

AWARD NUMBER: W81XWH-10-1-0276

TITLE: Exercise and Osteoporosis: A Dose-Response Meta-Analysis

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REPORT DATE: May 2011

TYPE OF REPORT: Annual

PREPARED FOR: U.S. Army Medical Research and Materiel Command
Fort Detrick, Maryland 21702-5012

DISTRIBUTION STATEMENT: Approved for Public Release;
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REPORT DOCUMENTATION PAGE				Form Approved OMB No. 0704-0188	
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1. REPORT DATE 1 May 2011		2. REPORT TYPE Annual		3. DATES COVERED 1 May 2010 – 30 Apr 2011	
4. TITLE AND SUBTITLE Exercise and Osteoporosis: A Dose-Response Meta-Analysis				5a. CONTRACT NUMBER	
				5b. GRANT NUMBER W81XWH-10-1-0276	
				5c. PROGRAM ELEMENT NUMBER	
6. AUTHOR(S) George A. Kelley E-Mail: gkelley@hsc.wvu.edu				5d. PROJECT NUMBER	
				5e. TASK NUMBER	
				5f. WORK UNIT NUMBER	
7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES) West Virginia University Research Corporation Morgantown, WV 26505				8. PERFORMING ORGANIZATION REPORT NUMBER	
9. SPONSORING / MONITORING AGENCY NAME(S) AND ADDRESS(ES) U.S. Army Medical Research and Materiel Command Fort Detrick, Maryland 21702-5012				10. SPONSOR/MONITOR'S ACRONYM(S)	
				11. SPONSOR/MONITOR'S REPORT NUMBER(S)	
12. DISTRIBUTION / AVAILABILITY STATEMENT Approved for Public Release; Distribution Unlimited					
13. SUPPLEMENTARY NOTES					
14. ABSTRACT Purpose: Use the aggregate data meta-analytic approach to examine the does-response effects of exercise on bone. Scope: Studies in adult men and women who had bone mineral density assessed at the lumbar spine and femoral neck. Major Findings: Per our approved Statement of Work, no major findings were planned or expected during the first year of this important project. An extensive database of 917 studies was developed however.					
15. SUBJECT TERMS Exercise, physical activity, physical fitness, osteoporosis, bone, bone mineral density, meta-analysis, systematic review					
16. SECURITY CLASSIFICATION OF:			17. LIMITATION OF ABSTRACT UU	18. NUMBER OF PAGES 95	19a. NAME OF RESPONSIBLE PERSON USAMRMC
a. REPORT U	b. ABSTRACT U	c. THIS PAGE U			19b. TELEPHONE NUMBER (include area code)

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Introduction

Low bone mineral density (BMD) leading to osteopenia and osteoporosis as well as a subsequent increase in fracture risk is a major health problem among both current and former male and female military personnel (1-9). It is well established that two of the most common sites of fracture as a result of low BMD are the hip and spine. Exercise, a low-cost, readily available non-pharmacologic intervention, has been recommended for increasing and preserving BMD in adults (10). Recently, the Physical Activity Guidelines Advisory Committee Report published by the Department of Health and Human Services concluded that updated meta-analyses are needed for selected health outcomes such as BMD (11). In addition, the report also concluded that no meta-analysis to date has provided evidence of the dose-response effects of exercise on BMD (11). Given the former, the purpose of this proposed project is to use the aggregate data meta-analytic approach to determine the effects of exercise on BMD in adult humans. The specific aims of this project are to (1) determine the overall effects of exercise on BMD at the lumbar spine and femoral neck in adult humans ≥ 18 years of age; (2) for the first time, use recently developed load stimulus data for 48 different physical activities (walking, running, lower-body weight training, etc.) to determine the dose-response effects of exercise on BMD at the lumbar spine and femoral neck in adult humans ≥ 18 years of age. An exhaustive literature search for all randomized controlled trials dealing with the effects of exercise on BMD at the lumbar spine and femoral neck in adult humans ≥ 18 years of age will be conducted and dual-screening will be used in the selection of studies. Dual-coding will be utilized in the abstraction of data, including the assessment of study quality. Random effects, variance-known, multilevel meta-analysis models (method of moments approach) will be used to determine the overall (Specific Aim 1) and dose-response (Specific Aim 2) effects of exercise on BMD at the lumbar spine and femoral neck in adults (12). In order to enhance the interpretation of findings and conclusions drawn, heterogeneity will be examined using the Q (13) and I^2 (14) statistics while publication bias will be assessed using the trim-and-fill approach of Duval and Tweedie (15). The results of this project will contribute to evidence-based guidelines in relation to the use of exercise in the prevention and treatment of osteopenia and osteoporosis among both civilian and non-civilian adults. Adherence to the exercise recommendations derived from our proposed work will have the potential to reduce and/or delay (1) the incidence and prevalence of osteopenia and osteoporosis, (2) the increased fracture risk associated with osteopenia and osteoporosis, and (3) the increased morbidity and mortality associated with osteopenia and osteoporosis related fractures, in both civilian and non-civilian adults.

Body

For the first year of this project our Statement of Work included two tasks: (1) to search for pertinent literature dealing with the effects of exercise on bone mineral density in adults (Data Sources) and (2) to select studies that meet our inclusion criteria dealing with the effects of exercise on bone mineral density in adults (Study Selection). The first task was to be completed in Year 1 while the second task was to start in Year 1 with completion in Year 2. We are currently on target to meet these timelines. A description of each task follows.

Task 1 (Data Sources) – Per our original Statement of Work, we developed keywords to be used in our electronic database searches and which were specific to the six databases that we agreed to search. A copy of the search strategies for the six databases that we searched (PubMed, Embase, SportDiscus, Cochrane Central Register of Controlled Clinical Trials, CINAHL, Dissertation Abstracts International) can be found in Appendix I. The development of unique search strategies for each database required a considerable amount of time and effort. In addition to searching electronic databases, we cross-referenced from retrieved studies and hand searched the following journals: (1) Archives of Internal Medicine, (2) Bone, (3) Journal of Aging, (4) Journal of the American Medical Association (JAMA), (5) Journal of Bone and Mineral Research, (6) Journal of

Orthopedic Science, (7) Lancet, (8) Medicine and Science in Sports and Exercise, and (9) Osteoporosis International. From these exhaustive searches and after removing duplicates (n = 265), a database that includes a total of 917 studies was established (see Appendix II).

Task 2 (Study Selection) – Per our original Statement of Work we are nearing completion of Task 2 with full completion scheduled for the beginning of year 2. Specifically, studies from the reference list of 917 have been classified and the reviewing of each study for potential inclusion for coding and analysis is nearing completion. As can be seen in Appendix II, some of these studies are false-positives. However, regardless of the specificity of searching, this is a common occurrence in meta-analysis. As originally proposed, the final selection, coding, and analysis of studies will be completed by the end of year 2. The dual selection and review of studies for potential inclusion is a tedious and time-consuming endeavor.

Key Research Accomplishments

The key research accomplishment during the first year of this project was the development of an exhaustive database of 917 studies for dual review and potential selection, coding and analysis.

Reportable Outcomes

The key outcome from the first year of this project was the development of a database containing 917 references to review for potential inclusion in our aggregate data meta-analysis (See Appendix II).

Conclusion

The research completed during the first year of this project is important because it will allow for a thorough meta-analysis addressing the effects of exercise, including dose-response effects, on lumbar spine and femoral neck BMD in adult men and women.

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Appendix I - Search Strategies For Database Searches

1. PubMed (MEDLINE)

Query Limiters/Expanders Last Run Via Results

S7 (s3 and s6) Limiters - Date of Publication from: 19890101-20100631;

Human; Age Related: All Adult: 19+ years

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - MEDLINE 402

S6 (s4 or s5) Limiters - Date of Publication from: 19890101-20100631;

Human; Age Related: All Adult: 19+ years

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - MEDLINE 387298

S5 TX clinical w1 trial* Limiters - Date of Publication from:

19890101-20100631; Human; Age Related: All Adult: 19+ years

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - MEDLINE 324417

S4 TX random* w1 control* Limiters - Date of Publication from:

19890101-20100631; Human; Age Related: All Adult: 19+ years

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - MEDLINE 211688

S3 (s1 and s2) Limiters - Date of Publication from: 19890101-20100631;

Human; Age Related: All Adult: 19+ years

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - MEDLINE 1672

S2 (MH "bone density") or TX bone w1 densit* Limiters - Date of

Publication from: 19890101-20100631; Human; Age Related: All Adult: 19+ years

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - MEDLINE 21414

S1 MH exercise or TX exercise Limiters - Date of Publication from:

19890101-20100631; Human; Age Related: All Adult: 19+ years

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - MEDLINE 82574

2. Embase

S1 224518 EXERCISE OR EXERCISE/DE

S2 41847 BONE(W)DENSIT? OR BONE(W)DENSITY/DE

S3 2630 S1 AND S2

S4 294309 RANDOM?(W)CONTROL?

S5 868757 CLINICAL(W)TRIAL?

S6 894597 S4 OR S5

S7 585 S3 AND S6

S8 578 S7/HUMAN

S9 577 S8 AND PY=1989:2010
 S10 296 S9 AND DT=ARTICLE
 S11 296 S10 NOT DT=EDITORIAL
 S13 54 FS=MEDLINE AND S11

3. SportDiscus

Query Limiters/Expanders Last Run Via Results

S11 (s7 and s10) Limiters - Published Date: 19890101-20100631

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - SPORTDiscus with Full Text 300

S10 (s8 or s9) Limiters - Published Date: 19890101-20100631

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - SPORTDiscus with Full Text 135179

S9 (teenager* or adolescen* or teen* or adult or senior or aged or geriatric or geriatrics or elder or elderly) Limiters - Published Date: 19890101-20100631

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - SPORTDiscus with Full Text 84621

S8 human Limiters - Published Date: 19890101-20100631

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - SPORTDiscus with Full Text 59183

S7 (s3 and s6) Limiters - Published Date: 19890101-20100631

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - SPORTDiscus with Full Text 639

S6 (s4 or s5) Limiters - Published Date: 19890101-20100631

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - SPORTDiscus with Full Text 23853

S5 TX clinical w1 trial* Limiters - Published Date: 19890101-20100631

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - SPORTDiscus with Full Text 16823

S4 TX random* w1 control* Limiters - Published Date: 19890101-20100631

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - SPORTDiscus with Full Text 13437

S3 (s1 and s2) Limiters - Published Date: 19890101-20100631

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - SPORTDiscus with Full Text Display

S2 (MH "bone density") or TX bone w1 densit* Limiters - Published Date: 19890101-20100631

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - SPORTDiscus with Full Text Display

S1 TX exercise or MH exercise Limiters - Published Date: 19890101-20100631

4. Cochrane Central Register of Controlled Clinical Trials

(exercise):ti,ab,kw and (bone NEAR/1 densit*):ti,ab,kw and (random* NEAR/1 control*):ti,ab,kw and (human):ti,ab,kw, from 1989 to 2010 in Clinical Trials

5. CINAHL

Query Limiters/Expanders Last Run Via Results

S7 (s3 and s6) Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - CINAHL with Full Text 224

S6 (s4 or s5) Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - CINAHL with Full Text 41070

S5 (MH "Clinical Trials+") Limiters - Published Date from:

19890101-20100631; Human; Age Groups: All Adult

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - CINAHL with Full Text 35755

S4 TX random* w1 control* Limiters - Published Date from:

19890101-20100631; Human; Age Groups: All Adult

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - CINAHL with Full Text 13913

S3 (s1 and s2) Limiters - Published Date from: 19890101-20100631; Human; Age Groups: All Adult

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - CINAHL with Full Text 672

S2 (NH "bone density") or TX bone w1 densit* Limiters - Published Date from: 19890101-20100631; Human; Age Groups: All Adult

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - CINAHL with Full Text 2392

S1 MH exercise or TX exercise Limiters - Published Date from:

19890101-20100631; Human; Age Groups: All Adult

Search modes - Find all my search terms Interface - EBSCOhost

Search Screen - Advanced Search

Database - CINAHL with Full Text 29586

6. Dissertation Abstracts International

(kw: exercise and kw: bone and kw: densit*) and kw: random* years 1989-2010

Appendix II - Reference List of Studies to Review

(Note: Ref ID represents identification number of citation in our database)

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Ref ID: 444
- (4) Musculoskeletal health and the older adult. Journal of Rehabilitation Research & Development 2000 March;37(2):245.
Ref ID: 445
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