Anniversary at our 2008 Annual Meeting in San Francisco. Visit www.aaos.org/75years and be a part of our history!

About the National Athletic Trainers' Association (NATA):

Athletic trainers are unique health care providers who specialize in the prevention, assessment, treatment and rehabilitation of injuries and illnesses. The National Athletic Trainers' Association represents and supports 30,000 members of the athletic training profession through education and research. www.NATA.org. NATA, 2952 Stemmons Freeway, Ste. 200, Dallas, TX 75247, 214.637.6282; 214.637.2206 (fax).

NATA and AAOS are participating in the [Bone and Joint Decade](#), the global initiative in the years 2002-2011 to raise awareness of musculoskeletal health to stimulate research and improve people's quality of life. President Bush has declared the years 2002-2011 National Bone and Joint Decade in support of these objectives.