



OSTEOPOROSIS

& OTHER METABOLIC BONE DISEASES

*A clinical training course organised by the
Bone Research Society*

18-20 March 2019
Merton College, Oxford, UK

PROGRAMME

FACULTY AND ORGANISING COMMITTEE

Chairs:

Professor Tash Masud, Consultant Gerontologist, Nottingham University Hospital NHS Trust

Professor Jon Tobias, Consultant Rheumatologist, North Bristol NHS Trust

Professor Bo Abrahamsen, Consultant Endocrinologist, Holbæk Hospital, Holbæk, Denmark

Dr Emma Clark, Rheumatology & Osteoporosis Consultant at North Bristol NHS Trust

Professor Cyrus Cooper, Consultant Rheumatologist, Southampton University Hospitals NHS Trust & Chair of Musculoskeletal Science at the University of Oxford

Dr Adam Darowski, Consultant Geriatrician, Oxford University Hospitals NHS Trust

Dr Kassim Javaid, Consultant Rheumatologist, Oxford University Hospitals NHS Trust

Dr Richard Keen, Consultant Rheumatologist, Stanmore

Dr Nicola Peel, Consultant Physician and Honorary Senior Clinical Lecturer in Metabolic Bone Medicine, Sheffield

Professor Mike Stone, Consultant Physician & Director of Bone Research, University of Cardiff

Mr David Wilson, Consultant Musculoskeletal Radiologist, Oxford

MONDAY 18 MARCH - OSTEOPOROSIS

10:30	REGISTRATION
11:00	Welcome
11:05	Basic bone biology <i>Jon Tobias (Bristol)</i>
11:50	Epidemiology of osteoporosis <i>Cyrus Cooper (Oxford & Southampton)</i>
12:35	LUNCH
13:45	Update on osteoporosis therapies <i>Tash Masud (Nottingham)</i>
14:30	Safety issues with osteoporosis treatments <i>Bo Abrahamsen (Holbæk)</i>
15:15	Practical issues in treating osteoporosis <i>Richard Keen (Stanmore)</i>
15:45	REFRESHMENT BREAK
16:15	Case-based discussion <i>Richard Keen (Stanmore)/Tash Masud (Nottingham)/Nicola Peel (Sheffield)/Jon Tobias (Bristol)</i>
17:00	Secondary osteoporosis <i>Nicola Peel (Sheffield)</i>
17:45	END OF SESSIONS
19:00	DINNER (Merton College)

TUESDAY 19 MARCH – ASSESSMENT, SERVICE DEVELOPMENT, FALLS AND METABOLIC BONE DISEASE

- 08:45 **Renal bone disease**
Mike Stone (Cardiff)
- 09:30 **Other metabolic bone diseases, including Paget's disease**
Richard Keen (London)
- 10:00 **Management of hypercalcaemia and hyperparathyroidism**
Mike Stone (Cardiff)
- 10:45 REFRESHMENT BREAK
- 11:15 **Workshops on clinical issues in management of metabolic bone diseases**
- Cancer and bone**
Jon Tobias (Bristol)
- Case-based discussions in metabolic bone disease**
Richard Keen (Stanmore)
- Bone markers**
Nicola Peel (Sheffield)
- 12:45 LUNCH
- 13:45 **Uses and abuses of Fracture Prediction Tools**
Richard Keen (Stanmore)
- 14:25 **Interpreting and reporting DEXA scans**
Nicola Peel (Sheffield)
- 15:05 **Fracture Liaison Services**
Kassim Javaid (Oxford)
- 15:30 REFRESHMENT BREAK
- 16:00 **Round table discussion: Service development**
Kassim Javaid (Oxford)/Tash Masud (Nottingham)/Nicola Peel (Sheffield)/Jon Tobias (Bristol)
- 16:30 **Osteoporosis and link with sarcopenia, frailty and nutrition**
Tash Masud (Nottingham)
- 17:00 **Falls prevention, assessment and management strategies**
Adam Darowski (Oxford)
- 17:30 END OF SESSIONS
- 19:00 RECEPTION and COURSE DINNER (St Peters' College)

WEDNESDAY 20 MARCH - MISCELLANEOUS

- 08:30 **Radiology**
David Wilson (Oxford)
- 09:00 **Vertebral fractures**
Emma Clark (Bristol)
- 09:30 **Practical Workshops**
- Expect the unexpected in your clinic: some interesting cases**
Bo Abrahamsen (Holbæk)
- Early onset osteoporosis, including anorexia**
Emma Clark (Bristol)
- Lifestyle factors in osteoporosis**
Tash Masud (Nottingham)
- 11:00 REFRESHMENT BREAK
- 11:30 **Osteomalacia**
Kassim Javaid (Oxford)
- 12:00 **The benefits and harm of calcium and vitamin D in treating osteoporosis**
Bo Abrahamsen (Holbæk)
- 12:30 **Non pharmacological treatments for osteoporosis**
Tash Masud (Nottingham)
- 13:00 LUNCH AND CLOSE OF COURSE