



# BONE AND JOINT HEALTH IN OLDER ADULTS

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## The Prevention of Osteoporosis and Sarcopenia in Older Adults

[https://agsjournals.onlinelibrary.wiley.com/doi/full/10.1111/jgs.17043?casa\\_token=40kAK7d-77oAAAAA%3A7BLJpOYbjZ0m3uqBleONvWIHb\\_WP\\_cgsLKG2Cof2GjYG10gxNtxnKdW5a7YbcL69Dy55FNQyMztun57T](https://agsjournals.onlinelibrary.wiley.com/doi/full/10.1111/jgs.17043?casa_token=40kAK7d-77oAAAAA%3A7BLJpOYbjZ0m3uqBleONvWIHb_WP_cgsLKG2Cof2GjYG10gxNtxnKdW5a7YbcL69Dy55FNQyMztun57T)

Older adults with sarcopenia experience increased risk of frailty, disability, hospitalizations, mortality, and a reduced quality of life. This narrative review guides the prevention of both osteoporosis and sarcopenia, including interventions that prevent both conditions from occurring, recommended screening and treatment to prevent progression. (OPEN ACCESS)

## Rheumatoid Arthritis in the Elderly: Characteristics and Treatment Considerations

<https://www.sciencedirect.com/science/article/abs/pii/S1568997220300835>

The elderly rheumatoid arthritis (RA) population is expanding due to both increased life expectancy and an increased incidence of elderly onset RA. This study reviews the literature to assess the efficacy and safety of RA therapies among the elderly. It also suggests a tailored approach that can be adopted in clinical practice based on the disease severity and risk profiles of elderly RA patients. (OPEN ACCESS)

## Effect of a Resistance and Balance Exercise Programme on Physical Fitness, Health-Related Quality of Life and Fear of Falling in Older Women with Osteoporosis and Vertebral Fracture: A Randomized Controlled Trial

<https://link.springer.com/article/10.1007/s00198-019-05256-4>

Exercise is recommended for people with osteoporosis, but the effect on people who have suffered vertebral fractures is uncertain. This study found that a multicomponent exercise program based on recommendations for people with osteoporosis improved muscle

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strength, balance, and fear of falling in older women with osteoporosis and vertebral fractures. **(PAID ACCESS)**

### **Sedentary Behaviour and Bone Health in Older Adults: A Systematic Review**

<https://link.springer.com/article/10.1007/s00198-021-05918-2>

Sedentary behaviour (SB) can have detrimental effects, yet little is known about SB and bone health density (BMD) in older adults. This study examined the associations of SB with BMD in older adults. **(PAID ACCESS)**

### **Low Bone Density and Osteoporosis among Older Adults with Alzheimer's Disease, Vascular Dementia, and Mixed Dementia: A Cross-sectional Study with Prospective Enrollment**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7401688/>

This study examined bone mineral density (BMD) and osteoporosis in older adults with dementia compared to those with a normal cognitive status. It evaluated the type, severity, and duration of dementia. **(OPEN ACCESS)**

### **Education Intervention for Older Adults with Osteoporosis: A Systematic Review**

<https://link.springer.com/article/10.1007/s00198-019-05166-5>

This study assessed the effectiveness of educational interventions in preventing osteoporosis in older adults. **(PAID ACCESS)**

### **Nutritional Intake and Bone Health**

[https://www.thelancet.com/journals/landia/article/PIIS2213-8587\(21\)00119-4/abstract](https://www.thelancet.com/journals/landia/article/PIIS2213-8587(21)00119-4/abstract)

General measures for fragility fracture prevention include a balanced diet, vitamin D sufficiency, and regular weight-bearing physical exercise. This narrative review discusses the role of nutrients, foods, and dietary patterns in maintaining bone health. **(PAID ACCESS)**

### **Racial and Ethnic Disparities in Bone Health and Outcomes in the United States**

<https://academic.oup.com/jbmr/article/36/10/1881/7499821?login=false>

This study reviewed and described the disparities in bone mineral density (BMD), osteoporosis prevalence, fracture prevalence and incidence, post-fracture outcomes, DXA screening, and osteoporosis treatments **(OPEN ACCESS)**

## The Impact of Sarcopenia Risk on Postoperative Walking Independence in Older Adults Undergoing Total Joint Arthroplasty

[https://journals.lww.com/jgpt/fulltext/2024/01000/the\\_impact\\_of\\_sarcopenia\\_risk\\_on\\_postoperative.6.aspx](https://journals.lww.com/jgpt/fulltext/2024/01000/the_impact_of_sarcopenia_risk_on_postoperative.6.aspx)

Sarcopenia is known to be associated with poor outcomes after arthroplasty. This study aimed to determine the impact of sarcopenia risk screening using the SARC-CaIF questionnaire and calf circumference on the time to walk independently after total hip or knee arthroplasty in older patients **(PAID ACCESS)**

## The Joint Occurrence of Osteoporosis and Sarcopenia (Osteosarcopenia): Definitions and Characteristics

[https://www.sciencedirect.com/science/article/pii/S1525861019306565?casa\\_token=zxm3E\\_\\_a1lgAAAAA:tBUIq4Psw9OxLRmCUN6B1bemLoQK1elcKeBJPYFGCsFNPJEIJE Mz0nfSkxCbXiMcGXFdrZ6FieY](https://www.sciencedirect.com/science/article/pii/S1525861019306565?casa_token=zxm3E__a1lgAAAAA:tBUIq4Psw9OxLRmCUN6B1bemLoQK1elcKeBJPYFGCsFNPJEIJE Mz0nfSkxCbXiMcGXFdrZ6FieY)

This cross-sectional study examined the associations of osteosarcopenia with It also aimed to determine which clinical outcomes are associated with specific components of osteosarcopenia. **(OPEN ACCESS)**

## Therapeutic Alliance Facilitates Adherence to Physiotherapy-led Exercise and Physical Activity for Older Adults with Knee Pain: A Longitudinal Qualitative Study <https://www.sciencedirect.com/science/article/pii/S1836955319301249>

This longitudinal qualitative study questioned (1) what people's experiences and perceived impact of physiotherapist-led exercise interventions for knee pain are attributable to osteoarthritis and (2) what barriers and facilitators to change in exercise and physical activity behaviour exist over time **(OPEN ACCESS)**

## Association Between Bone Mineral Density and Nutritional Status, Body Composition and Bone Metabolism in Older Adults

<https://www.sciencedirect.com/science/article/pii/S1279770723003640>

This cross-sectional study identified an association between bone mineral density (BMD), nutritional status, body composition and bone metabolism in older patients. **(OPEN ACCESS)**

## Effect of Aerobic or Resistance Exercise, or Both, on Bone Mineral Density and Bone Metabolism in Obese Older Adults While Dieting: A Randomized Controlled Trial

<https://asbmr.onlinelibrary.wiley.com/doi/full/10.1002/jbmr.3905>

General measures for fragility fracture prevention include a balanced diet, vitamin D sufficiency, and regular weight-bearing physical exercise. This narrative review discusses the role of nutrients, foods, and dietary patterns in maintaining bone health. **(OPEN ACCESS)**