

# Dr. med. Björn Bühring

## Kontaktinformationen

Rheumazentrum Ruhrgebiet  
Claudiusstr. 45  
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## Ausbildung

2011 – 2012	Facharzt, Geriatrie UWHC, Madison, WI, USA, Weiterbildungsverantwortlicher: Dr. S. Barczy
2009 - 2011	Facharzt, Rheumatologie Cleveland Clinic, OH, USA, Weiterbildungsverantwortliche: Dr. A. Abelson
2005 - 2011	Promotion zum Thema „Einfluss von Widerstands-Vibrations-Training auf muskuläre Leistung und Kraft während 56-tägiger Bettruhe“, Doktorvater Prof. Dr. D. Felsenberg, Note Magna Cum Laude
2006 - 2009	Facharzt, Allgemeine Innere Medizin UWHC, Madison, WI, USA, Weiterbildungsverantwortlicher: Dr. B. Vogelmann
1999-2005	Medizinstudium, Charité-Universitätsmedizin Berlin, Gesamtnote „gut“ (1.83)

## Facharztzulassungen und Approbation

11/2012 – 12/2022	American Board of Internal Medicine - Geriatrics
10/2011 – 12/2021	American Board of Internal Medicine – Rheumatology
08/2009 – 12/2019	American Board of Internal Medicine – Internal Medicine
2006 - 2009, 2011 - 2015	State of Wisconsin
2009 – 2011	State of Ohio
10/2005 – bis heute	Approbation in Deutschland

## Derzeitige Positionen

2012 – bis heute	Assistant professor, Department of Medicine, Division of Geriatrics and Gerontology, University of Wisconsin-Madison
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School of Medicine and Public Health, Madison, WI, USA

Assistant Director, UW Osteoporosis Clinical Research Center,  
University of Wisconsin-Madison, WI, USA

Attending Physician, Department of Medicine, William S.  
Middleton Memorial Veterans Hospital, Madison, WI, USA

### **Mitgliedschaften in wissenschaftlichen Gesellschaften**

2011 – bis heute	International Society for Clinical Densitometry
2009 - bis heute	American College of Rheumatology
2007 – bis heute	American Society of Bone and Mineral Research
2012 - 2014	American Geriatrics Society
2006 – 2009	American College of Physicians

### **Preise und Ehrungen**

2016	UW Department of Medicine Faculty Excellence in Teaching Award (Preis für den insgesamt besten Lehrer in der Abteilung Innere Medizin)
2015	UW Department of Medicine Reisestipendium zum World Congress on Osteoporosis, Osteoarthritis, and Musculoskeletal Diseases, Milan, Italien, März 2015
2014	Plenary poster bei der Jahrestagung des ASBMR, 2014 Houston, TX
2012	2012 Madison VA Directors Innovation Award  Best case presentation, Wisconsin Bone Club
2011	Aadel Askari Memorial Award, Cleveland Society for Rheumatology  Young Investigator Award, American Society for Bone and Mineral Research, 2011
2010	Stipendium für das 4. Endocrine fellows foundation forum on metabolic bone diseases  Stipendium zum ACR rheumatology research workshop

2008	Young Investigator Award, International Society for Clinical Densitometry, 2008
2007	Young Investigator Travel Grant, American Society for Bone and Mineral Research (ASBMR), 2007
2006	Stipendium für das German Osteology Meeting
2004	Stipendium für die Autumn Academy of the German Academy of Osteologic and Rheumatologic Sciences

### **Forschungsgelder**

1. Extendicare Foundation grant,  
Semi-Recumbent Vibration Therapy in Older Adults  
Role: PI  
Start 01/01/15  
End: 12/31/16

2. Department of Medicine R&D grant  
Improving Muscle Assessment in Older Adults - The "Can We Build a Better Mouse Trap?" Study  
PI: Buehring  
Start: 11/01/14  
End: 10/31/15

3. American Federation of Aging Research grant  
Role: John A. Hartford Foundation Centers of Excellence Scholar  
PI: Asthana  
Start: 07/10/13  
End: 06/30/15

4. P60 MD003428-01  
NCMHD Comprehensive Centers of Excellence  
UW Center of Collaborative Research and Education Initiatives for Health Equity  
Vitamin D Status, Cardiovascular Health and Diabetes in American Indians  
Role: Sub-investigator  
PIs: Adams and Sorkness  
Start: November 2009  
End: Oktober 2014

5. University of Wisconsin Institute for Clinical and Translational Research  
Type 2 Translational Research Grant  
Title: Improving Bone Health among Older Adults in Rural Wisconsin  
Role: Co-investigator  
PI: Lauver  
Start: März 2013  
End: März 2014

## Veröffentlichungen

In Fachzeitschriften mit „peer-review“ Verfahren

- 2017 Yamada Y, **Buehring B**, Krueger D, Anderson RM, Schoeller DA, Binkley N. Electrical Properties Assessed by Bioelectrical Impedance Spectroscopy as Biomarkers of Age-related Loss of Skeletal Muscle Quantity and Quality. *J Gerontol A Biol Sci Med Sci*. 2016 Nov 14. epub
- 2016 Krueger D, Siglinsky E, **Buehring B**, Binkley N. Total Body Less Head Measurement Is Most Appropriate for Lean Mass Assessment in Adults. *J Clin Densitom*. 2016 Oct 20
- Siglinsky E, Krueger D, Ward RE, Caserotti P, Strotmeyer ES, Harris TB, Binkley N, **Buehring B**. Effect of Age and Sex on Jumping Mechanography and Other Measures of Muscle Mass and Function, *J Musculoskelet Neuronal Interact*. 2015, Dec;15(4):301-8
- 2015 Clynes MA, Edwards MH, **Buehring B**, Dennison EM, Binkley N, Cooper C. Definitions of sarcopenia: associations with falls and fracture in a population sample. *Calcif Tissue Int*. 2015 Nov;97(5):445-52
- Edwards MH, **Buehring B**. Novel approaches to the diagnosis of sarcopenia. *J Clin Densitom*. 2015 Oct-Dec; 18(4):472-7
- Peterson M, **Buehring B**, Rush P, Fitz S, Albertini M. Paraneoplastic necrotizing myopathy in association with metastatic malignant melanoma: two case reports and a review of the literature. *Case Rep Clin Path*. 2015 ;2(4):46-54 <http://dx.doi.org/10.5430/crcp.v2n4p46>
- Buehring B**, Krueger D, Fidler E, Gagnon R, Heiderscheid B, Binkley N, Reproducibility of Jumping Mechanography and Traditional Measures of Physical and Muscle Function in Older Adults", *Osteoporos Int*. 2015, Feb;26(2):819-25
- 2014 **Buehring B**, Past, Present and Future of Muscle–Bone Interactions *Clinical Reviews in Bone and Mineral Metabolism* 06/2014; 12(2):59-69
- Buehring B**, Krueger D, Libber J, Heiderscheid B, Sanfilippo J, Binkley N, DXA Measured Regional Body Composition Least Significant Change: Effect of Region of Interest and Gender in Athletes, *J Clin Densitom*. 2014, Jan-Mar;17(1):121-8
- 2013 **Buehring B**, Viswanathan R, Binkley N, Busse W. Glucocorticoid-induced osteoporosis: An update on effects and management. *J Allergy Clin Immunol*. 2013 Nov;132(5):1019-30
- Buehring B**, Binkley N. Myostatin - the holy grail for muscle, bone, and fat? *Curr Osteoporos Rep*. 2013 Dec;11(4):407-14

- Binkley N, Krueger D, **Buehring B**, What's in a name revisited: should osteoporosis and sarcopenia be considered components of "dysmobility syndrome? *Osteoporos Int*. 2013 Dec;11(4):407-14
- Lang JM, Wallace M, Becker JT, Eickhoff JC, **Buehring B**, Binkley N, Staab MJ, Wilding G, Liu G, Malkovsky M, McNeel DG, A Randomized Phase II Trial Evaluating Different Schedules of Zoledronic Acid on Bone Mineral Density in Patients With Prostate Cancer Beginning Androgen Deprivation Therapy. *Clin Genitourin Cancer*. 2013 Dec;11(4):407-15
- Buehring B**, Hind J, Fidler E, Krueger D, Binkley N, Robbins J. Tongue Strength is Associated with Jumping Mechanography Performance and Handgrip Strength, but Not With Classical Functional Tests in Older Adults. *JAGS*. 2013, Mar 61 (3):418-22
- Paparodis R, **Buehring B**, Pelley E, Binkley N, A Case of an Unusual Subtrochanteric Fracture in a Patient Receiving Denosumab. *Endocr Pract*. 2013 Jan 21:1-17.
- Buehring B**, Krueger D, Binkley N. Effect of Including Historical Height and Radius BMD Measurement on Sarco-Osteoporosis Prevalence. *J Cachexia Sarcopenia Muscle*. 2013 Mar 4 (1):47-54
- 2012 Dardevet D, Savary-Auzeloux I, Remond D, Mosoni L, Marzetti E, Buford TW, Bernabei R, Dionne IJ, Buford TW, Marzetti E, Manini TM, **Buehring B**, Kirchner E, Calabrese L, et. al. Commentaries on Viewpoint: Muscle Atrophy is not always Sarcopenia. *J Appl Physiol*. 2012 Aug;113(4):680-4.
- Buehring B**, Kirchner E, Sun Z, Calabrese L. The Frequency of Low Muscle Mass and Its Overlap with Low Bone Mineral Density and Lipodystrophy in Individuals with HIV – A Pilot Study Using DXA Body Composition Analysis. *J Clin Densitom*. 2012 Apr-Jun;15(2):224-32
- 2011 **Buehring B**, Belavy DL, Michaelis I, Gast U, Felsenberg D, Rittweger J. Changes in Lower Extremity Muscle Function after 56 days of Bed Rest. *J Appl Physiol*. 2011 Jul;111(1):87-94
- 2010 **Buehring B**, Krueger D, Binkley N. Jumping mechanography: A potential tool for sarcopenia evaluation in older individuals. *J Clin Densitom*. 2010 Jul-Sep;13(3):283-91
- Buehring B**, Krueger D, Checovich M, Gemar D, Vallarta-Ast N, Genant HK, Binkley N. Vertebral fracture assessment: impact of instrument and reader. *Osteoporos Int*. 2010 Mar;21(3):487-94.
- Rittweger J, Beller G, Armbrecht G, Mulder E, **Buehring B**, Gast U, Dimeo F, Schubert H, de Haan A, Stegeman DF, Schiessl H, Felsenberg D. Prevention of bone loss during 56 days of strict bed rest by side-alternating resistive vibration exercise. *Bone*. 2010 Jan;46(1):137-47.
- 2009 Binkley N, **Buehring B**. Beyond FRAX: it's time to consider "sarco-osteopenia". *J Clin Densitom*. 2009 Oct-Dec;12(4):413-6.
- Binkley N, Ramamurthy R, Krueger D, **Buehring B**. Advances in

osteoporosis care for older adults, Clinical Geriatrics, 2009  
Feb;17(2):35-40.

2006 Blottner D, Salanova M, Püttmann B, Schiffel G, Felsenberg D, **Buehring B**, Rittweger J. Human skeletal muscle structure and function preserved by vibration muscle exercise following 55 days of bed rest. Eur J Appl Physiol. 2006 Jun;97(3):261-71

### Elektronische Veröffentlichungen:

2011 **Buehring B**, Hsia EC, Barilla-LaBarca ML, Terry M, Pearson RL. Rheumatoid Arthritis. First Consult, MD Consult Web site. Available at [http://www.firstconsult.com/das/pdxmd/body/306919188-6/0?type=med&eid=9-u1.0-\\_1\\_mt\\_5112306&tab=T](http://www.firstconsult.com/das/pdxmd/body/306919188-6/0?type=med&eid=9-u1.0-_1_mt_5112306&tab=T) .  
Posted July 25, 2011. Accessed December 2011

**Buehring B**, Pearson RL, Brasington R Jr, Shepherd R. Trochanteric Bursitis. First Consult, MD Consult Web site. Available at [http://www.firstconsult.com/das/pdxmd/body/306919188-9/1242653864?type=med&eid=9-u1.0-\\_1\\_mt\\_5112306](http://www.firstconsult.com/das/pdxmd/body/306919188-9/1242653864?type=med&eid=9-u1.0-_1_mt_5112306)  
Posted September 24, 2011. Accessed December 2011

### Vorträge

#### Regional:

2014 Potential use of Myostatin Inhibition as a Treatment of Dysmobility Syndrome. Wisconsin Bone Club, Madison, WI, März 2014

#### National/International

2015 Advancing Muscle Measurement for Sarcopenia Assessment, Abstract FR0390, Seattle, WA, 2015 (sowohl Poster als auch Vortrag)

Meet The Professor Session at ASMBR Annual Meeting  
"Osteosarcopenia: Managing Frailty", Seattle, WA, 2015

Effect of Age and Sex on Jumping Mechanography and Other Measures of Muscle Mass and Function, World Congress on Osteoporosis, Osteoarthritis, and Musculoskeletal Diseases, Mailand, Italien, 2015, OC24

2013 Exploration of a score-based approach to sarcopenia diagnosis; comparison of prevalence with current definitions. Annual meeting International Osteoporosis Foundation, Rom, Italien, April, 2013 (war nicht persönlich anwesend), Abstract OC32

2012 What's "Normal"? Considerations in Establishing the Appendicular Lean Mass DXA Reference Population. Annual Meeting ASBMR, Minneapolis, MN, 2012, Abstract 1139

Sarcopenia Diagnosis: Consideration of a “FRAX-like” Approach. Annual Meeting ASBMR, Minneapolis, MN, 2012, Abstract 1206

2010

Improving post hip fracture care in veterans, Clinical Osteoporosis 2010, ISCD – NOF symposium, San Antonio, TX, 2010, J Clin Densitom. 2010 Jan-Mar;13(1):108-9.

2006

Establishment of a central database for cases of bisphosphonate-associated osteonecrosis of the Jaw, YIOSS, Cologne, Germany, 2006